

Photo by Mr. Ernest Christie, Caterham.

FROM A SURREY HEDGE.



Good Health

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

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Editorial Chat.

Too Much Kissing.—"Why should we [women] kiss each other every time we meet?" asks a writer in the *Morning Leader*, and continues: "It is a custom of the middle classes, upper and lower. Why not reserve it for moments of affection, when the deeps are stirred: when we are parting for a time and feel the grief of it; when we meet again and know the joy of it? Kissing would have some meaning then."



Spare the Children.—There is a good deal of sense in this suggestion. Kissing is, however, most obnoxious from the hygienist's standpoint when men with bad breath, decaying teeth, and mouths perhaps defiled with tobacco, undertake to assail with their kisses the sweet wholesome faces of children. This should not be allowed. It is dangerous. No true lover of children could be guilty of exposing them to possible infection in this way.



A School for Mothers.—Madrid boasts of a School for Mothers, recently established by the Marquis and Marchioness de Casa-Torre. The medical director, who is a regularly qualified physician in charge of a dispensary for sick and weakly children, gives simple instruction to the mothers, making each case as it presents itself the text of a discourse on the best

manner of feeding and caring for the child. Sterilised milk, when considered necessary, is supplied, and deserving parents are assisted to food and clothes for their little ones.



Railways versus Trams.—Railway companies complain of a falling off in patronage owing to the competition of the new electric tramcars. Instead of wedging their way into a close, evil-smelling compartment, where men are crowded together like cattle in a pen, the workingmen, clerks, and other city toilers prefer to step into a modern tram where the appointments are every way better, and serious overcrowding, although it may happen at times, is at least not the rule. Inasmuch as the railway companies have been telling us that they were helpless to remedy the evil, having provided as many trains as they could safely run on their lines, they ought not to complain of the assistance furnished by the trams, travel on which is certainly more conducive to health than in the railway carriages in their present crowded, unwholesome condition.



How Railway Travel Might be Improved.—Now that the colder season will soon be with us again, it may not be amiss to point out that railway travel in winter is far from comfortable in certain parts of the country, owing to

neglect properly to warm the carriages. Men and women, often in delicate health, are still compelled to take long journeys in the dead of winter in railway carriages entirely unprovided with heating apparatus, with a bare chance of getting a luke-warm foot-warmer to afford its miserable modicum of heat. Waiting-rooms are also very poorly warmed, and the lighting of both carriages and waiting-rooms is ridiculously inadequate. It behoves the railway companies to inaugurate radical reforms in these directions if they would retain the patronage of the public.

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A Sanitary Catechism.

— At a recent meeting of the Sanitary Inspectors' Association, Sir James Crichton Browne, who is its president, laid down some fundamental truths that should receive the widest possible publicity, and should be

acted upon. He urged the need of co-operation on the part of the clergy in teaching the people hygiene. In schools he said there should be "a sanitary catechism, question and answer, like the religious catechism." While it was not necessary to try to teach children anatomy, physiology and chemistry, "*they should be taught hygiene and sanitation as dogmatically as they were taught morality and religion.*"

The Country for Intellect.

He thought the nation suffered from want of ability as a result of people crowd-

ing into the cities. The country was the proper breeding place for intellect. The country lad might be a little slower to learn than the city urchin, but he had staying power which the latter lacked. If the cities went on growing at their present rate, they would "dry up the reservoirs of strength in the population and leave an immense proletariat of inferior quality and without commanders."



SIR JAMES CRICHTON-BROWNE, M.D.*

These are wholesome words, which we trust our readers will duly take to heart. Sir James bids us look an unpleasant situation squarely in the face and do something to meet it. He has not hesitated to affirm that physical deterioration, and that on an alarming scale, is already only too evident. He is performing the highest office of a disinterested medical man in giving this warning of impending danger

and at the same time pointing out the true way of escape by educating the people in the laws of health.

* * *

IF we have a weak body at the outset, instead of mourning that we have been badly treated we should strive to do all we can by making the best use of what we have. We must use it to the utmost of our ability, and if we do this we shall build up a character that will be a blessing to those around us.—*George H. Allen.*

* Photo by Elliot & Fry.

TRAINING THE STOMACH.

BY J. H. KELLOGG, M.D.

THERE is a great deal said about the training of the hand, the training of the eye, the training of the brain, but it is not so well recognised that the stomach is just as susceptible of training as any other organ of the body. The stomach is not only susceptible of training but needs it; it suffers often from lack of training, and not infrequently is habitually trained into very bad habits. For example, a man will eat twice, three times, or four times as much as he can possibly need, with apparent impunity. Men can be trained into overfeeding just as they can be taught to drink whisky and beer. A man may smoke twenty cigars or cigarettes a day. The first cigar he smoked made him deathly sick, but now he smokes twenty cigars a day and declares he feels better for it; that he suffers no inconvenience whatever. His body has been trained to the elimination of the poison. In the same way the stomach may be trained to take care of an enormous excess of food. There are people whose stomachs have become dilated to such an extent that they do not feel comfortable unless they have taken twice as much as they ought to have. I knew such a man some years ago. After eating of a New England boiled dinner all that he possibly could, he straightened up in his chair and heaved a deep sigh. A gentleman near him asked, "Are you feeling bad?" "Oh, no, not exactly that; but oh, for capacity!"

There are others who have acquired the habit of eating scantily. The Arab eats but one meal a day. If it is not convenient to eat every day, he eats only every other day. The Tartar travels all day, but he eats nothing until night. The North American Indian, when out on a hunt, if he finds nothing, empties his little buckskin pouch of parched corn, and if his stomach is not full, he takes up a notch in his belt. If he gets nothing next day he takes another notch in his belt. He goes on three or four days this way if necessary. He does not suffer any serious inconvenience.

Thousands of other people cannot go half an hour beyond their meal time

without suffering such distress as to get extremely nervous and unable to do business. This is the result of training. A man who trains himself to such excesses in eating that he can consume perhaps five, six, or eight times as much as a man ought to eat in a meal, will surely suffer for it at some time or other. Several years ago I met a doctor who had just before taken part in a beefsteak contest, and he told me he ate nine and one-half pounds of beefsteak at a sitting; but he said his right shoulder became so stiff before he finished the meal that he could hardly move it, and the next morning he could not move it at all. He knew it would be so, because he had done this before, but he said he liked beefsteak better than ripe peaches. His stomach had been wrongly educated.

Gluttons of Ancient Rome.

Nero educated his stomach to eat food, then to empty it, take food again, then empty it. The old Roman emperors were accustomed to that. When in Rome some years ago I saw among other very interesting things there, the ruins of the emperor's palace. There was the great dining-room where he with his admirers feasted for twenty-four, or sometimes thirty-six hours together, and I think on one occasion for three days in succession, reclining upon their couches and eating almost continuously. In one corner there was a door with a sign over it in the ancients' lettering, "Vomitorium." This was a small room to which, the guide said, the feasters used to go and tickle the throat with a feather to disgorge the stomach and prepare for continued gormandising.

Some years ago I met an East Indian, a very intelligent man, studying at Jefferson Medical College, Philadelphia. He was about to return to India as a missionary. In talking with him of the customs of his countrymen, I remarked, "I have read of a substance known as *gnappee*, which I understand is a preparation made from rotten fish. I have

wondered whether it is really true that people ever eat such a thing."

"Oh, yes," he said, "it is very common."

"How is it prepared?"

"Well, the fish are caught, and left lying in very shallow water until decomposition is well begun, then they are buried in the ground and allowed to remain for two or three months. They are then taken out, and the scales and bones are removed; the balance is rubbed up with some curry powder, and that is *gnappee*."

"I suppose only the very poor people, who cannot afford anything else, eat that."

"No, indeed. I have eaten it myself; it is considered a great delicacy in my country. It is used in Burma more than it is in India."

I suppose I looked very disgusted, and he probably read the expression in my face, for he asked, "You think it strange that people eat *gnappee*?"

"Really, it does seem to me very remarkable that anybody should want to eat rotten fish."

"Now, look here," he said, "you eat rotten milk—you call it cheese, and we eat rotten fish that we call *gnappee*. What is the difference, I should like to know?" And I had nothing to say.

The normal taste finds delicate flavours in foods that one who is accustomed to peppersauce and such things knows nothing about. It pays to cultivate simplicity and naturalness.

Good Food Combinations.

The stomach may be trained to digest meat, milk, or bread; but it is utterly impossible for it to digest all food substances at the same time. This is just as impossible as it is for a man to be working as a blacksmith and training for the army at the same time. If we mix too many kinds of foods together, we are certainly making trouble. All breads or cereals digest well together. All fruits and nuts digest well together; but meat is a bad thing in combination with most other foods. An exclusive diet of meat is far easier of digestion than a mixed diet. That is why multitudes of people who

have suffered from indigestion, when put upon an exclusive meat diet, feel better. An exclusive milk diet often agrees with an invalid. Some people put upon an exclusive bread diet would feel better, because the stomach can digest every one of these different articles by itself, but not the combination.

The Daily Ration.

There is another important point in this connection, which has been demonstrated by Mr. Horace Fletcher, who called the attention of scientists to it. Later, Professor Foster, of Cambridge University made experiments upon the subject, and recently Professor Chittenden, of Yale, made a similar series of experiments for the purpose of settling this question. What Mr. Fletcher observed was this: Physiologists have said that we need daily three to six ounces of proteids. Proteids are the blood- and muscle-building elements. Mr. Fletcher said, "I have observed that when I chew well, I do not require so much, and that I require but very little, in fact, when I chew well." This thing was tested at Yale. Twenty-one men were detailed by the United States' government to put themselves under charge of Professor Chittenden for experimentation. Half a dozen of the best-trained athletes of the college, as also Professors Chittenden and Mendel, joined the experiment corps. The men were not asked to chew extraordinarily much, but they chewed well because their rations were limited, and they understood the food must be well masticated, and the result was that every man improved in health. One man who had been a bad dyspeptic regained his health, and the proteid was brought down to an ounce and a half a day—one-fourth the amount required by many authorities. The total ration was reduced to one-half the ordinary ration, and in some instances to one-third.

These men gained in strength and weight, and the trained athletes found that in some instances they had actually doubled in strength, when they were already in splendid training. The soldiers, who were strong, healthy, vigorous men, also improved in strength.

COUNTRY WALKS IN AUTUMN.

BY M. ELLSWORTH OLSEN.

"I love to wander through the woodlands hoary
 In the soft light of an autumnal day,
 When summer gathers up her robes of glory
 And like a dream of beauty glides away."

THOREAU declared that he had met with only one or two persons in the course of his life who understood the art of walking. It is to be feared that good walkers are as

the weather is more or less uncertain, in summer one may be oppressed with the heat, and the system is likely to be more or less relaxed; but with the arrival of the cool, bracing days of autumn the impulse to wander countryward is strong in all rightly-constituted men and women. Nature calls us forth to view her finished



OLD HOUSES, ALL SAINTS' STREET, HASTINGS.

scarce to-day as they were then. Somehow men and women do not find time to practise the art. They are always resorting to vehicles of some sort other than "shoemakers' nags," and thus depriving themselves of a most delightful and health-giving exercise. It is a *sitting age* we live in, and when that is said, very much of the prevalent invalidism is accounted for.

For those who have yet to learn the art of walking the autumn offers perhaps the most favourable time to begin. In spring

works. Majestic peace sits enshrined in the still fields and the quiet woods. The feverish activity of spring, and the teeming, virile life of summer are in the past. A superb restfulness, a sense of triumphant completion of a great task, and of joy in its fulfilment, meets one everywhere, and exerts a healing, soothing influence upon the human mind.

Who can do justice to the English country-side in early October! The quiet country lanes with blackberry-besprinkled

hedges, and behind them the well-built houses, arrayed in cool green ivy and scarlet creepers, the woods reposing in their rich autumn suits of variegated gold and green and brown, the meadows covered over with flocks, the secluded dells where bracken and gorse and the late autumn flowers vie with one another in maintaining the solemn splendours of their high estate—who can behold such soul-filling beauty without receiving a new impulse to the highest living, and getting a stronger hold on the realities of life!

Then there is the seaside where autumn has its own peculiar beauties. Such typical resorts as Lowestoft,* Hastings* Falmouth,* and others we might mention are doubly attractive to many in October, when the crowds have gone back to the cities, and the nature-lover can drink in the wild and changeful beauty of the scene undisturbed. What rich atmospheric effects? What fine contrasts between ocean and shore, what majestic grandeur in times of storm, what calm, abiding peace when the waters lie at rest under the mild October sun!

But, to enjoy it to the full, you must be a walker. It requires the quick-bounding blood, the deep-drawn breath, the healthful activity of all the bodily organs which

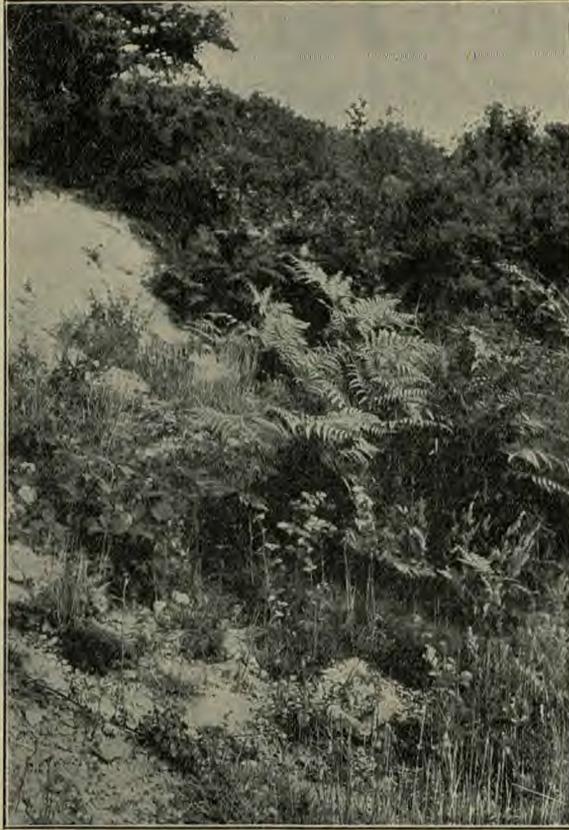
brisk walking induces in order to bring about that perfect physical equilibrium in which a man is properly adjusted to the natural beauties that surround him, and sensitive to their many eloquent appeals. By our sedentary lives and indulgence in harmful stimulants and gross, liver-clogging foods we not only injure our health,

but what is worse, perhaps, unfit ourselves for that communion with nature which is so satisfying and free.

Burroughs says a man "must invest himself near at hand and in common things, and be content with a steady and moderate return, if he would know the blessedness of a cheerful heart and the sweetness of a walk over the round earth." Again he breaks out: "Oh, the weariness, the emptiness, the plotting, the seeking rest and finding none, that goes by in the

carriage! while your pedestrian is always cheerful, alert, refreshed, with his heart in his hand and his hand free to all. . . . He is the only real traveller; he alone tastes the 'gay, fresh sentiment of the road.'

Let us hope that an increasing number of people, old and young, will spend a goodly portion of their leisure time, not only in autumn but at all seasons of the year, in cultivating the noble art of walking.



A SURREY HILLSIDE.†

*Copy of beautiful descriptive booklet sent free to anyone applying to the town clerk.

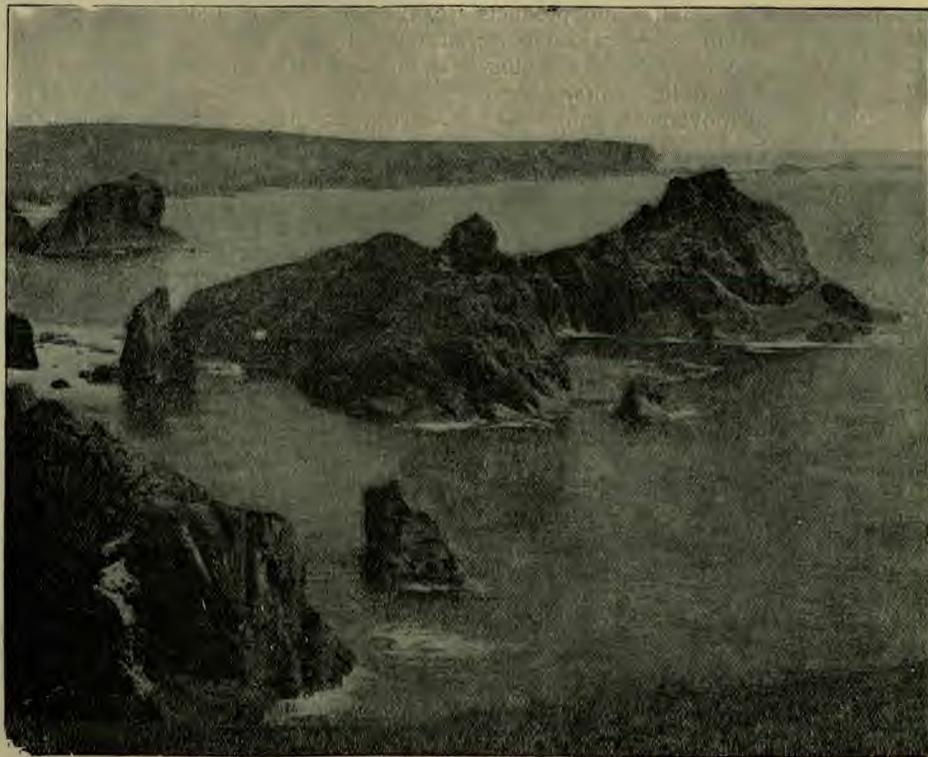
†Photo by Mr. Ernest Christie, Caterham.

THE HOME TREATMENT OF SPRAINS.

BY FRANCIS H. WESSELS, M.B., F.R.C.S., ENG.

BY the sprain of a joint is understood an injury produced in a joint when its movements are carried beyond their normal limits, causing the rupture or overstretching of some of the ligaments, or the capsule of the joint. It often happens when a sprain occurs in the joint that one or more of the ligaments become injured,

In some cases there is only a sharp pain, and a slight swelling afterwards, and then for some days subsequently a feeling of weakness in the joint may be present during movements. In other cases again, there is very marked swelling of the joint, including discolouration of the skin. This indicates that blood has been introduced



KYNANCE COVE, NEAR FALMOUTH.

or the capsule of the joint may be overstretched, or it may become slightly torn. In some cases the capsule becomes torn very extensively, or the ligaments may even be torn away from the bone; but the worst case is when a part of the bone of the joint is torn away with a ligament. The amount of damage done to the ligaments depends largely upon their structure.

The joints which undergo injury most often are the ankle, knee, wrist and elbow. Results of these injuries vary, of course,

either into the joint or into the tissues surrounding it.

Treatment.

It is a very unwise thing to neglect a sprained joint, for there are almost always fibres from the capsule out of place, or torn, and if one leaves the joint practically without treatment, there may occur a non-union of these fibres altogether. Then, also, unless such a sprain is properly treated, the blood poured out into the joint

cavity and its surroundings will remain for a considerable time, and cause adhesions, which may give rise to a stiff joint. Sometimes the torn parts of the capsule of the joint may come between the bones forming the joint, and cause not only a serious disability, but excruciating pain from time to time.

In treating a sprain the first thing to undertake is to check the bleeding into the joint cavity and tissues surrounding it; the second to remove, if possible, the blood and other accumulated fluids and products of inflammation from the sprained part; and the third is to obtain a satisfactory healing of the injured ligaments, and to restore the normal movements completely. In these simple cases of sprains the treatment commences with a very gentle movement of the joint, so as to put out of question the possibility of dislocation of the joint. The moving of the joint also prevents parts of the torn capsule and the synovial membrane from coming between the joint surfaces of the bones. After these movements have been resorted to, the joint should be put at absolute rest on an improvised splint, in the position that will give the patient the greatest ease. Such a splint can be made of a piece of wood, or a hoop bent into a suitable shape, or wire netting, or even a piece of cardboard. The splint must, of course, be bandaged on to the limb after having been properly padded.

Hydropathic Applications.

The affected joint must be left exposed so that the proper treatment can be applied. After each treatment a separate bandage may be applied to the joint as directed below. With this treatment it is well to combine cold applications, and to use ice bags so as to check bleeding into the joint and the parts surrounding it. This will also allay the inflammation, which is always present, and therefore lessen the subsequent filling of the joint with watery fluid. Cold applications are usually better than hot fomentations in the earliest stage, for heat is likely to promote bleeding which it is well to avoid. When the knee or the hip or the ankle is sprained, it is best to put the patient to bed and to place the affected limb upon a splint properly padded. If a joint of the arm is sprained, it is only

necessary to put on a large, comfortable sling, and follow the same treatment as for a sprained joint of the leg.

Gentle Massage.

At the end of the first twenty-four hours, gentle massage may be commenced. Massage should always be performed by someone who has had some experience, as inexperienced handling of the joint at any early stage might be the source of further injury. The object of such massage is to get rid of the collection of blood poured into and around the joint. The massage at first should consist only of gentle stroking movements up the limb or towards the heart, great care being taken not to move the joint laterally. Such massage should be persisted in for only a quarter of an hour on the first day. The slightest touch will probably give the patient a great deal of pain at first. After the massage, cold applications should again be resorted to for another twenty-four hours, or as long as the joint feels hot or looks red and swollen. In some cases the best results at this stage will be achieved by alternate hot and cold applications.

The Bandage.

During all this time all movements of the joint should be forbidden. Massage should be repeated the next day, and on a second application it will be found possible to continue for at least half an hour, and afford the patient a great deal of comfort. If there is a great deal of fluid in the joint it would be well to employ massage for a second time at the end of the second day. The parts should be bandaged in the intervals between the applications of the massage. Several rolls of cotton wool should be applied round the joint, and outside this the bandage should be applied. The bandage must be drawn sufficiently tight so as to prevent any further blood from collecting in the joint. This bandage may be left on until the next day, when it is removed for the repetition of massage. At the end of the three days it will be sufficient in an ordinary case to leave off the bandage and to trust to massage to complete the cure. An elastic bandage is preferable if it can be obtained, but if not, ordinary flannel or gauze cut on the bias will do very well.

VARICOSE VEINS.

BY J. J. BELL, M.D.

VARICOSE veins are an abnormal condition which may occur in almost any part of the body, but is most frequently met with in the lower extremities. Here the veins become enlarged or distended either due to some obstruction above or to weakness of the walls of the veins, or possibly to occupations which require a great deal of standing. This condition is very often neglected until the skin of the limb becomes irritated and eczema sets in, followed later by a varicose ulcer, which is very difficult to heal.

There are two methods of treatment. One is operative and cures the condition completely. The other consists in using means to aid the return of venous circulation by removing all obstructions, giving support to the veins, and holding the diseased part in an elevated position as much as possible. Garters, if worn, should be left off and the stockings retained in position by some form of supporter. Corsets should be cast aside, and the clothing supported from the shoulders. The corsets crowd the abdominal organs down towards the pelvis. This, no doubt, causes some pressure on the large iliac vessels.

The veins can be supported by wearing some simple roller bandage, such as the craepe bandage, or a linen mesh bandage can now be obtained. Either of these is serviceable as it can be washed. The linen is non-irritating to the skin, and absorbs the perspiration. Elastic stockings and rubber bandages are hardly to be recommended as they are very expensive, and often unsatisfactory. The stocking soon becomes too loose as it has to be drawn over the heel, and is uncomfortable. The rubber bandage retains the perspiration beneath it and is unhealthy.

The bandage should be applied in the morning while the limb is in the horizontal position, and removed at night before retiring.

The diseased part can be elevated by keeping the limb upon a chair or on a sofa while sitting; thus gravity aids the return of the blood from the limb.

Besides these measures the tone of the walls of the veins and of the surrounding structures can be increased by cold applications such as the cold douche. Sometimes alternate hot and cold applications are more effective than the cold alone.

FOOD AND BODILY DECAY *—(*Concluded.*)

BY ALFRED B. OLSEN, M.D.

COMING to our second class of food products, we find that it is composed of fruits, nuts, cereals, and vegetables. Plants are natural food producers. They stand as the middleman between man or beast and the inorganic world. They gather the carbon from the air and incorporate it with nitrogen and water from the soil to make proteid, starch and fat. They also store up salts and acids in organic combinations that can be utilised by animal tissues.

The dead body of an animal decays, disintegrates, and finally crumbles to dust, returning to the simple elements, carbon, oxygen, hydrogen, etc. The plants take these elements and with them construct

food matter suitable to the needs of animals, and so the circle of nutrition is completed.

Right here let us ask, Are all vegetable products wholesome or fit for consumption? No, certainly not. Many plants and their fruits are poisonous, some fatally so. To these belong the poppy, from which opium is prepared; the tobacco plant; coffee berries and tea leaves. None of these can be considered as foods. They are not competent to build and repair the body or furnish energy.

On the other hand, they injure the tissues, and are all specific nerve poisons. Their action is to benumb sensibility and paralyse the nerve cells. They are used not as foods but as narcotic stimulants. They are believed to soothe the nerves and lull

*Read at the Vegetarian Congress.

pains and aches, and this is easily explained by their paralysing effect. Tea and coffee, too, clog the blood and tissues, and lead to uric acid disorders.

Let us now classify foods according to their chemical composition. We have Proteids, Starches and Sugars, Fats, Salts. Practically all plant foods contain these different substances, but in varying quantity.

Proteids alone contain nitrogen, and are absolutely essential to life. Starches, sugar and fats are worse than useless without nitrogenous food. Proteids may be looked upon as the active *tissue-builders*. They also contain a carbonaceous moiety which affords energy and heat to the body.

Starches, sugars and fats are eminently energy producers, and within the body are, to a certain extent, interchangeable. For example, starch and sugar are specially adapted for

putting on flesh. In every diet they naturally furnish the bulk of the food. Fats can be taken to advantage only in comparatively small quantities, at least, this is the experience of most people.

It would be impossible to lay down a hard and fast rule as to the exact amount of these various foods required by the average person daily, but it might be helpful to reproduce the table of proportions recommended by Dr. Kellogg. Before

quoting, let us explain that a calorie or heat unit as used here is the amount of heat required to raise one gramme of water one degree centigrade.

Proteids.....	160 to 240 units.
Fats.....	400 to 700 units.
Carbohydrates.....	1,200 to 1,600 units.
(Starches and sugars.)	

It would be difficult to express this accurately in ounces, without specifying the particular kind of food used, but in a general way we may say that, taking solid food, the amounts would be approximately:

Proteids, two or three ounces.

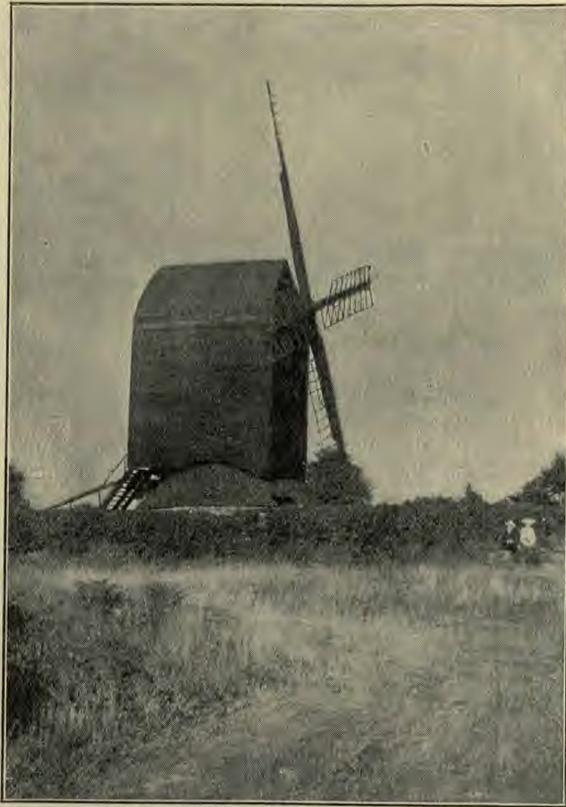
Fats, one and a half to two ounces.

Carbohydrates, fourteen to sixteen ozs.

This daily ration is not based upon the height or weight of a person, but upon his skin surface. To base it upon weight would be fallacious. This is evident on considering the case of a child of ten

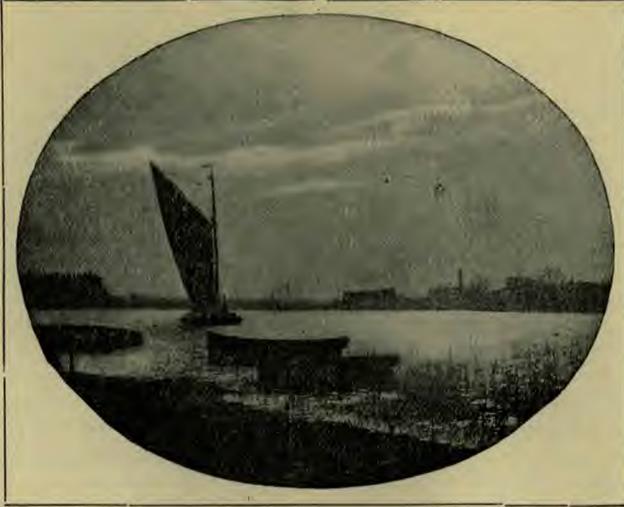
pounds with a skin area of three square feet, and a man of one hundred and eighty pounds, and skin surface of twenty-one square feet. Judged by the weight, the child would only get one-eighteenth as much food as the man, which would be far too little. Comparing the skin surface, however, the proportion is one-seventh or more than double as much, and much nearer the correct amount.

We must now turn for a moment to the sources of the various food substances.



AN OLD LANDMARK IN SURREY.†

†Photo by Mr. Ernest Christie, Caterham.



Fruits, as a rule, are watery and do not contain a large percentage of food matter, except dates, figs, and a few others. They contain very little proteid or fat, most of their nutrition consisting of starch and sugar. They are very valuable for their acids and salts, and form one of the important classes of food. A diet of fruit alone for a few days is often very valuable in relieving digestive disturbances and purifying the blood. Fruits always combine well with breads, cereals, and nuts. Fruits may be considered as possessing certain medicinal properties which make for sound health.

Nuts, like fruit, are cooked by nature, and can be taken in their natural state. They are exceedingly nourishing and contain a large amount of proteid and fat. Hence, nuts and fruit make a well-balanced diet. Nuts require careful and thorough mastication, otherwise they are difficult of digestion. They go well with breads and cereals.

Cereals probably form the bulk of our diet. They include the pulses, such as peas, beans, and lentils, all of which are rich in proteid. Cereals contain a large quantity of starch, and a fair amount of proteid and fat. They make a cheap, wholesome diet.

Vegetables are probably the least valuable source of nourishment, and a fruitarian would do without them. They are by no means necessary, still, they add to the

variety, and are useful in various ways in vegetarian cookery. Greens of various kinds are valuable more for their salts than their nutritive properties.

From this brief resumé it will be seen that food reformers are not confined to a diet of cabbage and turnips. Many probably use less vegetables than the average meat-eater. These foods contain all the elements required by the body, and more. They are in the most wholesome form obtainable.

The selection of food is not the only important question. Bad cookery may make the most wholesome articles quite unfit for consumption. Plain cookery, with careful combination of the different foods, is essential to the success of the would-be food reformer. He avoids rich and greasy foods, fried dishes, and indeed, all that would require undue work of the



THE VILLAGE PUMP, SOMERLEYTON.

digestive organs. A conservative system of cookery that will retain and bring out the natural flavours of the different articles, and do away with artificial flavours in the form of chemicals, spices, and condiments, will prove most healthful and also acceptable to the unperverted appetite.

In concluding we will mention a few dietary indiscretions which often undermine health, seriously injuring the stomach and liver if persisted in, and leading to malnutrition:—

1. Condiments, such as pepper, mustard, curry, etc., irritate and inflame the lining membrane of the stomach, and lead to digestive disorders. They are absolutely unnecessary in any system of healthful cookery.

2. Over-eating puts a heavy tax upon the stomach and liver, clogs the blood, and poisons the system. It encourages gouty

and rheumatic disorders, and is a prolific cause of dyspepsia. There is an old Norse proverb that "Oxen know when to go home from grazing; but a fool never knows his stomach's measure," which contains more truth than poetry.

3. Too frequent eating is undesirable. Three meals a day are enough for any healthy man or woman. Never eat between meals.

4. Hasty eating throws excessive work on the stomach, and is likely to give rise to fermentation, flatulence, and other abdominal disturbances.

Summing up, we contend that the use of alcoholic liquors, tea, coffee, and animal flesh, together with the indiscretions of diet above mentioned, all encourage premature aging and decay of the body, and so shorten life.

THE PHYSICAL IMPROVEMENT OF THE NATION. PART II.

BY M. ELLSWORTH OLSEN.

THE question of physical deterioration has at least three aspects according as it affects (1) the nation at large, (2) the family and (3) the individual. In the late Mansion House meeting the greatest emphasis was thrown upon the national phase of health. It was pointed out that present industrial conditions tend in various ways to impair the health of the nation, and that in the removal of these disease-producing conditions, and the substitution in their place of a state of things which would favour the highest physical development, there was need of remedial legislation and of the co-operation of corporations and municipal bodies as well as of the many philanthropic societies organised to further such efforts.

There is the question of housing. It is not by any means confined to the slums of our large cities. You can find hundreds of picturesque-looking cottages in various parts of the country which are utterly inadequate to accommodate the families which find shelter in them, and are besides in a thoroughly unsanitary condition, unfit to house human beings at all. Such things demand the appointment of conscientious, fearless health officers who will not

scruple to condemn the wretched hovels now called home by many a hard-worked farm labourer, and to decree the proper overhauling and repair of others. In many, probably most cases, the owner will be quite willing to have such matters attended to, once they are brought to his attention by the health officer. It is to his interest to do so, for a well-fed and comfortably-housed labourer is much more valuable than one living under unhealthful conditions.

Prompt, energetic action on the part of the proper authorities is much needed in respect of the people's food. Adulteration on a large scale prevails at the present time, and the conditions seem to favour it. Especially does the milk supply need careful regulation. The greater part of the milk used in this country today, especially in the large cities, contains tons of unutterable filth, in addition to disease germs and preservatives and other foreign ingredients which render it highly dangerous to use. Rigid inspection of the dairy farms, and insistence upon decent cleanliness being observed by the milkers and by those who later on handle the milk, would very soon result in producing a fairly clean article which would easily

keep sweet for ten or twelve hours, even in the warmest weather, without the addition of preservatives. Clean milk at reasonable prices would alone reduce our infant mortality fully one-third.

Steady employment for the working-man is another condition of robust national health. If the family provider is out of work and consequently earns nothing, it follows that his family will suffer. Even if actual starvation does not take place, there will be its practical equivalent, and the unfortunate children reared under such circumstances will grow up only to fill our hospitals and infirmaries, and perhaps our prisons; for there is a real connection between crime and physical degeneracy.

Sound temperance legislation is sadly needed. While good housing conditions, steady work at fair wages, and abundance of cheap, wholesome food all make for greater temperance, it cannot be denied that something more is needed in order to curb the power of strong drink, which is the direct cause of so much human suffering. Certainly the various temperance organisations which have been patiently at work for many years have accomplished much for the uplifting and enlightenment of the people.

There are other large public questions affecting the nation's health which we cannot stop to discuss here. We pass on to view the question from the point of view of the family. Here the question arises, Are the parents of Great Britain doing what they might to guard the health of their children? If so, how comes it, to take one instance, that so many boys of the upper labouring classes, and even in better situated families, take to cigarettes? Do not their mothers know about it? Then they *ought* to know. Tobacco is undermining the health of thousands of boys to-day who would never have fallen a prey to the fascinating habit had their parents pointed out its harmfulness. Let fathers and mothers realise the solemn responsibility resting upon them to get their children started, at least, in a right direction.

It is to be feared that there is crying need of diet reform in many of our homes. John Burns, asked what the British workmen most needed, replied: "wives

that can cook." Probably there would be fewer men spending a large portion of their weekly earnings at the public house if there were more women somewhat acquainted with food values, and able to prepare wholesome, attractive and sustaining meals at a minimum cost. Here is a splendid opportunity for philanthropic effort. Let women who have made some study of these questions organise cooking schools for those who have not. Most women would be glad to spend a couple of hours weekly in getting practical instruction in this most interesting and useful art, and if the work and expense of conducting the school were shared by a dozen or more philanthropically inclined persons, it would not fall heavily on any. Some of the various branches of the Good Health League have given a good deal of attention to the food question at their monthly meetings, and have invariably found the public deeply interested in the subject.

We must make a plea also for greater attention to personal and individual health. Why should not every right-minded man or woman have a noble ambition to secure and maintain the highest physical efficiency? It is a pity to see so many satisfied with a condition of *quasi* invalidism. They tell you they are tolerably well, and if you place the emphasis on the qualifying word the statement is probably true. They never expect to be really well—that is a blessing, many people regard as impossible in this world—and yet if they would only study their bodies a little, and obey the laws which make for physical well-being, they would soon be a surprise to themselves and their friends.

Health, and not disease, is the natural state. Headaches, backaches, periodic attacks of biliousness, poor circulation, feeble digestion, and all the rest of the common disease conditions are out of the natural order of things. They indicate that something is wrong—not usually with the body itself, but with *the way the body is being treated*. In other words, pain is a way the body has of complaining of the treatment meted out to it, and of insisting on reforms. What some of these reforms most demanded at the present day are, and how they may be effected will be taken up in a later article.

FILTHY SLAUGHTER-HOUSES.

BY GEORGE THOMASON, M.D.

AN editorial appeared recently in a leading Cape Town daily, dealing with a report which had been made by the Inspector of slaughter-houses for the Cape Town division of the Colony. The report and comments are not agreeable reading. In all, twelve different places were inspected and with but one exception they were found to be wholly unsuitable for the purpose to which they were devoted. Following are some of the details cited:—

“These buildings are very old brick-and-plaster buildings, and are in a very dirty condition. The floors are uneven, and a quantity of dirty water remains in the hollows and cracks of the floor. A quantity of old putrid offal and fat was hanging on hooks on the wall. The walls were besmeared with congealed blood, manure, and dirt to a height of about four feet from the floor. The system of cleaning these walls appears to have been to whitewash over all the dirt, until it has now become one mass of dirt and white-wash. The blood and washings run from the slaughter-houses by means of open sluices through the walls into concrete catch-pits in the backyard. A quantity of the contents of these catch-pits has been allowed to remain on the ground all round the edges of the pits, which were both full of old blood, washings, and matter from the slaughter-houses, and causing a very offensive smell, both inside and outside the premises.

“Those who assisted in the killing were dirty in their persons and clothing, which was covered to a great thickness with old grease, congealed blood and dirt, and came in contact with the meat during the cutting up and handling.

“The bier on which the carcasses were placed to be dressed, and the benches used for dressing sheep and small animals, were covered with congealed blood, dirt, and other matter, to a thickness of about a quarter of an inch, and did not appear to have ever been cleaned.

“I also inspected two waggons used for the conveyance of the carcasses. Both these vehicles were very dirty, and the

sails used for covering during transit were also very dirty, being covered with congealed blood.

“Nine ox-heads were also lying on the floor, and appeared to have been placed there some days previous. A quantity of ox-horns and dirt was piled up in a heap in one corner of the slaughter-house, and some old fat, offal, and old entrails were hanging up inside. The fat was in a *putrid condition* and had turned green.”

In commenting upon this report the editor says, among other things:

“A point worth drawing attention to is that in spite of the fact that the condition of these slaughter-houses has been brought prominently to public notice for some time past, the owners of these places have for the most part continued to carry on their business in the same disgusting fashion. This argues a callousness, a want of sense of shame, and an obvious determination to continue in the same course until absolutely compelled to mend their ways, which, we have no hesitation in saying, proves them to be, in the worst of these cases, at any rate, absolutely unfit to be allowed to have anything to do with so important a public matter as the supply of meat to the community.”

As the result of the Inspector's report, considerable interest was aroused in the question of the meat supply of the Colony and a representative conference was called and presided over by the Mayor of Cape Town. After deliberating upon the question the conference passed a vote emphasising the necessity of legislation upon the question of suitable abattoirs in which to prepare meat for distribution.

Many readers will probably feel that this is a matter of mere local interest and that they are secure as far as their meat supply is concerned. But it is a noteworthy fact that reports of slaughter-houses, from whatever district they come, seem to tell very much the same story.

A similar tale was recited to the writer recently by a friend from an up-country district, which was based upon actual observation. He told of a slaughter-house located in a district where “red-

water fever" was very prevalent among the cattle. Slaughter-cattle were brought to this place from many miles around. Not having cold storage facilities, only cattle enough were killed each time to meet immediate demands. This gentleman stated that to his personal knowledge each day for many weeks, only the most sickly cattle and those most likely to die a natural death if left longer, were weeded out to be killed; and even cattle too weakened by disease to stand alone, were killed and placed upon the market for consumption. This gentleman, afterwards

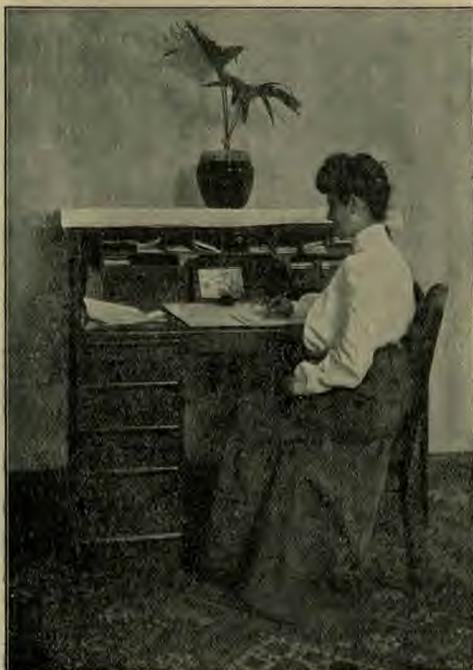
confined by illness in a hospital in that district, although not himself a vegetarian, was obliged to decline the meat and broths served in the hospital, knowing too much of the original source of the meat supply to be able to bring himself to eat it.

Doubtless this would be the experience of many people could they but see the source of their meat supply, but to whom ignorance is bliss. With how much greater relish and sense of security one can eat his food when it comes to him first hand, fresh from the lap of Nature and done up in the original parcels.

A GOOD SITTING POSITION.

SEDENTARY toilers, unless continually on their guard, are likely to fall into the

Needless to say the latter is the one most commonly met with. In fact the correct



CORRECT.



INCORRECT.

habit of lounging over their work. Instead of keeping the spine erect and the chest well to the fore to allow expansive breathing, they permit an unsightly forward bend of the spine, and a more or less depressed and sunken condition of the chest.

The accompanying cuts set forth clearly right and wrong ways of sitting at a desk.

position will to many seem unnatural at first; but persistent practice will make it pleasant and natural, and the gain in increased enjoyment of work and higher physical efficiency will be surprising. The retaining of youthful freshness and vim is largely dependent on an upright, vigorous carriage of the chest.

THE CLOTHING OF THE EXPECTANT MOTHER.

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



THE expectant mother live th not unto herself. She may be careless of, or wholly ignore, her responsibility, yet the fact

remains that a tiny life is dependent upon her, and that her manner of living will tell for either the weal or woe of her unborn child. She who would be a true mother should study earnestly so to order her own life that she may give unto her son or daughter "a sound mind in a sound body."

While the prospective mother should give attention to every law of health, no matter is worthy of more careful consideration than that of her clothing.

During the months of the child's prenatal development, every vital organ of the mother's is on double duty. Heart, lungs, stomach, liver, kidneys, must all serve for two. Whether or not the woman passes safely through this time of waiting, and becomes the mother of a healthy, happy child depends very largely upon the integrity of these vital organs. How necessary, then, that they be in no wise hindered in the performance of their important work. In no way can the ex-

pectant mother more effectually hinder these faithful servants than by wearing tight clothing. The corset, tight bodices, constricting bands, and heavy, unsupported skirts are always objectionable, but particularly so at this time. It is scarcely possible to estimate the harm which may result to both mother and child should such garments be worn during the months of pregnancy.

Let every woman who expects one day to be a mother, determine, so far as in her lies, to clothe herself in a healthful manner. Let no false ideas of modesty or economy lead her to continue wearing her ordinary clothing after it should be laid aside. A large wardrobe is unnecessary. In fact it is desirable to provide but a few garments, but these must be suitable and so constructed as to admit of such alterations from time to time as health and comfort may demand. To arrange such a wardrobe requires some ingenuity, but not more than the average woman possesses, provided her interest is fully enlisted.

Perhaps the arrangement of the under-clothing will present the greatest difficulty. The wearing of knitted or woven combinations next to the body does away with



A SUGGESTIVE TEAGOWN.

bands or strings round the waist. In place of the corset or its ordinary substitute, the so-called "freedom bodice*" may



THE FREEDOM BODICE.

be worn. The gathered front affords ample support, without pressure on the chest. The lacings which are employed in place of ordinary darts, allow alterations in size from time to time. The underskirts should be attached to this bodice by means of buttons and buttonholes, so that all their weight is carried by the shoulders. It would be necessary to make the skirt in such a way that the band could be easily enlarged at any time. Some might prefer an underbodice and skirt cut in one garment after the princess style. If made quite loose at the beginning, subsequent alterations in such a garment would be unnecessary.

The outer clothing should consist, while indoors, of a becoming house-dress, or a so-called tea-gown. For street wear a dark costume consisting of a loose coat and skirt is most suitable. The skirt should be light in weight, not too long, and amply large round the waist. It should be attached to the blouse by strong hooks and eyes. At the present time

there are many styles of skirts which are particularly suitable to the prospective mother. One which falls in pleats is especially serviceable as these can be let out from time to time. Special care should be taken to enlarge the skirt-band as occasion demands. It should be perfectly loose and comfortable at all times, not only for the health, but also for the good appearance of the wearer. It is always a close-fitting skirt with a tight waist-band which has the awkward appearance of being too short in the front.

At no time should elastic garters be worn round the legs, but especially should the expectant mother avoid them, as they strongly tend to produce varicose veins. The stockings should be held in place by supporters attached to the under-bodice, or passing over the shoulders.

To dress healthfully and becomingly during the months of prospective motherhood requires a little time and effort, but she who is willing to "take the trouble" will be amply rewarded.

[In future numbers Dr. Sisley-Richards will deal with other important matters of special interest to wives and mothers. Readers of GOOD HEALTH are invited to mention this feature of the magazine to their lady acquaintances.—Ed.]



THE SAME WITH EYELETS AND LACES.

*The Good Health Adjustable Bodice, supplied ready-made from this office, possesses all these advantages also.



OUR FOOD AND DRINK.

THE National Drink Bill has fallen during the past five years by no less than £6,940,062. This coincides, it is said, with the rapid growth of the tendency to eschew flesh-food.—*Physical Education.*

The Apple Cure for Gout.—Dr.

John Hunter was an enthusiastic advocate of the apple cure for gout. Instead of drinking freely of wine, and consuming quantities of rare roast beef, he enjoined upon his patients who were suffering from gout, the importance of the free use of apples in the place of wine-drinking and roast beef, mutton chop, etc.—*Selected.*

Hard on Sausages.

WE never recommend sausages. They are of too uncertain composition. *Collier's Weekly*, a well-known American journal, has the following to say of the sausage industry as carried on in Chicago :

"There is never the least attention paid to what is cut up for sausage. There comes back from Europe old sausage that has been rejected and that is mouldy and white. It is dosed with borax and glycerine, and dumped into the hoppers and made up again for home consumption. The sausage-meat is stored in great piles, and water from leaky roofs drips over it, and thousands of rats race about on it. One can run his hand over these piles of meat and sweep off handfuls of the filth of rats."

The Testimony of a Labouring Man.

WE are deeply interested in the progress of health principles among the labouring classes and heartily welcome the following letter confirmatory of the teaching of GOOD HEALTH in relation to this portion of the general public:—

To the Editor of Good Health.

Dear Sir,

It is with pleasure that I take this opportunity of thanking you for your valuable article on "Health Rules for the Labouring Man." Being a working man and having read the magazine for some time and tried to follow the principles there laid down, I can bear testimony to their true worth.

That paragraph, No 2, Be temperate in food and drink, has specially pleased me, as it appeals to reason rather than to appetite, and my firm conviction is that if that simple rule were carried out by the man who earns his bread in the sweat of his brow, much pain and depression would be saved. Being specially subject to the craving for drink, my work being hot, I find from experience that temperate eating is of the utmost value in preserving the vitality and vigour necessary for my work. I would like to ask if you could suggest something to drink that would at once cool and satisfy.

It shall be my pleasure to make known the worth of your valuable magazine.

Kindly accept this tribute of gratitude, and I hope that you may continue to help the nation by giving light on the much abused laws of health.

I beg to remain,

Yours truly,

Crook, Durham.

JOHN CHARLTON.

In reply to our correspondent's question, we would suggest weak lemonade, or the same flavoured with currant juice, grape

juice or some other fruit. Barley water is also wholesome. For a warm drink Caramel Cereal or Brunak might be found very refreshing. When fresh or stewed fruit is used somewhat freely at two of the daily meals, and mustard, pepper and other irritating condiments are discarded, even common salt being taken very sparingly, the food being thoroughly chewed, the excessive thirst will gradually depart, while natural thirst will be satisfied with a natural fluid—pure, cold water, the most perfect drink in existence.

Wait for an Appetite.

"A PROLIFIC cause of chronic indigestion," writes the editor of that admirable journal, *Food and Cookery*, "is eating from habit, and simply because it is meal-time and others are eating. To eat when not hungry is to eat without relish, and food taken without relish is worse than wasted. Without relish the salivary glands do not act, the gastric fluids are not freely secreted, and the best of foods will not be digested. Many perfectly harmless dishes are severely condemned for no other reason than that they were eaten perfunctorily and without relish and due insalivation.

"Hunger makes the plainest foods enjoyable. It causes vigorous secretion and outpouring of all the digestive fluids—the sources of ptyalin, pepsin, trypsin, etc., without a plentiful supply of which no foods can be perfectly digested.

"Wait for an appetite if it takes a week. Fasting is one of the saving graces. It has a spiritual significance only through its great physical and physiologic importance. If breakfast is a bore or lunch a matter of indifference, cut one or both of them out. Wait for distinct and unmistakable hunger—and then eat slowly."



THE governor of Canterbury Goal, who has had acquaintance in his official capacity with 20,000 prisoners, says he has never met with a prisoner who was a teetotaler.—*Vegetarian*.

SIMPLE FOOD RECIPES.

Baked Apple Dessert.—Bake good, tart apples; when done, remove the pulp, and rub it through a sieve; sweeten and flavour with grated pineapple or grated orange or lemon rind. Put in a glass dish, and cover with a simple boiled custard. Bits of jelly may be scattered over the top.

Fruit Tapioca.—Cook three-fourths of a cup of tapioca in four cups of water until smooth and transparent. Stir into it lightly a pint of fresh strawberries, raspberries, currants, or any small fruit, adding sugar as required. Sliced bananas may be used in place of small fruits. Serve warm or cold with whipped or mock cream.

Cream Barley Soup.—Wash a cup of pearl barley, drain, and simmer slowly in two quarts of water for four or five hours, adding boiling water from time to time as needed. When the barley is tender, strain off the liquor, of which there should be about three pints; add to it a portion of the cooked barley grains, salt, and a cup of whipped cream, and serve. If preferred, the beaten yolk of an egg may be used instead of cream.

Nuttolene with Lemon.—Mix nuttolene with lemon-juice in the proportion of one-half cupful of juice to the pound of nuttolene, add a half teaspoonful of salt, press all together through a colander to mix thoroughly. Shape into balls, or press and cut in cubes, and serve as cottage cheese. A little chopped parsley may be added.

Fruit Sauce for Cereals.—For use instead of milk as a dressing for porridges and puddings. Add together one-half pint of nut milk, and three-quarters of a pint of any sweet fruit juice, and simmer gently. A double saucepan is best. Then rub smooth a little cornflour in cold water, add it to the sauce, and simmer again till it is slightly thickened.

Date Pudding.—Turn a cup of hot milk over two cups of stale breadcrumbs, and soak until softened; add another half cup of milk and one cup of chopped and stoned dates. Mix all thoroughly together. Put in a basin, and steam for three hours. Serve hot with lemon sauce.

Raisin Avenola.—Into a quart of boiling water stir a cupful of dry malted nuts, and then sprinkle in slowly a pint of avenola, and cook until thickened. Add a large cupful of nicely steamed raisins, and serve hot with a sauce made by rubbing stewed dried apricots through a fine colander. The malted nuts may be omitted.

A RECIPE FOR A HAPPY LIFE.

THREE ounces are necessary, first of patience,
 Then of repose and peace ; of conscience
 A pound entire is needful ;
 Of pastimes of all sorts, too,
 Should be gathered as much as the hand can
 hold ;
 Of pleasant memory and of hope three good drams
 There must be at least. But they should moist-
 ened be
 With a liquor made from true pleasures which re-
 joice the heart.
 Then of love's magic drops a few—
 But use them sparingly, for they may bring a
 flame
 Which nought but tears can drown.
 Grind the whole and mix therewith of merriment
 an ounce
 To even. Yet all this may not bring happiness
 Except in your orisons you lift your voice
 To Him who holds the gift of health.

—Margaret Navarre.

A Plea for Good Mothers.*

I THINK it should be understood that the true mother is the child's first teacher. It will learn the most from whoever loves it first, and we must insist that upon her rests the responsibility of that training of the heart beside which, as Sir Walter Scott said, all other training is moonshine. The Spaniards have a saying that "an ounce of mother is worth a ton of priest." Our mothers of to-day may be, perhaps, emancipated from the priesthood, but do they not need to beware of delegating to others duties and responsibilities which they are best fitted to carry out—even to professors, no matter how able or experienced whether in religion, or science, or medicine.

The mother for whom we plead and whom this society will work to train, will herself be the chief instructor of her children, and will be the one whose example of unselfishness will afford the chief incentive to them to lead noble lives. And in

* Extract from an address by Mrs. Bramwell Booth at the late Mansion House meeting, in the interest of the nation's health.

their nobility of character and physique, in their devotion to duty, in their patriotism, and in their love of honour and truth, she will find, first by anticipation and afterwards by happy experience, the real joy of her life. Without this, to a mother, all worldly display, comfort, sensual gratification, and happiness of every kind, are as nothing. Let us show mothers placed in poor circumstances that a mother's instructed, unselfish love returns with a thousandfold of blessing to her own heart.

You will not be surprised that I, as a Salvation Army Officer, will add that the mother, in order to realise this supreme idea of motherhood, will be one who, having received her children in the spirit of the Saviour's words, when He said, "Whosoever shall receive one such little one in My Name receiveth Me," and having trained them in that unselfishness and restraint which she has learnt from Him, will guide their feet to His throne in humble prayer and dedication, will let them hear from her lips the secret things of life, and send them forth forewarned and forearmed to meet the evils that are in the world, and to embrace a life of purity and devotion in the service of their God.

✻ ✻

"CAN'T I go out into the backyard and play in the garden, mamma?"

"Certainly not, child. You must stay in and study your nature books."—*Life*.

✻ ✻

IT is ever the habit of those who do much to think that they might have done more.—*H. A. Vachell, in the Hill*.

Watch the Label.

QUITE frequently we hear from persons whose subscription to GOOD HEALTH expired without their noticing it, and who are sorry to have missed certain numbers. If our readers will take pains to notice the printed address on the wrappers, they will easily see when the subscription expires, and can renew it in good time. The change of date on the wrapper also serves as notification that the renewal has been received.

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.

Water Filter—Condensed Milk.—Enquirer: "1. What make of water filter do you recommend? 2. Is it necessary to boil the water before filtering? 3. What is your opinion of mineral waters? 4. Is — Lemonade Powder a good substitute for lemon juice? 5. Are the best brands of condensed milk as good as the pure, natural product?"

Ans.—1. Most filters soon get clogged up, and prove unsatisfactory. We think you would do better to get a still, such as the one provided by the Gem Supplies Co. 2. Yes, as a rule. 3. We do not recommend them as a class. 4. No; pure lemon juice is always superior to any powder. 5. No.

Stiffness of the Right Elbow.—H.G.T.: "A friend of mine is suffering with stiffness of the right elbow brought on through synovitis. He has been under various treatments for some months, but the stiffness still remains. Can you suggest through the medium of your valuable little paper anything likely ultimately to benefit him?"

Ans.—Putting the elbow in hot water, or wrapping a fomentation (flannel cloth wrung out of hot water) about it, will relieve the stiffness, and make the joint more limber. The cloths should be as hot as can be borne and each fomentation should be wrapped around the elbow for five minutes, and then a fresh one applied. The heat should be sufficient to leave a very distinct red band around the arm. This treatment should be followed by bathing the arm in cold water and drying gently, and should be repeated daily for about a month. The arm could afterwards be wrapped in a cold compress to advantage. Active and passive Swedish movements might also be beneficial.

Over-Feeding — Massage for Falling Hair.—"Forward": "I have a boy of one year and nine months. He is heavy and fat, but staggers from side to side when he walks. His mother urges and coaxes him to take his food, trying to make him take a certain quantity daily, whether he wants it or not. 1. Ought babies to be coaxed to eat? 2. Is there danger if a child misses a meal occasionally? 3. Is it not more dangerous to over-feed than under-feed a child? 4. Can you tell me the best thing for my little girl's hair which is falling out in great patches?"

Ans.—1. No. Children are usually inclined to over-feed than take too little food. 2. No. 3. Yes. Of course both are injurious to the health of the child. 4. Give her a head shampoo with soft warm water and a mild soap, such as McClinton's, once a week. It might be well that you consult a physician to see whether it is due to parasites, such as ringworm. If not, massage with the balls of the fingers three times a day, and the shampoo already advised ought to get the scalp into a healthy state.

Nervousness — Dreadful Headaches — Cold hands and feet.—A.F.: "1. I suffer from nervousness and dreadful headaches, that begin on the top of the head and extend down to the back of the neck. My eyes also are affected by them. What would you recommend? 2. My hands and feet are nearly always cold, and at times when I go to bed, it is hours before I feel comfortable. Is there a cure for this condition? 3. I should like to know exactly what to do. I have gradually left off drinking tea, and have taken caramel cereal instead. I am using the nut butter and also the toasted wheat flakes."

Ans.—1. The headaches are probably due to some disorder of digestion or constipation. You must adopt a system of physical culture and take plenty of time for exercise each day. For breakfast, have stewed prunes, or steamed figs with brown bread, granose biscuits and the toasted wheat flakes. Take plenty of time to chew your food well, and be abstemious in your eating. Avoid drinking at meals. For dinner, you can have some protose or nuttolene, or lentil roast with baked potato, stewed tomatoes, and also a small portion of green vegetables. You will find directions for making wholesome dishes in the little book entitled "100 Recipes" which you can obtain from this office for 2½d. post free. There should be at least five or six hours between breakfast and dinner, in order to allow the food to become properly digested. It would be better for you not to take more than three meals a day, and the last not later than six or seven in the evening, which should always be light, and may consist of granose biscuits, or brown bread with a little fruit either fresh or stewed. A hot leg bath will usually relieve the headache and nervousness. 2. A systematic course of physical culture will equalise the circulation and make you warm. A good brisk walk will warm both hands and feet, and this you might take before retiring. Half an hour of vigorous exercise in your room with the window open would be a good variation. 3. This is answered in (1).

GOOD HEALTH

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

.. EDITED BY ..

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WE are glad to invite our readers' attention to *Physical Education*, a high class magazine devoted to the interests of physical culture as it relates to both sexes. *Physical Education* is the organ of the National Physical Recreation Society, which is doing a most important work in improving the national physique.

WITH the advent of colder weather the appetite naturally improves, and renewed interest will be taken in the food question. If any readers of GOOD HEALTH have not acquainted themselves with the merits of the wholesome, appetising and sustaining foods manufactured by the International Health Association, of Legge Street, Birmingham, they should send for the shilling box of samples. These foods have been prepared as the result of years of scientific experimenting, and are of unique value.

WE have received from Messrs. D. Brown and Sons, Ltd., of Donaghmore, Tyrone, samples of their new soaps made entirely from vegetable oils, and possessing all the mild and soothing qualities of the original M'Clinton's soap. This firm manufactures the only shaving soap made entirely from vegetable oils. It is needless to point out the advantages it must possess over shaving soaps made from animal fats. If any of our readers are not acquainted with the products of this firm, they should send for the large box of samples, particulars of which may be found in our advertising columns.

DIET CURE OF CANCER.

By C. P. Newcombe. 6½d. by post.

19 Elms Avenue, Muswell Hill, N.

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GOLD MEDAL AWARDED,
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NEAVE'S FOOD

BEST AND CHEAPEST
For INFANTS, GROWING CHILDREN,
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"An excellent Food, admirably adapted to the wants of infants and young persons."

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NATURE'S NOURISHMENT AT FIRST HAND.

For the Athlete and the Brain Worker.
The latest scientific Health Food Product.

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WHEATENE

(REGISTERED).

PURE ALBUMEN OF WHEAT.

The solids contain about 94 per cent.
Protoids.

THIS preparation being practically tasteless and void of smell can be used with any and every kind of cooked and uncooked food and liquid, and will materially add to their nutritive values. The absence of all but a small percentage of starch renders it invaluable to Diabetic Patients.

One Pound of WHEATENE is equal
in Protoids

To about 5 times its weight in Beef.
" " " " " " Fish.
" " 7 " " " " Eggs.
and over 20 " " " " Milk.

Per Packet: Quarter Pound, 9d.; Half
Pound, 1/4; One Pound, 2/6.

Post Free, 10½d., 1/6, and 2/10; with full instructions.

Illustrated Price List, 84 pp., with copy of "Aids to a Simpler Diet," by J. H. Cook, post free two stamps from

"PITMAN" Health Food Stores,
188-9 Corporation St., Birmingham.

The Largest Health Food Dealers in the World.

F.R. NUT MEAT.

THE NEW VEGETABLE BEEF.

What you have waited for, you can now obtain.

A DELICIOUS NUT MEAT MADE WITH PINE KERNELS.

We have been working for almost two years on this Food which we have named **F.R. Nut Meat**. **F.R. Nut Meat** roasted is as savoury as roast beef, and more nutritious. Sold by all Health Food Dealers. Sample Tin, 8d., post free. Try it. "It's so nice."

Sole Manufacturers:

THE LONDON NUT FOOD CO.,

465 Battersea Park Rd., London, S.W.

Send for Descriptive Price List of all our Foods.

A Seaside Home

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

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*Extracted from wheat,
Delicious to eat:
Spread on your bread,
Then you're well-fed!*

FRAME FOOD JELLY

A nutritious and delicious **wheat**-substitute for jam, free from seeds and skins. Children **like it** and **thrive** on it! Its easy digestibility makes it a **grand** food for Invalids and Convalescents. Order a 1lb. jar (price 10d.) from your grocer or chemist, or send three penny stamps for postage, and we will forward a 5oz. free sample jar.

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The Famous Factory,

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MAXWELL'S PURE FOOD STORES,

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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.

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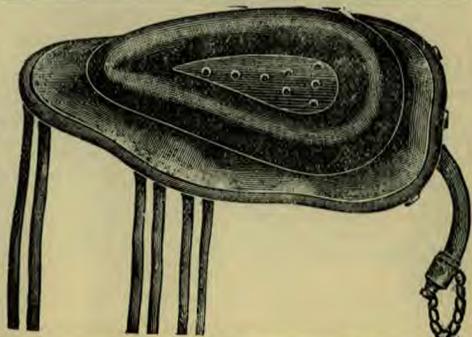
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In our
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Good HEALTH says: "As a means of avoiding jars of the spine, etc., we are glad to recommend the use of the Saddle Cover. An ingenious and most effective contrivance which has made cycling possible to some whose condition of health would not allow the sport without the safeguard," etc.

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EVERY WOMAN

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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.

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PUBLISHERS' NOTES.

WE are pleased to note that a new edition of Dr. Kirk's "Papers on Health" has been issued. These interesting contributions to hygiene and health make a well-bound and neatly printed volume of 368 pages. There are also quite a number of illustrations which add to the effectiveness of the work. We have no hesitation in recommending the book to our readers as a most helpful manual on health. Published by Simkin, Marshall, Hamilton, Kent & Co., 23 Paternoster Row, London, E.C.

Sanitarium Directory.

THE following Sanitariums in Great Britain are conducted in harmony with the principles advocated by GOOD HEALTH:—

∞ Belfast Sanitarium, 343 Antrim Road, Belfast,
Caterham Sanitarium, "The Hydro," Caterham, Surrey.

Leicester Sanitarium, 82 Regent Road, Leicester.

GOOD HEALTH

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

RATES: £8 per page; £4 per half page; £2 per quarter page; £1 2 6 per eighth page.

Address: GOOD HEALTH, (Advt. Dept.)
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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.

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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.

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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.

**It is not nice**

to rub the impure products of the slaughter-house into the skin, and yet that is what you do every time you shave unless you are a user of McClinton's Soap. **It is the only shaving soap made from vegetable oils.** It is also made from the ash of plants and so has a mildness no other soap approaches. McClinton's Colleen and Tyr-Owen toilet soaps and tooth soap are also made entirely from these vegetable materials; as Dr. Kirk (Edinburgh) says in his "Papers on Health," "It is Nature's Soap."

Just to get you to try it,

we offer a wonderful box in return for 1/4, containing Toilet and Shaving (or Tooth soap), made entirely from vegetable materials.

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

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THE LADIES' GUIDE IN HEALTH AND DISEASE

deals with Girlhood, Maidenhood, Wifehood, and Motherhood. A comprehensive, authoritative, and satisfactory work. Full particulars on application to the

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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 3.30. (Cocoa or Brunak served instead of tea if desired.)

Open from 9 a.m. to 8 p.m.; Saturdays, 7 p.m.
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From the members:—

"I have much enjoyed the course and feel greatly benefited."
"I am more than pleased."
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"My circulation has much improved."
"Your opening remarks and advice commend themselves to one's common sense."
"I have become much stronger."
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Full particulars for stamp.
451 Holloway Road, London, N.

We hold a splendid stock of

HEALTH FOODS

It is impossible to beat us for
SHELLED NUTS
DRIED FRUITS.

Agents for all Food Reform preparations. Special facilities re carriage.

WRITE FOR LIST.

Savoy Health Food Stores,
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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.,
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REYNOLDS' BROWN BREAD is Ordered by Doctors, and appreciated by Consumers.

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Readable articles by experts on Gymnastics, Wrestling, Physical Exercises, Indian Clubs, Fencing, Boxing, Health Matters, Etc., Etc.

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2/- INSURES YOUR COMPLEXION.**DR. HARLAN'S****Beauty-Cup Massage
For the Face,
Neck, Arms and Body.**

"No woman who owns one of these wonderful little Cups need have any further fear of wrinkles or blackheads."

The simplicity of this scientific system of self-applied massage, and the speed with which it clears the complexion, are almost beyond belief.

A single soothing application of the little Beauty-Cup produces remarkable results. Blackheads in many cases are banished in sixty seconds. It pumps impurities out of the blood by atmospheric pressure, rounds out the cheeks, arms and neck, and plumps the waste places in the body with wonderful rapidity. Acts directly on the circulation and feeds fresh, pure blood to the tissues, making the flesh firm and fair, and the skin soft and satiny. **DR. HARLAN'S BEAUTY-CUP** sent by mail in plain wrapper—with our **Beauty-Booklet**—to any address, for 2/- P.O. (abroad, 2/6 M.O.) Address—**HIGHWATER LABORATORY 9-84 EXCHANGE BUILDINGS, SOUTHWARK, LONDON.**

**PUBLISHER'S NOTES.**

"A Canker in the National Life," by Mrs. A. S. Hunter (Bridge of Allan), is an earnest plea for the temperance and self-control which make for true social purity.



WE sometimes have enquiries in reference to a good brand of olive oil soap. We are glad to say that the "Komplxshn" made by Mr. Elijah Reed, of 4 King's Road, St. Leonard's-on-Sea, is a pure product, and is giving general satisfaction to those who have accorded it a trial. It is gradually finding a place in the shops of various chemists, but it can also be obtained directly from the proprietor. No. 1 is entirely without colouring matter. Nos. 2 and 3 are coloured vegetable green. Full particulars may be obtained from the proprietor.



WITH the approach of cold weather, many of our readers will be looking about for reliable, wholesome woollen underwear. We are pleased to say to such that the Sanis Underwear is having a large vogue amongst the readers of GOOD HEALTH, and so far as we have been able to learn is giving most excellent satisfaction. While affording the protection required by sensitive constitutions during the cold months, it is at the same time light and porous, and its wearing qualities are excellent. Full particulars in regard to the goods, prices, etc. will be given on application to the Secretary, 79 and 81 Fortress Road, London, N.W.

"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 Specialties.
All Health Magazines.**INCURABLE!** A Mar-
tyr to

Rheumatism nine years, and discharged a cripple, uncured, from four hospitals, J. Townsend was cured in three months by the Gem Turkish Bath. Mr. Wm. Sheldon, Sanitary Inspector, Workington, (also cured of severe rheumatism) declares: "I would not be without a Gem Bath on any account."

The Gem Bath cures colds, gout, rheumatism, diseases of the kidneys, liver and skin, and many other ailments caused by the accumulation of impurities in the system. Full particulars free.

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

Be one  Number

of the many friends who
are now wearing

**WINTER'S WOOLLEY
SCOTCH WINCEY.**

It is soft, warm, light, and dainty in a far higher degree than Flannel. It washes infinitely better than Flannel. Its wearing qualities are such that a garment made of **Winter's W. S. W.** will last as long as two similar garments made from good flannel. You will find it a delightful fabric, admirably adapted for all the purposes for which flannel is suitable, such as Ladies' Shirts, Blouses, Dressing Gowns, Children's Undergowns, Sleeping Suits, Frocks, etc. Also a special range of patterns for Gentlemen's Shirts, Pyjamas, etc.

Send for Patterns.**JAMES WINTER, CORTACHY, KIRRIEMUIR.**

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Good Health Adjustable Bodice Does Away With the Corset.

Supports all the garments
without harmful pressure.

A Few Words of Commendation :

"The waist Bodice supplied to Mrs. — gives much satisfaction. I feel greatly obliged. It appears much superior to the ordinary corset."

"Adjustable Bodice received. Delighted with it; it is so comfortable. Will do my best to recommend it to others."
—L. A., *Farnham*.

"Mrs. — is very much obliged to the Good Health Supply Dept. for the Bodice, which is a perfect hygienic model."

"The order I am now sending makes the third procured through others seeing my Bodice. I am highly pleased with mine, and the others are so delighted with the comfort of theirs and never wish to wear corsets again."
—E. F. P., *Greenwich*.

For particulars and prices address :

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

The Health and Cereal Food Stores for Everyone.

FRED^K BAX & SON'S

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

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 :

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

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

PUBLISHERS' NOTES.

A PUBLIC meeting will be held on Friday evening, October 13th, at Memorial Hall, Farringdon Street, E.C., to be addressed in the first place by Octogenarian Food Reformers, with ages ranging from eighty to ninety; these to be followed by some other well-known vegetarians. The chair will be taken at 8 p.m. by Mr. C. P. Newcombe.



THE Portia Shoulder Brace and Stocking Suspender is now being fitted with "brace ends" to support the knickers for small boys. They have proved so convenient and comfortable that the firm is supplying them for girls in the gymnasium to whom they are proving a great boon, as they permit the utmost freedom in movement, the stockings being held neatly and firmly in place. Girls who attend the "physical drill classes" not infrequently wear garters in addition to their ordinary suspenders, as they do not like to see their stockings in folds round their ankles, which often happens in the various movements. The Portia does away with everything of the kind. It can be inspected any time at the Permanent Exhibition of Hygiene, Devonshire Street, Harley Street, W.

FOR SLOW DIGESTION.

PERSONS suffering with slow digestion, fermentation, flatulence, and other similar digestive disorders, often obtain considerable relief from the use of the **Antiseptic Charcoal Tablets**. These can be obtained either with or without sulphur. A sample box will be sent post free on receipt of 1/1. Full-size box, 2/1½, post free. Address, **Good Health Supply Department**, 451 Holloway Road, London, N.

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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:
16 UPPER BROOK ST., MANCHESTER.

LISTS
FREE



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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.

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.

It Is Impossible to Build Up a Healthy Body on Poor Food.

The poor quality and widespread adulteration of much of the food offered to the public is one of the great causes of indigestion and of many serious diseases so painfully abundant to-day.

The foods included in the following list are called "**HEALTH FOODS**" because they are entirely free from all that is injurious, and contain just the elements required to build up the human system, both in health and disease. They are made from the purest materials, combined in the proper chemical proportions, and so perfectly cooked as to be easily digested by all.



Granose Flakes, loose, or in biscuit form, consist of the entire wheat kernel, subjected to hours of steaming and baking, ready for use. A natural cure for indigestion and constipation. The ideal food for all. 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. Makes digestible porridge in one minute, also delicious puddings, and, as a basis for vegetarian roasts, cannot be surpassed. 1 lb. canister, 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.

Wheatmeal Biscuits.—Sweet or plain. Nutritious, sustaining. Free from all the numerous adulterants commonly used in the manufacture of biscuits. 1 lb. box, 5d.

Oatmeal Biscuits.—Made from best Scotch oatmeal. 1 lb. box, 6d.

Fruit Wafers.—Made with the best stoned fruit. A nutritious delicacy. 1 lb. box, 8d.

Peanut Butter.—Our process of manufacture excludes roasting of the nuts, which renders them indigestible. Can be used for shortening, enriching soup, gravies, etc., or for table purposes as Nut Butter, cream or milk. Superior to other vegetable butters, as it contains all the valuable nutriment of the nut. ½ lb., 7d.; 1 lb., 1/-

Pure Almond Butter.—All sweet, finely ground. The sweet almond is the most wholesome of all nuts. ½ lb. tin, 1/1; 1 lb., 2/-

Caramel Cereal.—A healthful and fragrant beverage made from cereals. Easily made. Has none of the harmful effects of tea, coffee and cocoa. 1 lb. canister, 10½d.

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. 1½ lb., 1/4; 1 lb., 1/-; ½ lb., 8d.

Nuttose.—A pure product of nuts. Much more nutritious than flesh meat. Excellent for stews, roasts, sandwiches, etc. 1/4, 1/-, 8d.

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

Gluten Meal.—(Wheat extract.) A highly nourishing product. Makes a fine gruel or porridge in one minute. Can be used in a variety of ways, in soups, gravies, etc. A luxury for the well,—a necessity for the sick. A splendid food for children. 1 lb., 20% strength, 10d., 40% 1/8.

Bromose.—Plain or combined with fruit. In box containing 30 tablets, 1/6.

Malted Nuts.—In fine powder. Superior. ½ lb. tin, 1/-, 1 lb., 2/-

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

Send us One Shilling for a package of Samples and Cookery Book. Ask your GOOD HEALTH agent for these foods, or write to us for address of nearest agent.

THE INTERNATIONAL HEALTH ASSOCIATION, LTD.,
LEGGE STREET, BIRMINGHAM.

In answering advertisements kindly mention "GOOD HEALTH."

PUBLISHERS' NOTES.

THE London Nut Food Co. have favoured us with a sample of their F. R. Nut Meat, which is made largely from pine kernels. Cooked in various ways, this product has much the appearance and taste of flesh meat, and should prove valuable in many homes.



INACTIVITY of the skin and the clogging of the system generally lies at the foundation of rheumatism, neuralgia and many other common winter diseases. The regular use of the Gem Bath Cabinet is very helpful in preventing such affections. Full particulars may be obtained from this Office or direct from the Gem Supplies Co., 121 Newgate Street, E.C.



FOLLOWING are a few features of next month's GOOD HEALTH:—

Eczema: Its Causes and Treatment.

—By A. B. Olsen, M.D.

Juvenile Tobacco-Smoking.—By

George Thomason, M.D.

Nestorian Customs. *Illustrated.*—By

J. Alston Campbell, F.R.G.S.

Exercises for the Expectant Mother.

—By Mrs. Eulalia Sisley-Richards, M.D.

Our December issue, which will be a special Christmas number, will have a beautiful cover design, be lavishly illustrated, and crowded with good things. We trust many of our readers will plan to take a half dozen or more extra copies to send to friends in place of Christmas cards.

Superior Apartments. Bedroom and sittingroom for a lady or gentleman—In the north of London—vegetarian diet—good society.

Address: A. B., c/o Cummins, Newsagent, Muswell Hill.

"DROIT ET AVANT."

"Physical Education."

Editor-in-Chief: EUGENE SULLY, Esq., Hon. Sec., N.P.R.S.

*Officer of the French Academy,
Founder of National Society of Physical Education, &c., &c.*

EDITORIAL OFFICE: EXETER HALL, STRAND, LONDON.

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THE NATIONAL SOCIETY OF PHYSICAL EDUCATION.
2/6 Per Year, Post Free, Prepaid.

Messrs. MILLS & KNIGHT, Managers, "PHYSICAL EDUCATION," 34 Moorfields, LIVERPOOL.

. Published by .

G. PHILIP & SON, LTD., 32 Fleet St., London.

Vegetarian Boarding School for girls. Conducted by

Miss Newcombe,
19 Elms Avenue, Muswell Hill, N.

Prospectus on application.

Dr. Deimel
"DEIMELIN"
Underwear

From Dr. Kellogg.

IT is not best to wear woollen clothing next the body. With woollen underwear the moisture of the skin is retained, the surface becomes chilled, and the person is far more likely to take cold than if he wore linen, for linen takes up the moisture and transmits it to the outer air, drying at once. Wool is also irritating to the skin, while linen is not."

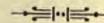
J. H. KELLOGG.

Surgeon-in-Chief, Battle Creek Sanitarium.

[The above, coming from one of the world's foremost physicians and sanitarians, is based upon many years' actual wear of the Dr. Deimel Underwear.]

The Underwear is extremely comfortable to the skin, delightfully cleanly, and suitable for all seasons of the year.

Booklet with Price List and Samples free on application.



The Dr. Deimel Underwear Co.,

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LONDON, W.C.

NEW YORK,
491 Broadway.

SAN FRANCISCO,
110 Sutter St.

MONTREAL,
2,202 St. Catherine St.

In answering advertisements kindly mention "GOOD HEALTH."