



Good Health

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

Entered at Stationers' Hall.

Vol. 2.

April, 1904.

No. 11.

EDITORIAL CHAT.

Work for Medical Men.—"The inventors of some fashionable corsets," said Dr. Bernard O'Connor at a recent meeting of the Rational Dress League, "could have had no other object than to find work for medical men."

—*~*~*

"Unsound Pork."—Not long ago a heavy fine was imposed on a certain company for using pork infested with tuberculosis in the making of sausages. One of the London dailies reported the affair under the heading, "Unsound Pork," which is decidedly suggestive. Taking into consideration the unnatural and filthy conditions under which hogs are fattened for the market, and their monstrous accumulations of adipose tissue, could it not be truthfully said that all the pork offered to the public is unsound, and therefore unfit for human food?

—*~*~*

Danger in Headache Powders.—Among the most pernicious and dangerous of all the patent medicines on the market are the so-called "Headache Powders," whose almost instantaneous effects testify to the potency of the drugs they contain. Such powerful agents carry their own condemnation, for they cannot in the nature of things *remove the cause* of the pain; hence their action is limited to narcotising the nerves. The disease continues, the damage goes on, but the faithful sentinels are put

to sleep. These headache powders so increased the deaths from heart failure in New York City a couple of years ago that it became necessary to warn the public against them.

—*~*~*

Women Drunkards in London.—It is stated on good authority that there are 8,900 incurable women drunkards in London, and 4,300 men in the same helpless condition. Imagine the environment of the child whose mother is a hopeless drunkard! Can we wonder where the hooligans come from while the drink demon is transforming happy homes into living hells?

—*~*~*

Old Feather Beds.—One of our subscribers asks us to write something about "the abominations of old, smelly feather beds kept in the family, and handed down from one generation to another, especially valued because someone or other died or slept on them," etc. Our correspondent has said enough to condemn such an article of furniture on the score of health and hygiene. Feather beds are not ideal, even if frequently cleansed and renovated; but when allowed to grow musty, and more or less damp, they become a serious menace to health. The best thing for real comfort at night and refreshing sleep, is a spring mattress with overlay and a sufficient number of light blankets.

Disease-Laden Coins.—"Filthy lucre" is not a bad term for money, considering its condition. The *Lancet* makes the sensible suggestion that banks should adopt the practice of washing all coins that pass through their hands. As a precaution it advises people to fill their purses with a mild antiseptic such as powdered boracic acid. Even if this is not done, one can always refrain from the foolish custom of putting coins into the mouth while making change. Parents should never allow little children to play with coins. Erysipelas, typhoid, and other diseases may easily be communicated in this way.

Indigestion an Incentive to Drinking.—Sir William Anson, Parliamentary Secretary to the Board of Education, addressing a gathering of students lately, said that bad cooking brought on indigestion, and "continued indigestion was one of the chief incentives to drinking." It would be no exaggeration to add that tobacco using and the widespread use of so-called tonics and other harmful drugs have a similar origin. The really healthy man or woman can enjoy hard work, and when thoroughly tired wants rest, not stimulants, pick-me-ups, narcotics, nor anything of the kind.

A NEW VIEW OF COSMETICS.

BY J. H. KELLOGG, M.D.

A PREPARATION of apples, grapes, cherries, peaches, figs, bananas, and all other kinds of fruit, combined with nuts of various kinds,—almonds, pecans, hickory nuts,—and with well-cooked grains, applied to the inside of the stomach, is the best possible preparation for whitening the skin.

The trouble with the skin when it is dingy and dirty, is that the dirt is more than skin deep. There are also dirty muscles and a dirty brain, dirty glands, dirty blood; the whole body is contaminated; the dingy colour of the skin is merely a sign of the condition of the other organs. Simply to bleach the dirt off the face is a very hypocritical procedure. We may make the skin of the face clean while the rest of the body is filled with organic dirt, tissue debris, and effete, worn-out, and diseased matter which has accumulated as the result of vital work and improper diet. We should be interested in the whole skin rather than in the skin of the face alone.

I do not object to an interest in cosmetics, provided they are of the right sort, and the interest extends to the whole body. If one were so to educate himself as to have

perfectly clean blood, he would have a clean skin over his entire body. If his whole body is full of light, his face will be clean. This is a practical truth. It is of no use to doctor the face with cosmetics or to poultice and steam it when the whole body is full of dirt, because the dirt keeps coming back.

It is right to cultivate physical beauty. If we could have seen Adam and Eve passing up and down here I imagine we would have seen the finest-looking people the world has known. God made man upright and beautiful, and it is right to cultivate beauty, but not in a deceptive way; we should cultivate a beauty that is more than skin deep,—a beauty that is born within, and that blossoms outward. To be beautiful we must eat beautiful things. What a beautiful cheek a ripe peach has! Who could wish a complexion more beautiful than the blossom of a peach? The way to get such a bloom is to use the peach itself.

OF all the people I know who cannot stand it [alcohol], is the brain worker.—*Sir Henry Thompson.*

THE MILK PROBLEM SOLVED.

Some Particulars Regarding a New Process of Sterilising Milk.

MUCH interest is being taken in our milk supply at the present time, and the public is beginning to awake to the importance of clean milk. Recently the medical officer of health for Islington made a report on Clean Milk, from which we take a few extracts as follows:—

Milk Naturally a Clean Food.

"Milk, as it comes from the healthy cow, is a clean food, save that the first gush from the udder may contain a few bacteria which had gained access to the passages in the teats, and affected the milk which had remained in them since the previous milking.

"It is not for long, however, that it remains in this state, for it is almost immediately subjected to the contaminating influences of the milk shed and its surroundings, the pails, the coolers, the churns and the dirty state of the milkers themselves; in addition to which it is more or less further contaminated during its journey from the farmer—through the wholesale dealer and the retailer—to the consumer.

Criminal Carelessness in Handling.

"In this connection I have placed before you to-night fifteen bottles of milk, drawn at haphazard, from fifteen churns of milk on their arrival from the farmers at the Finsbury Park Station of the Great Northern Railway. You will notice that they all contain a large amount of sediment; some, indeed, exhibit such a quantity as to force one to the conclusion that the vendors have been almost criminally careless, (for it must be recollected that sediments such as these are not innocuous), in handling the milk at the byres.

"Microscopical examination of such sediments as these show that they consist of epithelial debris, hairs of the cow, ex-

crement, vegetable fibres, organic and inorganic dust particles, bacteria, fungi and spores of every description, and that fully 90 per cent. of the germs are faecal bacilli, all of which are not only disgusting, but extremely suggestive of danger."

Germs in Milk.

According to *Public Health*, "there are four chief opportunities between the cow and the consumer when milk may become contaminated:—

- "1. At the farm.
- "2. During transit to the milk-shop.
- "3. After arrival in the shop.
- "4. At the home of the consumer.

These germs grow rapidly in the milk, which affords them a rich soil. Von Freudenreich has shown that a sample of milk containing 9,000 germs per cubic centimetre (seventeen drops) at



COWS IN THE FIELD.

the time of milking, and kept at the cool temperature of 58 deg. fahrenheit, contained:—

" 1 hour after milking,.....	31,750
" 2 hours " "	36,250
" 4 " " "	40,000
" 7 " " "	60,000
" 9 " " "	120,000
" 25 " " "	5,000,000

Insanitary Surroundings.

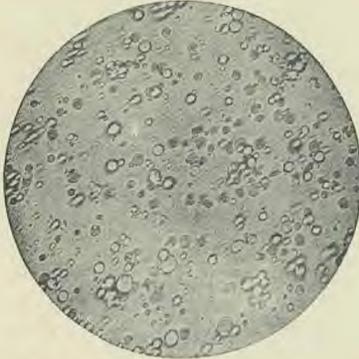
"It is only necessary here to refer to the contamination arising at the farm. There are diseases of the cow, uncleanness of the cow, insanitary and ill-ventilated cowsheds, uncleanly milking, and diseased or dusty milkers, all of which agencies may add their quota of contamination to the milk."

The writer then goes on to discuss the filthy condition of the ill-ventilated cowsheds and the carelessness of the milkers and those who handle the milk.

The amount of disease among cattle is

not fully appreciated. In one country district in 1902, it was found that 12.7 per cent. of the milk was tuberculous. In another instance the veterinary surgeon reported: "The great majority of the cows

and fatal among infants, is due largely to the use of impure milk. Indeed, most of the mortality amongst infants and children is now well known to be brought about in this way.



MILK BEFORE PASSING THROUGH "FIXER."

and cowsheds were in a very dirty condition, and a considerable number of cows examined, while not suffering from tuberculosis of the udder, were certainly otherwise tuberculous. The farms, in fact, with few exceptions, were totally unfit for dairy farms. Only a comparatively small proportion of the milk was sent to Manchester, the remainder, a very large quantity, being sent to London."

Use of Adulterants and Preservatives.

The number of germs in milk does not always indicate its purity, for only too often preservatives are added. Thus, in one sample of milk obtained in a haphazard way from a good class shop in the City of London, 4,800,000 germs were found in each cubic centimetre (seventeen drops) while in another sample from a poor class shop only 340,000, but the latter had been adulterated with a "considerable quantity of preservative."

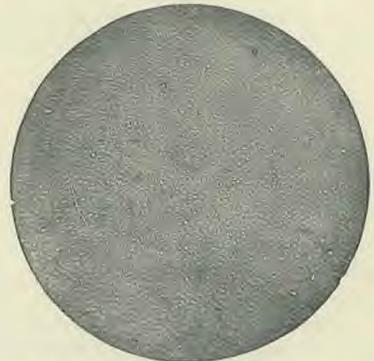
Epidemics Caused by Impure Milk.

Milk from diseased cows has been known to cause epidemics of scarlet fever, typhoid fever, diphtheria, severe sore throat, consumption, and other diseases. Since 1875 at least 300 epidemics of the first three diseases named have been definitely traced to the use of infected milk.

Summer diarrhoea, which is so common

New Method of Sterilising.

With these facts before them, our readers will be deeply interested in a new product, known as "Aerated Preserved Milk." A member of our staff recently visited the Battersea depot of the Aerated Cream and Dairy Company (52 Bedford Row, W.C.) and inspected the new process, which is described by the *British Medical Journal* as follows: "The milk is first heated to 150° F., and then passed through a machine which is termed the "fixer." In this the milk is forced in fine jets against an agate piston, which is controlled by a strong spring; the force has to be sufficiently great to overcome the resistance of the piston, in order that the milk may pass through the rest of the apparatus; the net result of this is to break up the fat globules into extremely small particles. It is then passed over coolers which bring the temperature down to about 40° F.; next it is mixed with gas which consists of oxygen and carbon dioxide in the proportion of 3 to 1, at a pressure of 50 lbs. to the square inch, and then corked with 'crown corks.' The bottles in which the milk is received have previously been thoroughly cleansed



MILK AFTER PASSING THROUGH "FIXER."

and sterilised. The corked bottles are then heated to 150° F. for thirty minutes, then cooled, and finally subjected to a second heating to the same temperature for another thirty minutes.

Excellent Keeping Properties.

"The bottles used are of various sizes—from half pints to quarts—and a number of these were marked and subsequently sent to a physiological laboratory. On November 2, 1903, we tasted some of the milk which it was stated had been bottled in July, 1903, and it was still perfectly sweet.

"Samples of cream and butter made at the same time were also submitted. In the making of the cream, it is first separated in the usual way, and then subjected to the same process as that just described for the milk. The samples submitted were unusually thick specimens of cream, and both it and the butter made from it were perfectly sweet and good.

"No antiseptic or preservative is added at any part of the process, and this is a point of considerable importance. The harmfulness of the antiseptics and preservatives commonly added to milk cannot be doubted, and if some process can be discovered by which milk can be preserved without such additions, the boon to the public will be immense."

The samples furnished GOOD HEALTH were from one to several weeks old, and in each case the milk was perfectly sweet and sound; the cream, too, was sweet and rich in fat.

Why Aerated?

Great care is taken in bottling the milk and cream. "The method of corking ap-

pears to be effective, in so far as the corks are perfectly air-tight, and on uncorking them the gas escapes. The corks are of the same pattern as those used for certain natural mineral waters, and here they have to withstand a much higher pressure of gas. The corks are sterilised when they leave the works where they are made. It would be a wise precaution, however, to sterilise them again immediately before

they are used. When the corks are removed, the gas escapes from the bottles, but there is no frothing of the milk."

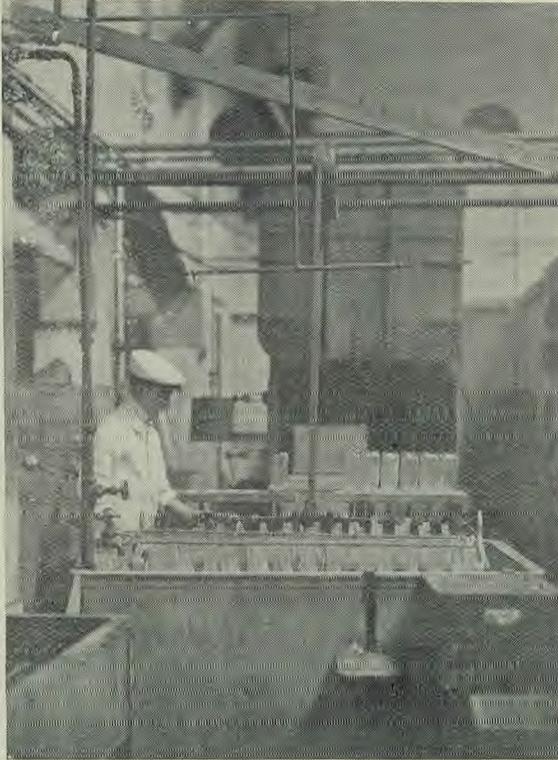
How the Germs are Destroyed.

Commenting on the taste of the milk, the *Journal* states that: "The milk tastes perfectly sweet, and there is no taste of burnt or boiled milk, which renders Pasteurised milk so unpleasant to many people. In ordinary Pasteurisation the temperature is raised to 180° F.; in the present process the temperature is not allowed to rise above 150°

F. This, no doubt, accounts for the difference."

If tasted immediately after withdrawing the cork, it is possible to detect "a suspicion of a taste like that produced by the presence of carbon-dioxide in ordinary aerated beverages," but this is not at all unpleasant, and very soon disappears altogether.

On account of the breaking up of the fat globules, the cream does not rise, but remains dispersed through the milk.



CLEANSING THE BOTTLES.

Absolutely Free from Impurities.

Dr. E. Klein, F.R.S., has made careful bacteriological examinations of the milk and cream, and the results obtained were eminently satisfactory. The method of preparing the milk is such as to render it sterile and free from impurities, and it is found to keep easily for from four to six weeks, and often much longer.

It is interesting that, even after it is opened, it will keep longer than ordinary milk, usually from three to four days.

The *Medical Journal*, above quoted, summarises the chief points of interest thus:—

"1. In spite of the absence of preservatives, aerated milk prepared in the way described will keep perfectly sweet for at least six weeks.

"2. When opened, it will remain sweet for several days.

"3. It does not taste of boiled or burnt milk, as the temperature to which it is raised is never allowed to go above 150°.

"4. Owing to the breaking up of the fat globules by the "fixer," there is no rising of the cream, even when centrifugal force is employed.

"5. Its constituents are the same as those of ordinary milk.

"6. The fine state of mechanical subdivision of the fat is the main physical difference between this milk and other milk.

"7. The taste is somewhat different from that of fresh milk, but the difference is slight and difficult to define.

8. The digestibility of the milk, as tested by the action of gastric and pancreatic juices, is the same as that of ordinary milk.

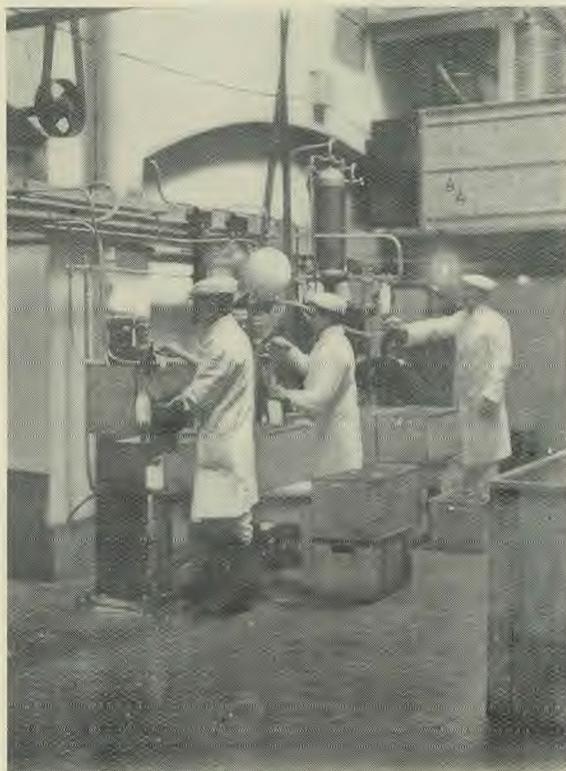
"9. The power of the milk to keep sweet so long is in part due to care in bottling in sterilised bottles and proper corking, and in part to the processes adopted. These processes are mainly three—(a) disintegration of the fat by the "fixer"; (b) aeration; (c) subsequent heating to 150° F.

"All these processes appear to be essential to keep the milk sweet and to prevent the cream rising. These processes in combination appear to have the power of either excluding or killing or hindering the activity of the micro-organisms to which the souring of milk is due under ordinary circumstances!"

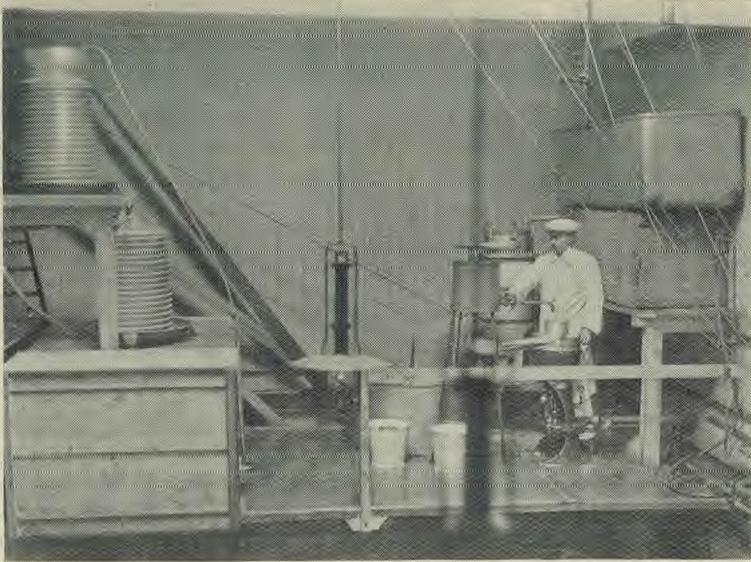
When we consider the large use made of milk by all classes of society and its consequent influence upon the

public health, we cannot fail to see the great value of a thoroughly reliable and healthful article such as that supplied by the Aerated Milk Company.

Hitherto the only milk at all safe to use has been that put up in bottles and sterilised, the London price of which has been about 2½d. per pint bottle. But even this milk has not been free from sediment, while its flavour and digestibility have been somewhat interfered with by the high temperature to which it has been exposed in the process of sterilisation. Moreover, after



BOTTLING.



HEATING THE MILK BEFORE "FIXING."

a day or two the cream has separated from the milk, taking the form of hard, flavourless lumps of fat which are of little use.

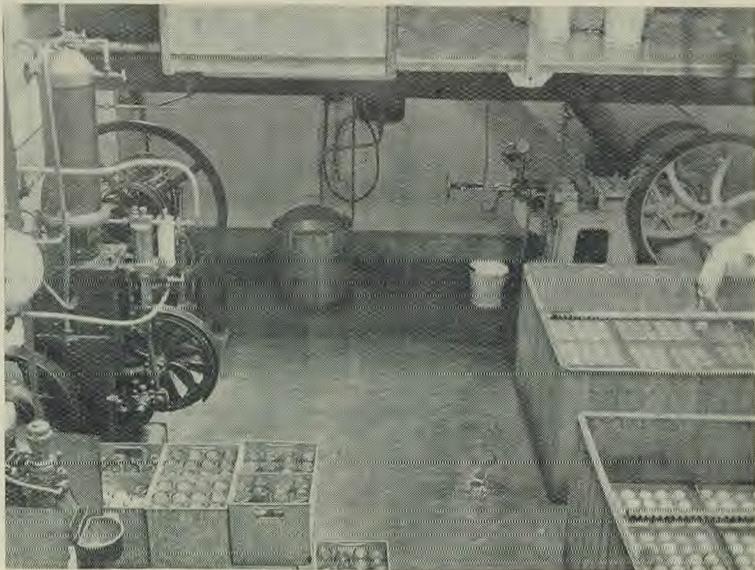
Exquisitely Clean.

The new process, on the other hand, affords a rich, tasty, exquisitely clean, and perfectly wholesome fluid, which may be freely taken with the assurance that instead of containing myriads of germs, all more or less harmful and some very likely disease-producing, it is *absolutely free from microbes*, and is also inimical to their growth. The milk and cream prepared in this way are further to be commended as being free from such substances as boracic acid, and all other

chemical preservatives and colouring agents, which are so much in evidence at the present day.

We are glad to add that the company is careful to get its milk from the best sources to begin with, thus ensuring more than ordinary cleanliness in milking, and a goodly percentage of cream, the latter being the more palatable because of its remaining in solution with the milk.

Convenience of handling is a very great advantage of the new system. Families may get their supply of milk and cream weekly, fortnightly, or even monthly. It is delivered in sealed bottles in which it will keep perfectly sweet for weeks, and when wanted the corks may be removed with the



HEATING AFTER "FIXING."

greatest ease. Even after being opened the milk will keep for several days. What a boon such milk must prove in warm weather, when the ordinary article served in tin pails, often far from clean, and having a sediment containing all kinds of barnyard filth, will often go bad in a few hours, only the weary housekeeper can fully realise.

On a Scientific Basis.

But it is unnecessary to say more. The

whole thing is summed up in a nutshell when we state, as we believe we are fully justified in doing, that the Aerated Milk Company has put the public milk supply on a thoroughly scientific basis, transforming what has hitherto been one of the most suspicious and germ-laden of foods into a thoroughly clean, reliable, and wholesome article which we can safely partake ourselves, and which needs no apology when placed before our friends.

DIET REFORM A NEED OF THE HOUR.

BY M. ELLSWORTH OLSEN.

HORACE MANN, lecturing some fifty years ago to young men, made this rather striking statement: "In regard to the indulgence of appetite and the management of the vital organs, society is still in a state of barbarism, and the young man who is true to his highest interests, must create a civilisation for himself."

This was a humiliating confession to make fifty years ago, and all the more so to-day; but it is always best to tell the truth. Frank acknowledgement of existing conditions is the first essential to real progress toward something better. Let us admit, then, in all candour, that our much vaunted civilisation is a failure as regards dietetics. If proof is desired, we have only to look about us. Confirmed dyspeptics were never so much in evidence as they are to-day, while the number of those more or less troubled with indigestion is only exceeded by the amount and variety of the pills and nostrums invented for their relief.

Science Needed in the Kitchen.

This is said to be a scientific age. We have science in the laboratory, science in the class-room, in the work-shop, in politics, and even in the pulpit, but we don't have science in the kitchen, the place where we need it the most. The physician must have undergone a scientific training before he can prescribe a few spoonfuls of medicine which we imbibe when we are ill; but the cook, whose concoctions are taken in liberal quantities several times daily, what does he know about the real needs of the system? Where does his scientific training come in? With few exceptions,

it is entirely wanting. The accomplished *chef* knows how to cater to perverted appetite; but he may be grossly ignorant of his real business, that of preparing the food for ready digestion and assimilation, and of combining the different food elements in such a way as to provide a well balanced meal which will nourish every part of the system.

Unfortunately the mistress of the house is seldom in a condition to do much better. Her training is defective at the vital point. Few are the mothers who, while preparing the family meals, think of what will make good bone, brain, and muscle. With far the larger majority the thought first and last is, "What will *taste good*?"

Sensuous Pleasure or Nourishment?

Not only is our cooking unintelligent; our eating habits are even more so. When the family gathers about the breakfast table, does anyone seem to realise that the day's work will largely depend on the quality of the morning meal? Is there thought of storing up strength and energy, or of tickling the palate? Is nourishment wanted, or sensuous pleasure? Let the rich, unwholesome foods and fiery condiments which grace the average table answer the question.

Thoughtlessness is the word that best characterises the general attitude toward matters of diet. We are governed by reason in the conduct of business affairs; we are governed by appetite in the choice and preparation of the food which goes to repair the wastes in our bodies, and to furnish energy for the daily work. Many an enlightened, up-to-

date farmer gives more attention to the proper feeding of his cows and horses and pigs than is given by otherwise intelligent parents to the proper feeding of themselves and their children. Consequently dyspepsia is one of the diseases largely confined to the human family.

A Low Plane of Living.

But the results, in the long run, of a wrong diet involve much more than digestive disorders. Poor nutrition weakens the entire system, and renders it susceptible to the attacks of many insidious diseases. The whole life is on a distinctly lower plane because appetite and inclination have usurped the place of reason and principle. Doors of temptation are opened on every side. The man who eats to gratify taste will by and by drink for the same reason. However, he need not drink to be intemperate. Eating stimulating foods produces an effect closely resembling the moderate use of alcoholic liquors. One whose system is filled with the impurities resultant on a gross dietary does not think clearly nor feel deeply. His heart is "overcharged with surfeiting," the finer senses are blunted, the soul is dead.

Remedy Lies in Self-control.

The remedy for these various evils lies in strict self-control and an intelligent

understanding of the laws of digestion. "Know thyself" is golden advice in this connection. It is not enough to understand the general principles relating to diet. Find out the foods that agree with *you*, and select from the list the best that you can afford. Set before the children food at once palatable and wholesome, but do not allow them to be eating at all hours. Limit your own meals to three daily, and if your work is sedentary, and your circumstances permit you to dine between two and three o'clock, you will do better without the third meal. This almost ceaseless eating is wearing on the digestive organs, and harmful to the system as a whole. There is no danger of serious collapse even if the walls of the stomach should come together once in a while. That much-abused organ needs rest as well as, for instance, the muscles of the arm or leg.

To carry out reforms severe self-control is necessary. Appetite must be kept under, the reason predominate. Let men and women seriously approach the question of dietetics from this standpoint, and the result will be general unanimity. The light of truth will shine upon all; but as long as men make a god of appetite, they will continue to eat in an unreasoning, irrational way, and will in time be unable to reform.

BACKACHE AND KIDNEY COMPLAINTS.

BY ALFRED B. OLSEN, M.D.

Who has not suffered from backache at one time or another? Backache and headache are among the most common aches to which mankind is subject. The causes of backache are numerous, and space would forbid us to even enumerate them all. It is our purpose in this brief article to consider some of the disorders of the kidneys which lead to backache.

A Sluggish Kidney.

We often hear of a torpid or sluggish liver, and the same terms might equally well be applied to certain conditions of the kidneys. Just as a sluggish liver means a swollen or congested state of that organ, so a sluggish kidney refers to congestion. One or both kidneys may be involved.

The organ becomes swollen and overloaded with blood. The water passed is dark and scanty in quantity, and also highly concentrated. Sometimes it may contain a little blood as well.

One of the characteristic symptoms is a dull, aching pain over the loins. The pain is continuous for some time, and has a very depressing effect upon the patient. The back feels weak.

What are the Causes?

These are often dietetic, such as the free use of condiments, tea and coffee, and, most harmful of all, alcoholic liquors. Tobacco is believed to exert an irritating effect upon the kidneys as well as on other organs. A chill, due to exposure to cold

and wet is also a prolific cause of congested kidneys; and we must not omit poisonous drugs and stimulating diuretics. Over-eating, the use of rich and irritating foods, sedentary habits, and lack of exercise, are all factors which must be taken into consideration.

A congested kidney may be secondary to some other disease in the body affecting the heart, lungs, or liver. These conditions, too, produce backache, which often takes the form of a dull, heavy feeling, as though a weight were placed on the back.

Let us explain right here that it is impossible to determine the character of the disorder by the pain alone.

To Relieve the Pain.

The treatment is often very simple and can be carried out in the home. First and most important is *rest, absolute rest*. Drink water freely, either cold, which is best for those who can take it, or hot. Lemonade or lemon water, too, may be taken freely. Apply hot fomentations to the seat of pain. The cloths should be large and cover the lower half of the back. They must be *hot* to be effective. Three or four can be applied, leaving each for five minutes. Then bathe with tepid or cold water and dry gently. Repeat every three or four hours.

In severe cases a hot, half-trunk blanket pack will be found very effective. This may be continued for ten or fifteen minutes, and then the parts should be bathed with cold water and dried.

Give a large soap enema, from two to four pints, and keep the bowels open. A full hot bath, or a vapour or Turkish bath, should be taken to produce free perspiration. Such, in brief, are a few measures which can be used to advantage in most cases.

Inflammation of the Kidney.

This is a far more serious condition than mere congestion. Either or both kidneys may be inflamed. The causes are practically the same as those leading to congestion. Indeed, the inflammation may be looked upon as a very severe congestion, or the congestion as a mild inflammation.

The kidney is much swollen, as in congestion, and overfilled with blood, the large quantity of blood doubtless accounting for the increased size.

A Dull Pain in the Back.

Again, we find a dull pain in the back, which is very severe at times. There is usually a moderate fever as well, and the water becomes dark and scanty.

The treatment here, too, is complete *rest in bed*, free water-drinking, and a light, simple diet, consisting largely of fruit juices, plain gruels, and dextrinised breads. The bowels must be kept active, and hot baths, fomentations, and hot packs used freely. It is well to consult a physician, and take the treatment under his direction.

GARDENING FOR THE CHILDREN.

BY ANNA CLIFF WHITE.



EVERY home should have a garden, and every child in the home should have his share in that garden. Turn into the lap of mother earth, the quiet, studious child, who, to the detriment of his health, loves his books

better than exercise. Interest him in the great book of nature; give him simple lessons in botany, and awaken his mind to

the wonderful lessons of life that may be gleaned from seeds and plants. Dress him in plain, easy-fitting garments, and let him delve in the wholesome dirt, and inhale the pure air and glorious sunshine, and your sickly student will develop a strong physique, with mind and thought brighter and broader for the body culture he has received in his mother's garden. Your boisterous, romping, shouting child will develop qualities of gentleness, loving-kindness, thoughtfulness, and intelligence as he cares for his little corner of treasures, and meets each day some new phase of life which absorbs his growing thoughts. Teach the children to take an interest in natural things, fill their small minds with the beautiful and wonderful things of God's creation, and there will be no room for the world's evil to creep in and develop later. Henry Ward Beecher advises:—

Practical Suggestions.

"Always encourage your child to pursue gardening. A boy that can bury a chipmunk after he is dead, can plant a gladiolus; after it is once planted there is nothing to be done but to keep the bed weeded; as soon as the plants blossom, they are so gorgeous that the boy is sure to be very proud of them. You can get them for a small sum apiece, and so can furnish, for a few shillings, a bed of gladioli that will blossom more than two months, and be pre-eminently gorgeous. Then give him a little instruction, and let him try something else: a row of poppies, perhaps; they sow themselves. Get the French poppy, which is single, but runs through the most exquisite range of colour—all combinations that you can imagine. Also the perennial poppy, which soon becomes an established root; in their time the poppies are so gorgeous that every one who comes near them has to put on smoked glasses, as it were. They fill a child's eye. They are for him a magnificent success. Everyone admires them; and this admiration excites his ambition. The boy, who goes through that one summer, and finds everyone spontaneously praising what he has done, generally has the horticultural fever; and when he has once caught it, he never recovers!"

Whitening the Teeth.—The best preparation for whitening the teeth is a combination of good bristles and an ivory handle, with a little pure water added. Any chemical substance that will whiten the teeth will destroy them. Precipitated chalk is the only preparation that is needed to scour the teeth. If one eats only clean foods, after the teeth are once thoroughly polished they can easily be kept clean, by regularly and faithfully attending to them after each meal.



Hints to Persons Suffering with Flatulence.

1. Let your diet be simple. Two or three articles will be sufficient at one meal, and they should be such as will agree well together.
2. Avoid tea and coffee, and all drinking at meals. Cultivate a fondness for solid foods which require some chewing.
3. Avoid coarse vegetables, such as onions, turnips, cabbage, etc. Baked potatoes, green peas, and very tender carrots may usually be allowed, but no vegetables should be taken in quantity.
4. Well-toasted bread (zwieback) may well form the staple food at all meals.
5. Avoid fried foods, pastries, and rich, greasy foods generally. They are slow of digestion, and on that account favourable to the formation of gas.
6. Avoid the tough skins of prunes, and use even the pulp of this fruit but sparingly.
7. Use freely sweet oranges, good mellow apples (fresh or baked), apricots and peaches, steamed figs, dates, ripe bananas, and in their season cherries, raspberries, and strawberries.
8. Avoid cheese of all kinds, gamey meat, oysters, and everything of the kind. Use only sterilised milk, and that rather sparingly.
9. Drink a glass of water the last thing before retiring, and the first thing in the morning.
10. Use wholemeal bread or granose flakes if there is a tendency to constipation, and take sufficient exercise out of doors to keep the muscular system in good trim.
11. Be extremely careful to avoid anything approaching excess in the quantity of food taken, and *chew every morsel thoroughly.*
12. Limit yourself to three meals daily, and let the last meal (to be taken not later than 7 p.m.) be very light, consisting simply of fruit, or fruit and bread; allow five and a half or six hours between the meals.
13. Finally, notice carefully the foods that exaggerate your difficulty, and avoid them.

THE OPENING OF A NEW SANITARIUM.



THE third British Sanitarium, representing GOOD HEALTH principles, (at 80 Regent Rd., Leicester,) was formally opened on the afternoon of February 8th, the key being handed to the

Mayoress, who unlocked the door and declared the institution opened. The meeting which followed was presided over by the Mayor (Alderman A. E. Sawday), and was attended by Aldermen Vorley and Collins, Councillors J. T. Biggs, and W. S. Biggs, Drs. Dodd and Rowles, the Rev. D. Jones, and a number of other friends of the enterprise from Leicester and other parts of the kingdom. About 200 people visited the institution in the course of the day.

The Mayor's Address.

In his address the Mayor gave a brief outline of the work carried on by the Good Health Association, also referring to its origin in connection with the Battle Creek Sanitarium, which now has branch institutions in a great many different parts of the world. There was considerable divergence of opinion, His Worship said, regarding the cure and prevention of disease, but there was a general consensus of opinion on one or two points. One of

these was the value of hydrotherapy, or the scientific application of water in the treatment of disease. There was also general agreement as to the beneficial effects of physical culture, massage, Swedish movements, etc. All these various modes of treatment would be in regular use at the institution just being opened, which would, moreover, afford a most pleasant and quiet home life to the health-seeking invalid. The building would accommodate about twelve resident patients, and would be able to receive a much larger number for treatment only. Almost every complaint would be treated except consumption and infectious cases.



THE DINING ROOM.

Institution Not Run for Profit.

His worship referred to the fact that the institution was not to be run for profit. Not everyone could be treated free, of course, but after necessary expenses had been met, the surplus funds would be used in treating the sick poor, so that those of very limited means might derive benefit from the principles represented by the institution.

Dr. A. B. Olsen and Frederick Litchfield, Esq. spoke to a vote of thanks to the Mayor, after which a hygienic tea was served the guests. They were, moreover, shown through the building, and found the new bath rooms a revelation of scientific arrangement and perfect comfort. The generous owner, Mr. Goddard, has spared no pains to make the institution all that it ought to be from a structural standpoint, and with its complement of physicians



OUTSIDE VIEW OF BUILDING.

and well-trained nurses, and the friendly co-operation of the public, it certainly starts out most encouragingly. The house is rapidly filling up with patients, and bids fair to become an effective instrument of spreading the health principles.

Organisation of Branch League.

At a later meeting a branch of the Good Health League was formed in Leicester with headquarters at the Sanitarium, and

with it was amalgamated the Leicester Food Reform Society, whose members all became members of the League. This makes a strong band of health workers for Leicester, and we confidently expect that much will be accomplished there in holding up the principles of healthful living.



A COSY CORNER.

The Health of Young Women.

ONE of the most prominent physicians was consulted, some time ago, by an elegant lady of fashionable life, on account of two of her beautiful daughters, who were sylph-like and symmetrical as fashion could make them, but who showed too plainly that their forms and constitutions were as frail as debility could make them without actually manifesting some specific form of disease.

"Oh, what shall I do for my beautiful girls?" exclaimed the mother. "Give them strength," he replied. "And how shall

that be done?" said she. "Let them make their own beds, and sweep their own rooms, and, perchance, the parlour and drawing-room; go to market and bring baskets of provisions home; garden, wash, and iron!" Looking at the physician with surprise, she said, "What sort of minds would they have? What sort of bodies?" He answered: "They would have as healthy and happy ones as your servants. You now give all the health and happiness to your domestics. Be merciful to your daughters and let them have a share."

The importance of this advice cannot be overstated. Useful occupation is one of the best antidotes for the fearful debility that

wastes and destroys so many of our young ladies. To promenade the streets for the sake of exercise, is a poor substitute for the invigorating effects of an hour of real work, and it cultivates all the vanities of an empty head and an idle heart.—*Sel.*



A GUEST CHAMBER.

RICKETS: ITS PREVENTION AND TREATMENT.

BY EULALIA SISLEY-RICHARDS, M.D.

WHAT is wrong with the babies? Such a host of little toddlers are pale and sickly, and their little bowed legs seem unable to sustain the weight imposed upon them.



A GLIMPSE OF THE DRAWING ROOM.

Many of them are suffering from that condition commonly known as

Rickets.

It is a disease invariably associated with, if not caused by, impaired nutrition. Every tissue in the body is affected to some extent, but the bones suffer most severely. The disease manifests itself usually during the first three years of life, at that time when the bones are soft, and easily moulded. Instead of ossifying properly they remain soft, and this with other changes accounts for the bowed legs, the curvature of the spine, the enlargement of the bones at wrist and ankle, and the deformities of the chest so common in this disease.

Symptoms of the Disease.

What symptoms would lead a mother to suspect her child to be suffering from rickets? Among the earlier symptoms are these: The baby is fretful and peevish, is restless at night, and may have convulsions. He perspires profusely during sleep, especially about the head. He may have constipation alternating

with attacks of diarrhoea, and the abdomen is often distended with gas.

Other more characteristic symptoms are delayed appearance of the teeth and a late closure of the fontanelle. The fontanelle is the soft pulsating spot on the baby's head. Normally it should close within a year and a half, but in rickety children it may remain unclosed for two or three years. In such cases the head is usually large, the forehead being high and rather square.

Mothers are sometimes deceived, and fancy their little ones to be quite strong, because they are so stout. But it must be borne in mind that a large amount of fat is not always an indication of health and strength.

Treatment.

The treatment of rickets is principally prevention. As the disease is caused by improper feeding and inattention to the laws of hygiene, the prevention would consist in avoiding these causes. The little ones should be given an abundance of nourishing food, though at regular intervals. The babies who are nourished as Nature intended them to be seldom develop rickets, unless they should be nursed for too long a period, in which case the milk becomes deficient in nourishment. Infants fed upon condensed milk are especially liable to rickets—also those given food con-



THE MEDICAL OFFICE.

taining starch. If for any reason a baby must be denied its natural food, it should receive the best possible substitute. Usually modified cows' milk gives the best results. It would be impossible in this article to give a definite formula as each baby must be studied individually, and its diet arranged according to its needs. This general principle may, however, be stated: Cows' milk if used unaltered tends to form in the stomach large tough curds which are very difficult of digestion. In order to avoid this result the milk should be diluted with water, one half milk and one-half water being about correct for an infant one month old. As the child grows the amount of water used should be diminished. It is usually best to add a little thin cream, a trifle of milk sugar, and a teaspoonful of lime water to each feeding.

It should not be necessary to say that white bread with butter, marmalade and tea is an unsuitable diet for a growing child, yet this is often what the little things

receive, and is it any wonder that rickets is so common?

Besides good food, the baby must have fresh air and all the sunshine possible. Clothe the little ones warmly, especially their extremities, and turn them out of doors. It is not to be expected that hot-house babies will grow strong and hardy. If a child seems weak in his legs, do not urge him to walk until he grows stronger, as bowed legs or other deformities may result.

Give the baby a daily bath, at first tepid and then cooler, as he is able to react.

In place of the cod liver oil, so commonly used in rickets, pure olive oil may be employed, as it is efficient, and at the same time less objectionable than the cod liver oil.

Are no medicines to be given? Absolutely none, except under the direction of a physician. In most cases, if early and careful attention be given to these simple hygienic measures, nothing else is required.

THE SMOKE NUISANCE.

BY M. ELLSWORTH OLSEN.

NOT the soaring chimneys of our huge factories, pouring forth their poisonous fumes, not the almost incessant activity of our much abused but very useful locomotives, not even the forests of house chimneys, which figure so largely in the causation of the London black fog, but the little rolls of tobacco with a fire at one end and a pair of human lips at the other, constitute the real smoke nuisance of the present day.

A Rapidly Spreading Evil.

Smoking is universally acknowledged to be injurious to boys and to all youths who have not attained their majority. Hence no space will be used in pointing out this most obvious fact, and urging upon parents, educators, and all others possessing a direct influence over the young to join heartily in an active crusade against this great and rapidly-spreading evil, which threatens the very life of the nation.

Juvenile smoking is not, however, to be condemned alone. Candour compels us to say that the tobacco habit is harmful also to the adult, and if the fathers were to abstain in order to set their boys a good

example, they would themselves reap distinct benefit in

Increased Health and Vigour.

We are not now saying that the very moderate use of tobacco will rapidly ruin the health of a strong, robust, man; but we feel we are on safe ground in stating that the effects on the physical system of such a powerful poison as nicotine, which causes death more quickly than any other substance except Prussic acid, must be injurious in the long run, productive of nervous disorders, and tending to undermine the constitution and shorten life. In short, the habit is a menace to the health and well-being of the individual who indulges it.

Following are a few facts relating to smoking which thoughtful users of the weed do well to ponder:—

Facts to Ponder.

Tobacco smoke acts as a mechanical irritant upon the delicate membranes of the nose, throat, and mouth, producing an unnatural dryness of these organs, which renders them more subject to disease. The

thirst provoked is likely to induce the drink habit.

Overburdened Eliminative Organs.

Smoking unfavourably affects the nervous system as a whole, and imposes extra burdens on the eliminative organs, such as the lungs, skin and kidneys, each of which is zealous to expel the intruding poison as speedily as possible.

Nicotine is responsible for the serious and characteristic affection known as "tobacco heart," which was the cause of over half the rejections of recruits in the late Spanish-American war, and accounts for about one-third of the rejections in Great Britain.

Blindness Caused by Smoking.

Colour-blindness is frequently induced by the smoking habit; in fact, really good eyesight is seldom found among those addicted to the weed. Dr. N. Gordon Cluckie, oculist to the Royal Victoria Eye Infirmary, of Paisley, in submitting his annual report a few days ago, stated that "of the patients treated during the past year, forty-two were partially or totally blind from the use of tobacco."

The smoking habit causes mild intoxication of the whole system, involving a certain blunting of the finer sensibilities which means a lower standard of work, even though the smoker himself may be entirely unconscious of it. Too great emphasis cannot be laid on what should be a self-evident fact, that for the highest achievement whether physical, mental or spiritual, brain and nerves must be absolutely free from the adventitious aid of stimulants and narcotics.

Lowered Vital Resistance.

The use of tobacco, as well as of all narcotics, lowers vital resistance. Hence smokers are, more than other men, susceptible to the attacks of disease germs. When taken ill, they are the more likely to succumb, the system responding but tardily to treatment. If an operation is necessary, non-smokers stand the anaesthetic best; they recover most rapidly from the shock, and their wounds heal most easily.

Smoking is an enslaving habit, harder for many to give up than the drink habit. This, in itself, is a strong argument against the practice.

Moreover the habit is essentially a selfish one, which finds its only excuse in the pleadings of perverted appetite. The human system stands in no need of tobacco smoke, nor of any kind of smoke for that matter. Only men who have money to burn, and health to throw lavishly away, can consistently practise it.

Troublesome to Others.

Finally, the smoking habit interferes with the health and pleasure of non-smokers. The user of the weed who indulges in a cigar in the presence of his wife and children is doing them a real injury. Many a pale, sickly little girl owes her delicate condition to father's pipe, and many a wife suffers in a similar way. If the smoker indulges his fad on the 'bus top he is blowing the nauseating fumes directly into the faces of men and women with healthy tastes who abominate the weed, and the same is the case on the street. But even if smokers confine their worship of "my lady Nicotine" to the smoke room, they are still a source of some discomfort to their friends and associates with unvitiated tastes. Where can you find a healthy man or woman to whom the odour of stale tobacco is not disgusting? and what habitual user of the weed is entirely free from it?

An Unnatural Fad.

So, after all, smoking is, at least from the non-smoker's standpoint, something approaching a public nuisance, and we may be permitted to hope that, in time, many of its devotees will see it in this light, and give up such a strange and unnatural fad, not only for the sake of setting the boys a good example, but as a means of increasing their own capital stock of health and vitality.

A Vegetable Diet is Better.

PRIMITIVE man found no difficulty in building muscle, brain, and nerve from vegetable foods, and his bodily vigour was even more intense than our own. While meats seem necessary to the rapid development of the American people, I must contend that a well selected vegetable diet will give greater health, bodily vigour, and mental strength.—*Mrs. Rorer, in the Ladies' Home Journal.*



SOME TASTY TISSUE-BUILDERS.

BY ALEXANDER RITCHIE.



I was obliged to study and practise dietetics, food combinations, and hygienic cookery, with other subjects of like nature, and the knowledge thus gained comes very handy now and then when I am away from home. The following recipes are of my own devising, and when properly prepared, I believe they will give far better satisfaction than many more pretentious dishes.

Hygienic Fruit Pie.

Take one cup of sifted avenola, and half a cup of gluten meal, and mix them well. Put the mixture in a bowl, wet it with one cup of milk and a half cup of cream. Knead it a little, and then line your pie-tin with it, bottom and sides, pressing into place and smoothing it with the back of a tablespoon. Fill up the centre with

BEING only a man, I would not ordinarily be supposed to know anything about kitchen affairs. But having been a pioneer health reformer in a certain country beyond the sea,

good sliced baking apples, which have been previously cooked and sweetened to taste. For a dainty top crust grate over the apples about a dozen shelled filbert nuts, sprinkle a very little granulated white sugar over the top, and add a thin layer of fresh granose flakes, about two flakes thick. Put in a moderate oven with cover on to keep flakes from getting hard, and bake for about ten or fifteen minutes, or until avenola crust is just yellowed but not browned. (Nut cream may replace dairy cream)

I call this spade-and-shovel pie, because any man can wield a spade or shovel for half a day on one of these pies.

Tomato Soup.

Here is a soup that I think you will like. Take as ingredients two tablespoonfuls of nut butter rubbed into a smooth paste in a basin with warm water, added a little at a time to make one cup; three cups strained, stewed tomatoes; one grated onion; a half teaspoonful salt, and a half cup water. Pour all these into a saucepan, and bring just to a boil. Serve with croutons of newly-toasted bread.

Bloodless Gravy.

Two tablespoonfuls nut butter rubbed to a paste, one small onion, half cup tomato juice, one tablespoonful browned flour.

Mix butter, onion and tomato juice together. Stir in the browned flour a little at a time. Boil up in frying pan or other vessel, and thin with boiling water to suit your taste. Add a little salt before serving.

Fruit Toast for Breakfast.

Take slices zwieback (twice baked bread) spread them with nut butter, which has been mixed with water to a thick paste, sprinkle on them a very little salt if desired. Put into saucers, one slice to a dish, and pour over every slice hot canned berries (raspberries are especially good). Dip out the berries when heated, with a spoon, and thicken the juice with a very little cornflour or ordinary flour; then pour it over toast and berries. Eat this while hot.

Dessert.

Take a cup of pearl barley, and cook it well in four or five cups of water. When about half-cooked add a little salt if desired. While cooking, stew some rasins and sultanas together in a little water till tender. Serve the barley on saucers well in the centre. Surround it with the stewed raisins, and place half a canned peach on the barley, round side upwards. This looks inviting and tastes good.

To close with here is my

Favourite Stew.

Take a can of good tomatoes, and strain the whole contents through a colander. Get a few bay leaves, and put in three leaves. Chop coarsely half a can of protose, and add to the tomatoes with a little salt. Stew very slowly for fifteen minutes after begining to boil. A small onion may be used in place of bay leaves.

Diet and Treatment for Epileptics.

THERE is no need of entering into a description of Epilepsy or Falling Sickness because it is so common, except to say that there are two forms of the disease. In the mild form (*petit mal*) the patient scarcely loses consciousness, and the attack is only momentary. *Grand mal*, or the more severe form, is characterised by loss

of consciousness, violent spasms of the muscles, frothing at the mouth, and is usually preceded by some warning sign.

Epilepsy is one of the most obstinate of all diseases, and is often regarded as incurable. Heredity is believed to play an important part, and should always be taken into account. When organic brain disease is the cause, little can be done except to alleviate the symptoms.

The Best Diet.

This is a matter of the greatest importance. In a few words, the food should be plain, wholesome, and sustaining. Only a small variety of food should be taken at each meal, and each article should be simple, and easy of digestion. Fruit may be taken freely, either fresh or stewed, but jams, marmalades, preserves, and sweets should be avoided.

Dextrinised breads and grains, nuts well masticated, and a few vegetables with fruit should form the diet. Pure milk and cream, and an egg occasionally may also be taken. Tea, coffee, condiments, and pickles should be strictly avoided. Animal meats, too, and especially swine's flesh, are unsuitable for an epileptic. The same is true of fried foods, rich and greasy compounds, cheese, and pastries.

It is almost superfluous to add that total abstinence from alcohol and tobacco should always be practised by those subject to fits.

Other Remedial Measures.

These consist chiefly of natural remedies, such as tonic hydropathic procedures, the use of electricity, massage, and physical culture. Fomentations to the spine and abdomen, hot leg baths, cold mitten frictions, salt glows, wet sheet rubs, general faradization, etc., are all excellent measures. It is important to build up the general health and invigorate the body.

Care should be taken to prevent the patient, while in a fit, from injuring himself. There is always danger of biting the tongue, and this should be prevented by placing a suitable piece of rubber or wood between the teeth. Care must also be taken to prevent a fall, which might break a limb or do other injury.

After the attack the patient is exhausted, and should be put to bed for rest. A deep sleep usually follows the seizure. A. B. O.



THE GOOD HEALTH CRUSADE.



THE work is onward, but the demand for workers still greatly exceeds the supply. People are hungry for these truths; multitudes would accept them at once if they had the opportunity.

Let every member of the Good Health League endeavour to plan his or her work so as to find some time for energetic health propaganda. If you wear the badge, and watch your opportunities for talking with people about the health principles, you will not have long to wait. You may be daily sowing seed which in due time will spring up and bear an abundant harvest. It may be your happy lot to bring back the roses to the pale cheeks of some poor invalid, or perchance, to save a human life; for it is a generally admitted fact that fully one-half the deaths are unnecessary, being due to ignorance of the simplest hygienic principles.

Such work is inspiring; it is work, too, that will tell for eternity; since in no way can we reach and influence hearts more effectively than through the services rendered men's bodies. One of our members, who has recently become an honorary secretary, writes:—"My time is very limited apart from working hours; but I am anxious for *the extension of the work*, and I am determined to do all I can to spread these principles." This friend has sent in over twenty-five yearly subscribers for GOOD HEALTH, and is already creating a stir in his district though he has but just begun.

ONE OF MANY EXPERIENCES.

Another writes:—

"Now for about four months past I have adopted what has been strongly recommended in almost every issue of GOOD HEALTH, that of a cold bath immediately on rising in the morning, and I have felt in myself much better as regards my health. It is now nearly two years since I took physic or medicine of any description (thanks to your valuable paper), and I am better without them. In fact, I have no need for them. I enjoy the best of health, and have not even been troubled with colds, or any ailment except the headache once or twice.

"I, and as I am certain many, many others are thankful that ever it entered the heart of man to publish such an instructive little volume as GOOD

HEALTH. Had it never been published many of us would have been merely existing instead of (as we are now) enjoying the sweetness of life."

This last extract throws light on one very important side of this question, namely, that of cultivating one's own personal health, and making the most of oneself physically. This enables one to give a practical demonstration of the effects of the system.

REPORTS FROM LEAGUES.

Our branch Leagues are prospering. Some are giving attention mainly to public meetings; others are depending more on the introduction of health literature and personal work.

The Leytonstone League recently gave at one meeting model menus for breakfast, dinner and supper, also passing out samples of the various foods prepared.

In Belfast the interest has been good from the start, and is growing. Prof. A. E. J. McCreary, the president, with the aid of the superintendent of the Belfast Sanitarium and other friends, is pushing the work forward energetically. At their recent meeting this League had an attendance of about 100.

Our friends in Manchester are pushing the work forward energetically, and with good success.

We have good words from Mrs. Borrowdale, the secretary of the Plymouth League, and Mr. E. Aplin, president of the Glasgow League, is organising, with the aid of his committee, an all-round Good Health campaign in that great city. In Leeds also the interest is steadily growing.

The Leicester Good Health League is the latest to be organised. It starts out with a membership of over sixty, having the great pleasure of receiving into its fellowship the entire Food Reform Society. Mr. Goddard is the president of this League, and Mr. Goodwin and Dr. Eulalia Sisley-Richards are its secretaries. The League holds its meetings at the Sanitarium.

Our circular giving particulars in reference to the objects, work and organisation of the League, is at length ready, and if all friends who have not been supplied, will drop a postcard to the League secretary, at 451 Holloway Road, copies will be mailed them at once.

QUESTIONS AND ANSWERS.

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

If "A Slave" and "Anxious One" will furnish their names and addresses, they will receive private counsel by post. It is needless to say that such correspondence is kept strictly confidential.

Loss of Speech During Sleep.—E. A.: "Will you please tell me if there is any cure for a person who loses her speech during sleep, and cannot speak until eleven o'clock in the morning?"

Ans.—Yes we are of opinion that such a person might be cured by the proper treatment. We would recommend that she visit a good sanitarium for the purpose of a physical examination and treatment such as she might require.

Malted Nuts, a Substitute for Cod Liver Oil; Vegetables; Lime Water.—S. P.: "I have been recommended to take one tablespoonful of cod liver oil once a day, but find it very indigestible. 1. Will Malted Nuts be a good substitute, and, if so, how much should be taken? 2. I find that vegetables, such as cabbage and potatoes, and peas and beans do not digest well. Can I give them up entirely without injury to health? 3. Would a tablespoonful of lime water in a small quantity of milk make up for the exclusion of such vegetables?"

Ans.—1. Yes, a tablespoonful, boiled in water for two or three minutes, twice a day. 2. Yes. Still, we are of opinion that you would do better to take a few of the finer grained vegetables, such as celery, cauliflower, and Brussels sprouts. A little baked potato occasionally, might also suit you. Coarse vegetables, such as cabbages, turnips and carrots, are indigestible to those who have a weak stomach. 3. No.

Physical Culture and Improving Muscular Development.—A. W.: "I am writing to ask if you would kindly tell me how I can improve my muscular development. I have very fair muscles, but I want to cultivate them as much as possible. 1. Are dumb-bells really good, and, if so, what weight would you recommend? I am used to hard work, such as digging in the garden. 2. Is it very injurious to use too heavy dumb-bells? 3. I am nineteen years of age, and my people are always worrying me to try and get fat. Is it not much better and healthier to have plenty of muscle and not so much fat? 4. Will you please tell me what are the muscle forming foods?"

Ans.—1. The use of dumb-bells often produces a one-sided development. You would probably do better to adopt the Swedish System of Physical Culture. 2. Yes. 3. Yes. 4. Fruit, dextrinised breads, thoroughly cooked grains, and nuts.

Quack Cure for Asthma.—J. R.: "I have bronchitis and a bad winter cough, also shortness of breath. Seeing from a certain advertisement that asthma was curable, I wrote to the company, and they replied that, for the sum of £5, they would cure me in six months. As I have no extra

money to spend, will you kindly inform me if this is a genuine institution, and do you think they could cure me?"

Ans.—We strongly advise you to have nothing to do with the so-called cure. No reputable institution or medical man will guarantee a cure for £5 or even a larger sum. You will do better to spend your time and means studying and following the principles of healthful living. Train your body for health by means of wholesome food, fresh air, and moderate exercise. Some suggestions in regard to the home treatment of asthma appeared in our February number.

Brown Bread v. White Bread—Good Substitute for Tea and Cocoa—Exercise for a Weak Heart—Cold Sponge Bath.—J. H.: 1. "Is brown bread better for the human system than white? 2. Is it better to use it along with some white bread, or to eat exclusively brown bread? 3. Give a good substitute to drink after meals instead of tea or cocoa? 4. Will you kindly inform me the best exercise for a person with a weak heart? 5. Is there a good book on the subject? 6. Should a sponge bath be taken all the year round?"

Ans. 1. Yes, as a rule. 2. See 1. 3. It is best not to drink at all immediately after meals. Unless the food be very dry, you should defer drinking till a couple of hours after eating, in order to have the food well digested. Caramel Cereal is a very good substitute for tea or cocoa. 4. Walking, if the patient is strong enough. 5. We are not acquainted with a work dealing only with this subject. The course provided by the Good Health School of Physical Culture gives exercises which are eminently adapted for a weak heart. 6. Yes.

Contagion from Cancer.—W. H. C.: "My wife recently died from cancer in the stomach. In removing the coffin lid to show her remains to some friends, I caught a very unpleasant smell. I kept spitting for some time after, and at last washed my mouth with warm water and borax. I am afraid I have caught some of the contagion. I feel a burning sensation, first in one place and then in another place two or three hours after meals. Will you kindly give me immediate advice?"

Ans.—There is no likelihood of your having caught contagion in the way described, and that need not concern you. The burning sensation is probably due to fermentation and acidity of the stomach. Adopt a plain, simple diet, consisting largely of fruits, both fresh and stewed, dextrinised grains and breads, nuts, nut foods, and a few vegetables. You can also take milk and eggs if they agree with you. Avoid drinking with your meals, and take plenty of time to chew your food well, reducing it to a liquid state before swallowing. This is of vast importance. Adopt a systematic course of Physical Culture, and do the exercises daily.

Treatment for Muscular Rheumatism.—C. S. : "Would you be so kind as to advise treatment for muscular rheumatism in the case of a man aged sixty-eight. The rheumatism has only developed during the last twelve months, and seems to grow steadily worse. It attacks the arms and loins chiefly. The patient is by occupation a carpenter, and much exposed to all sorts of weather."

Ans.—Give a hot blanket trunk and arm pack once a day, followed by a cold mitten friction and an oil rub. The blanket must be as hot as can be borne by the patient, otherwise it is not effective. It is important to give attention to the diet, which should consist of pure, easily digested foods with an abundance of fruit. The patient should avoid tea, coffee, flesh foods, and all rich and greasy compounds. It would be an excellent thing for him to have a hot vapour bath two or three times a week to bring about a free perspiration. He should drink water freely in the morning and between meals; from three to five pints a day can be taken with advantage. The bowels should be kept regular, by the use of

enemata, if necessary. The arms may also be treated with packs, and these, too, should be as hot as can be borne.

Sanitarium Treatment for Neurasthenia.—C. H. : "I have been in a poor state of health for some time, and the doctors tell me that I am suffering from neurasthenia. I have tried different methods of treatment, but all have failed, and I do not know what to do for myself. Having read GOOD HEALTH for the past eighteen months, I have come to believe that if I could enter one of your Sanitariums, the treatment there might do me good. I shall be very grateful to you for particulars and what you would advise me to do."

Ans.—The system of rational treatment carried on in these Sanitariums would certainly be beneficial, and we should recommend you to apply to the Leicester Sanitarium, 80 Regent Road, for full particulars. The treatments consist of such physiological measures as baths of all kinds, massage, electrical applications, electric light treatment, exercise and Swedish medical gymnastics, also a carefully selected diet.

LITERARY NOTES.

IN its enlarged form the *Vegetarian Messenger and Health Review* is better than ever.

* *

THE *Cooking Annual* for 1904, by C. Herman Senn, G. C. A., is a model of good printing, and contains much matter of special interest to chefs and restaurant keepers. Published by the Food and Cooking Publishing Agency, London, S.W. Price 6d.

* *

THE *Temperance Record* for February is a splendid number. In fact every issue of this magazine contains articles of the highest value to temperance workers and all interested in this most vital question.

* *

"*Tricks and Exercises on the Horizontal Bar*," by Arthur Dimmock. Published by Gale and Polden, Ltd., 2 Amen Corner, London, E.C. 1/- net. A book designed especially for young men who have some experience already, and wish to go farther. The exercises are well arranged and illustrated with a good chart, and a half-tone cut of the author. Thoroughly up-to-date and practical. Sent post free to any part of the world.

* *

"*Exercises on the Parallel Bars*," by the same author and publishers as the foregoing, and arranged on much the same lines. With chart and half-tone cut of author. Price 1/- net: post free to any part of the world.

"*A Few Thought Rays Captured While Looking towards Truth*." By Joseph Knight, 3 & 4 London House Yard, E.C. Price 6d. A neatly printed booklet of forty pages, containing occasional verses by the author, among them being some poems in memory of leading workers in the cause of food reform. A kindly, hopeful spirit characterises the volume, reminding one of the writer, whose labours in connection with the vegetarian movement, especially among the young people, are well known and appreciated.

* *

"*An Emerson Treasury*" is the latest number in that series of dainty booklets published by Albert Broadbent (19 Oxford Road, Manchester). The selections show good literary judgment and a fine feeling for the true and beautiful. The form is convenient, and the book makes a pleasant pocket companion.

Other volumes in the same series are :

"*A Treasury of Consolation*," from various authors.

"*A Treasury of Selections from the Poems of Mackenzie Bell*."

"*A Whittier Treasury*."

"*A Treasury of Translations*," by William E. A. Axon.

"*A Festus Treasury*."

The price of these neat pocket volumes, prettily bound in stiff paper covers, is only three pence each, post free. To be had direct from the publisher.

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.

YOUR attention is respectfully invited to our premium list, on page 352.



A MEMBER of the **GOOD HEALTH** editorial staff recently called at Belfast, and was pleased to find the Sanitarium in Antrim Road an extremely comfortable and well-equipped institution, admirably adapted to meet the wants of health-seeking invalids.



RIPE olives are a new vegetarian speciality now being introduced by the Pitman Stores, of Corporation St., Birmingham. These olives are quite different from the green, pickled ones, being both pleasant to the taste and wholesome. They require only to be soaked in water for some time to remove the excess of salt. For price and full particulars apply to the above-mentioned company.



THE Health Food Supply Stores, 88 Great Western Road, Glasgow, has an excellent assortment of health foods of all kinds, and is conducted in a way to give perfect satisfaction to all customers. We are glad to recommend the place to our Glasgow readers, and to others in the neighbourhood of that city who wish supplies of good, reliable foods. Shops of this character are very effective aids in spreading the principles of healthful living.

THE PURE, WHOLESOME, AND CONVENIENT CEREAL FOOD FOR ANY MEAL.

TRISCUIT

Used by Vegetarians and all others who know the value of **Natural Food** instead of white flour Biscuits, Wafers, Breads, 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 **Booklet** to **C. E. INGERSOLL, Agent, 21 St. George's House, Eastcheap, E.C.**

In Addition to Those Previously Offered,

"PITMAN" STORES

have now introduced eight new varieties (as marked thus ' below) of their

Uncooked Fruit and Nut Cakes,

ready to eat. These cakes constitute complete foods for muscle and brain. They provide the necessary nerve and stamina for the athlete, and suit the palate of the epicure. Made by electricity from choice fruits and nuts only.

8 oz. cakes made in the following varieties:

'APRINUT—BANANUT—MUSCATALMO—'PLUMANUT, 'ALNUT SANDWICH.	at 6d. each.
DATANUT and FRUITANUT	at 5d. each.
'FIG and RAISINUT—DATE and APPLENUT—DATE & GINGER—FIG and GINGER.	at 4d. each.
FIG and ALMOND—FIG and COCOANUT—DATE & ALMOND—DATE & COCOANUT—FIG & WALNUT—DATE & WALNUT	at 3d. each.
'ALNUT CAKE, made entirely of NUTS	at 6d. each.

VIGAR WAFERS, either cake packed in wafer form (12 in box) at 1d. extra to above prices, or 12 assorted in box at 6d.

Post free 3d. extra on one and 1d. on each additional two cakes, from the sole manufacturers.

**"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.

Bright Boys and girls can earn a lot of pennies at odd times. Work is pleasant and remunerative. No money investment required. Must have consent of parents. For full particulars write to **GOOD HEALTH, Dept. A, 451 Holloway Road, London, N.**

A BEAUTIFUL BOOK ON HEALTH.

GOOD HEALTH, Vol. I. is neatly and attractively bound, fully illustrated, and contains a very large amount of the most useful information relating to health and hygiene. Price, only 2/-; post free, 2/4.

Including, in addition, the seven numbers of the old series, 2/6; post free, 2/11. To be had from the **GOOD HEALTH** office.

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.,
Battersea, LONDON, S.W.



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.

Cash or Deferred Payments.

The Harrison Ribber.

"Live" KNITTING WOOLS.

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.

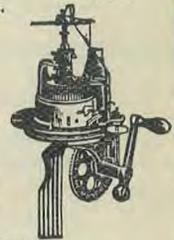
"Silkeena." A substitute for silk. **Wears better than silk.**

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

HARRISON PATENT KNITTING MACHINE Co., Ltd.,

WORKS: 48-56 Upper Brook St., Manchester.

Branch: -103a OXFORD STREET, Nr. Regent Circus, London, W.



A REVOLUTION

DIGESTIVE PEA FLOUR

IN PULSES

SAMPLE PACKET

DIGESTIVE LENTIL FLOUR

2p POST FREE

Genuine natural flavour and taste. The Beef 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.

From Grocers, Chemists, &c., or from the Manufacturers: The Digestive Food Co., Paisley. London Agent: E. J. Reid, 11, Dundee House, Basinghall Avenue, E.C.

In answering advertisements kindly mention "GOOD HEALTH."

**GREAT CHEST
AND LUNG DEVELOPER.**



THE ALLEN'S BREATHING TUBE.
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 writer's name (Dr. J. H. Kellogg) was inadvertently omitted from the article on "Nervous Prostration," in last month's issue.



THE Good Health School of Physical Culture meets the needs of a large class of persons requiring an all-round symmetrical development and some practical advice in reference to diet, dress, the avoidance of disease, etc.



THERE has been such a rapid and unprecedented demand for the Good Health Adjustable Bodice the last few weeks that the Supply Company ran out of a few of the sizes, making it necessary to delay filling orders until the new shipment arrived. They will endeavour to avoid such a predicament in the future.



FREDERICK LITCHFIELD, Esq. occupied the chair at the meeting of the Good Health League in North London, on Tuesday night, Feb. 23rd, and Miss Florence Nicholson, Secretary of the London Vegetarian Society, read an interesting paper on the Diet Question. Other interesting features, including a demonstration in Water Treatments and some excellent music, united to form a very profitable programme.

A new and high-class

VEGETARIAN RESTAURANT

HAS BEEN OPENED BY THE
FOOD REFORM Co., Ltd.,
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.

ESTABLISHED 1851.

BIRKBECK BANK

Southampton Buildings, Chancery Lane, London, W.C.

INVESTED FUNDS TEN MILLIONS.

CURRENT ACCOUNTS

Interest
on the minimum monthly balances,
when not drawn below £100. 2⁰/₀

2¹/₂⁰/₀ DEPOSIT ACCOUNTS 2¹/₂⁰/₀
repayable on demand.

Stocks and Shares purchased and sold for customers
The BIRKBECK ALMANACK, with full particulars, post free.

C. A. RAVENSROFT, *Managing Director.*

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 ADVERTISERS

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.

Address: **GOOD HEALTH** [Advt. Dept.]

451 Holloway Road, London, N.

Ask for
REYNOLDS
Ask for



BEST FOR
HEALTH.

PURE DIGESTIVE
**WHEATMEAL
BREAD**
J. REYNOLDS & Co LTD
GLOUCESTER.

More nutritious than ordinary butter. Keeps indefinitely.
ABSOLUTELY PURE.

.. BILSON'S ..
Cocoanut Butter.

PRICE 8d. per lb, carriage forward; in lots of 28 lbs, 7d. per lb, carriage forward.

SEND AT ONCE 6d. IN STAMPS FOR LARGE SAMPLE
PACKET OF THIS EXCELLENT BUTTER, POST FREE.

Preparation.—The butter may be used just as it comes out of the tin, or it may be mixed with a little water, or with water and salt. It has a delicious flavour, and is perfectly wholesome. Entirely takes the place of dairy butter both to use on bread, and in cooking.

*Full Stock of Nuts, Dried Fruits, etc., and all the Health Foods.
Prices Reasonable. Quality The Best. Ask for New Price List.*

T. J. BILSON & Co.,
88 Gray's Inn Road, London, W.C.

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.

In answering advertisements kindly mention "GOOD HEALTH."

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.

WE wish the newly started Anti-Corset League of Leeds all success in its endeavours to forward the cause of healthful dress.



THE annual report of the London Vegetarian Society, shows that much effective work has been done the past year in educating the public in reference to food reform principles.



THE light weight "Sanis" Underwear is very suitable for use in the spring and early summer. Address the Secretary, 79 and 81 Fortess Road, London, N.W.



NEXT MONTH'S "GOOD HEALTH"

Will make a speciality of short, crisp articles on a large variety of health topics.

Dr. Kellogg will have something to say on **The Stimulating Properties of Flesh Foods.**

Dr. Olsen writes on **Fevers.**

Self-applied Massage will be the title of another helpful article.

Physical Culture will be taken up again.

Dr. Sisley-Richards will furnish something of interest to mothers.

Healthful Recipes will be a prominent feature.

Dress Reform will come in for early attention, probably next month.

Prof. A. E. J. McCrory will contribute a valuable article on **Successful Voice Culture.**



THE following branches of the Battle Creek Sanitarium are now being conducted in Great Britain, each being under regular medical supervision:—

Belfast Branch Sanitarium,
343 Antrim Road, Belfast.

Surrey Hills Hydropathic Institution,
Caterham, Surrey.

Leicester Branch Sanitarium,
80 Regent Road, Leicester.

Full particulars as to rates, accommodations, etc., of each institution may be had by sending a postcard to the secretary.

In answering advertisements kindly mention "GOOD HEALTH."

Health Foods For Health.

THE Health Food Supply Stores,

88 Great Western Rd.,
GLASGOW.

Is the place to obtain the best foods,
as recommended in this journal.

Agents for the
INTERNATIONAL HEALTH ASSOCIATION'S
FOODS, THE LONDON NUT FOOD CO., AND
"PITMAN" SPECIALITIES, WELCH'S
GRAPE JUICE,
and all other vegetarian specialities, including
SHELLED NUTS, DRIED FRUITS, COCOA-
NUT BUTTER, etc.

Orders of 10/- and upwards carriage
paid to all parts in Great Britain.

If you suffer from

CATARRH,

We invite you to send for a copy of our free art booklet, telling a great deal about the disease and its proper treatment. Address:

Good Health Supply Dept.,
451 Holloway Road, London, N.

The Good Health Adjustable Bodice



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,

and are giving excellent satisfaction.

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

A Seaside Home.

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

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 Associa-
 tion, and for other Health Foods.

**Canned and Dried Fruits,
 Nuts, and other Specialities.**

SEND FOR LIST OF PRICES.

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.

SHALL WE SLAY TO EAT?

By J. H. KELLOGG, M.D.

A popular presentation of the scientific facts which prove the natural diet of man to be fruits, nuts, and grains, and that the use of animal flesh is not only unnatural and unnecessary, but in the highest degree injurious and productive of a multitude of grave physical maladies, and even of insanity and crime.

1/- Post free.

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

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—
 Miss HORNCastle, 14 Baker Street,
 Mrs. CHAPMAN, LONDON, W.

In answering advertisements kindly mention "GOOD HEALTH."

START THE DAY RIGHT

Shredded Whole Wheat

— NO COOKING —



"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.

Mr. W. H. JOHNSON, travelling representative of the International Health Association, called recently at the office of GOOD HEALTH. Mr. Johnson is an enthusiastic member of the Good Health League, and uses every opportunity of advancing the interests of the organization.



THERE is an astounding lot of nonsense parading under the name of hygienic advice in the columns of the newspaper press. Now and then one finds an exception. The column conducted by "Altruist," in the *Natal Mercury* is such an exception; it does credit to health principles and to the paper in which it appears.



WE are giving our readers this month, according to promise, a full statement concerning the new process of preparing milk for the market adopted by the Aerated Milk Company. The problem which they have practically solved is one we have frequently called attention to, and we are glad to be able to give these particulars.

SHELLED NUTS.

The best lean beef contains 8.7 per cent. of protein. Nuts contain 87 per cent. They are natural meat.

Barcelonas.....	9s. 1b.	Pine Kernels.....	1/- 1b.
New Walnut Halves..	1/- 1b.	Blanched Swt. Almonds,	1 6lb.
Broken " " "	10s 1b.	Ground Almonds.....	1/6 1b.
Apricot Kernels.....	9s. 1b.	Caster Kernels.....	9s. 1b.

All makes of Health Foods in stock.

EDWARD NORMAN, Health Food Specialist,
Skerry Hill, MANSFIELD.

10 - parcels, half free, 20/-, carriage free.

SLOW DIGESTION.

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

"SANIS"
(REGISTERED.)
UNDERWEAR.

UNSHRINKABLE.

All Wool, Guaranteed.

THE YARN  Pervious and Porous.
THE WEB  Porous—A Stockinette Texture.

The Advantages of a guaranteed all wool, pervious, non-chilling, and slow-conducting garment for next-the-skin wear are well known.

Comfort Is ensured by the fineness of the filament.

Strength By the length of the staple. **Economy** By the price.

"SANIS" UNDERWEAR

[Registered.]
Compares favourably in price with any of its competitors, and its use is recommended by experts in health culture.

Washing directions are given with each garment, which, if followed, will ensure the fulfilment of every reasonable expectation. Name this paper, and these instructions will be sent you, tastily printed on a tinted card, corded for hanging. Explanatory booklet and price list sent free on application.

ANY GARMENT found to have shrunk in washing will be replaced.

ADDRESS: **THE SECRETARY,**
79 & 81 Fortress Rd., LONDON, N.W.

The
Leicester Sanitarium

(Formerly Midland Sanatorium)

Offers facilities for giving a full line of Hydropathic Treatments, as well as Massage and Manual Swedish Movements.

SKILLED NURSES

Trained at the Battle Creek Sanitarium.

A WHOLESOME DIET.
PLEASANT SURROUNDINGS.

Address the Secretary,
80 Regent Road, Leicester.

OUR HEALTH FOODS REACH THE ENDS OF THE EARTH.

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.

FRUIT WAFERS.—Made with the best stoned fruit. 1 lb. box, 8d.

PEANUT BUTTER.—Our process of manufacture excludes roasting of the nuts which renders them indigestible.....½lb. 7d.; 1lb. 1/-.

PURE ALMOND BUTTER.—All sweet, finely ground. ½lb tin, 1/2. 1lb tin,.....2/3.

CARAMEL CEREAL, the perfect beverage, fragrant, healthful, and easily made. 1 lb. package, 8d.

H
A
V
E
T
H
E
Y
R
E
A
C
H
E
D
Y
O
U
?

PROTOSE.—First-hand meat, obtained direct from the vegetable kingdom. Provides the same elements of nutrition found in animal flesh, without the impurities. Tasty and easily digested. Is generally acknowledged to be a triumph of inventive genius in the realm of Health Foods. 1½lb. 1/4; 1lb. 1/-; ½lb. 8d.

NUTTOLENE.—A delicate nut food, of the consistency of cheese. For sandwiches, etc. 1/4; 1/-; 7d.

BROMOSE.—Plain or combined with fruits. In box containing 30 tablets,.....1/6.

MALTED NUTS.—In fine powder form, ½lb. tin,....1/-; 1lb...2/-.

Both Malted Nuts and Bromose are made from malted cereals and predigested nuts. They are all food, and are quickly transformed into good blood, then brain, bone, and muscle. They have in addition an effect similar to cod liver oil, and fully as strong, while their palatability gives them a great advantage over cod liver oil, which some stomachs cannot tolerate. There is no better food for athletes, brain workers, invalids or infants.

Send us **One Shilling** for a package of samples and cookery book, or ask your **GOOD HEALTH** agent for these foods.

**International Health Association, Ltd.,
BIRMINGHAM.**

In answering advertisements kindly mention "GOOD HEALTH."

PUBLISHERS' NOTES.

THE Good Health School of Physical Culture (page 345), continues its special offer another month.

→*←

WE must crave the indulgence of our readers for leaving over for next month's issue the promised article on "Falling Hair and What to Do for It."

→*←

THE fifteenth Universal Cookery and Food Exhibition, under the patronage of Her Majesty, Queen Alexandra, will be held April 26th-29th, inclusive, in the Royal Albert Hall, Kensington. Among other interesting items we note the announcement of a solid gold medal for the best London bread, also one for the best provincial bread.

→*←

SOME OF OUR PREMIUMS.

For one yearly subscription, a set of booklets 1-3 in the "Good Health Library," entitled respectively, "Biliousness; Its Causes and Cure," "The Food Value of Alcohol," and "100 Hygienic Food Recipes."

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

For three yearly subscriptions, "Good Health," Vol. 1 neatly and attractively bound. (Value 2/- Postage 4d. extra.)

For eight year y subscribers, one copy of "The Stomach: Its Disorders and How to Cure Them," by J. H. Kellogg, M.D. (Value 6/-.)

Write the names and addresses of subscribers legibly, and enclose 1/6 for each yearly subscription. If you would like a liberal supply of sample copies, inclose 4d. in your letter to pay carriage. Address, GOOD HEALTH, 451 Holloway Road, London, N.

→*←

"GOOD HEALTH" FUND.

FOR the purpose of supplying GOOD HEALTH to public libraries, and for helping in its circulation generally. The following sums received during the month:

Mrs. Cox (Birmingham), 6/-; Mrs. Davies (Cardiff), 2/1; J. D. Baker (Belfast), 4/2; Friends (through Mrs. Myers, Southampton), 3/-; Friends (through A. D. Gilbert, New York), 8/-; F. C. Wright, 2/6.

JAMES G. YOUNG.

Select Family Grocer,
NEW ROW, COLERAINE.

Granose Flakes, Nut Rolls, Wholemeal Biscuits, Nut Butter, Protose, Caramel Cereal and other foods manufactured by the International Health Association, are regularly kept in stock. Call and see these specialities.

COMFORT

WHILE WORKING:

FREEDOM

FROM WORRY

WHILE WORKING:

ARE
THE SECRETS
OF GOOD HEALTH.

THE . . .

Remington
Typewriter

SECURES THESE FOR YOU.

* *

100 Gracechurch St., London.
263 Oxford Street, W.,
And all large towns.

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 invalids, even in diabetes."

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

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.

In answering advertisements kindly mention "GOOD HEALTH."