

Good Health

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Hygiene and the Principles of Healthful Living.

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Editorial Chat.

Restrictive Marriage Laws Asked for.

—The National Health Protection Association, an American health organisation is petitioning President Roosevelt to "aid the effort to secure the passage of national marriage and divorce laws." They would have the law prohibit:

"The marriage of all persons affected with incurable diseases which may be inherited.

"The marriage of all insane or half-witted persons.

"The marriage of all habitual drunkards."



Condiments May Cause Anæmia. Writing on the dangers from a too free indulgence in condiments, the *Lancet* says: "The excessive use of vinegar is calculated to lead to an anæmic condition, while it has an unfavourable influence on gout. Some silly women take vinegar to produce a pale complexion. Similarly a free indulgence in pepper or mustard, which are both irritants, is likely to have an irritating effect upon the organs of secretion. . . . Highly savoury dishes are incompatible with good digestion, and the prevailing preference for liberally garnished 'messes' instead of plain, simple food is to be deplored."

This is sound advice, and we might add that the free use of such condiments is not unlikely to produce an unnatural thirst demanding strong drink.

French Quack Medicine Congress.

—France is taking hold, in earnest of the patent medicine evil as evidenced by the Congress called this spring to deal with the question. The United States is trying to exclude the most flagrant offenders from using the post. It must be only a question of time till some proper action is taken in this country to put a stop to the enormous amount of misrepresentation by which proprietary remedies are almost forced into the hands of an ignorant public.



Sixty Thousand Yearly Victims.

—Thanks to better hygiene and other prophylactic measures tuberculosis is not as common in Great Britain as it was some years ago. Nevertheless it is still very widely prevalent, nearly sixty thousand falling victims to it yearly in England and Wales alone. Plenty of fresh air, night and day, and a wholesome diet are the best preventive measures.



An Eminent Physiologist on Tea.

—Sir Michael Foster in his memorandum prepared for the Board of Education as a guide to the teaching of hygiene in the schools, makes some frank admissions in regard to tea and coffee. He says, for instance, that theine and caffeine, the essential principles of these beverages, "in adequately large doses produce effects

different from alcohol, but yet are such as to justify the term 'intoxicating.'" The *British Medical Journal* criticises the statement on the ground that "to class alcohol and tea together is for practical purposes misleading and confusing." We think Dr. Foster is in the right, and that between strong, stewed tea as drunk in thousands of British homes, and light wine such as that used in France, there is little to choose. In its influence on the digestive organs the tea is probably the more harmful of the two. The strong liking that tea drinkers soon form for their favorite beverage and the difficulty of giving it up, are *prima facie* evidence that it partakes of the intoxicating principle, and induces an unnatural craving.

Obesity a Sign of Degeneracy.

—According to Professor E. Heinrich Kisch, of Prague, general obesity is "a noteworthy sign of hereditary degeneracy." His researches include the careful observation of 488 cases of marked adiposity. In every case where the excessive deposit of fat occurred early in life, there were marked evidences of degeneracy. The *Lancet* says by way of comment: "These observations of Professor Kisch are of considerable interest, since the causes of the development of obesity are somewhat obscure, and any fresh facts intended to throw light upon them are of value. It is generally stated that the condition of obesity is hereditary in about half the cases and Professor Kisch's figures agree very closely with this statement. It is known, moreover, that in many situations of the body a condition of atrophy or degeneration is apt to be associated with a local deposition of fat in the organ. . . . Again, it is on record that an excessive deposit of fat is not uncommon in idiots and in some cases of chronic mental disorder, and that it occurs sometimes in hysteria."

Strong and Beautiful Children—the Result of Natural Feeding.

In a recent book on "Health in Infancy," the writer says: "I do not think there ever has been, or ever will be, a woman distinguished amongst women for beauty, or a man distinguished among men for staying power, who was not naturally fed in infancy." This may be putting it a little too strong; but there can be no doubt that artificial feeding is only an inferior substitute for the natural plan.

Germ-Laden Water Cress.—

Dr. A. C. Houston has been making a careful bacterial investigation of water cress with a view of ascertaining how far it is likely to convey disease germs. He found that the samples varied greatly. Some taken from beds with unwholesome surroundings fairly swarmed with germs; those taken from beds arranged on sanitary principles, where the water was pure and the bottom of a sandy character, were almost entirely free. In any case washing would not be a sure means of removing the germs. As long as many of the beds are in a dangerously polluted condition it is unsafe to buy water cress in the general market.

The Overlying of Children.—

The Manchester city coroner, says the *Lancet*, recently held four inquests on children who had died from suffocation. He remarked that such tragedies were "the usual thing during the week-end." Overlying causes from eighty to a hundred deaths annually in Manchester alone. Shall not this easily preventable evil be done away with? Amongst the very poor a drawer placed on two chairs, an orange box, or a clothes' basket, as the *Lancet* points out, would make a very fair substitute for a cot. The child would not only sleep more safely, but would have a purer air supply than when sharing the mother's over-heated bed.

INFANTILE DIARRHŒA.

BY ALFRED B. OLSEN, M.D.

STOMACH and bowel disorders accompanied by diarrhœa are the chief cause of the high death-rate among children in summer time. Diarrhœa is a symptom rather than a disease, and indicates disturbance of the bowels. It means an abnormal frequency of bowel action with fluidity of the motions. The character of the stools changes and varies according to the kind of infection and severity of the attack.

The Scourge of Childhood.

Diarrhœa is a veritable scourge of early childhood. Children under two years are more susceptible than older ones, but no age is exempt. It is most common in summer time, and the children of the poorer classes are the greatest sufferers, although the upper classes are also affected. Poorly nourished children with weak constitutions and lowered vitality contribute the majority of victims. But strong and healthy children through indiscretions of diet may also be attacked. Teething with all its accompanying worries and disturbances must be reckoned with as a not infrequent cause. Exposure to wet and cold, leading to a chill, is the exciting cause occasionally.

But the most important factor is undoubtedly to be looked for in the diet. Wrong feeding is after all the great cause of diarrhoea. The very fact that nursing infants are but rarely affected indicates that the food is the principal factor to be investigated.

A Mild Attack.

Simple diarrhœa comes on gradually. There is loss of appetite, possibly a slight fever, and the child gets fretful and restless. The stools become soft and watery with increased frequency.

In these cases there are no apparent structural changes, the natural secretions

and muscular action of the bowels being merely increased. These are conservative measures on the part of nature, and serve the purpose of diluting or neutralizing poisonous bodies and expelling them rapidly.

But little treatment is required. Give the child rest, withhold all food for a few hours, and cleanse the bowels with a tepid starch enema (one teaspoonful of cornflower to one quart of boiling water). Water may be taken freely to quench the thirst. A warm bath is soothing, and a fomentation to the abdomen will allay any local discomfort. In favourable cases the child is well again in a few days.

Severe Diarrhœa.

The onset is usually sudden, and is accompanied by a chill, vomiting, fever, and abdominal pains. The child may be either quiet and dull or excitable. There may be convulsions, and the child may become very sick in the course of a few hours. The face is pale and drawn, the eyes sunken, and rapid emaciation follows. Fever is often marked, and the skin gets hot and dry, the tongue coated, and the urine scanty and dark.

The stools are fluid in consistency, foul, and sometimes very offensive. With infants they are usually green. They may contain curds of undigested milk. There may be twenty or more in a day.

Pain is a prominent symptom. It is most marked before the bowels are relieved, and may give rise to an agonised expression and crying. The child twists and writhes about in evident suffering, and the legs are often rigidly flexed on the abdomen. The intestinal tract becomes congested, and a more or less severe inflammation rapidly develops, which in very severe cases gives rise to ulceration.

The Treatment.

It is well to recognise promptly the serious character of the attack, for proper treatment if applied in the earliest stages usually brings good results. Put the child to bed at once and give absolute rest. Then send for your family physician and let him take charge of the case.

There will be no hardship in stopping the food for a day or two for the appetite is lost. Encourage the patient to drink water freely, which should always be boiled if there is any question as to its purity. If desired, barley or albumin water may be taken.

Give the patient frequent warm baths. Foot-baths, leg-baths, sitz-baths, and full baths are all useful. They aid elimination and so assist in getting rid of the poisons which are causing the mischief. They also increase the circulation of blood in the skin and so relieve the congestion of the digestive organs.

To relieve the abdominal pain apply fomentations or a hot trunk pack. Poultices or a mustard plaster are also useful.

Keep the Child Clean.

The watery motions are often sour, and extremely irritating to the skin. Watch the child carefully, and remove the napkins as soon as they are soiled. Cleanse the local parts thoroughly, using mild soap occasionally. Dry well but gently, avoiding friction, and then apply an ointment of zinc oxide. Disinfect all soiled napkins and articles of clothing immediately after removal by soaking in a solution of carbolic acid (one part of acid to forty parts of water).

A Preventable Disease.

It is easier to prevent diarrhoea by suitable hygienic measures and careful attention to health than to cure it. No child ought to have diarrhoea, and in most cases it is due to neglect of one kind or another. It must be remembered that

children have less power to resist physical disturbance than adults. They are comparatively weak and susceptible even in health, and but little is required to upset them.

Strict attention to cleanliness, and abundance of fresh air and an out-door life, pure water, wholesome food, suitable exercise, frequent bathing, and proper dress are all matters of the utmost importance, and require most careful attention.

Mothers would do well to give more personal attention to the welfare of their little ones. By so doing they would save much sickness and suffering, for nurses are often indifferent and ignorant concerning the care of their charges.

The milk problem and the proper feeding of children is such an important matter that we will give it further consideration next month.



Fig. 1.

Simple Home Gowns.

BY MRS. G. S. SMITH.

"To live in harmony with Nature in the fullest and truest sense is to live in harmony with God; and to live in divine harmony is to be happy." This is no less true when we think of the living temple,—our bodies. God has given each one a natural form, differing from every other, an individuality of body. As we look about us in nature and see this is as our Maker would have it, we are led to meditate on the divine plan, and wish we could express in words that would burn into the minds and hearts of all true-minded, nature-loving and God-serving people what it means to do anything to deform and destroy that which our Creator intended to be built up in a natural way. How can we conscientiously wear corsets, girdles, tight bands, choking collars, tight shoes, or anything that could in any way shut off the free use of mind and body, bringing misery to ourselves and those around us?

Of all the bright spots on earth, home should be the brightest; and one of the things which makes home bright is to see each one comfortably and becomingly clad. It is a wrong idea to suppose that "anything is good enough to wear at home."

We sometimes think it extravagant to lay aside half-worn street gowns, but there are many ways in which these can be used. Very often they can be "made over" for younger members of the family, or someone can always be found who would greatly appreciate them.

We have been trying to bring our readers to see and appreciate the beauty of the natural lines of the body, and have shown some ways in which they could be maintained. This month we have a pretty little home dress of brown, a seven-gored skirt with panel front; and folds of material extending from front panel to box-pleated back; a bodice to match design of skirt, the bodice and skirt being attached together at the waist line with short bar hooks



Fig. 2.

sewed on to the bodice, commencing at the back; then three inches and seven inches from the back. In this way the weight of the skirt, to which are sewed broad hooks to correspond with the bar hooks on the bodice, is evenly distributed around the body, and the whole weight is supported from the shoulders.

Old-Fashioned Philosophy.

SCORN not the homely virtues. We are prone
To search through all the world for something
new :

And yet sometimes old-fashioned things are best—
Old-fashioned work, old-fashioned rectitude,
Old-fashioned honour, and old-fashioned prayer,
Old-fashioned patience that can bide its time,
Old-fashioned firesides sacred from the world,
Old-fashioned satisfaction with enough,
Old-fashioned candour and simplicity,
Old-fashioned folks that practice what they preach.

—J. A. Edgerton, in *National Magazine*. 3

HEALTH RULES FOR THE LABOURING MAN.

BY M. ELLSWORTH OLSEN.

THE man who works with his hands needs to observe at least five rules of health. They may be briefly summed up as follows:—

1. Be clean. 2. Be temperate in food and drink. 3. Guard against undue exposure. 4. Keep yourself in hand. 5. Spend your evenings at home.

1. *Be clean.* Cleanliness is indispensable to the maintenance of a high degree of physical efficiency. Who ever heard of a successful athlete who neglected the bath? No more can a labouring man expect to feel strong, limber, and in the pink of condition unless he keeps a clean skin. It may be urged that labour with one's hands is not conducive to cleanliness—that the working man at the best cannot avoid soiling himself, and it is not to be expected that he will observe those rules of cleanliness which are in force amongst other classes of society. But the truth is that the man who earns his bread in the sweat of his brow is in a better position to keep his system sweet and clean than is the sedentary worker. The latter is continually suffering from a more or less aggravated form of physical stagnation. He doesn't sweat enough for his good; the poisons generated in his system are not thrown off promptly, and even though he bathe often, he is inwardly unclean. The labouring man, on the other hand, toiling with his muscles day after day, perspires freely, breathes deeply, and keeps his whole body-machinery in active working order. But if the impurities thrown off by means of the perspiration are left to accumulate on the skin, they will be re-absorbed, or will at least stop up the pores, and interfere with further perspiration, thus leading to a kind of self-intoxication. Bathing is therefore absolutely essential to the labourer's health.

A cleansing bath, followed by the putting

on of clean clothes, is, moreover, wonderfully restful. On this account, if for no other, the working man on reaching home in the evening should before doing anything else have his bath, and put on his home clothes. Fortunately most of the cottages now being built contain bathrooms, but if such conveniences are not to hand, a large washbowl of tepid water with some mild soap and a bath towel are all that is necessary. With how much better appetite will the evening meal be taken after these ablutions! with how much more comfort will the companionship of wife and children be enjoyed! Truly cleanliness lies at the very heart of a happy, healthy home.

The labourer will do well to attend to such details as the cleansing of the teeth. Good teeth are of the greatest importance in maintaining a good digestion, and the dutiful application of the tooth-brush morning and evening will do much to keep them in condition. If care were taken to thoroughly cleanse the hands at the close of each day's work, they would never present the extremely untidy appearance that they sometimes do. These are perhaps little things, but they all have to do with the well-being and the health of the toiler.

2. *Be temperate in food and drink.* Taking up the second rule, it will hardly be necessary to say much to GOOD HEALTH readers as to the harmfulness of intoxicating drinks. They must be set down as not wanted in the ideal home. Temperance means more, however, than the giving up of strong drink. Gross feeding should be avoided. Pure, simple, wholesome food should form the daily diet. Flesh foods should not be depended upon for strength for they are, in proportion to their cost, poor in nutrition, and more or less charged with poisonous animal extractives. Condiments should be largely discarded as pro-

ducing irritation of the digestive organs and excessive thirst. The food should be thoroughly masticated, and care should be taken not to over-eat. In the warm weather, especially, very much of the "tired feeling" is due to nature's effort to digest excessive quantities of food, and later to get rid of the surplus material through the excretory organs. Light eating is the main secret of keeping oneself fit for work and comfortable during the warm season.

3. *Guard against undue exposure.* By exposure is not meant contact with the elements. Happy is the labourer who works under the open sky! If properly dressed he will not suffer the slightest harm from any kind of weather. Exposure, as we use the term, has reference rather to lack of proper protection for the body when it is peculiarly susceptible. Thus, when perspiring freely it is dangerous to remain quiet in a cold wind. So also wet feet may bring on inflammation of the kidneys, or catarrhs, or other difficulties. A very little carelessness in matters like this has caused long and painful sicknesses, and not seldom death.

4. *Keep yourself in hand.* Self-respect, self-control, doing one's best, making the most of oneself, keeping in touch with what is tenderest and most beautiful in life, and always remembering the dignity and worth of manhood—all this and more is intended to be conveyed by the phrase "keeping oneself in hand." To labour with one's hands is in no sense degrading; on the contrary it is, when done in a right spirit, both ennobling to the mind and health-giving to the body. But if done simply to get a living, if looked upon merely as so much drudgery, it tends to degrade the doer. There is, then, a downward tendency in labour which must be guarded against. We need to heed the poet's words:—

"Be not like dumb, driven cattle;
Be a hero in the strife."

This all has to do with mental states, but it is the mental state that in large degree determines the physical. Let a man lose self-respect and he begins forthwith to neglect his body. The slouching gait, the stooping shoulders, and general apologetic air seen so often in labourers spring from lack of this dignity and quiet self-possession. The work of the labourer is, moreover, very likely to develop some muscles at the expense of others. In order to maintain an erect carriage, and also remain spry and limber, he will therefore need to give a few minutes daily to physical culture.

5. *Spend your evenings at home.* This may seem to be entirely apart from our general subject; but it lies close at hand. More men have wrecked their health by spending their evenings away from home than our readers dream of. There is healing and health in the influences of a good home. It affords opportunity for the development of certain important traits of character. It gives balance and repose that are needed for the daily task. It binds one about with the cords of loving service, and makes life meaningful and grand.

"LET appetite wear reason's golden chain,
And find in due restraint its luxury."

WHEN about six years old, Janet was taught in geography lessons that "Yarmouth is celebrated for the curing of herrings." "Oh, how funny it must be," she exclaimed, "to see the little sick herrings sitting round *getting better*?"—*Children's Garden.*

"I HEARD to-day that your son was an undertaker. I thought you told me he was a physician."

"Not at all."

"But I'm positive you did say so."

"You misunderstood me. I said he followed the medical profession."



Fig. 1.—Reaching for the Ball.

Physical Development of a Child.

BY ELIZABETH REITH STEWART.

THE normal child is a born gymnast; that he does not continue so is the fault of his training or environment. He learns most readily by imitation; therefore, be what you desire your child to be in physical as well as moral rectitude. In infancy, especially, great care must be taken not to overtax the strength, not to use any jerking movements, to avoid high tossing, even though the child may appear to scream from delight, as this has a tendency to over-excite the delicate nervous system.

The "mother's hour" with the baby may be made fruitful for good by making his diversions of such character as will serve to give the right trend to activity even from an early age. The following is a brief outline of exercises used with a child of six months.

The room is well ventilated, then thoroughly warmed so that the clothing may be removed, and he is allowed to kick and twist, turning from side to side so that all the muscles are brought into action. This is followed by the swimming movement, which, if given by count, proves highly amusing. On counting one, stretch the limbs; two, separating the knees, flex well upon the body; three, kick out and bring together quickly. These movements, combined with gentle rubbing, often prove very beneficial in cases of constipation. Before the baby begins to tire, allow him to grasp your forefingers and raise himself, gently falling back upon a pillow; he will soon raise his weight. Do not pull a child up by the arms; always, in lifting, place your hands under his arms, and raise the body.

While sitting, hold a ball, toy, or electric light overhead, and have him reach for it as in Fig. 1. Thus, the head is thrown back and the arms upward extended, increasing the lung capacity and straightening the dorsal region of the spine. Chest lifting, as in Fig. 2, is also valuable. Seat the child high enough to bring his back to your chest, turn your body slightly to the right, placing the left foot forward; then, as you slowly rotate the arms forward, upward, and backward, make gentle pressure between the shoulder blades with your left chest. Follow this with a balance movement. First teach the child to sit alone, then, supporting him at the hips, and with his back against a wall, slowly raise him overhead.

Another very simple balance movement is the old-fashioned horse-back ride, teaching him to balance on your foot. For a trunk exercise, let the child grasp some bar or firm support, then gradually move the feet farther and farther back until he can bear his weight as in Fig. 3.

The number of times each exercise should be given depends entirely upon the child, and must be left to the judg-



Fig. 2.—Chest-Lifting.

ment of the attendant; but a very good motto is, "Make haste slowly." The object is not to stimulate but to direct. A very convenient time is just before the morning bath and just before retiring. The atmosphere must be that of a jolly play hour, all thought of hard work abandoned. Never exercise just before or after eating, and be as regular as in the rest of the baby's programme.

As the child grows older and can live out-of-doors, the ingenious mother will find plenty in Nature's store from which to draw,—watching the rapidly moving clouds, the shape of the new moon, the early stars, the peaceful swaying of the trees, corn or grain, the climbing of the squirrel, the leaping of the frog. The child instinctively wishes to try to do anything he sees done, so with such a panorama of activity all about him, probably the only care will be to see that he does not over-do in some favourite sport,

but rather to direct the up-building of a beautiful, symmetrical whole.

As a very simple definition for gymnastics is, "any exercise that tends to promote strength and agility," we must all agree that it is not the use but the abuse of gymnastics that is objectionable.

How to Work Hard and Keep Well in the Tropics.

Practical Hints from One Who Knows.

A MEMBER of the GOOD HEALTH staff had the pleasure recently of meeting Dr. William J. Wanless, on leave of absence from India, where he has spent ten years of arduous medical service, treating patients suffering with almost every imaginable disease, some of whom come for hundreds of miles, and performing some thousands of operations. It has been a strenuous life, as anyone at all acquainted with the medical missionary work in India must be aware, and yet the doctor looked the very picture of health. With his keen eye, his clear complexion, his erect, vigorous carriage, and energetic address, he seemed like one who had just been undergoing a course of physical training, rather than a hard worked medical missionary, hailing from a climate which saps the vitality of most people.



Fig. 3.—Trunk Exercise.

Naturally our representative was not long in asking: "Doctor, how do you manage to keep so healthy in India?"

The question seemed to surprise the doctor a little. He was evidently unconscious of having done anything unusual in maintaining perfect health and efficiency over a period of ten years of hard and taxing labour in a hot country. He answered presently:

"I suppose my habits may have something to do with it. They are simple, and I think in accord with natural laws."

"You have had a good opportunity to test the matter during the past ten years. What would you set down as the most essential health rules for a European just settled in India to follow?"

"I think I should first of all advise him to stand in some awe of the sun. To go about in the middle of the day without proper protection is the height of foolishness. The best way is to keep quiet at that time.

"Another health rule hardly less to be emphasised, is that of regular daily exercise. The tendency of Europeans on settling in a warm climate, is to live a very inactive life. This is a sad mistake. The muscles, unused, become weak and flabby, the other organs of the body follow suit, and the man or woman is before he knows it in a run-down condition, ready to take up with any disease that comes along. I make it a habit myself to take some outdoor exercise daily, and I believe that this practice has done not a little to keep me in good working trim.

"It is always safest to wear flannels in India. The changes of temperature though not violent are very treacherous. A little carelessness in this regard has caused hundreds of deaths.

"I should warn anyone who wished to keep his health in a hot climate to avoid over-eating. Simple food, not much meat, and never a really heavy meal, are essential to maintaining health and working

ability under the peculiar conditions that obtain in India. My own habits are simple. I have come to like the native foods very well. I do not even take such common drinks as tea or coffee. Of course, alcoholic stimulants are dangerous things in India.

"Bathing frequently, and massage, which in a somewhat crude form is much used by the natives, are helpful in keeping up the tone of the system. I don't know that I have any other suggestions to make, excepting that every individual must study his own peculiarities and provide for them. It always pays to care for one's health."

WORK AND WORRY.

It is not the work, but the worry,

That wrinkles the smooth, fair face,
That blends grey hairs with the dusky
And robs the form of its grace;
That dims the lustre and sparkle
Of eyes that were once so bright,
But now are heavy and troubled
With a weary, despondent light.

It is not the work, but the worry,

That drives all sleep away,
As we toss and turn and wonder
About the cares of the day.
Do we think of the hands' hard labour,
Or the steps of the tired feet?
Ah! no; but we plan and ponder
How to make both ends meet.

It is not the work, but the worry,

That makes us sober and sad,
That makes us narrow and sordid,
When we should be cheery and glad.
There's a shadow before the sunlight,
And ever a cloud in the blue;
The scent of the roses is tainted;
The notes of my song are untrue.

It is not the work, but the worry,

That makes the world grow old,
That numbers the years of her children
Ere half their story is told;
That weakens their faith in Heaven
And the wisdom of God's great plan—
Ah! 'tis not the work, but the worry,
That breaks the heart of man.

—Patrick Demtham in *Caterham Weekly Press*.

HOW TO SAVE TWO THOUSAND LIVES A WEEK.

BY FRANKLIN RICHARDS, M.D.

LAST week Great Britain lost two thousand lives that ought to have been saved. This week, and each succeeding week throughout the year, two thousand more are doomed to die, until at its close more than one hundred thousand victims shall have been sacrificed for nought. "War is hell," once remarked an American general. What, then, is criminal indifference which permits those common enemies called "preventable diseases" to claim more lives than war? Indifference? Why yes, of course, we all plead guilty to the charge. But why criminal?—Because we are guilty partners to those crimes collectively permitted, unless as individuals, we do all in our power to prevent their occurrence. By the narrow law of self-preservation, as well as by the broader principle of universal brotherhood, we are guilty of criminal neglect and indifference in permitting conditions to exist which render possible such tremendous, uncompensated loss of life as this.

Slums, tenements, and rookeries are a menace to every member of the community. Poor consumptives, and those suffering from other infectious diseases, who live in the slums, do not remain there. They go about the city on trams and 'buses, expectorating on the streets, in the parks, and everywhere, and scattering the seeds of the "white plague" broadcast. It is true that the slums cannot be made healthy places by legislation—conflagration is about the only remedy for some of them. But the people can be so educated that they will regard with horror these hotbeds of crime, immorality, and disease, from which the ranks of thieves, murderers, prostitutes, imbeciles, idiots, lunatics, and degenerates of every description are continually recruiting, and will flee from them as Lot fled from wicked Sodom.

An increasing infantile mortality ought

not to be regarded with complacent optimism when one recalls that the birth-rate is decreasing. Of all the children born in Sheffield in 1901, more than one-fifth died before they reached the age of one year. In London in the year 1902, amongst 4,702 illegitimate births, there occurred 1,302 deaths; a first year graduating class of more than one-fourth in the "three D's,"—dirt, disease, death. Dr. Tatham's careful survey fixes the average infantile mortality throughout the urban counties at 164.5 per 1,000 births during the years 1898 to 1902, against 160.7 for a corresponding period twenty-five years ago. It would thus appear that we are not standing still at any rate. We are making progress, but we are progressing backward. It is really too bad that babies have no market value! If the young of our domestic animals were dying at such an appalling rate, we would all be writing books on "The Art of Bringing Up Young Pigs," and sending our sons to college to study "The Science of Growing Healthy Lambkins." But since—

They're only babies, and since they
Are worth but a little anyway,

We'll go right on in the good old way.

"Rescue the Perishing," we'll sing; and we'll
pray

"God Save the King,"—and the babies!

Suppose a child is about to be trampled in the dust. What heart too hard to thrill with a generous impulse to rescue? What hand too weak to be outstretched to save? Now see a thousand children sinking in the treacherous quicksands of disease. A hundred are engulfed in the "white plague" pit, while forties and fifties disappear in the quagmires of filth diseases. In a few short days they will all be swallowed up; but if every man will do his duty instead of whimpering about a beneficent Providence who "gives

and takes away," we can save them. A few this week, more next, and still more the week following, until in a few years we shall be saving two thousand lives a week. And that is worth while.

How to Begin.

The crying need of the hour is the education of all classes in matters relating to hygiene, temperance, and sanitation. In recognition of this imperative demand, 14,718 British physicians have united in urging the Board of Education to make the teaching of these subjects compulsory in the public schools. This is a long stride in the right direction; but, before the instruction given in the schools will be put in practice in the homes, the parents of the present generation must be taught to appreciate at their true value, healthful bodily conditions, as regards pure air, correct breathing, proper clothing, cleanliness in the broadest sense of the term, and food and drink adapted to the body's needs in health and in disease. In order that this social educational work may be accomplished, the Inter-Departmental Committee on Physical Deterioration recommend and urge that health societies should be organised in every locality, for the purpose of studying the broad principles of the science of wholesome living.

Many public-spirited readers of GOOD HEALTH already know, and others will be glad to learn that, in addition to the publication of health literature, and the establishment of those modern training schools of health called "sanitariums," the Good Health Association is doing the very thing the Royal Committee recommends. The association is an old established Health Society. In other lands, under the corporate name of the Medical Missionary and Benevolent Association, for many years it has been carrying on an active Health Crusade. It is in no sense a "passive resister" of the criminal practices and vicious habits which threaten to

destroy the human race. Under the direction of the Good Health Association, hundreds of health lectures have been given, schools of health conducted, and Good Health Leagues organised and maintained all over the country. The association is just now entering upon its summer School of Health Campaign. Schools of health are already in session in Manchester and Leicester, and are being arranged for in Nottingham, Derby, and other cities. The course of study includes instruction in the laws of health, as revealed in the great Mosaic code of hygiene and sanitation, even the careless and imperfect observance of which has given to the Hebrew race a superior physique, an immunity from many of the diseases which afflict their Gentile neighbours, and a consequent low mortality universally recognised. The care of the sick, scientific cookery, and physical culture will, of course, be taught. Practical demonstrations illustrate the lectures, and make plain the laws that govern the growth of healthy human plants.

All who desire to do so may take an active part in this splendid work of life-saving. It is an excellent thing to sing about "Rescue the Perishing," but when that has been heartily and sincerely done, nothing remains but to go to work and do it at the rate of two thousand a week the year round. Those who desire a school of health in their city should correspond with the secretary of the Good Health League, or with the secretaries of any of the British Associated Sanitariums.



A LITTLE girl, who had been allowed by her mother to sit at table along with the invited guests, exclaimed in a loud whisper,—"Oh, mother, look at this long hair in my soup!" "Hush, dear, it is only a crack," answered her mother. "Oh, how funny! I did not know that cracks moved!"—*Children's Garden.*



AERATED BATTER BREAD.

BY MRS. E. E. KELLOGG.

BREAD made light with air is vastly superior to that compounded with soda or baking-powder in point of healthfulness, and, when well prepared, will equal it in lightness and palatableness. The only difficulty lies in catching and holding the air until it has accomplished the desired results. But a thorough understanding of the necessary conditions and a little practice will soon enable one to attain sufficient skill in this direction to secure most satisfactory results.

All materials used for making aerated bread should be of the very best quality. Poor flour will not produce good bread by this or any other process.

All breads, whether fermented or unfermented, are lighter if baked in some small form, and this is particularly true of unfermented breads made light with air. For this reason, batter breads are best baked in small iron cups* similar to those in the accompanying illustration.

The heat of the oven for baking should be sufficient to form a slight crust over all sides of the bread before the air escapes, but not sufficient to brown it within the first fifteen minutes. To aid in forming the crust on the sides and bottom of batter

breads, the iron cups should be heated previously to introducing the batter. The degree of the heat of the oven should be kept steady all the time.

Air is incorporated into batter breads by brisk and continuous agitating and beating.

Whatever the process by which the air is incorporated it must be *continuous*. For this reason it is especially essential in making aerated bread that everything be in readiness before commencing to put the bread together. All the materials should be measured out, the utensils to be used in readiness, and the oven properly heated. Success is also dependent upon the dexterity with which the materials when ready are put together. Batter bread often proves a failure although the beating is kept up without cessation, because it is done slowly and carelessly, or interspersed with stirring, thus permitting the air to escape between the strokes.

If the bread is to be baked at once, the greater the despatch with which it can be placed into a properly heated oven, the lighter it will be. If for any reason it is necessary to keep such breads for any length of time after being prepared, before baking, set the dish containing them directly on ice.

The lightness of aerated bread depends not only upon the amount of air incorporated in its preparation, but also upon the

*Our readers will be pleased to know that these iron cups, or "gem-pans" as they are sometimes called, can be obtained from Pitman's Stores, Birmingham.



WHIPPING IN THE FLOUR.

expansion of the air during the baking. The colder the air, the greater will be its expansion upon the application of heat. The colder the materials employed, then, for the bread-making, the colder will be the air confined within it, and the lighter will be the bread. For this reason, in making batter bread, it will be found a good plan, when there is time, to put the materials together, and place the dish containing the mixture on ice for an hour or two, or even overnight. When ready to use, beat thoroughly for ten or fifteen minutes to incorporate air, and then turn into heated irons and bake.

Very nice light bread may be made without eggs, but the novice in making aerated breads will, perhaps, find it an advantage first to become perfectly familiar with the processes and conditions involved, by using the recipes with eggs before attempting those without, which are somewhat more dependent for success upon skill and practice.

When egg is used in the bread, less heating of the irons will be necessary, and not so hot an oven as when made without.

If the bread, when baked,

appears light, but with large holes in the centre, it is probable that either the irons or the oven was too hot at first. If the bread, after baking, seems sticky or dough-like in the interior, it is an indication that either it was insufficiently baked, or that not enough flour in proportion to the liquid was used.

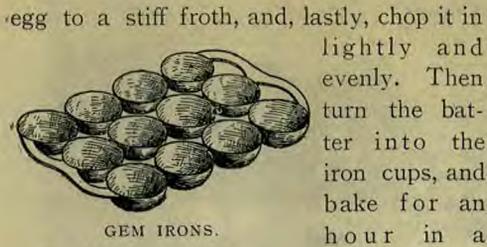
A heavy bread may be the result of the use of poor flour, too much flour, careless or insufficient beating, so that not enough air was incorporated, or an oven not sufficiently hot to form a crust over the bread before the air escaped. Breads made into a dough, if moist and clammy, require more flour or longer baking. Too much flour will make them stiff and hard.

The length of time requisite for baking aerated batter breads made with wholemeal flour, will vary from forty minutes to one hour, according to the kind and form in which the bread is baked, and the heat of the oven.

Wholemeal Puffs.—Make a batter by beating together until perfectly smooth the yolk of one egg, one and one-half cups of new or unskimmed milk, and one pint of wholemeal flour. Whip the white of the



BEATING THE BATTER.



GEM IRONS.

rather hot oven. Remove from the cups to cool.

Wholewheat Puffs, No. 2.—Take one cupful of sweet cream (twelve-hour cream), one-half cupful of soft, cold water, and two slightly rounded cupfuls of wholewheat flour. Beat the materials well together, and set in a cold place, or on ice, an hour or more before using. When ready to bake, beat again vigorously for ten minutes.

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

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



FILLING THE IRONS.

Rye Puffs.—Beat together the same as for wholewheat puffs one cupful of milk, one tablespoonful of sugar, and the yolk of an egg. Add one cupful of rye flour, mixed with one-half cupful of coarse wholemeal flour, and stir in the well-beaten white of the egg. Bake at once in heated gem irons.

The Alcohol Delusion.—In an address to business men at the Mansion House, Sir Victor Horsley gave a clear and succinct description of the effects of alcohol upon the body. "In reality," he said, "it has a paralysing action throughout. But the first action it appears to have is what we call in the case of chloroform the stage of excitation. . . . Now during this excitation stage people say, 'I feel better, I can talk more.' Whether they talk better, is another question, but they say, 'I am more sociable,' and so on. Well, now, let us put aside ordinary impressions of that sort, and let us submit the question to the rigid test of experiment. When you come down to actual experiment you find that the sense of well-being which the person experiences is in itself a delusion, that so far from thinking quickly he is really thinking more slowly, so far from calculating better he is calculating worse, and so on, at the very time when he has this sense of elation and exaltation. And what is true of the effect of alcohol on the thinking part of the brain is equally true of that part of the brain which governs the finer movements of our hands and other fine movements. And when a person thinks he is executing a movement more accurately and with less tremor and shakiness exactly the opposite is the case." The doctor proceeded next to consider the second stage, in which the system is depressed, and evidently below par. This depressant after-stage comes on after the excitation stage has lasted twenty minutes or a half-hour, and lasts up to twelve or fourteen, or even twenty-four hours.



NEURASTHENIA.

BY GEORGE THOMASON, M.D.

THIS is a high sounding word, and one calculated to profoundly impress the patient who may be so unfortunate as to suffer from the group of symptoms present in this condition. Whether or not it is a distinct disease has been a matter of much discussion, but at least there has never been discovered an organic disease of any portion of the body in neurasthenia. Nerve-exhaustion, as the condition is commonly called, is a term more definitely indicating the real state of the body.

The exhausted condition of the nervous system present in neurasthenia is not the result of a day or a week, but of many weeks' or months' drain upon the reserve nerve energy. It represents the ultimate result of the daily overdraft of nerve force above the income, namely, physical bankruptcy. The so-called "strenuous life" now seemingly so necessary to keep the pace in the business world is to a considerable extent responsible for many cases of neurasthenia. Overwork, worry and depressing mental emotion are also strong factors in causing this condition. But these are of themselves not sufficient to cause profound neurasthenia. Digestive disturbances, constipation, lack of sleep, insufficient exercise, and dietetic indiscretions are one and all necessarily an important part of the foundation of this condition.

The absorption of self-made poisons

from the digestive tract benumbs the nerves, interferes with their nutrition, and thus renders them liable to more rapid exhaustion. Tobacco poisoning contributes its share in producing neurasthenia, as do especially tea and coffee. Any task that is made possible only by the taking of an artificial stimulant or unnatural tonic had far better be left undone. Its performance means a mortgage upon energy meant for future use. They may act as a whip to tired nerves and persuade them to expend further energy without in any wise contributing to its store, but persistence in such a course brings its sure result.

A neurasthenic tires quickly, often upon very slight exertion, or may constantly feel tired without any exertion whatever. There is often palpitation of the heart with a rapid pulse, leading to a fear of heart disease. Profuse perspiration, especially at night, gives rise to the suspicion of tuberculosis. The memory weakens and it requires constantly a greater effort to apply the mind to accomplish mental tasks. Morbid fears often arise, as of impending death.

Many persons suffer from frequent attacks of nervous exhaustion following an unusually taxing mental effort, but find relief in a few days' rest and recreation. Many men habitually go beyond their strength in business efforts, and both men and women are often greatly overtaxed in

responding to the demands of society, depending upon a vacation and change of environment periodically, during which to recover the borrowed energy. Far better to live each day well within the limits of endurance.

Sleep is of greatest importance to the neurasthenic and must be secured. It is during sleep that the exhausted nerve centres regain and store up energy, there being during undisturbed sleep little demand for the expenditure of nerve force.

Sleep, which is often difficult to secure in neurasthenia, may be favoured by a neutral immersion bath at 92° to 96° F. for twenty minutes to an hour just before retiring, and still further by wrapping the patient, immediately upon leaving the bath in a sheet wrung from cold water, and then in just a sufficient number of blankets to maintain gentle warmth of the body during the night. Alternate application of heat and cold to the spine in the morning followed by a cool or cold friction are of great service.

An abstemious diet of fruit, grains and nuts, such as frequently recommended in this journal, is of very great importance, especially in those cases originating in disturbed digestive function. An ocean voyage with its fresh, invigorating air, its rest and isolation is often of great service. A correct dietary, hydrotherapy, electricity, massage, and later carefully regulated exercises are recognised as the best means of dealing with this condition, and fortunately it practically always yields to these natural methods of treatment.

Temperance in the Schools.

LAST year about 15,000 medical men signed a petition asking that hygiene and temperance be taught in the public elementary schools. To further this movement a meeting presided over by Sir William Broadbent was held in London last March. The *Medical Temperance Review* contains an excellent report from

which we take the following extracts: Among other things the chairman said that "of the necessity for the teaching there could be no doubt. Education was compulsory and it was a duty to make it efficient, so as to prepare the children for the place they would have to fill. The first condition of efficiency was health, and if there was one thing of which the parents of the poorer classes were more ignorant than another, it was how health could be preserved and vigour of body and mind maintained. The formation of character was not less important. Physical degeneration was promoted by moral deterioration, and at the root of both were ignorance and vice. They were endeavouring to combat this by increasing self-control."

"Dr. Robert Jones, Medical Superintendent of Claybury Asylum, then spoke of the report of the Inter-Departmental Committee on Physical Degeneration. There had been sixty-eight witnesses, of whom fifty-seven were asked questions dealing with alcohol. In their report they had emphatically condemned alcohol. There had been evidence given of the increase of drinking among women and of the advantages of total abstinence by statistics, and the numerical argument held the field against all comers. Alcohol played havoc among the best intellects. It injured commerce in ways not mentioned in the drink bill. It paralysed inhibition and self-restraint, and increased at least two diseases, syphilis and tuberculosis, and lowered vitality. He would insist on the deepening of individual responsibility in in this matter. There should be more lectures on public health. It was a duty to aid all associations for the suppression of drunkenness, and thus render life more vigorous and death more remote." Among others Sir Victor Horsley, Sir Thomas Barlow, Prof. G. Sims Woodhead, and Dr. Mott took part in the discussion, and the meeting was a great success.

WORMS.

BY MRS. EULALIA SISLEY-RICHARDS, M.D.

INSTRUCTION on this subject seems superfluous. Among the hundreds of diseases to which the flesh is heir, if there is one with which the average mother considers herself perfectly capable of dealing, that one is *worms*. In fact, judging from what one sees and hears, many mothers might be called "worm specialists." Concerning diagnosis and treatment, they possess vast knowledge, handed down by their fore-mothers from generation to generation. Their keen discernment of symptoms seems sometimes remarkable. If baby is restless at night, cries out in his sleep, picks at his nose, has pain in his abdomen, or manifests any one or more of the authenticated symptoms, the diagnosis is made at once, worms! worms!! And out with the purges and the worm powders!

But wait—would it not be prudent to investigate matters a little more thoroughly before administering to frail infants such powerful drugs? "Snap-shot diagnoses" are not always the safest and best. While it is true that these symptoms mentioned above, and others classed in the same list, may accompany intestinal parasites, at the same time it is a fact recognised by physicians that these same symptoms are frequently produced by digestive disorders and other diseases that are in no way associated with worms. It is also a well-known fact that worms may exist for some time in the intestine of an apparently healthy child, without causing any noticeable symptoms whatever.

There is only one symptom of intestinal parasites which is absolutely reliable, and that is to find them, or their ova, in the bowel discharges. When, therefore, a mother has any reason to believe that her child is suffering from worms, she should carefully examine all the bowel movements for any sign of the parasites. If the little

one is constipated a thorough cleansing enema should be given, in which case, if there are worms present, some of them will quite likely be expelled. The two varieties of parasites most commonly found are thread worms, and round worms.

Thread worms are so called because they greatly resemble little pieces of white cotton thread, varying in length from a quarter to half an inch. They develop in the large bowel, passing down into the rectum, however, to deposit their eggs. It is their presence in the rectum which so often causes the troublesome itching around the outlet of the bowel. It is sometimes difficult to say just how these worms gain entrance to the body, but it is probably through drinking-water or through the eating of salads which have not been properly cleansed. Then, too, unless great care is maintained there is danger of a child's reinfesting himself. If through carelessness ova are left on the skin, after a bowel movement, the child may unconsciously carry them under his finger nails into his mouth.

The treatment is simple and usually effective. *Salt water enema*. At night give an enema of salt and water. The solution should be rather strong and the temperature tepid or cool. Place the child on his back with his hips elevated, so that the salt water may be retained as long as possible. This treatment if repeated every night for a week or ten days is often very effectual. The discharge should be examined after each bowel movement.

A *soap solution* may be employed instead of the salt enema. Use only castile, or some mild soap (one dram of soap to one quart of water) and inject as much of the solution as can be comfortably taken.

Quassia. In more obstinate cases, try a solution made by boiling a handful of quassia chips in two or three quarts of water. After cooling, inject slowly as

much as can be borne. It should be retained for some minutes. This treatment like the others may need to be repeated for a number of nights. In addition to these injections a dose of castor oil may be given, but this is seldom necessary as the measures suggested are usually very successful.

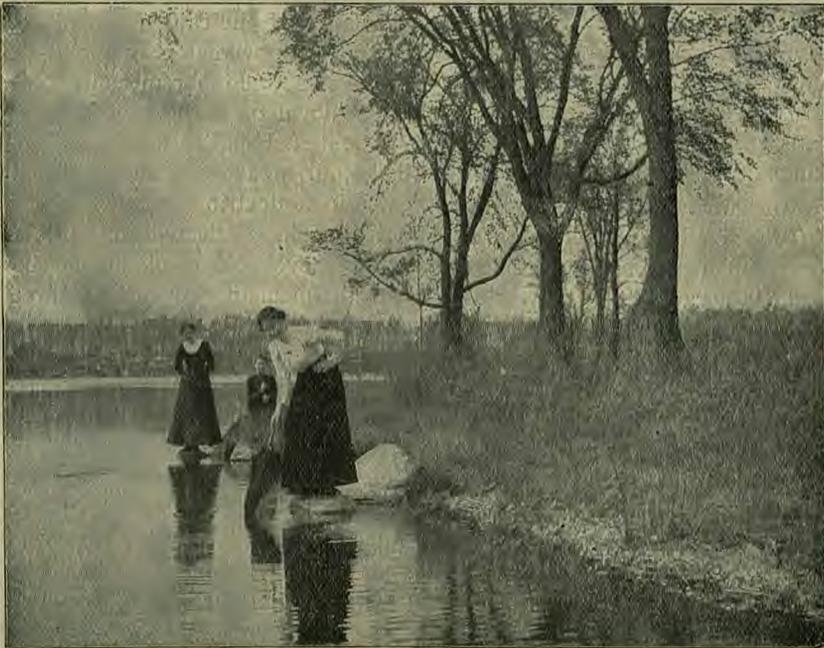
Give no drugs or worm powders. The child's diet should be simple and carefully regulated.

The round worms differ considerably from those just mentioned. They somewhat resemble ordinary earth worms, being reddish yellow in colour and pointed at both extremities. They vary in length from four to twelve inches. Their ova are oval in shape, and almost transparent when first passed, though after a time they become opaque and of yellowish colour. These worms ordinarily inhabit the small intestine, but they manifest a peculiar tendency to migrate. They occasionally find their way into the gall bladder, or up the œsophagus into the nasal cavity or the eustachian tubes. Sometimes one or more will be vomited from the stomach.

Treatment. Certainly no specific treatment should be given unless the parasite is discovered in the bowel discharges or in vomited material. In some cases the giving of a dose of castor oil together with a copious enema is sufficient to remove the difficulty. After a day or two this simple measure may be employed a second time to insure the result. It sometimes seems necessary in troublesome cases to resort to drugs. Santonin is the one usually employed, but as its administration requires great discretion and a close observance of its effect upon the patient, it should never be given except by the direction and under the observation of a physician.

The Average Specialist.

THE average specialist knows a great deal about his speciality, but he knows practically nothing of the individuality of his patients; hence his advice must always be taken like his prescriptions, with a grain of salt.—*Daily Chronicle.*



DILATATION OF THE STOMACH.

BY J. J. BELL, M.D.

A DILATED stomach is an enlarged stomach. The most frequent causes of this condition, leaving aside obstructions at the outlet of the organ, are to be found in errors in diet and dress. Of the former, may be mentioned over-eating, hasty eating, eating too frequently, drinking near or with the meals, and eating food difficult to digest. Over-eating causes enlargement of the stomach not only because of the great bulk of the food taken but also because when the stomach is overloaded it is impossible for the food to digest properly and fermentation sets in producing large quantities of gas or wind. This gas again causes a further distention of the walls of the stomach. If this is repeated from day to day the muscular walls weaken and the stomach with great difficulty disposes of its contents. In severe cases the food remains not only hours but sometimes even days in the worn-out organ. Patients suffering thus are almost always very poorly nourished although they have an appetite that is never satisfied. The food eaten is not well digested and so the body is constantly calling out for more nourishment. This cry of nature the poor sufferer tries to satisfy by taking large quantities of various kinds of food.

Hasty eating always leads to over-eating, because if the food is not kept in the mouth for a sufficient length of time the nerves of taste located there have not a chance to convey the sense of satisfaction which is always experienced after thorough mastication, and so the individual keeps on eating until a sensation of fulness takes place. Eating too frequently not only keeps the stomach constantly at work allowing no period of rest between meals but if more food is added before all the previous meal has had time to pass into the intestine fermentation is very likely to occur.

Drinking with or near the meal,

especially after a heavy meal, not only causes distention of the stomach but also hinders digestion by diluting the digestive juices, and if the liquid is cold, by cooling the stomach's contents.

Foods difficult to digest tend to produce inflammation of the lining membrane of the stomach thus causing changes in the digestive fluid which favour the production of gas and irritating acids. In short, anything which tends towards disordered digestion favours dilatation of the stomach.

Errors in dress favouring this condition are such as cause constriction in the waist line as the wearing of corsets, or wearing the lower garments supported from the waist line instead of from the shoulders. By these means the organs are displaced downwards. The stomach in this cramped condition with its lower border possibly from several inches to a foot lower than normal, with great difficulty forces out the food, which tends to remain and ferment.

The prevention of this condition is the avoidance of the causes which produce it, but for those who already possess a stomach of this kind other measures as well as the removal of the causes are necessary.

The diet should be nutritious and not too bulky, all breads or grain foods should be eaten in a dextrinised dry form as far as possible and masticated until of a creamy consistency. No drink should be taken with the meals nor for at least three hours after when it may be taken in small quantities at a time. The fluid should be taken when the stomach is empty. Preparations made from the finer nuts are preferable to butter and cream. Of fresh fruits only those which are absolutely ripe should be used. Of the cooked fruits such mild fruits as baked sweet apples will often be found most suitable. The meals must be small and far apart. Not more than three daily, and often two are preferable.

QUESTIONS ANSWERS.

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

Piles — Dandruff.—J.C.: "1. What treatment would you recommend for piles? 2. Can you recommend Walton's Petroleum Hair Lotion for dandruff?"

Ans.—1. Use tepid sitz baths daily for two to five minutes and, after drying, apply witch hazel ointment. In severe cases it is necessary to consult a surgeon as to the advisability of an operation. 2. Yes. It is a simple preparation, and contains no injurious ingredients.

Family Medical Book.—E.H.: "1. Please let me have full particulars of a medical book for the home. 2. What would you suggest for a lady of twenty-two who has been troubled for some time with a pain on the right side just inside the hip? It seems to be very deeply seated."

Ans.—1. We would recommend Dr. J. H. Kellogg's "Home Hand-Book of Domestic Hygiene and Rational Medicine," full particulars of which can be had from the office of GOOD HEALTH, 451 Holloway Road, London, N. 2. She should attend the hospital or consult her family physician without delay.

Hovis Flour—Baking Powder.—W.F.C.: "1. Would Hovis Flour made into biscuits do me any harm? 2. Is there any better flour on the market which you could advise? 3. Are figs and dates detrimental to one suffering from irritation on the face. 4. Can biscuits be made without baking powder?"

Ans.—1. No, provided they are well baked. 2. No, not that we know of. 3. No, not as a rule. Still you might do well to drop them for a time, and see whether you observe any improvement. 4. Yes, by incorporating a sufficient amount of air in the dough and baking in a rapid oven.

To Avoid Obesity.—R.L.: "1. What can I do to avoid obesity? 2. What diet should I take?"

Ans.—1. Engage in active exercise daily, getting out of doors in the fresh air as much as possible. Take Turkish, Russian, or electric light baths two or three times a week. 2. Be very abstemious in your diet, and take about half the quantity of food that you are now eating. Avoid such fruits as

bananas, dates, figs, prunes, and raisins; also sweets, pastries, and puddings. Take as little bread as you can, and no potatoes. You may take fruit (except as mentioned above), greens, tomatoes, and a few vegetables. Use butter sparingly, and avoid milk and eggs. A monotonous diet, that is, taking only one article at the same meal, is an excellent means of reducing weight.

Anxious.—Please note that we do not answer anonymous letters in our correspondence column.

Swollen Tonsils—Relaxed Throat.—B.F.: "I have been suffering for some time with swollen tonsils and a relaxed throat. I have used hot water bandages at night, and have lately been advised to try cold. What would you suggest?"

Ans.—Have hot fomentations applied to the throat at night before retiring, and lastly apply a suitable compress wrung out of cold water snugly to the throat, and cover with two or three thicknesses of woollen flannel which overlaps above and below, to exclude the air. On taking this off in the morning, bathe the neck and chest with cold water, and dry well. You would need to continue this treatment for a fortnight, or possibly longer, if the case is chronic. The daily use of the pocket vapouriser would also be helpful.

Bowed Legs—Boots vs. Shoes.—H.T.W.: "My little girl is just two years old, and although we cannot say that her legs are crooked, yet they have a tendency that way, and her ankles are weak, causing her to turn her feet inward. 1. What treatment would you suggest? 2. Would you advise boots instead of shoes? 3. She is also given to wetting the bed. What would you recommend for this weakness?"

Ans.—1. Bathe the limbs with cold water, to which salt may be added if desired, rubbing them briskly. Then apply massage for ten or fifteen minutes, stroking the limbs upward, kneading the muscles well, and endeavour to gently straighten the limbs. Give the child a liberal diet of plain, wholesome food, but do not let her eat between meals. 2. Yes. 3. Avoid fruit and fluids as far as possible after 3 o'clock in the afternoon, and get the child up once or twice regularly during the night to pass water, if necessary.

GOOD HEALTH

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

.. EDITED BY ..
ALFRED B. OLSEN, M.D.
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S. African Edition: Yearly subscription, post free, 2/6. Office: 56 Roeland St., Cape Town, S. Africa.

The London address of the Welch Grape Juice Company is 61 and 63 Farringdon Road, E.C., and not Rangoon Street as given last month. We again call the attention of our readers to their pure, non-alcoholic wines and cordials. Six penny stamps sent to the above address will bring a generous sample bottle, post free.

We have been favoured with a brown loaf of bread made from the Digestive Wheat Meal prepared by J. Reynolds and Co., of Gloucester. This wheat meal is a genuine wheaten product, and contains no malt, chemicals, or foreign substances of any kind. The bread is light, sweet, and delicious. It could not fail to please anyone. Possessing the whole nutritive properties of the wheat, it forms a perfect food. Sample loaves can be obtained from all enterprising bakers.

A Comfortable Saddle is essential to pleasurable cycling. But most cycle saddles are more or less uncomfortable, and some are a positive torture. Any saddle, good or bad, may be made delightfully easy by using a suitable rubber air cushion. The enterprising Pneumatic Saddle Cover Company, of Birkbeck Road, Kingsland, London, N.E., has provided an excellent air-cushion in the form of a saddle cover. The cover is made of indiarubber, which is neatly incased in best quality brown leather. It is readily adjusted to any saddle, is strong and durable, and yet a marvel of cheapness. The vibration of the wheel is greatly lessened, and the jars and jolts of a rough road are unnoticed. It is a sure preventive of saddle-soreness, and cannot fail to add much to the comfort and pleasure of a cycle tour. Indeed, for any who suffer from pain in the back or a weak spine, it must be regarded as a necessity. A postcard sent to the above address will bring an illustrated booklet containing full particulars.

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Granose-fed babies are bright, good-natured, well-developed, and strong. For them it has proved the best food when the natural supply failed or was deficient. Many a puny infant, afflicted with stomach disorder, and starving for lack of suitable nourishment, has been made strong and healthy by being given **Granose**.



There is no food like it for simplicity, nourishment, and digestibility combined.



Send us One Shilling for package of Assorted Samples of Health Foods (including Granose), Cookery Book, and Price List. Price List sent with pleasure on receipt of post-card.

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The International Health Assoc'n, Ltd.,
 70-74 Legge Street, BIRMINGHAM.

In answering advertisements kindly mention "GOOD HEALTH."

The Invalid Chair recently patented and put on the market by Mr. Brandt meets a real want. This chair is light and easily pushed about, yet strong and durable. It is readily adjusted to almost any position from a comfortable upright chair to a reclining couch. Another great advantage is that the chair is suitable for indoor use as well as outdoors, and is easily wheeled through the halls and passages and through ordinary doorways. The chair possesses still another advantage, for by a very simple device the patient is enabled to move the chair short distances with ease. Full particulars with terms may be obtained by writing to Joseph Brandt, 26 Cloth Market, Newcastle-on-Tyne.



**HANSEN'S
JUNKET
TABLETS.**

Junket is increasingly popular. It is one of the most attractive features in an up-to-date menu. Hansen's Junket Tablets make delicious, health-giving Junket, and the Tablets are twice the value of any other on the market. Be sure you get Hansen's.

Sold by all Grocers, Chemists, etc., in Glass Tubes, containing 24 Tablets, each of which is sufficient to make a quart of milk into a dish of Junket. Sample Tube and Book of Delightful Junket Recipes, Gd., post free, from Hansen's Depot, 77 St. Thomas's St., London, S.E.

BIRKBECK BANK
ESTABLISHED 1851.

2½ per cent INTEREST
allowed on Deposit Accounts Repayable on Demand.

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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



Health! Comfort!! Gracefulness!!! is obtained by wearers of the

PORTIA Combined Shoulder Brace & Stocking
SUSPENDER.

The stockings are firmly and neatly held in place. No pressure on the abdominal organs. Walking, Cycling, and all physical exercises without fatigue. Highly recommended by the Editor and leading physicians. Are being used in the principal schools of physical culture. Pink, Blue, or White. Rushed Silk Elastic, 4/-; Mercerised Cotton, 2/6.

Special! with Knicker Brace ends, 2/11.
From **PORTIA SUSPENDER CO.**,
182 Norwood Rd., West Norwood,
London, S.E.

And from all drapers and outfitters.

THE RESTAURANT

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

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

1/- Ordinary Three Courses and Lemonade.

The finest Sixpenny Teas in London served after 8.30.
(Oocoa or Brunak served instead of tea if desired.)

Open from 9 a.m. to 8 p.m.; Saturdays, 7 p.m.
June, July, August, September, Saturdays, 4 p.m.

CLIFTONVILLE, MARGATE. — "Veg" Board residence. H., "Teddington," Gordon Rd.

Good Health

School of

Physical Culture.

For particulars send stamp to
School of Physical Culture,
451 Holloway Rd., LONDON, N.

"SANIS"
(REGISTERED.)

UNDERWEAR.

UNSHRINKABLE.
All Wool, Guaranteed.

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

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

Comfort Is ensured by the fineness of the filament.
Strength By the length of the staple. **Economy** By the price.

"SANIS" UNDERWEAR
[Registered.]

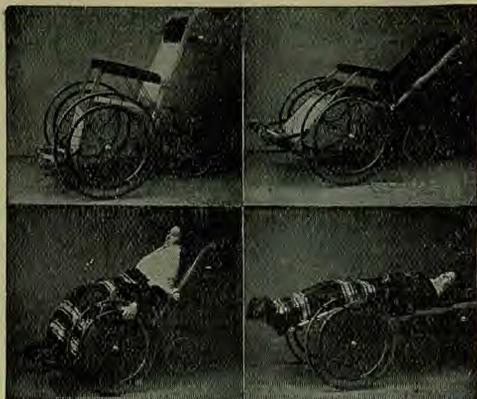
Compares favourably in price with any of its competitors, and its use is recommended by experts in health culture.

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

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

ADDRESS: **THE SECRETARY,**
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**BRANDT'S
PATENT INVALID CHAIR**

**IS THE MOST PRACTICAL
CHAIR ON THE MARKET.**

The accompanying cut shows four different positions in which the chair may be used. Intermediate positions can also be obtained. Can be operated by the attendant or patient with ease. For in or out-door use.

For further information and prices write to
JOSEPH BRANDT,
26 Cloth Market, Newcastle-on-Tyne.

In BABYHOOD

you build the foundations of childhood's health and manhood's success.

Build with the right material.

FRAME-FOOD contains Nature's Nutriment—Wheat Phosphates and Albuminoids in an easily digested form.

These your child must have. They are the source of mental and physical strength.

FRAME-FOOD agrees not only with the normal child, but with the weak and the sickly, young and old.

It feeds.

It does not clog your child's system with useless matter, which poisons the blood and wastes the child's reserve force in eliminating it.

Sold by Grocers & Chemists in 16-oz. tins, 1s.

Send a penny stamp to-day for a Free Sample Tin, mentioning this paper, to

FRAME-FOOD

The Famous Factory, Southfields, London S.W.

In answering advertisements kindly mention "GOOD HEALTH."

**YOU NEED
REYNOLDS'**

Pure Digestive Wheatmeal

**BROWN
BREAD.**

Order sample loaf from bakers and stores in all parts of England. Sold by Whiteley's Stores in London.

J. REYNOLDS & CO., LTD.,
Millers, GLOUCESTER.

*REYNOLDS' BROWN BREAD is
Ordered by Doctors, and ap-
preciated by Consumers.*

SPECIAL OFFER

For One Month Only.

Carriage Free for 5/-

- 2 lbs. - - Californian Plums.
- 2 lbs. - - Best Stewing Figs.
- 2 lbs. - Dried Whole Bananas.
- 2 lbs. - - - - Peaches.
- 1 lb. - - Barcelona Kernels.
- 1 lb. - - Walnut Kernels.

. SAVOY .
HEALTH FOOD STORES,
7 Exchange Walk, Nottingham.

LITERARY NOTICES.

"From Land's End to John O'Groat's" is an interesting book of more than a hundred pages by the champion long distance walker, George H. Allen. It is published by the Progressive Press, of 12 High Street, Paisley, at 1/- net. The book is an accurate diary of his great walk of 908½ miles in 16 days and 21½ hours. For six years Mr. Allen has been a food reformer, and he takes neither flesh, fowl, nor fish. He did the feat with comfort, and was none the worse for it at the finish, the last day doing 73½ miles,

Walkerton Sanatorium, Leslie, Fife.

Special attention given to Diet and Exercise. Physician, John Haddon, M.A., M.D. (late of Eccles, Manchester). For terms, apply to Mrs. Livingstone.

"GOOD HEALTH" STORES,

19 Stroud Green Rd., London, N.

Conducted by **MISS N. MUSSON.**

Agent for the **International Health Association's** foods, and all other health foods.

ALSO FOR
Musson's Wholemeal Specialities.
All Health Magazines.

The Surest Promise

of good health is to take care of the health you've got. Above all things the pores must have freedom in exercising their vital functions. Woollea underwear smothers the body, and causes the pores to clog.

EMPIRE

Linen Mesh Underwear

ventilates the body, keeps the skin dry, and the pores open.
Ideal Summer Wear.

EVERY GARMENT GUARANTEED.

Ask your outfitter, or send for Booklet No. 2. Price List and Samples with name of nearest agent post free from **The Irish Linen Mesh Co., Cathedral Buildings, Belfast, Ireland.**

Why Don't
YOU Use a

Satchet Talcum Puff?

The Perfect Toilet Requisite



for both sexes. Delightful after bathing or shaving. The "Puff" itself is made of elderdown, SOFT AND FINE through which the delicately scented, pure "air-float" Talcum powder percolates. This distributes the powder evenly, and in just the right proportion, thus preventing the flying off of powder over the dressing-table or clothing. The cover is made of chamois, white kid or silk, beautifully hand-painted, and is in addition to its Practical Value as a Puff, a most attractive birthday or other gift. Easy to carry—invaluable to ladies when shopping or travelling. You need nothing but the puff itself, which is always ready for use—outlasts three boxes of other powders.

Cannot Irritate the Most Sensitive Skin.

Prices: Silk Chatelaine Puff, 1/4; Large Puffs, chamois, 1/7; White kid, 2/; Silk, 2/6. Postage and our Beauty Booklet FREE with order (abroad extra). Send to-day—now. Agents wanted—send stamp—post-cards ignored.

HIGHWATER LABORATORY,
984 Exchange B'd'g, Southwark, London.

Heide's Specialities.

Zwieback (Brown and White) a specially prepared predigested bread, invaluable to dyspeptics and invalids; used in the Battle Creek Sanitarium. 6d per lb. Sample packet for 6d. in stamps.

Superior Health Biscuits. Shortened with nuts.

Maker of Dr. Allinson's Wholemeal Bread. Agent for all the foods of the International Health Association. Orders to the amount of 2s. and upwards delivered free in West London. Try **HEIDE'S HYGIENIC CAKE**, 10d. per lb. A triumph in healthful cake-making. Absolutely pure, free from chemical essences, etc. Agents wanted.

Address: **J. HEIDE,**
332 Portobello Road, London, W.

HEALTH FOODS.

Excellent nuts, dried fruits, and health foods of all kinds, including

BILSON'S COCOANUT BUTTER

which is a splendid substitute for the ordinary dairy butter: perfectly wholesome, and of delicate flavour. 8d. PER POUND, carriage forward. Send 6d. at once for large sample packet, post free.

Ask for new price list.

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

The Health and Cereal Food Stores for Everyone.

FRED^K BAX & SON'S

The Oldest and the Best Known
Depot in the United Kingdom. **WHY?**

For upwards of fifty years we have unceasingly and with untiring efforts endeavoured to impress upon the British public the vital importance of Cereals as means of cheaper and more healthful living, and to-day thousands of families are using **BAX'S CEREAL AND HEALTH FOODS. WHY?**

FIRSTLY, BECAUSE THEY ARE GOOD—THE BEST.

SECONDLY, BECAUSE THEY ARE CHEAP.

THIRDLY, BECAUSE THEY ARE ALWAYS FRESH AND RELIABLE.

The one essential point above all others is freshness. Now, our turnover, both in Cereals and Health Foods, is very considerable, and we can guarantee absolute freshness. Then does it not appeal to you, that it is all to your advantage to trade with us? For, the fresher the goods are, the more you will appreciate them. Our terms of delivery make it so convenient for all to use our foods without having to purchase an excessively large quantity.

For 5/- we deliver to every part and suburb of London; orders of 10/- and upwards, free fifty miles; and for £1 and over to any station in England or Wales. You should write for our **ENLARGED LIST**, which explains how unique our system of delivery is, and don't forget to inclose two penny stamps for our **NEW COOKERY BOOK**, which tells you how to cook all our cereals, and which will be most useful to you.

The Address:

FRED^K BAX & SON,

**35 Bishopsgate Street, Without,
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PRESS NOTICE.

Malted Fruit Caramels.

Here is something quite new, and a dainty which is not only delicious, but is highly recommended to all whose blood is thin and poor. These fruit caramels are a delicious form of confectionery, and everyone will like them, only please do not ask me how they are made—such things cannot be manufactured by the amateur hand. I can only tell you that they are put up in pretty tins, etc.—*The Weekly Scotsman*. Sample box sent, post paid, 6d.

THE LONDON NUT FOOD CO.,
405 Battersea Park Rd., London, S.W.
Send for Descriptive Price List.

THE LADIES' GUIDE IN HEALTH AND DISEASE

is to women what "Man the Masterpiece", is to men, both works being written by the same author. Full particulars of this valuable work will be given on application.

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

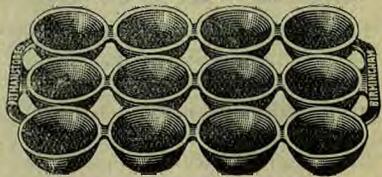
"Quite American, you know; but made in England."

GEM PANS

The most useful Cooking Utensil to be found in every well stocked Kitchen in America.

Made of Cast Iron, 6 or 12 holes.

Size, 10 ins. by 7 ins.



Weight, about 3 lbs.

9d. The Set; By Post, 1/3, with full instructions.

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

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

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

New Illustrated Price List, 84 pp. post free, one stamp.
The largest Health Food dealers in the world.

In answering advertisements kindly mention "GOOD HEALTH."

Readers of Good Health will want to go for their holiday where they can get wholesome food as well as fresh air and sea-bathing. We would suggest Bournemouth. At Loughtonhurst, West Cliff Gardens, Mrs. Hutteman-Hume keeps a first class, up-to-date food reform home, which we can heartily recommend from personal experience. It is situated on high ground, and within two minutes' walk of the sea. Loughtonhurst is a quiet health home which cannot fail to suit all visitors who go there. The tariff, which by the way is very reasonable, and other information can be obtained by sending address to Mrs. Hume.

A Seaside Home

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

Write for terms, mentioning GOOD HEALTH.
Mrs. Hutteman-Hume, Loughtonhurst,
West Cliff Gardens, Bournemouth.

MAXWELL'S PURE FOOD STORES,

863 FOREST RD., WALTHAMSTOW,
LONDON, N.E.

Pure Dandelion Coffee, Dandelion Root only, roasted and ground. 1/10 per lb. Agrees with dyspeptics.

Cooking Oils, Pure Olive Oil, Vegetable Soaps.

Maxwell's Pure Vegetable Coconut Butter

for the breakfast table, for pastry, and for all dishes where fat is required. As fine a flavour as any vegetable butter on the market, and second to none.

7d. per lb., if ordered with other goods.

Price List gratis. Goods value 15/- sent carriage paid within fifty miles of London. Over that distance anywhere in Great Britain, sixpence extra charged for carriage on each order for £1 or under.

Write for any of the well advertised vegetarian foods. Usual prices for proprietary foods.



For Ages
Millers have been discarding the best parts of wheat to grind fine white flour!

A MASTER MILLER has produced an improved pure wheat flour, equally dainty, equally nice, and equally fine, but containing the whole of nature's good wheat.

This Flour is "ARTOX" Flour; it makes "Artox" Bread, which possesses all the advantages of whole meal bread, with all the niceties of white bread. It cuts thin and keeps moist; makes rich, blood, rosy cheeks and sound constitutions.

Send for descriptive booklet and name of nearest grocer or baker selling "Artox" Flour and "Artox" Bread, post free from the Millers,

APPLEYARDS, Ltd., Rotherham.

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., Bethnal Green, LONDON, E.

In answering advertisements kindly mention "GOOD HEALTH."

Claud Osborn's home-made specialities.

HONIELADE.

A home-made orange marmalade prepared with pure honey instead of sugar. A delicious and pure preserve that really nourishes the system.

6½d., 1/-, and 1/5 per jar.

Osborn's Black Currant and Honey Emulsion.

Throat, chest, lungs, and husky voice.
Price, 10½d.

Osborn's "White Clover" Honey.

Guaranteed pure. 6d. and 10½d.

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Wholesale Depot, 13 Vandy St., London.

LOOK INTO YOUR KETTLE!

The muddy, limy deposit in it is due to some of the impurities of ordinary water. Water often has other impurities that are not removed by boiling. The

"GEM" PURE STILL WATER

separates and removes mud, minerals, lime, old age and earthy matter, alkali, microbes, bacteria, poisonous gases, acids, fever and disease germs,—in fact, every impurity—from water, whether from hydrant, well, cistern, river, pond, creek, lake, spring or ocean. No matter how foul the water may be, the Gem Still makes it, not only clear, but pure and safe.



Gem-distilled water is not only pure, but palatable, being aerated in the process of distillation. It is the veritable "Elixir of Life."

Price, 35/.

Pamphlet, "Concerning water: What the *Lancet* Says," sent free.

The Gem Supplies Co., Ltd., Dept. 75,
121 Newgate St., London, E.C.

REAL COMFORT

in Cycling can only be obtained by using a
Birkbeck Pneumatic Saddle Cover.

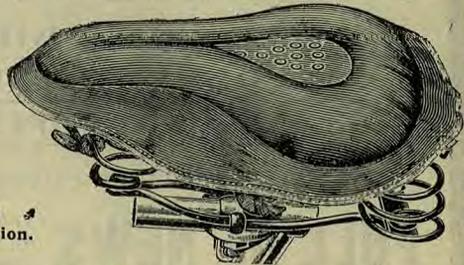
Recommended by THE LANCET.

Extract from "Good Health."—"As a means of avoiding jars of the spine, etc., we are glad to recommend the use of the Birkbeck Cover, an ingenious and most effective contrivance which has made cycling possible to some whose condition of health would not allow the sport without the safeguard," etc.

PRICES AND SIZES.

	Measurement including flange.	U.K. Post Free.
For Lady's Saddles.	9½ x 8½	3/6.
For Small Gent's Saddles.	10½ x 9	3/6.
For Large Gent's Saddles.	12 x 9	4/.
For Motor Cycle Saddles.	13 x 10½	5/6.
For Large Mo. Cycle Saddles.	14 x 12½	6/6.

Foreign postage, 1/6 extra.



Any size can be made to order.
Illustrated booklet can be had on application.
P.O. must accompany order.

Sold by all the principal agents throughout the world or direct from the sole manufacturers.

THE BIRKBECK SADDLE COVER CO.,

Birkbeck Works, Birkbeck Road, Dalston, London, N.E.

In answering advertisements kindly mention "GOOD HEALTH."

"The Feeding of Children" will be the title of one of the leading articles for August GOOD HEALTH. The writer will discuss the milk problem, and give directions for sterilising milk that will insure the destruction of germs. A model diet for children will be given, which ought to be within the reach of every home, and doubtless would be if the parents were willing to discard such useless and harmful articles as alcohol and tobacco.

"Hygiene of the Hair" is a matter of universal interest. Dr. Sisley-Richards will give simple instructions for the care of the hair, how to cleanse the scalp, and keep it healthy.

Dr. J. J. Bell will furnish an article on "Simple Skin Eruptions" and their treatment. The heat of summer with the chafing of clothing often produces an irritating rash that causes much discomfort. There are home remedies within the reach of most people that would soon afford relief. The doctor will also discuss the causes.

New
Harrison

SWIFT GOLD MEDAL



KNITTER

Profitable and Pleasurable Occupation.

KNITS Socks, Stockings and Garments. Everyone including your friends and neighbours require knitted goods, and no purchaser for a small family could save less than 20 per cent. upon the outlay for private use. The wide scope and extensive capacity of production ensures the safest means of a living of any trade extant.

HARRISON KNITTER WORKS,
UPPER BROOK ST., MANCHESTER.

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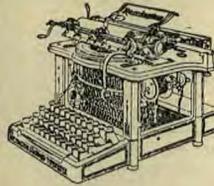
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Typewriter means Remington
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PRICE ONE HALFPENNY.

JUST COMPARE IT WITH
ANY OTHER LONDON
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It is the Biggest
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Guaranteed Circulation exceeds 200,000 copies per day.

FULL OF NEWS You will be astonished at the variety of its contents. Take it home and your family will be delighted with it.

Sold by all Newsagents and at all Railway Bookstalls, or sent post free, one week, 6d.; four weeks, 2s.; one quarter, 6s. 6d.

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