



"I WONDER WHAT MAKES IT GO."



# Good Health

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

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## EDITORIAL CHAT.

**Teaching the Mothers.**—Acting on a suggestion of its medical officer, the Alton Town Council is issuing printed instructions to parents in regard to the feeding of children. This is a move in the right direction. We are glad to note that in some of the schools, girls are thoroughly instructed in these subjects which are of such vital importance.



**Deaths from Ptomaine Poisoning.** Several deaths from ptomaine poisoning have been reported in the press recently. In warm weather poisons of this class, which by the way are not discernible to the taste, are especially liable to develop in fish and meats of all kinds. Hence extreme care should be taken to obtain such foods, if used at all, absolutely fresh.



**The Diet of a Champion Swimmer.**—Fast swimming is generally admitted to be as heavy a strain upon the system as almost any form of exercise. When asked, "Is meat a good food to train upon," Carada's champion swimmer, Mr. G. H. Corsan, replied, "I say, most decidedly, No." His diet is the simple natural one, which is best suited to the needs of all classes.



**Shell-fish and Typhoid.**—According to careful inquiries carried out by the medical officer of health for Southsea, the five per cent. of the population who are shell-fish eaters are 150 times more liable to attack from typhoid as compared with the ninety-five per cent. of non-eaters of such foods. We have before pointed out from

the exhaustive reports of Dr. Collingridge, that to eat shell-fish with the layings open to wholesale sewage pollution as at present, is to court disease. The sale of such eminently dangerous articles of food should be forbidden.



**The Spitting Habit.**—A correspondent asks us to say something about the evils of the spitting habit as a mode of spreading consumption. Of course no gentleman would spit on the sidewalk nor in any place of public resort. It may be going a little too far to absolutely forbid spitting in the streets until the general public are cured of that very common scourge, catarrh, which is the real cause of most of the hawking or spitting, or till properly disinfected receptacles are provided.



**Barbers' Shops and Good Health.** What we have had occasion to say about the insanitary condition of a great many barbers' shops has received emphatic confirmation from the President of the Birmingham Hairdressers' Protection Society. This gentleman is able to speak with exceptional authority, as he has lately carried out a visitation of about three hundred barbers' shops in his own city. Quoting from our pages he advised those in the trade to give heed to the deplorable state of things to which GOOD HEALTH had called public attention. Some of the shops he had visited in Birmingham were, he declared, disgraceful—not fit for a pig to go into. That needed to be hammered into the trade till the men who conducted their business under such conditions were driven out. Mr. Morgan's strong condemnation was endorsed by several of his colleagues, and

satisfaction was expressed that GOOD HEALTH had done the public and the trade the service of ventilating the matter. The attitude taken by this Association will commend itself to the discerning public, and Mr. Morgan will have general co-operation in his efforts to raise the standard of the trade, and do away with the cutting of prices to such a point that makes efficient service almost impossible.



#### New Cure for Appendicitis.—

German medical men are advocating the employment of a new and somewhat unique remedy for appendicitis, which, it is claimed, will in the great majority of cases render unnecessary the use of the knife. The patient is simply made to walk on all fours twenty minutes four times daily, thus strengthening the abdominal muscles, and making for a healthy condition of the bowels. The method is an innocent one, and if accompanied by some necessary reforms in the matter of diet, should prove efficient.



#### Heroism and Health.—

“If one would become strong and enduring, he must exercise the spirit of heroism directed toward health. When one has firmly resolved to become strong, he has taken the most important step toward securing the incomparable prize, health. The laws of nature say, ‘Obey us, and live, disobey us and die.’ Health is the price of constant obedience, and is within the reach of the majority.” These words from Dr. C. W. Emerson, of the Emerson College of Oratory, Boston, are as true as they are hopeful and encouraging. Were our eyes but open, we should see the great Creator working in a thousand different ways to restore and heal. The greatest difficulty is that we are so prone to hinder the progress of this healing work by neglecting to co-operate in a manner at once intelligent and whole-hearted. We pay too much attention to the pain, and not enough to the diseased condition of which the pain is merely a danger signal. We cover up the unpleasant symptoms by medicines which merely benumb the nerves but leave the real evil untouched. The mind should be taken off the pain entirely, and wholly employed in the discovery and

obedience of the laws of health; then recovery will be much more rapid.



#### What Do We Know about Cancer?

Not so much, to be sure, and yet something. First, cancer is most prevalent in England, Australia and the United States of America. In all these countries it is rapidly increasing, having doubled in prevalence in the United States in the last twenty-four years. The investigations regarding localities where the disease occurred the most frequently, published not long ago in the *British Medical Journal*, established the fact that cancer is especially common in rich agricultural districts inhabited by people who are likely to be “good feeders,” a term that is usually meant to include plenty of meat. Over-nutrition may then be said to produce a condition of the body favourable to cancer. Of course it is unnecessary to say that the three countries mentioned above are noted for the huge quantities of flesh meats consumed, and it is a striking fact that the amount of meat consumed per capita in these countries the past half century has increased year by year with the increase of cancer.



#### Where Cancer Is Not Common.

Cancer is not common amongst the light-feeding nations, such as China, Japan and India, and it is all but unknown amongst the Jews, who do not use a large amount of meat, and are extremely careful as to the quality when they do indulge, utterly avoiding pork, which from the health standpoint is a peculiarly objectionable form of meat, the hog making an excellent scavenger, but a very inferior article of food. Briefly summing up the evidence it would appear that at least one determining factor in cancer is the common use of flesh foods, especially of the grosser varieties, and those most liable to be in a more or less diseased condition.

It is also well known that prolonged local irritation by the use of the pipe, or internal injury through tight lacing, may be the immediate cause of cancer, and bring on the disease where the system in other respects is in a favourable condition to contract it. Heredity is fortunately a very small factor. The cases where cancer

seems to run in the family may usually be explained by the habits of the family in successive generations continuing to be the same.

### What Are the Chances of Recovery from Cancer?

Dr. Pearce Gould, of the Middlesex Hospital, stated in a lecture the other day that there were cases of cancer which got

### Garden Cities and Health.

To secure for the English working man a healthful, comfortable home, with pleasing surroundings, and enable him if he is steady and industrious to become its owner some day, is the main object of the Garden City Association, an organisation which has our heartiest good wishes, as an effective working force in behalf of a higher standard of health for the nation.



NORTON VILLAGE. [ON THE ESTATE PURCHASED BY THE FIRST GARDEN CITY LTD.\*]

well spontaneously. Some of the patients had been able to go away free from pain, and from any trace of the malady. Dr. J. H. Kellogg had a case under observation some time ago where complete recovery followed without operation as a result of the adoption of a simple, natural diet and healthful habits generally. We would not for a moment take the position that change of diet is the sole requisite to recovery; but we do believe that a very large number of cases of cancer, if not all, might be avoided by timely reform in one's eating habits.

Home-making is, after all, the principal thing in empire-building. The ugly brick tenements that form so large a part of our growing suburbs are a desecration of the beautiful green fields and quiet woods upon whose domains they are making large encroachments. The artistic sense seems to be sadly wanting in the builders of these hideous piles of brick and mortar, whose accompanying gardens are almost as cramped and small as if in the very heart of the slums.

\*A prospectus of the company and full particulars may be had on application to Mr. Thos. Adams, Secretary, 347-351 Birkbeck Bank Chambers, Holborn, London, W.C.

**Barracks of Brick.**—Surely it is high time to consider the possibility of combining beauty with utility, and making the homes of our working people something more than mere barracks of brick. Bourneville and Port Sunlight are living examples of what can be done, and now the First Garden City Ltd. has secured a piece of land near Hitchin, and arrangements are under way for the building there of a model city. We feel confident that the movement, which is certainly on right lines, has a very large future before it. City life under present conditions is distinctly injurious, physically, mentally and spiritually. It is producing mere automatons in place of intelligent, resourceful men and women, it is sapping the health and vitality of the nation, and exerting a blighting influence upon its higher development. What is the use of improving the school advantages of our children and training them to discern the true and beautiful, so long as

modern industrial conditions deprive a large majority of them of ever gratifying the tastes they have learned to cultivate?

It will be said that artistic dwellings cost too much: but the excuse is a poor one. Garish or elaborate ornament is not called for; houses can be simple and beautiful without being immoderately expensive. Men like George Cadbury and the Lever Brothers have demonstrated that employees can be housed in comfort and under ideal conditions without loss to the business, and it is to be hoped that other manufacturers will follow in their footsteps. The scheme suggested by Mr. Ebenezer Howard is not only feasible, but in view of the situation really imperative if we are to maintain our national life on a high level, and do our duty by the rising generation. All success, then, to the Garden City Association and the noble ideals which it is holding up. We shall hear more of it in the future.

## SUMMER DIARRHŒA.

BY ALFRED B. OLSEN, M.D.

DURING the hot season of the year bowel disorders of various kinds increase, and are often of a serious nature. Children are especially subject to stomach and bowel complaints, and possessing little vigour or physical resistance quickly succumb to the attack. The causes are chiefly dietetic, although exposure to sudden changes of temperature is also an important factor.

### Summer Diarrhœa

Is a common name for acute inflammation of the intestines. It is really an acute catarrh of the bowels, and is accompanied by severe pain and much prostration. The symptoms are marked looseness of the bowels, colicky pain in the abdomen, loss of appetite, vomiting, flatulence, soreness of the abdomen, more or less severe headache, and sometimes a chill and fever. The breath is foul, there is a bad taste in the mouth with eructation of gas, and a furred and coated tongue.

A severe attack of diarrhœa is very weakening, and soon prostrates the patient. The loss of strength is rapid, and also the loss of flesh. In a child the conse-

quences may be quickly fatal, so what is done should be done at once.

### Treatment.

Stop all food, and give water freely either hot or cold. If there is any food in the stomach, give a large quantity of tepid water containing a little salt, and thus produce vomiting. It is very important to empty the stomach.

Also give a large full soap enema, putting the patient in the knee-chest position. Manipulate the bowels gently so as to get the water as high up as possible. Repeat the emetic and enema if necessary.

Then give a warm full bath for about five or ten minutes, when the water should be cooled off to 95° or 96° F., and the patient be allowed to remain for ten or twenty minutes longer. After drying gently put the patient to bed, and give him hot water to sip, but no food.

If there is still pain in the bowels, apply hot fomentations, or better still, a hot abdominal pack. This is to be followed by the "Umschlag," or moist abdominal bandage after bathing the part with cold water.

## GOOD HEALTH.

For a couple of days give a light diet consisting of boiled milk and well cooked rice and dextrinised breads. Or give fruit juices in place of milk, which is preferable in many cases.

### Investigate the Food.

Careful attention should be given to the diet of the patient, and the cause of the attack ascertained if possible.

It may have been due to tinned meat or fish, or potted meat. Such articles should never be used in a well regulated home, because they are dangerous and have been the cause of many serious and even fatal illnesses.

Oysters are always suspicious, and the careful feeder never takes them in any form. The same is true of cockles, shrimps, and all similar scavengers of the sea.

Pork pies and other meat pies have been known to cause severe illness and death. Let them severely alone.

Stale foods of all kinds and foods that have begun to decay are dangerous, and should never be used.

Unripe fruit and indigestible food will often produce diarrhoea, especially in children who are much more susceptible than adults.

### The Great Danger of Milk.

As far as children and infants are concerned, impure milk is without question the most common cause of bowel disorders, and especially diarrhoea. There are such numerous means of infection. In the first place it may come from a diseased or unhealthy cow. Altogether too little attention is paid to the milk given to our children. Then there are the milker and those who handle the milk, the danger of dirty cans, filthy water contamination. In the shops milk is often allowed to stand in a large *uncovered* bowl or jar on the counter, where it gathers dust and germs all day long.

Milk is an excellent food for germs as well as for babies. Germs thrive and multiply in milk, as witnessed by the ease with which milk becomes tainted or acquires odours.

Fortunately there is a means of purifying milk and making it safe to take, and that is to heat it to a temperature of about 160° F. This is called sterilisation, be-

cause it destroys the germs, and it is always safer to eat dead germs than live ones.

If there is the slightest doubt as to the purity of the milk, *always sterilise it* before using. It should be kept at a temperature of 160° F. for about twenty minutes, and then used soon after. If allowed to stand any length of time it is easily contaminated again, and is then unfit to take until sterilised once more.

However, it is still better to investigate the supply of milk. Visit the stables, see the cows if possible, watch them milked, observe the habits of the milkers and those handling the milk; look at the cows, and if the milk is watered (not by any means an uncommon thing), see that pure water is used, and not that from a barn-yard well.

### Danger in Cheese.

It is not so generally known that the common varieties of cheese may be dangerous. At the best and when free from poisons, cheese is a poor food. As sold from the shop, cheese is virtually a mass of living germs, and some varieties contain larger organisms which are readily distinguished without the aid of a microscope.

A good story is told of the late Charles Lamb. His sister was very fond of cheese, and to please her, he went out one evening to the cheesemonger. The witty writer, observing while the cheese was being weighed that it was pretty lively, said to the shop-keeper: "Never mind about wrapping it up: lend me a string, and I will lead it home."

### Tyrototoxicon.

We must not forget that cheese sometimes contains a virulent poison called *tyrototoxicon*. This has been known to cause death in a considerable number of cases. Unfortunately, it is not possible to discover the presence of this intense poison by any ordinary means. So it is better to discard cheese entirely, except that made in the home and known as cottage cheese. The latter is both tasty and wholesome. Milk, too, as well as cheese, has been known to contain tyrototoxicon.

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CARRY the radiance of your soul in your face, let the world have the benefit of it.

## THE STORY OF PRIESSNITZ.\*

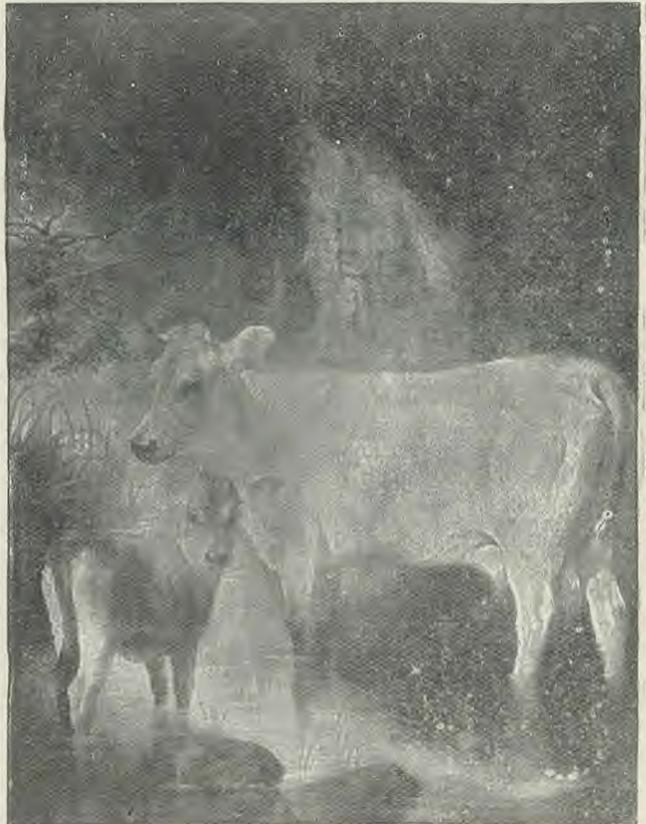
BY J. H. KELLOGG, M.D.

BATTLE CREEK is the home of the first sanitarium, so called. Twenty-five years ago the Battle Creek Sanitarium changed its name. The institution changed its character from an ordinary hydropathic institution, known as the Health Reform Institute, to a scientific establishment, in which all sorts of physical remedies were employed, and in which all the details of therapeutic management were placed upon a scientific basis. From this beginning, the sanitarium idea has spread out all over the world.

People sometimes get the idea that these sanitarium methods are new, but this is hardly the case. Water was used by the ancient Egyptians, Romans, and Grecians, in treating disease, and the primitive people of all countries have always been found to have a knowledge of the use of water. More than a hundred years ago, Dr. Jackson, an English physician, living for awhile in the West Indies, found that the half-civilised natives of these islands were accustomed to treat people who had yellow fever by dipping them into the water of the sea. They were taken down to the seashore and dipped into the water, which has a temperature of about eighty or eighty-five degrees, and were left in the water until their temperatures fell.

This same Dr. Jackson on his way home to England was taken sick with yellow fever on shipboard, and was very ill. Against the protest of the ship doctor, he had himself laid out on deck; then he had the sailors dip up the water from the sea, bucketful after bucketful, and pour it

over him. The treatment was successful. A slave ship about the same time coming across from Africa to this country had on board a large number of sick slaves. A fever broke out among them—a very malignant fever. They were dying off very



"MOTHER AND DAUGHTER."

By permission of Franz Hanfstaengh,  
Art Publisher, London.After the painting by Edwin Douglas,  
in the Tate Gallery.

fast, shut up in the hold. The slaves begged to be allowed to come on deck. When they were allowed to do so, they adopted a most unique method of treating their sick companions. They tied ropes around their bodies and dipped them down into the sea. They gave them two or three dips, and then brought them up on deck, and rubbed them well; this custom was followed with all who were sick, and those treated in this way recovered.

\*This is the first of a series of articles giving a popular history of hydrotherapy. The remaining numbers in the series will be liberally illustrated.—Ed.

Animals are acquainted with natural remedies. Sick animals often lie in the sun to get the benefit of the sunlight. If a dog gets toothache, he puts his paw up against his jaw to warm it. If a dog has the earache, you see his paw upon his ear as a substitution for the hot-water bag. If the dog has a pain in his stomach, he curls up and puts his head as near his stomach as possible to get the stomach warm. It is a natural instinct, and it is just as natural for a man to curl up if he has a pain in his bowels or stomach.

In California, a little more than a year ago, one cold morning in February, I went out early to take a dip in the ocean. I passed by an animal cage, in which was a mother monkey with some young ones. One of the little monkeys had evidently eaten too much green fruit, and was

suffering from pains in its stomach as a consequence. The poor little monkey went around with a very long face, looked very melancholy, but pretty soon it sprang up to a hot-water pipe, and hung itself over the pipe in such a way as to give itself a fomentation to the stomach. Evidently this monkey knew the value of hydrotherapy—using a hot-water pipe in place of a hot-water bottle.

It was a similar observation that led to the discovery of modern hydrotherapy. The writer had the pleasure not long ago of visiting Gräfenberg, the place where modern hydrotherapy began. A little more than one hundred years ago, a peasant boy was born in this little mountain village of Austria-Siberia, who set the whole world thinking, and the thinking in this line has been going on ever since.

## WHY IS THE RACE DETERIORATING?

### The Opinion of a Birmingham Physician.

LEARNING that Dr. Alexander Bryce, of Birmingham, author of the sensible little book, "Ideal Health," was spending a few days at the Caterham Sanitarium, a Good HEALTH representative called on him, and was granted an interview.

After a pleasant chat on various matters the following definite question was put:

"Doctor, what in your opinion is the cause of our physical deterioration?"

"The question is a difficult one to answer off-hand. Not one, but *many* causes are at work in producing the general lowering of the standard of physical efficiency which has attracted general attention during the last few years."

"Well, supposing you were to name three or four causes, what would they be?"

"I should give the first place to our wrong diet, and habits of eating and drinking generally. We are consuming far too much meat. Our daily food is of a gross and stimulating character, by no means calculated to make pure blood and strong muscles, and build up a sound nervous system. A larger proportion of well cooked cereal foods, fruits, nuts, and vegetables would be a great improvement on the diet generally in vogue, and would have a most beneficial effect upon the people's health."

"What would you assign as a second cause of deterioration?"

"Leaving the country, and crowding into the large cities, where the labouring classes must live under highly artificial and unhealthful conditions."

"And a third?"

"The increasing use of narcotics, especially tobacco, is in my opinion a very grave evil of the present day, and one which in the long run must act powerfully in reducing the health and vitality of the nation."

"If you were to assign a fourth cause, what would it be?"

"It would certainly be impurity amongst the young men of the country. This might be placed earlier in the list did it not to a large extent have its source in the wrong habits of eating and drinking which generally prevail, and in the many evils incident to over-crowding."

The doctor, who has given much attention to the subject of diet, made some further interesting remarks on this important question, but as he will very likely be putting some of the results of his study in permanent form in the not-distant future, it would be hardly fair to give them here.

Our readers will notice that Dr. Bryce's views of the subject of national deterioration do not differ materially from those which have been expressed from time to time in GOOD HEALTH.

## A REMEDY FOR ROUND SHOULDERS.

BY MRS. LENNA WHITNEY SALISBURY.

"WHAT exercises do you recommend for round shoulders?" asks a reader of GOOD HEALTH.

Round shoulders are something like an insidious disease, creeping on us unawares. We find ourselves physically tired, and sit down and let ourselves "fall together" so



FIG 1.

to speak, because we feel too tired to "sit tall" and keep our spines straight. Unconsciously this stooping position becomes habitual, and some morning we wake up to find ourselves—not famous, but round-shouldered.

Round shoulders mean that you are cheating yourself out of your full share of oxygen, for if your chest is flat and cramped you cannot breathe deeply, and consequently your blood is not as pure as it might be.

What shall we do? How shall we overcome this position which adds years to our

appearance and gives us so ungraceful and unsightly a figure? It will require some thought and effort to overcome a condition which we may have been months and perhaps years getting into. When you sit reading or studying, instead of leaning over your book, sit tall in your chair, lift the chest high, take a full breath, and either bring the book to the level of your eyes, or simply bend the head without letting the chest drop, and the spine be rounded. At first it will require an effort to keep this position, but if it is persevered in, it will soon become natural. Clasp the hands at the back of the neck, keeping the elbows in a straight line. Hold the position for a few moments; it will rest you if you have been leaning over.

Bending the head backward is one of the best possible exercises, if taken strongly, for lifting the chest and straightening the upper part of the spine. Place the hands on the hips as shown in the first illustration, and bend the head backward strongly while at the same time you lift the chest



FIG 2.

as high as possible, and take a full deep breath. Breathe out as you raise the head.

Another excellent exercise especially helpful for round shoulders is as follows:— Take the position shown in illustration No. 2. Inhale slowly and deeply, at the

same time extending the arms to the side, reaching out as far as you can stretch. Hold the position while you count five, then breathe out as you bring the arms back to the first position. Repeat ten or fifteen times.

### PHYSICAL CULTURE WHILE AT WORK.

MOST readers of GOOD HEALTH probably have but limited opportunities for outdoor exercise and recreation. They will, therefore, appreciate the following

firm against mother earth, waiting for your use.

You need not wait for time after your hours of work to take your physical culture



Maintain an erect, graceful carriage while engaged in household duties, and the work will be far less tiresome. Contrast the two positions illustrated, and consider which is your habitual one.

very practical suggestions by Mrs. Augusta Bainbridge, in the *Pacific Health Journal*:—

“No man in his workshop or office, no woman in her kitchen or parlour, should consent to be deprived of air. A little study, a little tact, with a larger determination to follow truth, will usually bring about a different condition. If, after proper effort, these fail, then move; for you are not obliged to work without air. It is your birthright. Five miles high, it stands

exercise in breathing. Form the habit of taking it in your work, that is, if your work does not bring it naturally. Natural breathing is the best breathing; and if you can free your chest from all that would bind you, and work very hard at something that keeps you interested, you will breathe just right without thinking of it.

But suppose you are engaged in clerical work, and do not chop your own wood. Every time you lift a book from desk to shelf, or carry one across the room, lift

your chest and breathe. Take your "tonic," the only genuine tonic—air, fresh air. Let the housekeeper, sweeping a dusty room, as she turns her broom, go to the window or door, face the inflowing air, and take her "blood purifier."

The dark venous blood, foul with the ashes of dead brain-cells, and wastes from worn-out tissue, is transformed by each breath into bright red blood, full of vitality. Were it not now so common, we would think it a wonderful miracle. Take air, then, at every change of motion, and form the habit of breathing deeply. This will massage every vital organ, and that, too, in a natural way.

Correct breathing comes naturally to the outdoor worker, but many, very many, who have lived indoors for generations, have forgotten how to breathe. If you are too poor to have front steps, or a back porch to work on with a broom or hose, or a father or mother to assist, then maybe you ought to have a bicycle or a punching-bag. I would, however, recommend a trip on pegs, with a good-sized packet of food

and other cheer to brighten the lot of that lonely widow who lives in the narrow street on the other side of the town.

If your work keeps you standing a greater part of the day, do not cramp your chest and diminish your breathing capacity, but take and keep an up-right position. God made you so, and gave you muscles to keep you so.

Does your work call you to sit a lot? Don't sit on your spine, or lean on your abdomen, but rest on the joints that were made to hold the weight of your body in that position, and keep your breathing space intact. Then, as you take your physical culture exercises several times a minute, every organ in your body is kneaded and massaged. Each breath means the exerting of a force by the internal muscles that would lift a weight of 150 pounds, and by it rich, pure blood is forced into every cell.

Cultivate deep diaphragmatic breathing. This is one of the first lessons in physical culture.

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## BREVITIES ON HEALTH.

BY DAVID PAULSON, M.D.

The most successful time to cure a disease is before it begins.

Where Herod slew hundreds of children, a much-advertised soothing syrup has slain thousands.

Fiery spices create a thirst that the town pump cannot supply; thus the kitchen becomes a vestibule to the public-house, and the cook goes in partnership with the undertaker.

We have departed from the natural simplicity of our forefathers, and are therefore compelled to leave behind us the natural strength of constitution which they possessed.

The faith which appropriates physical righteousness, instead of being an opiate, leading man to indifference concerning his physical habits, acts as a stimulant and tonic, and prompts him to the highest and most complete obedience to physical law.

Don't give indigestible foods to a sick person just because your neighbours wish you to do so. A proper diet is the most important thing in securing good recovery.

The man who is cultivating wrong physical habits is by that very process sending out invitation cards for disease to call upon him, and it certainly would be remarkable if some disease did not accept his invitation.

Just as watermelons often grow as large in poor soil as in good, so a man may, while living on a totally unsuitable diet, develop an apparently good physique; but as in the case of the watermelon, there will be an inferior flavour about his moral and spiritual nature.

There is a school that many a child enters at infancy, and from which he is not graduated until death, and that is the school of bad habits. He acquires them early, and adheres to them until late. The diploma that he gets in this school is ill-health and chronic invalidism.

## COOL BATHS.

BY GEORGE THOMASON, M.D.

THE advent of summer, with its periods of oppressive heat, suggests the necessity for some means of counteracting the enervating influence of the hot weather. To many this means a trip to the seashore, where the cooling breezes and the refreshing sea baths are complete antidotes for the depression sometimes incident to this season. But only a favoured few can

bath at 106° to 110° for six to ten minutes. is so rapidly exhausting that one can scarcely stand upon the feet after such a bath, to say nothing of undertaking more vigorous physical exertion.

Cold is the natural antidote for heat. It is antagonistic to all the effects of heat. If after a hot bath, as above mentioned, a cold shower bath, or cold plunge be taken,



SPRING NEAR CATERHAM.

avail themselves of such privileges, and a more convenient substitute must be found for the great majority of people.

While heat is a natural vital stimulant to all cell life, both animal and vegetable, it is such only within certain well defined limits. Go a little beyond these limits, and the increase of heat produces relaxation of animal tissue with cell exhaustion; go still further and the result is actual death of the cell.

The relaxing effect of heat accounts for the weakness and general "all-gone" feeling so often experienced on a very warm day. A prolonged hot bath, say a full

the muscular strength and energy are completely restored. While cold, long continued, naturally depresses cell activity, yet judiciously applied it is a powerful exaltant to the tissue, for the reason that the body, recognising cold as an enemy, rouses itself powerfully to resist the invasion. In this way sluggish vital processes may be wonderfully awakened.

It well known how remarkably refreshing to an overheated person is such a simple procedure as bathing the face and neck with cold water. This effect is many times multiplied when the application is extended to the entire body. There is a

popular impression that it is dangerous to apply cold water to the body when perspiring. This is true only when exhaustion accompanies the perspiration. The body is then unable to react to the cold, and shivering, headache, and other unpleasant symptoms follow.

For such cases a short hot bath of some sort immediately preceding the cold would entirely obviate the difficulty.

A cold friction or full bath in the morning is a powerful vital stimulant, and in the reaction which follows, the blood circulates freely through the skin. This improved cutaneous activity favours the elimination of heat, and wonderfully increases the general comfort and well-being of the body.

Many persons experience a vigorous appetite during the cold winter months,

but find a decline in the relish for food during the summer season. This is due to the fact that the body misses the stimulus of the cold. The daily cold bath increases the appetite, and greatly aids in the digestion and absorption of food.

The heart, being a muscle, is affected by the relaxing effect of the warm weather. Cold water applied to the body directly stimulates the heart, and the increased activity of the skin in the reaction from cold lessens the burden which the heart has to bear.

During the heat of the summer the mortality among children is greatly increased. Daily cool friction of the child's body may well be combined with other necessary hygienic precautions, in helping diminish this annual summer harvest of the "Grim Reaper."

## THE HARM IN CONDIMENTS.

BY J. J. BELL, M.D.

THE use of irritating condiments and spices of various kinds in combination with food is an evil which seems to be decidedly on the increase. Of those in common use we may mention mustard, pepper, pepper-sauce, cloves, cinnamon, nutmeg, ginger, vinegar and salt.

Mustard, when applied to the skin, causes marked reddening, then vesication or blistering, and if continued long on a delicate skin, ulceration. As the mucous membrane or coating of the digestive organs is very much more delicate than the skin, the effect there would be greater. Taken freely it causes a violent gastritis, while its constant use causes a chronic gastritis or inflammation of the stomach. If a still larger quantity is taken, it causes vomiting. The addition of water to mustard produces a volatile oil which has decided pungent and acrid qualities.

What has been said of mustard is true to a greater or less degree of pepper, cloves, ginger, nutmeg, etc. These all contain a volatile oil or an acrid resin. Some of them, as cloves, contain also tannin, which acts as an astringent, tending to produce constipation. Ginger, besides its irritating qualities, is decidedly constipating in its effects.

Vinegar, like alcohol, is a product of fermentation, but the fermenting process is

carried further than in the manufacture of alcohol. It contains about 5% of acetic acid, which if applied to the skin produces marked irritation or blisters. It acts as a caustic, causing sloughing of the skin. When used in the form of vinegar it is dilute, consequently its effects are less acute. Nevertheless, when taken internally it produces marked digestive disturbance with reduction of strength. When used by a nursing mother, it may produce troublesome diarrhœa in the infant.

Although salt may be used in small quantities without any appreciable trouble, yet it is well to remember that when used freely it acts as an irritant and greatly retards the digestion of foods. Fresh fish, for instance, may be digested in one and a half hours, while four hours are required for the digestion of salt fish. Salt, moreover, produces great thirst due to the thickening of the blood.

### How Condiments Aid Digestion.

It is believed by many that condiments and spices aid digestion. This may be true to some extent in the same way that alcoholic drinks seem to help the labouring man to perform his work. After the immediate effects are gone, those who use them drop as far below par as they were

elevated above par by their use. The system is weakened, the blood contaminated, and inflammation is the sure result.

The appetite for liquor is encouraged by the use of condiments and spices. They irritate and inflame the delicate lining of

the stomach, causing nervousness and a thirst which water does not quench. Later the natural sensitiveness of the mucous membrane is destroyed, The animal propensities are aroused, while the moral and intellectual powers are weakened.

## HOW TO BE HEALTHY THOUGH OLD.

BY JOHN BIRCH.\*

How to be healthy, though old! Surely, in these days of rush, when men and women, keen in commercial pursuits, become prematurely aged, no more important question can be considered. Should a man or woman reach the age of forty-five or fifty, and be free from any physical infirmity or disease, such a happy state of affairs is looked upon nowadays more in the nature of an accident than as the natural order of things. In short, old age and infirmity and disease are supposed to be synonymous; they are expected to go hand in hand, and, rather than face them, thousands put a period to their lives every year just at that time, when, had they lived close to

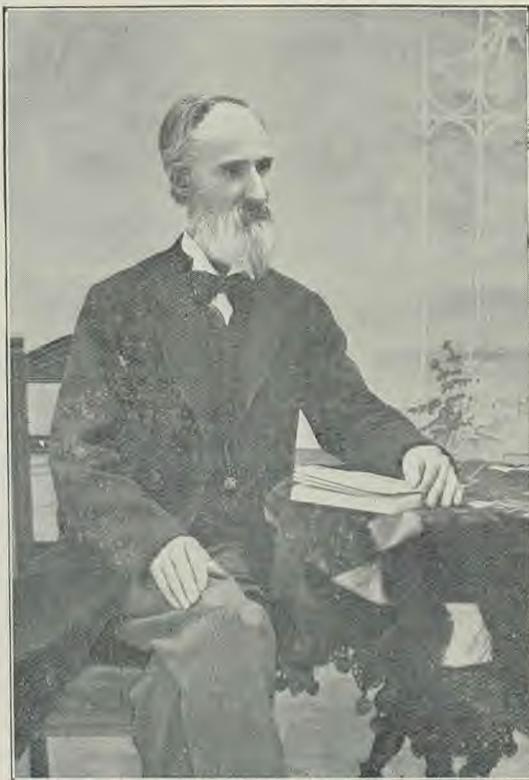
Nature, they would have been enjoying to the full the glorious delights of living.

Old age and infirmity and disease are not synonymous. These terms do not go hand in hand. They are if Nature has her way, as wide apart as the poles. Old age and good health are as closely allied as youth and vitality, and there are thousands

\*Editor of the *Harrogate Times and Guardian*.

of health reformers alive to-day to testify to this fact—veterans whose experiences cover many long years, and who can point conclusively to their mode of living as the cause of the benefits they now enjoy “in the eventide of life.”

Mr. Joseph Thackeray, of Hull, is one of these health reformers, and his evidence is weighty enough to convince the most sceptical. He is in his seventy-third year, and is still in harness. Every day of his life is filled with physical and mental exercise, and the “joy of living” is a joy indeed. He is collector for the Hull Royal Infirmary, and is out and about all day long in all weathers. Get a back view



JOSEPH THACKERAY.

of him as he goes along the street, and his quick, active, buoyant step would lead you to the erroneous belief that he was a young fellow of thirty-five; take a view of him in his little study where he passes so many happy hours “wooing the muse,” and in other literary work, and he looks the man of sixty, rather than of seventy-two. A grand old man is Joseph Thackeray. It

is inspiring to be in his company. Hundreds of men in Hull to-day owe him more than they can ever repay.

It must not be assumed that the subject of this sketch has always been a strong, robust man. On the contrary, up to his forty-ninth year, he was seldom free from ill health. He was born March 1st, 1831, and the first remembrance of life began "when I was nearly five years old; and memory often pictures myself sitting on a little wooden stool beside the fire, with my left foot wrapped up because of a large boil near to the ankle bone. Thus, life's beginning to me presented a warfare between health and sickness, and such continued, often with severity, through childhood, youth, and to the time of adolescence, for close upon my seventeenth birthday I was afflicted with an abscess behind one of my ears, necessitating an operation of such a nature that the medical men despaired of my recovery. However, after fully two months, I returned to my daily work, and from that period of my life to my forty-second year, I was seldom free from boils or attacks of biliousness. During the whole of this period, whenever medical men were consulted they invariably informed me that I was suffering from poverty of blood, and that I required a more nourishing diet, such as good bacon, beef and mutton, and a little 'stout' to build me up for the ordinary purposes of life."

However, it is pleasing to know that this advice was not fully followed out, and this ignoring of medical instructions brought him much condemnation from friends, and was a "sore spot" in subsequent fireside arguments. It was in August, 1872, that Mr. Thackeray became a total abstainer—he never was a smoker—and about this time he was led to think of food reform through being introduced to Dr. Nichol's book "How to Live on Sixpence a Day." The rest I will give in Mr. Thackeray's own words:—

"This little reasoner," he says, "set me thinking that my submission to the ordinary diet of working people, was, as regards my constitution, an attempt to force Nature to my desires, and, possibly, the cause of my constant ailments; but, notwithstanding my opinion, my friends and relatives, backed up by medical statements, objected to my inclination to give 'a non-flesh diet'

an honest trial. Thus, for seven years more, I was a visible victim to dyspepsia, fainting, and other weakly influences.

"But on my forty-ninth birthday, I felt as though an inward voice was urging me to 'dare to be a Daniel,' and I firmly resolved, and openly declared, that I would commence a seventy days' trial of non-flesh eating, even if compelled by weakness to crawl on my hands and knees to complete my vow. But such humility was not required, though I frequently erred through ignorance of hygienic laws, and was often the subject of strange remarks from my personal opponents. Thus, now, after twenty-four years of patient perseverance, I am able to eat, sleep and work with more natural pleasure and satisfaction than at any time from my earliest years to nearly half-a-century old. Fruit is my principal diet, and I find much pleasure in adding the nut butter to my Hovis, or my home-made white bread. I am glad I have been led out of Custom's dark pathway by the voice of Hope whispering, 'At eventide it shall be light.'"

Mr. Thackeray eats that he may live; "tickling the palate" has no fascination for him; he takes a steam bath every week; his occupation gives him plenty of fresh air and exercise, and it is by these simple means that he has run the gauntlet of weakness and disease, and has reached, and is anchored safely in the harbour of Good Health.

CONDUCT is the mouth-piece of character.—*Phillips Brooks.*

"A GREAT plant may spring from a very tiny seed of love."

**Rest the Eyes.**—If you want to have good eyes, give these organs an occasional rest. When talking, listening to music, or thinking, close the eyes. You have to use them, anyway, ten times as much as your grandfather did his.—*Sel.*

**Temperature of Drinking Water.**—For general drinking purposes cool water, from 60° to 70° temperature, is the most wholesome. Water is cold when below 60°; tepid, when from 92° to 98°. Above that water is hot. Hot water drinking, although a temporary stimulus, in the end has the effect to debilitate the stomach.

## SOME WAYS TO SPEND A HEALTHFUL HOLIDAY.

BY H. JULIUS LUNT.

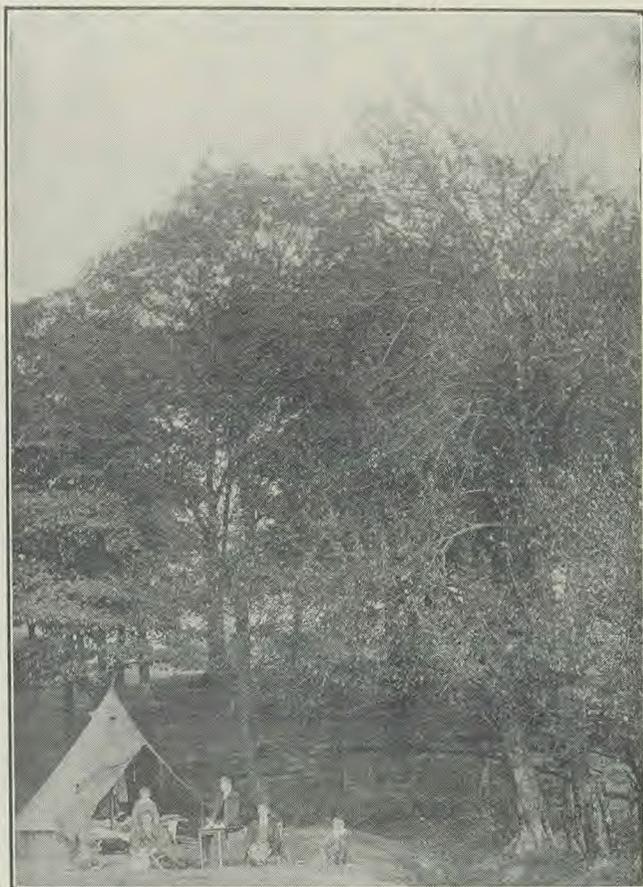
THERE can be no doubt that for a holiday to be a really healthful one, it must fulfil, in the main at least, the following conditions: It must lead its devotees out of doors into the fresh air, keep them fairly active, be thoroughly enjoyable, moderately comfortable, and provide some feature to arouse their special interest; finally it should not and need not be expensive. The weather can never be reckoned with, so an ideal holiday must not necessitate sunshine.

A touring holiday is of great interest on account of the places which can be visited, the chief drawback being the difficulty which frequently presents itself of obtaining the particular kind of food and accommodation that one desires. I prefer to walk rather than to cycle when touring, for it is such an advantage to be able to leave the beaten track and wander at will without regard to roads and paths.

For a camping holiday to be most enjoyable the weather must be fine and warm; though after one has become inured to the change, there is nothing to compare with the amount of pleasure of a healthful kind which can be derived from a few days spent in a tent in the country or by the sea shore, even if the weather is only moderately fine. There are so many ways in which freedom from restraint and conventionality can be exercised, and so many different sports and amusements can be indulged in, that other ways seem narrowed by comparison. Lovers of nature find abundant scope for study and admiration in the many forms of life—animal and vegetable—that present themselves.

As regards expense, I think a walking

tour may be classed as the cheapest holiday; though after the equipment of a tent is bought there is very little expense in camp beyond the bare cost of food. The



cost of a tour can be reckoned at about  $5/6 - 7/6$  per day: viz.,  $3/6 - 4/6$  for bed and breakfast, and the other meals may cost from 1/- upwards. When walking in north Yorkshire I usually had a good meal before starting, a light lunch at noon—generally at a farm and costing only a few pence—and a good meal at tea-time, when the days' walk was at an end. Baggage should be reduced to a minimum, and if many extra clothes are considered essential, the best plan is to send them by rail.

It is in camping out that the greatest

scope for economy and ingenuity is found. The cost of tent, utensils, stove, and crockery may be reduced to about £2 10s., while beds and blankets need not cost a great deal. If the floor of the tent is of wood or a waterproof sheet covers the ground, a bed is easily made by filling a dry sack with straw. This is both warm and comfortable if not filled too tightly. There is a very useful form of bed made for camping purposes which folds together so as to be out of the way during the day-time. This is made of canvas stretched on poles supported by cross legs at each end. When standing, the legs are held in position by iron hinges which close when

the bed is folded up. A hammock is useful where trees are at hand, if the sleeper cares to risk the chance of rain.

The food question does not arise when camping as anything can be provided which may be in demand, and the cooking forms a useful experience. Taste and cost can both be studied without causing inconvenience—which so often arises at other times.

Don't take along too many conveniences. One advantage of a camping-out holiday should be to teach us how little we really require, and thus ultimately lead us to make our home life more simple and natural.

### THE WELL DRESSED WOMAN.

BY EULALIA SISLEY RICHARDS, M.D.

It is an erroneous idea that if a woman be healthfully dressed she must necessarily be unbecomingly dressed. It is especially true in woman's realm that no real beauty can exist apart from health.

No sculptor has ever been able to fashion anything more beautiful than the figure of a natural, healthful woman. Our ideas of beauty as related to statuary and paintings have been lofty, but as applied to ourselves and our daughters, which is vastly more important, they have been sadly perverted. We need first to be revolutionised in our manner of *thinking*, and then our manner of *dressing* will care for itself.

If once we are firmly convinced that any departure from the natural must incur a departure from true beauty and health, our future course is clear. We must at once set ourselves to study the wonderful mechanism of the human body, considering how we may preserve not only its exquisite grace and symmetry, but the integrity of all the vital organs as well.

The woman who is *well dressed* is *comfortably dressed*. Every garment is fashioned and adjusted in such a way as to afford perfect freedom to every part of the body, especially to the vital organs of the thoracic, abdominal, and pelvic cavities. She discards all tight bands and elastic garters as these hinder the free circulation of the blood.

The weight of her garments is reduced to the minimum, and is borne entirely by the shoulders, for well she knows that the

dragging of heavy skirts about the waist result not only in discomfort but also in disease.



### She is Becomingly Attired.

She does not wear colours which war with her complexion, or with her eyes, simply because they are in fashion, but



selects those shades particularly suited to her own style of beauty.

### She is Gracefully Clothed.

She gives attention to the graceful curves of the natural figure, adopting only such designs in dress as accentuate these lines of beauty.

She studies *simplicity, adaptability, and economy*. Especially should those who must make much of little, study the latter, though even the more affluent might well shun needless extravagance in matters of dress.

The accompanying cuts show a gown constructed upon these principles.

Rather a heavy linen crash is the material chosen, with cluny lace for decoration.

The end ornaments and tassels are hand made.

The skirt is securely attached to the blouse at the waist-line by means of button-holes and flat bone buttons, so that the weight of the entire gown is carried by the shoulders. This attachment is quite covered by the fitted girdle, which with its short back and long front tabs corresponds in a pleasing way with the shoulder decorations. The skirt is finished in a round length, and is suitable for street wear.

It will appear from these cuts that a gown may be every way healthful, and yet conform sufficiently to the present styles as not to be conspicuously out of fashion.

The healthful gown differs from the so-called fashionable gown chiefly in the matters of cutting and fitting.

The former is of course fashioned for a natural figure. And let it be remembered that a truly natural figure is always a strong, graceful, well poised figure. Then, too, the healthful gown is fitted in such a way as to insure perfect ease and comfort to the wearer with no tightness about chest or waist to hinder the respiratory and digestive processes.

While we need not entirely disregard fashion, let us not render servile obedience to her, but remain free to adopt only those styles in dress which are conducive to health and true beauty.

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### Beauty.\*

BEAUTY is organic. All merely outside embellishment is deformity.

As human happiness comes from knowing how to love, so beauty comes to us through love. Love is the source rather than thought or reason.

As health is to the body, so is the beautiful to the mind—the higher health.

Shallow is the life that knows not beauty, and is never fired by its gentle sway.

The love of beauty keeps the heart young.

As life advances, beauty deepens.

All high beauty has a moral element in it.

We love that form, that face, however gaunt or harsh, from which great qualities shine.

\*Extracts from an essay read before the Good Health League at Caterham by Philip Houghton.



## GOOD THINGS TO EAT IN SUMMER.

### A Few Suggestions.

SUMMER cookery should be simple, tasteful, and wholesome. It is quite natural for the appetite to be less keen in really warm weather, and on such days special pains should be taken to have the table set in an attractive manner, and the food well cooked and daintily served.

Recent researches have proved scientifically a fact which everyone knows from experience, that the food which is taken without appetite, simply from a sense of duty, is sure to be slow of digestion no matter how wholesome.

A model breakfast on a warm, sultry day may well consist mainly of bread and fruit. The bread should be light and sweet, and if it is cut in slices and toasted in a slow oven, it will be still more easy of digestion besides giving the teeth a little wholesome work.

Such toast, commonly known as zwieback, may be made the basis of a number of excellent breakfast dishes. Pour hot milk or fruit juice over it, and you have a very digestible and wholesome morsel. Thicken either milk or fruit juice slightly with corn flour, and you have a gravy toast or a fruit toast which everyone will enjoy. The fruit toast is improved, to some tastes, by the addition of a little thin cream or nut cream, or a spoonful of malted nuts.

Granose flakes, freshly heated, make a most dainty breakfast dish eaten dry with nuts, or with fresh fruits. Porridge made from avenola with the addition of some chopped dates is very quickly prepared, and can often be taken where the more

common oatmeal porridge lies heavily on the stomach.

When the weather is only pleasantly warm, and especially if one is on a vacation in the country or by the seaside, or otherwise engaged in outdoor pursuits, there is often a demand for rather a substantial meal in the morning. Eggs may be taken in addition to the porridge and milk and fruit. We should think the following would be as substantial a meal as anyone would desire:—

#### Fruit Toast.

Avenola Porridge with Dates.

Poached Eggs on Granose Flakes.

Brown Bread and Butter.

Fresh or Stewed Fruit.

The dinner, whether taken at the noon hour or later, will usually include nicely cooked vegetables, with perhaps some legumes and nut preparations, and good brown bread. No doubt many of our readers will think it quite necessary to include at least one meat dish at this principal meal; but viewed from the nutritive standpoint, one can live remarkably well without resorting to flesh foods at all. The best all round proteid food to take in place of meat is without doubt protose, which, as the *Lancet* truly remarked, possesses many of the characteristics of meat, although it is a pure food product without a trace of animal matter of any kind, consisting entirely of carefully prepared nuts and cereals. Nuttolene is a similar food. Both these products can be used in stews and roasts, and in other

forms much the same as meat. They are exceedingly rich in proteids, and so maintain the strength of the system without burdening it with animal impurities such as are contained so largely in flesh foods.

A healthful dinner during the summer season might be something like the following:—

Lentil Soup with Croutons.	
Protose Roast.	Baked Potatoes.
	Escalloped Tomatoes.
Spinach.	Nut Rolls.
	Fruit Pudding.

Here is one that would require less cookery:—

Potato Soup.	
Savoury Rice.	Salad.
Sliced Nuttolene with Lemon.	
Strawberries.	

These menus are only intended to be suggestive. The thoughtful housewife will have no difficulty in preparing a variety of wholesome meals, and even if meat is not entirely eschewed, the family will relish a vegetarian meal now and then, and especially during the summer weather, would derive great benefit from such a change.

The evening meal should be light, preferably fruit and bread, or milk and bread or granose biscuit. Sleep is always more refreshing on a comparatively empty stomach.

### Recipes.

**Lentil Soup.**—Add a few spoonfuls of the Paisley Digestive Lentil flour to the required amount of boiling water, which has been slightly flavoured with onion, bring to boil, season with a little nut butter or thick cream, and serve.

**Savoury Rice.**—Drop one teacupful of rice into one and a half pints of boiling water. Add a little salt and one small grated onion. Cook until done. Just before removing from the fire add one half cup of strained tomato juice (from tinned tomatoes), also the chopped white of one hard boiled egg. Chop the yolk of the egg separately, also a few sprigs of fresh parsley. Serve in the following way:—Turn the rice into a serving dish, and with a spoon mould it into any desired shape. A dome or cone shape is pretty. Then sprinkle over the rice the chopped egg yolk, and over this the chopped parsley. Only a little of the latter is used. The effect is very pleasing.

**Simple Fruit Pudding.**—Any good fresh or tinned fruit may be employed, or even stewed dried fruits. Fresh plums do very nicely. Remove the stones from the fruit and place in a baking dish. Sprinkle lightly with sugar. (Some fruits do not require sugar.) Cover with a layer of zwieback crumbs which have been previously

moistened with a little nut cream. One teaspoonful of nut butter rubbed smooth in a half cup of water will be sufficient. Bake in the oven until nicely browned on top. A meringue of egg white and a little sugar may be used over the bread-crumbs if desired.

### Water for Infants.

IN warm weather, if a child craves water, and is given instead either an extra feeding of breast milk or an extra amount of bottle-feeding, it will suffer; for when milk is not digested, it soon spoils, and fills the stomach with all manner of poisonous substances, the result of food fermentation, and the stomach and alimentary canal become infected with dangerous disease-germs. It is often hard to make mothers and nurses understand that even breastmilk, of the best quality may be dangerous to the stomach of an infant whose digestive organs are disordered.

\* \*

THE subscription price of that interesting journal, the *Life Boat* (including foreign postage), has been placed at two shillings per year; that of the *Medical Missionary*, a most excellent monthly magazine giving reports of our health work in all parts of the world, at three shillings. *Good Health* (American), the best of all health magazines, costs 6/6 post free. Any of these journals may be ordered of the London office.

\* \*

### JOIN THE LEAGUE.

FRIENDS of the movement are heartily invited to send for the booklet telling all about the Good Health League, and in due time become members. The declaration of principles reads as follows:—

“I AM A TOTAL ABSTAINER FROM ALCOHOL AND TOBACCO, AND I DESIRE TO LEARN AND TO FOLLOW THE PERFECT WAY OF LIFE IN ALL THAT PERTAINS TO HEALTH AND PURITY.”

The minimum annual subscription is 1/-. The fee for a life membership is 10/-.

Further particulars given with pleasure. The object of the organisation is mutual study of the principles of healthful living, and mutual efforts to spread them far and wide in every legitimate way. Address all communications to the Secretary, care of GOOD HEALTH.

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.

For full particulars address the Secretary.

# QUESTIONS AND ANSWERS.

Our correspondents are requested to enclose a penny stamp with their questions, as it is often necessary to answer by post. No attention paid to anonymous communications.

**To Relieve Intense Itching.**—H.C.W.: What would you recommend for a man suffering from itch?

*Ans.*—A warm alkaline bath, prepared by adding  $\frac{3}{4}$  lb. of common soda to a full bath of water.

**Mouth Sores.**—H.R.: I have small white sores that often come in my mouth. They are very painful. I would be extremely obliged if you would inform me what to do for them.

*Ans.*—Rinse the mouth two or three times a day with a solution consisting of one part of Listerine to two or three parts of water.

**Headache and Weak Eyes.**—A.C.: I suffer very much from a dull headache, which seems to have affected my sight. Please tell me the cause and what I shall do to get rid of it.

*Ans.*—More likely the headache is due to weakness of the eyes rather than the reverse. Consult an eye specialist. It may be that glasses will give you permanent relief.

**Rupture Specialist.**—O.H.: 1. Kindly inform me if you know of any rupture specialist who has cured rupture? 2. I have had papers from Dr. — and Mr. —. Can you recommend either one?

*Ans.*—1. The only means of a radical cure is by undergoing a surgical operation; otherwise you should wear a support. 2. No.

**Food for Strength.**—H.T.: 1. As a reader of GOOD HEALTH I would like to ask if you could tell me what food I might get to strengthen me. I have a baby four months old, but I am weak and feeble and have not been able to get my strength back again. 2. I am also very constipated. What can I do to make the bowels act regularly?

*Ans.*—1. Have toasted wheat flakes for breakfast, and occasionally some gluten porridge. You would find a cup of hot malted nuts very strengthening. Granose biscuits, brown bread, zwieback, and well cooked cereals are all excellent foods. 2. Use steamed dates and figs, stewed prunes and sultanas, and baked apples. Drink water freely, especially in the morning before breakfast.

**To Obtain a Nice, Smooth Skin.**—M.C., Belfast: Will you kindly let me know how I may obtain a nice, smooth skin? I have been told to live largely on milk and eggs and to take plenty of lump sugar.

*Ans.*—Avoid sweets and pastries of all kinds, including lump sugar. Let your diet consist of fruit and bread with nuts and a few of the finer grained vegetables. You may also take milk and eggs if they agree with you. Adopt a systematic course of physical culture, and take the exercises twice daily. Have a warm bath twice a week, and a tepid or cold sponge bath, followed by

vigorous friction and exercise each morning on rising. Massage is an excellent means of promoting a smooth, healthy skin. You can obtain it by applying at the Belfast Sanitarium, 343 Antrim Road.

**Lentils—Flatulence—Diet for a Child of Eighteen Months.**—E. G. H.: 1. Do peas, beans and lentils contain uric acid in any quantity? 2. Are they safe articles of diet for the majority of people? 3. How can the flatulence, which they frequently cause, be met? 4. What would you recommend as a nourishing and easily digested diet for a child of eighteen months?

*Ans.* 1. No. 2. Yes. 3. By a proper combination of foods. The legumes should always be well cooked and baked, and thus reduced to a mealy state, before taking. They should always be used rather sparingly, because of the large amount of albumen that they contain. 4. Granose flakes and biscuits, avenola, a little pure milk and cream, fruit and fruit juices, especially baked apples; the juice of stewed prunes, and similar preparations.

**Water - Drinking—Sour Stomach—Coarse Vegetables—Grated Cocoanut.**—W. B.: 1. What indiscretions of diet would cause pain in the pit of the stomach, which usually commences about two hours after meals? 2. Has sourness of the stomach anything to do with it? 3. Is it essential to drink water between meals even though one does not feel thirsty? 4. How can one avoid being subject to disagreeable wind in the bowels? 5. Kindly name some vegetables which are considered coarse. 6. Would grated cocoanut be suitable for me? 7. Could you suggest any means of avoiding getting the seeds of figs between the gums and the plate of artificial teeth? 8. For one who takes the last meal at 5:30 p.m., and starts work at 5 in the morning, would there be any harm to digestion in taking a little food before starting work? I do not have breakfast until 8:30 a.m.

*Ans.* 1. Hasty eating, drinking with the meals, and wrong combinations of food. 2. Yes. There is probably fermentation, which causes sourness of the stomach, and is oftentimes also the cause of the distress. 3. Yes, one should drink from one to three pints of water daily, and it is always best to drink in the morning and between meals. 4. By giving careful attention to diet and the combination of foods and engaging in physical exercise daily. It is also important to keep the bowels regular. 5. Parsnips, turnips, and cabbage. 6. Possibly, if you masticate it thoroughly. 7. Stew the figs slowly in water and make a syrup which can be strained to remove the skins and seeds. 8. There would be no objection to a little fruit with a couple of granose biscuits or some other form of dextrinised bread. You would do better, however, to have your breakfast earlier, say at seven.

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“War Office, London, S.W., March 29, 1904.  
The Ever-Fresh Bread Co., Buchanan Buildings, 24-26 Holborn, E.C.

“Gentlemen.—I should be glad to be favoured, if possible, with particulars relating to the patent bread produced by the Ever-Fresh Bread Co., and as to the method of its manufacture. I should also be much obliged if you would kindly send a sample loaf of the bread in question to this office, if you can.

“I have the honour to be, Gentlemen,  
Your obedient servant, W. A. DUNNE.”

“232 Portobello Rd., Kensington, W., April 6, '04.  
“To the Ever-Fresh Bread Co., Holborn, E.C.  
“Dear Sirs.—I have given your Improved patent ‘Panil’ a thorough good trial, and must say it passed my expectations in every way. I cut a loaf this morning which was eight days old, and found it perfectly fresh and sweet. I never saw anything keep like it. JOHN HEINE, Baker and Health Food Specialist.”

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# Good Health,

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

Edited by

ALFRED B. OLSEN, M.D.

M. ELLSWORTH OLSEN.

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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.

A LIST of the leading health works sold by the  
Good Health Supply Department may be had on  
request.

We gratefully acknowledge the many warm  
greetings the magazine is receiving, not only  
from the home land, but also from many earnest  
friends in the colonies. These kindly words give  
us new courage in holding forth the principles of  
the simple, natural life.

McCLINTON'S Barilla Soap is famous for its  
soothing and cleansing properties. GOOD HEALTH  
readers who are not already using it will do well  
to accept the liberal offer made in our advertising  
columns; and in this case a trial will be very sure  
to result in the permanent adoption of the soap as  
an indispensable toilet accessory.

THE Caterham valley, beautiful at all seasons of  
the year, is looking its best these bright, warm  
days of early summer. In the woods and open  
spaces lying close by the Sanitarium, the ground  
is literally carpeted with flowers, while the trees  
and hedgerows, in their new frocks of dainty  
green and white, look too charming to be described.  
The air, fragrant with flowers, is also melodious  
with bird song, including the sweet note of the  
skylark, and the soul-thrilling strains of the  
nightingale. People ought to get well in such  
surroundings, and so they do, the wholesome,  
nourishing food and tonic treatments aiding  
greatly in the process.

**WANTED.**—Vegetarian Cook and Housemaid,  
for the middle of September. Small family in  
country. Near main line station in Hertford-  
shire. Address: A.R., care of GOOD HEALTH.

**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 Specialties.

SEND FOR LIST OF PRICES.

**"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 fine-  
ness 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 ex-  
pectation. 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 wash-  
ing will be replaced.

ADDRESS: **THE SECRETARY,**  
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**HUGH MAPLETON'S NUT FOODS.**

**NUTTER.** 1½ lb. tin, 1/-. 3 lb. tin, 1/11. Superb  
new Cooking Butter made entirely from  
Nuts. White. Soft. Pure.

**H. M. R. NUT OIL.** 1/- per pint. 1/10 per  
quart. Absolutely  
the finest oil obtainable, for cake-making, salads, etc.

**Nut Meats in Hermetically Sealed  
Glass Moulds.** Almond, 8d. & 11. Banana,  
8d. & 11. Savoury, 7d. & 11d.

Tomato and Nut, 8d. & 11. An immense advance on  
tinned meats, at the same prices. Moulds allowed for on  
return. Full descriptive Price List on application to the  
manufacturer.

**HUGH MAPLETON,** Colonial  
House,  
2 Dolphin Street, Ardwick Green, MANCHESTER.

**NOURISH & FLOURISH!**

**WHEAT PHOSPHATES,**

as 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**

[FOR BUILDING UP THE FRAME.]

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, flesh, 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. manufactures 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.

**Outfits for  
OPEN-AIR TREATMENTS.  
JAEGAR Sleeping Bags.  
LAWN FURNITURE.**

Superior Chair  
with  
Patent Hood.

.. The ..  
"Scarborough."

This hood can be drawn forward or sprung back by the occupant without effort.



It is the best canopy on the market.

Price, Complete, 8/6.

Sleeping Chalets and Bungalows. List free.  
**EDWARD NORMAN,** Specialist in Health Foods and Appliances.  
(Member of Good Health League.)  
18 Church St., MANSFIELD.

**"IT IS NATURE'S SOAP."**

**Mc CLINTON'S SOAP**

*Dr. Kirk (Edinburgh)*

**McCLINTON'S SOAP**

is made from plant ashes instead of caustic soda.

It is therefore the mildest soap obtainable. Most children in summer suffer from Rash, or "Hives" (as it is called in Scotland). Here is a remedy as simple as it is safe: Make a lather of this soap, as if for shaving, and spread it over the itchy place; cover with a soft cloth.

Dr. Kirk says; "This lather will cure "hives," and will never, we believe, fail to do so."

**JUST TO GET YOU TO TRY IT,**

we offer a wonderful box in return for 1/6 containing Toilet and Shaving (or Tooth soap, made entirely from vegetable materials).

**D. BROWN & SON, LTD., Dept. 12,**  
Donaghmore, Tyrone, IRELAND.



To each purchaser of a 1/6 box we send a pretty match-holder, enamelled in colours, representing a cottage fireside in this Irish village.

**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,**  
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### PUBLISHER'S NOTES.

WE still have some back copies of *GOOD HEALTH* which will be sent without charge, carriage forward, to those who wish to use them in spreading the principles.



THE *Health Resort*, an attractively got up and liberally illustrated 6d. magazine, is doing a valuable service in calling attention to the numerous beautiful places of resort in the home land as well as in other countries. For a quiet, healthful, and thoroughly interesting holiday one need not go beyond the boundaries of Great Britain.



HER MAJESTY THE QUEEN has accepted a copy of C. Herman Senn's latest work entitled "The New Century Cookery Book," enlarged edition, which is dedicated by special permission to Her Royal Highness the Princess of Wales. Mr. Senn is the able editor of *Food and Cookery*.



In reply to inquiries, we have pleasure in saying that *GOOD HEALTH* can always be obtained through newsgents. It has at present the largest circulation of any health magazine in Great Britain, and any enterprising newsdealer who will display the poster regularly, will have no difficulty in securing permanent subscribers. We shall be glad to be put in touch with dealers who are in a position to push the sale of the magazine.

## 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. Huttman-Hume, "Loughtonhurst,"**  
**West Cliff Gardens, Bournemouth.**

The Vegetarian Society's Health Food Stores,  
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### SPECIALITIES:

## THE HEALTH BISCUIT.

Water and Wholemeal only. Crisp,  
Nutty, Reminiscent of the Cornfield.

1 lb. 4½d. 3 lb. 1/- 7 lb. tins 2/6. 14 lb. boxes 4/8.  
28 lbs. 9/- 56 lbs. 17/6. Delivered free in London.



White Nut Oil 6d. 12 ozs. Pine Kernels 1/- lb.  
Pure Olive Oil 10d. Barcelona 8d. lb.  
Unpolished Rice 2d. lb. Roasted Peanuts 7d.  
Brown Beans.....2d. lb. Texas Honey 9d. lb.  
Marrowfat Peas free Agar Agar 3d. ounce.  
from husks.....4d. lb.



## TARAXO.

Pure Dandelion Root Only.

Very best substitute for Tea or Coffee.  
Makes a clear drink. ¼ lb. 5d., ½ lb. 10d.,  
1 lb. 1/6.

## V.S. FRUIT WAFER.

Free from lard. A delicious tea biscuit.  
4½d. per lb. only. 3 lbs. 1/1.



Send for the list of the Vegetarian Society's  
Food Specialities and list of Publications.

A WHOLE WHEAT PRODUCT

# TRISCUIT

BAKED BY ELECTRICITY  
THE PERFECT FOOD OF PERFECT MAN

Superior to any form of Bread known  
because of its Crispness & Digestibility.

ALSO

## Shredded Wheat

The ONLY  
Porridge Cake

Warm a Biscuit,  
and then serve.  
Simply pour on  
milk, and add  
sugar or salt.

Samples Free. **SHREDDED WHOLE WHEAT BISCUIT**  
C. E. Ingersoll, 317 St. George's House, Eastcheap, E.C.

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

**A REVOLUTION**  
**DIGESTIVE PEA FLOUR**  
**IN PULSES**

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.

**SAMPLE PACKET**  
**DIGESTIVE LENTIL FLOUR**  
**2d POST FREE**

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

**CEREAL FOODS.**  
**HEALTH FOODS.**

Where the Best are  
to be obtained.

**Fredk. Bag & 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.

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."

### PUBLISHERS' NOTES.

READERS of GOOD HEALTH who would like to assist in bearing the expense of supplying the magazine to public libraries, etc., are invited to contribute to our

#### GOOD HEALTH EXTENSION FUND.

The following contributions have been received recently:—

	£	s.	d.
Miss Matilda Hill.....	4	2	
A Well-wisher.....	5	0	
Mr. D. Parsons.....	5	0	
Mrs. Davies.....	2	6	
A Friend.....	1	0	0

Donations may be sent in stamps.



#### Literary Notices.

"THE book is worth its weight in gold, In fact I find it absolutely invaluable in my home."

So said a gentleman recently, who had purchased a copy of Dr. Kellogg's well known work, "Home Hand-Book of Domestic Hygiene and Rational Medicine." Full particulars of this book, which is needed in every home, will be given to all who apply to the Good Health Supply Department, 451 Holloway Road, London, N.



THE "Care and Feeding of Children," reviewed in our June issue, is published by Sydney Appleton, London.



"Economy in the Kitchen." By Florence I. Nicholson and A. M. Cole. [Memorial Hall, Farringdon St., London.] Price, 2d., A new and suggestive collection of vegetarian recipes, giving the cost of the food materials required, at the regular market prices. The latter is an especially valuable feature, which incidentally shows the superiority in point of economy of a bloodless diet over that in ordinary use.



"Vegetarian Recipes and Practical Cookery." By T. L. Nichols. [23 Oxford St., W.] A new edition of a practical little work containing rather under a hundred recipes. We believe both this and the foregoing book would be improved, by omitting all references to pepper, cayenne, mustard, and other hot, irritating things, which really have no place in a healthful dietary.

### WALTON'S PETROLEUM HAIR LOTION

For promoting the growth of the hair and removing scurf and dandruff. A continued use will help to produce a fine head of hair, and render the scalp clean and healthy.

Perfectly Safe, Pleasantly Perfumed,  
and Delightful to Use.

2/- per Bottle, post free.

S. A. WALTON, Manufacturing  
Chemist,  
190 Broadhurst Gardens, W. Hampstead,  
LONDON, N. W.

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

# NEAVE'S FOOD

For INFANTS, INVALIDS and the AGED

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

Sir CHAS. A. CAMERON, C.B., M.D.,  
Professor of Chemistry, R.C.S.I., Medical Officer  
of Health for Dublin, City and County Analyst.

"Competent chemical Analysts have found Neave's Food to contain every constituent necessary for the nourishment of the body, and this has been abundantly confirmed by what we have frequently observed as the result of its use."—The late Dr. Ruddock.

SANITARY RECORD. — "As a substitute for mother's milk, Neave's Food may be conscientiously recommended."



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

# 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, " "
14 lb. sample,.....	6d., by post.

Sole Proprietors

COLLYER BROS.,  
BATH LANE MILLS, LEICESTER.

In answering advertisements kindly mention "GOOD HEALTH."

**"KOMPLXSHN."**

Answering many enquiries the Proprietor desires to explain that "Komplxshn" is a skin soap made from **Pure Olive Oil** Without any Alkali, Fatty Substance, or Colouring Matter. The one object in view has been to produce a **Perfectly pure soap** that should be not only negative in its application—that is—not only not injurious—but positive—in that it should have curative properties, than which nothing could be better for the Complexion, Chapped Hands, Dentifrice, The Nursery, Bath, Shaving, or Sick-room.

In Boxes of 3 Tablets 1/- Post Free 1/3.  
4 Boxes Post Free 4/6.

ADDRESS: "KOMPLXSHN,"  
48 Navarino Road, Hackney, N.E.

.. THE ..  
**F. R. Restaurant,**

4 Furnival Street,  
(Opposite Prudential Buildings.) Holborn, E.C.

Is the most advanced Vegetarian Restaurant in London. Nut preparations and various Health Foods always on the Menus.

**1/ = Ordinary Three Courses and Lemonade.**  
The finest Sixpenny Teas in the kingdom, served after 3.30.

Ladies' and Gentlemen's Lavatories.  
Open 8.30 to 8 p.m. Saturday, 4 p.m. in summer, 7 p.m. in winter.

A Proper Amount of Adipose Tissue Is a  
Bulwark Against Constitutional Diseases.

**BROMOSE** AN EXCEEDINGLY  
PALATABLE  
FOOD PREPARATION

Consists of cereals and nuts, in which the starch is completely digested, the nuts perfectly cooked, and their fat emulsified. It is thus ready for immediate assimilation. It is the most easily digested, and most fattening of all foods, and at the same time rich in proteids, and hence **UNEQUALLED AS A TISSUE-BUILDER.**

**BROMOSE** makes fat and blood more rapidly than any other food. It is the food par excellence for blood, brain, and nerves. Invalids whose troubles are due to the fact that they cannot digest the starch of cereals and vegetables, **FIND IN BROMOSE A PANACEA.**

**BROMOSE** is rich in salts, as well as proteids and other food elements. It is excellent for invalids who are thin in flesh, those who cannot digest starch, old people, feeble infants, consumptives, convalescents, fever patients, neurasthenics, and **THOSE WHO WISH TO GAIN IN FLESH.**

PRICE: Plain, or combined with fruit, 1/6 per box of 30 tablets.  
Postage 4d. extra.

ORDER OF . . .

**INTERNATIONAL HEALTH ASSOCIATION, LTD.,**

LEGGE STREET, BIRMINGHAM.

**COMFORT CYCLIST.** For the .

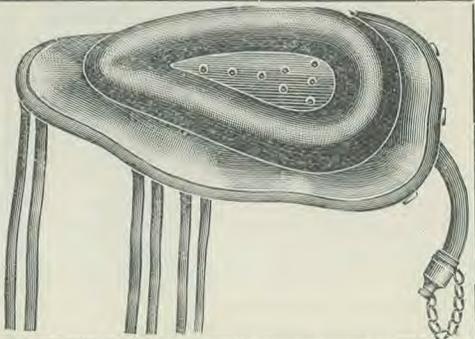
Our PNEUMATIC SADDLE COVER

Is made for either Ladies or Gents, and will fit any saddle. Easily attached by hooks and tapes. A comfortable saddle is absolutely essential if you wish to enjoy your ride. our PNEUMATIC COVER meets all requirements, as it makes any saddle as soft as an AIR CUSHION. YOU will never regret buying one, as you will be able to ride far greater distances without becoming tired or saddle sore. This cover has been RECOMMENDED by EMINENT MEDICAL MEN because it is ANATOMICALLY designed, reducing the vibration and shocks felt in riding, to NIL.

Note the Price, only 3/6 per post.

Sole Manufacturers

**The PNEUMATIC SADDLE COVER Co.,**  
Birkbeck Works, Birkbeck Rd., Kingsland, London.  
(P.O. must accompany order. Kindly mention this paper.)



In answering advertisements kindly mention "GOOD HEALTH."

## BIRKBECK BANK

ESTABLISHED 1851.

**2½ per cent INTEREST**

allowed on Deposit Accounts Repayable on Demand.

**2 per cent INTEREST**

allowed on Current Accounts on minimum monthly balances when not drawn below £100

Advances made to Customers, and all General Banking Business transacted.

Apply C. F. RAVENSCROFT, Secretary,  
Southampton Buildings, High Holborn, W.C.

THE new bound volume of GOOD HEALTH is ready. Price 2/4, carriage paid.



DR. AND MRS. THOMASON sailed for Cape Town, May 28th, the doctor giving some much appreciated addresses on health at Portsmouth, shortly before leaving.



WE have pleasure in commending to cycling readers the good qualities of the Pneumatic Saddle Cover, particulars of which are given in our advertising columns. Not only comfort but health requires that a rider should sit as easy as possible on the wheel. We trust this useful invention will make cycling possible to many of both sexes who could not enjoy this healthful sport under ordinary conditions.



THE fifteenth annual Universal Cookery and Food Exhibition, held the last week of April at the Royal Albert Hall, has proved an excellent success. Our readers will be pleased to learn that the firm of J. Reynolds & Co. carried off all the prizes in the brown bread exhibition. Their excellent wholemeal is becoming more widely and favourably known month by month, and the firm has our hearty congratulations on this new success it has achieved.

### The Good Health School of Physical Culture.

(Conducted by correspondence only).

A Few Brief Extracts from Letters Received.

- "My bodily health is improving."
- "I am still enjoying my exercises very much."
- "I am doing nicely with the exercises."
- "Am very pleased with the exercises."
- "I have much enjoyed the course, and feel greatly benefited by it."
- "I feel I should be lacking in common gratitude if I did not write to thank you for your exercises and kind advice so readily given, on account of which even at this early stage, I feel so much better."

No apparatus. Daily Programme.  
Physiological Exercise. Fifteen Weeks of  
Training. Cures Disease and  
Brings Good Health.

Send stamp for particulars

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

## FRUIT PRESERVING JARS

IN WHITE GLASS.

For preserving Raspberries, Cherries, Gooseberries, Blackberries, Damsons, Greengages, Plums, Currants, Peas, Beans, and all other kinds of Fruits and Vegetables, so as to retain the whole of

### THEIR NATURAL FLAVOURS

without either sugar or preservatives,  
and with but little cost or labour.

Price for 1 Qt. Jars, Complete with  
Full Instructions, per Doz., 4/6.

1 Dozen Carriage Paid to any Station in the  
United Kingdom for 1s. extra, 2 Dozen and  
upwards Carriage Paid, 6d. per Dozen extra.

WILL LAST A LIFETIME.

Illustrated Price List, 80 pp., with copy of  
"Fruit Preserving," by James Harry Cook,  
post free on receipt of two stamps.

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

The Largest Health Food Dealers in the World.

"There's magic in the web of it."—Shakespeare.

## KNEIPP-LINEN

### MESH

## UNDERWEAR.

A PURE LINEN MESH.

Strongly recommended by the medical profession as the most healthy and comfortable Underwear. Being porous it allows the skin to breathe, and preserves the natural heat of the body.

Prevents Colds, Chills,  
Rheumatism, Eczema.

Sold By Leading Hosiery and Drapers.



Explanatory booklet with samples and name of  
nearest Agent post free from

Kneipp-Linen Depot,  
2 MILK STREET, LONDON, E.C.

In answering advertisements kindly mention "GOOD HEALTH."

# NO ADULTERATION!



**I**N these days of widespread adulteration of food, disease-producing, chemical, and other injurious elements, with shortening, preservative, and colouring properties, also animal products, are commonly used, and absolutely pure foods are extremely rare.

This is the reason for our existence in business, and if you have not tried our Health Foods, which are entirely free from all the above-mentioned injurious elements, we earnestly advise and invite you to try them.

**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. Large 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**.—Made from best Scotch oatmeal. 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. ½ lb. 7d.; 1 lb. 1/-.

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

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

**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. ½ lb. 1/4; 1 lb. 1/-; ½ lb. 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, ½ lb. tin, 1/-; 1 lb. tin, 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, brainworkers, invalids or infants.



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

Manufactured in the interests of HEALTH by the

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

In answering advertisements kindly mention "GOOD HEALTH."

## Publishers' Notes

PERSONS whose skin is easily irritated will experience great relief in wearing next to the skin a thin suit of the Kneipp-Linen Mesh Underwear, which is made from pure linen and is very cooling and refreshing, especially in warm weather.

OUR next number of GOOD HEALTH will be specially suitable for holiday perusal, containing a large variety of bright, crisp articles on matters of interest at this season of the year, and being especially well illustrated Boating, swimming, and holiday making in general will receive full attention, and much timely medical advice will be given. Healthful dress will be discussed further by Dr. Eulalia Sisley Richards.

THE annual meetings of the London Vegetarian Society were held at Memorial Hall, the attendance being large, and the gathering a representative one. We are pleased to note the encouraging growth of this organisation which is doing such an excellent work in supplying dinners to the poor children in London. The number of dinners supplied the past year has amounted to 228,174. The Dinner Fund we understand is in arrears, and donations will be thankfully received by the secretary, Memorial Hall, Farringdon Street, London, E.C.

So many of our readers have had difficulty in getting their chemists to fill the prescription given in Dr. Kellogg's article on "Falling Hair, and What to Do for It," in our May number, that we mentioned the matter to Mr. S. A. Walton, a London chemist. He has accordingly made up a hair lotion based on the recommendation of Dr. Kellogg which he is supplying post-free at 2/- for a good-sized bottle. We wish to emphasise that this lotion is not put forth as a "sure cure" for falling hair, but simply as a help in connection with the other hygienic treatment mentioned in Dr. Kellogg's article.

WE are hearing good words of the Ever-Fresh Bread Co., whose process seems destined to make something of a revolution in the baking business. Some of our readers have discovered that the Ever-Fresh Bread makes unusually good Zwieback. Miners find it keeps sweet and fresh in the pits. Bakers are taking kindly to the innovation, and many are eagerly securing the license. One baker writes:—

THE EVER-FRESH BREAD COMPANY,  
Buchanan Buildings, London, E.C.

Gentlemen,

Please to send me 28 lbs. of Panil. We made bread on Friday last of the sample, and it proved very satisfactory. To-day [Tuesday] we cut a loaf and found it as moist as if baked yesterday. Will you please to send circulars to distribute in the neighbourhood at your earliest convenience.

Yours faithfully,

(Signed) J. E. CROWHURST.

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THE price of our Good Health Adjustable Bodice, daintily made up in white or drab jean, is seven shillings, post-free. Carriage one shilling extra to other countries. Extra charge also made for large sizes. Customers should send remittance with order, giving waist, bust, and hip measurements taken snugly, under outer garments.

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