



SANITARIUM BABIES

ROGER AND MARGARET KELLOGG

EVERETT MEADE STONE

DONALD BYINGTON

(See Pages 212, 213.)

YOUTHFUL FOOD REFORMERS.



# Good Health

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## WINTER HYGIENE.

BY M. ELLSWORTH OLSEN.

THE secret of enjoying the seasons lies in adapting oneself as far as possible to their varying conditions. English weather is most notoriously uncertain. The only thing we can be absolutely sure about is that the supply will not give out—weather of some kind is inevitable.

### Our Changeful Climate.

There is, however, some advantage in a changeable climate. Who will not say that the hardiness, the restless nervous energy, the love of travel and adventure, and the virile tenacity that have come to be associated with the British race are not in some part due to its peculiar climatic conditions? Certainly there is both mental and physical stimulation in rapid changes of temperature, and a constitution which has developed a high degree of elasticity is likely also to be one which can defend itself against the attacks of disease germs.

### Winter Clothing.

Many people overdo the matter of clothing. With a fairly active life, the necessary additional protection in the way of winter undergarments will not be very great, unless in times of special exposure. In riding or driving, when the body is in repose, it will be wise to clothe very warmly; but when going out for a brisk walk, a heavy overcoat is entirely out of place, and thick woollen underwear is likely also to be unnecessary. Aged persons and those with very low vitality often find it advisable to wear woollen next to the skin: but for young people and others in vigorous health, a linen-mesh worn next the skin, and reinforced in cold weather by a light,

porous woollen garment is probably the ideal thing. At night, the best covering by far is that afforded by several light blankets. Feather beds, heavy quilts, and coverlets are all unhygienic, as they shut out the air, and prevent natural evaporation. Not a little sleeplessness is really owing to too much bed clothing. Damp beds and bedding must be especially guarded against. If the bed has not been in use for a little time, it is always safest to have a bright grate fire in the bedroom, and air the sheets and blankets. A hot-water bottle is also useful in warming a bed, but unless in the case of a much debilitated person, it is well to remove it before going to sleep, as otherwise the bed may become too warm.

### Care of Children in Winter.

Children need to be warmly clad. The custom of leaving the legs of little girls entirely bare is a most unfortunate one. A union suit of medium weight soft woollen is perhaps the best protection for children. When over-heated by exercise, they should be given a rub down and clothed in dry garments. Wet feet should have immediate attention. Remove stockings and shoes, and dipping the feet a moment in cold water, rub briskly with a course towel till red and glowing. If only the soles of the boots are damp, it is not safe for them to be retained on the feet. A chill of this kind may bring on a severe cold or acute inflammation of the kidneys. Boots for the winter use of children should be well and strongly made with a thin inner layer of cork, so as to avoid dampness penetrating to the feet.

### Woman's Dress.

If women spent a little of the time devoted to studying the fashions to a practical consideration of the demands of healthful dress, they would be happier and healthier. Why should women wear long dragging skirts on rainy days, and gather up and carry about with them the filth of the street? Surely modesty does not forbid a reasonable curtailment of the nether garment in the interests of decency and health. In Paris and in various American cities one frequently sees a rainy-day costume worn by business women; but London which prescribes the top hat and frock coat for man still seems to insist on its women aiding in the street-sweeping business.

Most women, it may be said in passing, overdo the matter of clothing the trunk, and neglect the lower extremities. By far the best protection is afforded by the union under-suit, which should have full length sleeves and reach down to the feet. Needless to say the boots should be of strong material, with broad heels, and large enough for perfect comfort.

### Winter Feeding.

Food should be abundant but not excessive. Especially do the children need plenty to eat, though this does not mean that they should be eating at all hours. Three meals a day are amply sufficient. When there is a combination of cold and fogs, and the air seems irritating, eat freely of such mild laxatives as stewed prunes, figs, and other fruits. This will help to keep the eliminative organs active, and avoid stagnation. Vegetables may also be taken freely in the winter. Meats probably do less harm than in warm weather, as the system is better able to throw off the poisons; but they are entirely unnecessary, and may well be replaced by

the legumes and the various nut foods. Good brown bread should be eaten freely in the winter. Nuts and nut preparations are also excellent.

### Exercise Needed.

No matter what the weather, the man or woman who would maintain good health should take daily exercise in the open air. Properly clothed one can face any kind of storm; and the system gains strength and hardihood from battling with the elements which cannot be gained in any other way. Even if exercise has to be taken after sun-

set, it should in no case be omitted. Regular daily exercise not only keeps the muscles in trim and invigorates the organs of the body; it also has a most beneficial effect in brightening the mental horizon, and giving tone and steadfastness to the character.



THE HOT FOOT BATH.

### What to Do for Colds.

WHEN the first symptoms of a bad cold in the head appear some eliminative treatment should be taken at once. The patient feels chilly, and the hands and feet are cold. There is sneezing, which is an effort on the part of nature to throw off the cold. The circulation is upset, the skin is pale and cold while the internal organs are congested. A hot footbath for ten to fifteen minutes is an excellent means of reversing these conditions. Put the feet in hot water, and drink copiously of hot water or hot lemonade to bring on a good sweat; then dip the feet in cold water and rub dry quickly. The patient should thereupon be given a cool sponge bath and sent to bed. The diet should be very light for a few days consisting mainly of fruit juices and toasted breads with possibly a poached egg. The use of a nasal spray and vaporiser will be helpful.

## THE WORK OF THE MISSIONARY NURSE.

BY MRS. E. G. WHITE.

IN almost every community there are large numbers who do not listen to the preaching of God's Word or attend any religious services. If they are reached by the Gospel, it must be carried to their homes. Often the relief of their physical needs is the only avenue by which they can be approached. Missionary nurses who care for the sick and relieve the distress of the poor will find many opportunities to pray with them, to read to them from God's Word, and to speak of the Saviour. They can pray with and for the helpless ones who have not strength of will to control the appetites that passion has degraded. They can bring a ray of hope into the lives of the defeated and disheartened. Their unselfish love, manifested in acts of disinterested kindness, will make it easier for these suffering ones to believe in the love of Christ.

### The Need of Human Sympathy.

Many have no faith in God and have lost confidence in man. But they appreciate acts of sympathy and helpfulness. As they see one with no inducement of earthly praise or compensation come into their homes, ministering to the sick, feeding the hungry, clothing the naked, comforting the sad, and tenderly pointing all to Him of whose love and pity the human worker is but the messenger—as they see this, their hearts are touched. Gratitude springs up. Faith is kindled. They see that God cares for them, and they are prepared to listen as His Word is opened.

Whether in foreign missions or in the home field, all missionaries, both men and women, will gain much more ready access to the people, and will find their usefulness greatly increased, if they are able to minister to the sick. Women who go as missionaries to heathen lands may thus find opportunities for giving the Gospel to the women of these lands, when every other door is closed. All Gospel workers should know how to give simple treatments to relieve pain and remove disease.

### How Disease May Be Prevented.

Gospel workers should be able also to give instruction in the principles of health-

ful living. There is sickness everywhere, and most of it might be prevented by attention to the laws of health. The people need to see the bearing of health principles upon their well-being, both for this life and the life to come. They need to be awakened to their responsibility for the human habitation fitted up by their Creator as His dwelling-place, and over which He desires them to be faithful stewards. They need to be impressed with the truth conveyed in the words of Holy Writ:

“Ye are the temple of the living God, as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be My people.”

Thousands need and would gladly receive instruction concerning the simple methods of treating the sick—methods that are taking the place of poisonous drugs. There is great need of instruction in regard to dietetic reform. Wrong habits of eating and the use of unhealthful food are in no small degree responsible for the intemperance and crime and wretchedness that curse the world.

### Object of Health Reform.

In teaching health principles, keep before the mind the great object of reform—that its purpose is to secure the highest development of body and mind and soul. Show that the laws of nature, being the laws of God, are designed for our good; that obedience to them promotes happiness in this life, and aids in the preparation for the life to come.

Lead the people to study the manifestation of God's love and wisdom in the works of nature. Lead them to study that marvellous organism, the human system, and the laws by which it is governed. Those who perceive the evidences of God's love, who understand something of the wisdom and beneficence of His laws, and the results of obedience will come to regard their duties and obligations from an altogether different point of view. Instead of looking upon an observance of the laws of health as a matter of sacrifice or self-denial, they will regard it, as it really is, as an inestimable blessing.



## COLD AS A VITALISER.

BY J. H. KELLOGG, M.D.

MANY people, when cold weather comes, hide away in their wind-proof houses, thoroughly barricaded against fresh air. Under such circumstances the power to make heat diminishes, and they are afraid to come in contact with cold air, because they have coddled themselves too much as the cold weather has come on. When a person is in that condition his vitality is lowered, his resistance weakened, and he is an easy prey to disease.

### The Best Tonic.

On the other hand, cold is a vitaliser of tremendous consequence. There is no tonic so good as contact with cold air. The body rallies its forces to repel the cold, which it recognises as dangerous. This is why one feels stronger and more full of energy after the application of cold. It is because of the resistance which the body makes against the cold. It is worth while to lose a little heat when by this loss the vital forces are rallied.

And while the forces of the body barricade themselves against the cold, they are

also barricading themselves against germs. The skin that can resist cold, can resist all kinds of germs. One whose skin has a good reaction to cold need not fear the germs of salt rheum, psoriasis, or the germs that organise boils. It is the weak skin that is a prey to all kinds of germs.

### Better Blood.

All the vital functions are affected by the resistance of the body forces to the contact of cold. The stomach makes more and better gastric juice: the blood-making process goes on with greater rapidity, and more and richer blood is produced. The blood is stronger and healthier, and so all the vital powers of the body are increased. One who can resist cold can resist pneumonia, diphtheria, apoplexy, cholera, typhoid fever, diabetes, obesity; in fact, he is prepared to fight every disease, and such a person need not be afraid of age. The man who has excellent reactionary power is still young, no matter how many his years may be: he still has this vigour in his body which will enable him to resist

successfully all the enemies that assail human life from within.

#### How to Cultivate Resistance.

This power of resistance can be cultivated by daily exposure to cold. Go out of doors each day and get into the fresh air more and more. At first you may find it trying, but fight it out. At night let the cold fresh air come in. The one who sleeps in a close room will strive in vain to accustom himself to cold, for he will undo during the night all the good he has accomplished during the day. It is most important that the sleeping-room shall be cool and that it shall be well ventilated.

#### Eating for Cold Weather.

One should eat for cold weather, as well as exercise and bathe for cold weather. Eating for cold weather is to eat the right kind of food, slowly, masticate thoroughly, and take a sufficient amount of fat to keep up the heat production. We need fuel for the maintenance of body heat, and fat is necessary for that purpose. In cold weather we need to eat about three times as much fat as in warm weather. Cocoa-nut cream, almond cream, or some other form of natural fat is best. The appetite, if it has been properly trained, will be a proper criterion as to how much is needed.

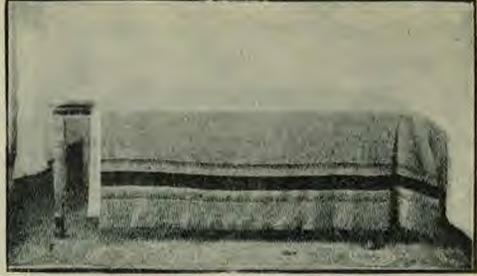
### The Home Treatment of Rheumatism.

BY J. J. BELL, M.D.

THE home treatment of rheumatism may be considered under three headings (1) dietary, (2) local treatments, and (3) exercise.

#### Dietary.

The diet should be arranged to suit the individual patient, depending on the condition of the digestive organs, the occupation, climate, etc. There are, however, certain foods and beverages which ought to be avoided by all patients suffering with rheumatism. Under this heading come those things which contain uric acid or compounds allied to it chemically, such as xanthin, hypoxanthin, and guanin. These compounds with uric acid are grouped



BED PREPARED FOR GIVING THE PACK.

together under the term purin bodies. Foods rich in purin bodies always cause a marked increase in the amount of uric acid excreted by the kidneys. And as uric acid has been recognised as a great factor in the causation of rheumatism, foods which cause an increased quantity of this substance in the body ought to be avoided. Among these may be mentioned, all kinds of flesh meats including fish and fowl, the pulses such as peas, beans and lentils, peanuts, tea, coffee, cocoa, mushrooms, asparagus, beer, ale, and porter. The diet should consist of fruits, grains and nuts, vegetables, dairy products, and fresh eggs. The patient should avoid the use of excessive quantities of albuminous foods. Fruits may be used freely, and an abundance of pure water should be taken.

#### Treatment.

Rheumatism may occur in many parts of the body, but is very frequent in the joints, muscles and nerves. In applying local treatments we must keep in mind the importance of increasing the blood supply through the part. Fomentations, hot and cold pours, and compresses are the most effectual local home remedies. The fomen-



WRINGING THE BLANKET.



APPLYING THE BLANKET.

tations may be applied to the part three times daily for at least fifteen minutes each time. A fomentation will remain hot for about four or five minutes, when it should be changed. Between each fomentation a cold compress may be applied for a few seconds.

The hot and cold pour is a simple efficacious remedy. Water as hot as can be used by the patient is poured over the part for about one minute, then the coldest water obtainable is used in a similar way for ten seconds. These alternate applications of hot and cold water are kept up for at least fifteen minutes at a time, and may be used three or more times daily.

The compress is applied following either of the above treatments just before retiring, and is worn all night. A piece of linen or calico is wrung out of cold water as dry as possible and applied next the skin. Over this are three or more layers of thick flannel wrapped sufficiently tight to exclude the air and yet not to retard the circulation. If the compress is rightly applied it gets warm in a few minutes and remains warm all night. It is removed in the morning, the part sponged off with cold water and rubbed briskly with a rough towel. Two or three layers of wadding may be used next the moist cloth, and one or two layers of flannel on the outside in making the compress.

Where rheumatic pains are general, and affect various parts of the body, the hot pack is an excellent form of treatment. Lay several quilts or blankets over a couch, and over these a blanket wrung dry out of hot water. The patient immediately lies down on the warm blanket, which is drawn snugly over his body on both sides, one edge being drawn *under*, the other *over*,

the arms. The dry blankets or quilts are then brought together, and to heighten the effect hot water bottles may be slipped in. The patient's head should be protected with a cloth wrung out of cold water. He should perspire freely, and should be given plenty of water to drink. Follow the pack by a tepid sponge off, and careful drying. This treatment is especially effective and easy to give in the case of children.

#### Exercise.

Exercise in the open air is also an important part of the treatment. Rheumatism very often sets in after an individual has given up a life of activity for one of sedentary habits. If exercise causes much pain it may be necessary in some cases to substitute for a time massage and passive movements. This is especially true where stiffening or deformity has taken place.

#### Clothing.

Wearing apparel serves the purpose of protecting the body against cold and wet. People should dress according to the weather. To do so would be difficult in this changeable climate, and might involve several changes in the course of a single day, still it is the safest plan to follow. It is a well-known fact that soft, loose textures, whether of wool or cotton are warmer than firm, tightly-woven goods. This is because the loose cloth holds more air in its crevices and open spaces, and still air is a poor conductor for heat or cold, thus retaining the warmth of the body and keeping out the cold.

The body and especially the extremities should be warmly clad. A linen mesh next the skin, and over this a warm woollen garment forms an excellent underclothing.



PATIENT IN PACK.

## THE DOCTOR OF TO-MORROW.

BY ALFRED B. OLSEN, M.D.

THIS is the day of sanitation, of hygiene and physical culture. Throughout the land there is an awakening in things pertaining to the health of the nation. Public sanitation has already become an exact science. Everywhere we have our officers of health who attend to sanitary affairs, look after the sewerage, the water supply, and the care of cases of infectious disease. We have our food inspectors and our bacteriologists.

Personal hygiene, too, is receiving more and more attention, and with many it has become a sort of religion.

### Prevention of Disease Better than Cure.

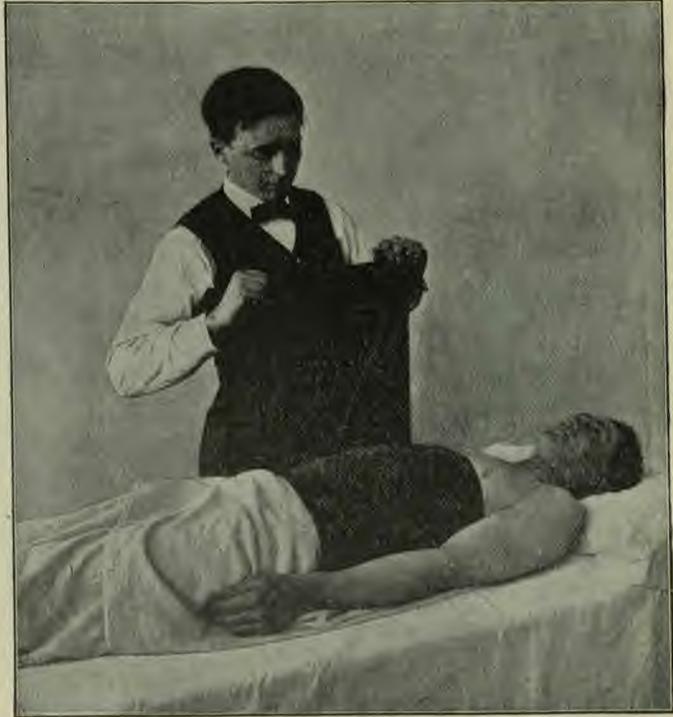
We have so often heard that prevention is better than cure, and yet we apparently overlook this patent fact. Expensive and elaborate facilities are provided for getting the people out of physical difficulty, but comparatively little is done to warn them of the snares and footfalls before them. There is ample provision to care for a man after he has lost his health and been stricken with disease, but little is done to teach him how to promote and keep health. Hospitals abound on every hand and provide for the treatment of millions of cases each year, but what provision is there for the teaching of sanitation and hygiene? Insane asylums are springing up everywhere, but what means have been provided to teach the people that alcohol is directly or indirectly responsible for most cases of insanity? Hydros and sanatoria flourish in the country or by the seaside, but where are the opportunities to learn about diet and the preparation of the food we eat?

We hear of the submerged fourth and

the starvation of the millions, but in most cases such starvation is due not to the lack of food, but rather to wrong methods of selecting, preparing, and taking the food.

### Educate the People.

The time has come to educate the people concerning the care of the body. While



THE ABDOMINAL HEATING COMPRESS.

assiduously improving the breeding of horses and cattle, yes, and dogs, too, we are fast losing the art of breeding men and women. The teaching of sanitary science and hygiene, of anatomy and physiology, of cookery, ventilation, and exercise should form a large part of the curriculum of our primary and secondary schools. The children should be taught unreservedly the truth about alcohol and tobacco. The value of foods, their selection, combination, and preparation should receive ample attention. The importance of bathing and

exercise should be emphasised. Let us remember that a healthy animal is the best foundation of a well-balanced mind.

#### **The Doctor as a Teacher.**

The next question is, perhaps, who is to do the teaching and what provisions are required to make up for the delinquency of the past. This is undoubtedly a difficult problem, but still we believe it is capable of solution.

Why not turn to the medical profession for help? There is already a good beginning, and the principle has been recognised. But let it be extended far and wide. In our officers of health and sanitary inspection, the vast majority if not all of whom are medical men, we have the solution of the problem. The physicians and surgeons have the necessary knowledge, and are doubtless best fitted to deal with all questions pertaining to the physical welfare of the people.

Doctors should be attached to all our schools as teachers, and have ample apparatus and appliances for giving ocular demonstrations concerning the ill effects of such things as alcohol, and the importance of fresh air, pure water, proper feeding, etc. In other words, we should multiply our officers of health, and give the subjects pertaining to health a much larger share of the time spent in school.

#### **Evening Schools for Adults.**

Some means must be provided to reach the adults who have long since passed the school age. Evening schools and popular lectures might be provided. These could be made most interesting and attractive by the introduction of instructive demonstrations and proper scientific experiments.

The State should provide for these schools and lectures, meeting all expenses, and they should be well advertised.

Further, cooking schools should be held in the homes of the people, and competent instructors sent out to teach. These should go from house to house, and not only tell what to do, but actually show how it is done. If someone says that cooking-teachers are not available, then provision should be made for their training.

#### **Provide Free Gymnasias.**

All schools should be provided with large, commodious gymnasias, and instructors. Each village should have its gymnasium as well as church and library. Indeed the gymnasium is far more valuable than the library in this day and age when books can almost be had for the asking.

How fortunate it would be if some generous Carnegie would come forward and help to provide gymnasias and the necessary facilities for the physical training of the nation; not only for school children, but for adults as well, indeed, for everyone willing to take advantage of the training.

#### **Health the Greatest Asset.**

We maintain that sound, physical, mental and moral health is the most valuable asset of any country, and that to make it possible for everyone to develop his health to the fullest extent is the duty of the State.

It has been abundantly demonstrated that in a naval engagement, the number of ships ready for action is not the most essential or the most important thing, neither their equipment, or the number of guns they carry. The men behind the guns are the most important factors in determining the outcome of the battle. The same is true of military affairs. A nation of hardy, healthy, intelligent men and women need fear no attack and is well nigh impregnable. Would it not be wiser to spend less money on costly naval bases, expensive cruisers and battleships that soon become obsolete, and more on the men themselves? Millions are spent on improving guns and firearms, but what about the physical improvement of the men who are expected to man these guns, and carry the firearms?

#### **Physical Deterioration.**

We hear much of the physical deterioration of the nation, and we have even had a Mansion House meeting to deal with the matter, but what is being done to meet the situation? Who is to bear the burden of building up the health of the people? Is it to be left to private enterprise? If so, there will be failure.

Would it not be wise to divert some of the millions spent on armament to the teaching of the boys and girls, and the physical training of the men and women? Why not?

#### The Chinese Custom.

We are accustomed to think that the Chinese, in common with less enlightened nations than ours, do things awkwardly, but may we not be at fault, at least in some cases. It is reported that the Chinese pay their physicians as long as they enjoy health, but cease to do so if any member of the family falls ill. This custom certainly has its advantages. Why not adopt it here? Make your family physician the protector of your health and the health of your family. Consult him as to your daily habits of life. Get his advice concerning the feeding of the children, bathing, physical exercise, proper clothing, the use of alcohol, tobacco, and other injurious articles. Consult him about sending John and Mary to school. Get your physician to examine the children periodically to observe their growth and development. He will discover defects or weakness of the eyes or other organs and caution as to their proper use. Have him examine the house you propose to buy or rent to see that it is sanitary in all particulars as to location, drains, ventilation, and etc. If any member of the family becomes indisposed send for your doctor at once. Don't

wait until a serious illness has developed. There is always danger in delay, and the sooner proper treatment is administered the better chance there is for speedy recovery.

#### Annual Fees for Medical Advice.

You can afford to pay your medical advisor a generous sum annually for such services, with this understanding that there will be no extra charge in case of illness. You, of course, must provide nursing as required and pay for medical supplies. We believe most medical men would welcome such an arrangement. It would mean for them a more stable and fixed yearly income, and also less strenuous work and a more liberal holiday on account of less illness and disease.

Those people too poor to pay for medical supervision should be provided for by the State. Health is too valuable an asset to the State to be neglected, because some people by sharp dealing or shrewdness or advantages of birth or education or natural endowment, have obtained possession of more worldly goods than they need at the expense and disadvantage of others. Such conduct is not chivalrous to say the least, and the State should see that every man, woman, and child has the benefit of medical care and guidance, reimbursing the physicians whenever necessary.

The doctor would then become the teacher as well as the healer, and the guardian of the people's health.



FRONT VIEW OF THE BATTLE CREEK SANITARIUM ON A FROSTY MORNING.

## EXERCISES FOR THE INVALID.

BY ELIZABETH REITH STEWART.

IN giving exercises to an invalid, great care must be taken not to produce exhaustion. In many cases it is advisable to begin with massage, or in case this cannot be obtained, a thorough rubbing to the entire body may be given.

The best time to exercise is two or three hours after eating, although light breathing



FIG. 1.

exercises may be given after each meal, with very beneficial results (especially if taken out of doors or near an open window), as this not only aids in stimulating digestion, but also in diverting the patient's mind.

Special indications for discontinuing exercises at any time, but especially with invalids suffering from heart disease, are blueness of the lips, drowsy appearance of the eyes, clammy or cold hands, a disposition to yawn, a feeling of suffocation, or any appearance of listlessness or fatigue. In old age the greatest care must be exercised, as the after effects may not be felt for twenty-four or forty-eight hours. The feet must always be warm, so for that reason we will begin with foot rolling, as illustrated in Fig. 1.

The attendant sits facing the patient, grasping the feet low enough so that the pressure will not be objectionable. Quickly rotate the feet outward, reverse, and continue this for several minutes; then have

the patient stretch the feet downward to the very utmost, then flex, the attendant offering resistance all the time. This treatment, if persisted in and given several times daily, will overcome many of the cases of chronic cold feet.

If the patient is able to recline as in Fig. 2, a bed rest may be improvised by inverting a straight-backed chair and padding it with pillows. To give arm flexion and extension the attendant grasps the wrist with her corresponding hand, steadies the arm by placing the other just above the elbow; the patient now flexes and extends the arm against the attendant's resistance. This is repeated from three to six times, and increased as the patient's strength increases. Follow this with arm and wrist rotation, to keep the joints flexible, holding the forearm with the left hand and the palm of the hand with the right. Gently but thoroughly rotate

to the right and left; then, flexing the arm, and placing one hand over the elbow, make a complete circle, forward and backward and vice versa.

If no attendant is available, the invalid may take the same exercise by offering her own resistance, trying to keep her arms flexed as she extends it, and vice versa.

To avoid tiring any part of the body, follow the arm by a leg movement.

After placing the hands on the hips, point the toes downward and slowly raise the left leg, keeping the knee extended; slowly replace: the same with the right; then both together. This exercise is greatly increased if the head at the same time is raised as high as possible from the pillow, thus making it one of special value in strengthening the abdominal muscles.

Follow this with head-bending, as shown in Fig. 3. If taken without an attendant, be careful to hold the chin in just as long as possible in bending the head backward, and to bring it in as quickly as possible on



FIG. 2.

raising it forward. Bending to the side is taken by bending to the right and left until the ear touches the shoulder.

Next flex the knees until the feet rest firmly on the bed, raise the hips, at the same time separating the knees; slowly return to position. This is not only a good abdominal exercise, but splendid for strengthening the muscles of the trunk and back, and will often quickly relieve that tired feeling so frequently experienced.

Raise the arms forward or sidewise as high as possible, breathing in deeply: holding the breath, bend gently to the left; return arms sinking slowly as you breathe out; take the same movement to the right. Repeat from three to six times.

This may be followed by flexion and extension of the leg, given in the same way as shown in Fig. 2 to the arm, only giving the support below the knee and holding the heel in the palm of the hand. Follow by rotation to ankles and thighs.

All exercises must be varied to suit each individual case. If fatigue is felt, instead of discontinuing altogether, simply take them lighter the next day, and for several days. It is well to carefully avoid all strain and undue exertion. This is of particular importance in patients suffering from functional or organic disease of the heart.

### Lindy's Experiment.

A RECENT story in the *Youth's Companion* contained the following suggestive incident:—

“But more than all, there was the memorable time, soon after Lindy's arrival, when Mrs. Jennings directed her to catch the white pullet with the topknot, and wring her neck. Lindy went out, and there was a flutter among the fowls, followed by a vigorous squawking; but presently Lindy came in, chickenless.

“‘Why, where's the chicken?’ demanded Mrs. Jennings.

“‘The chicken don't want her neck wrang,’ replied Lindy with conviction.

“‘Well, of all things!’ cried the exasperated lady. ‘What do you mean, Lindy? Here I've got water ready to scald that chicken, and it is not caught yet! Go this minute and kill that chicken.’

“‘But the chicken don't want its neck wrang,’ repeated Lindy, pale, but firm. ‘I wrang it ever so little to try, an' she fought like a tiger. She'd lots rather live; and any way, wringing necks ain't such fun. I tried it just a little on my own neck, and it ain't come untwisted yet.’”

We believe that if people generally were brought into closer contact with the slaughtering of animals there would be less of it.



FIG. 3.

## THE BUSINESS OF HEALTH-GETTING.

BY FRANKLIN RICHARDS, M.D.

To the child the electric light looks bigger than the sun, and the moon appears to be within easy reach.

Men, after all, are only boys grown tall; and of the present it

don't experiment. Your usefulness is at stake, the happiness of yourself and your family, it may be even life itself. You cannot afford to risk all these priceless possessions on the mere word of some conscienceless nostrum vendor, whatever his pretensions. Nor is it safe to meddle with medicine. Those who are tempted to dabble in drugs would do well to remember the sad case of the poor man who, according to his epitaph, "Felt well—wanted to feel better—took physic—and died." Every physician has had occasion to treat grave diseases due to the pernicious practice of self-drugging.

### Honest Work Wins

what idle wishing and speculative methods can never hope to gain. Sure returns in mental and physical vigour are for those who first determine to get well; then willingly and wisely invest what remains of their capital stock of vital-



is particularly true that it is easy to fail to see things in their right proportion and relation. "The

things that a man hath" are so frequently mistaken for the man himself, that a deceptive glamour has been thrown over disease and deformity, and the poor wealth of possessions is often prized above the true riches of health and character.

Rugged health, like a diamond in the rough, by many is thoughtlessly cast aside as of little worth. When gone, a realisation of the lost jewel's value begins to dawn on the mind of its owner. He may longingly wish it back, but

### Health by Wishing

never comes, and bargains in health are dear at any price. One must be prepared to pay an honest price for honest treasure.

If you find yourself failing in health

\*From "The Better Way to Health and Prosperity," an interesting illustrated booklet describing the modern Training School of Health and the Sanitarium System of Health Culture. Issued by the Leicester Sanitarium, 82 Regent Road, Leicester.



PICTURESQUE LEICESTERSHIRE.\*

ity in the profitable business of health-getting.

This means the cutting off of extravagant habits of living with their attendant wastes of energy on the one hand; combined with diligent study and persevering practice of right principles of health-getting on the other.

### Begin Business

by abandoning the short-sighted policy of drawing the last unit of energy from the



SKODSBORG SANITARIUM, ONE OF THE VILLAS.

bank of life by means of stimulants. You may find it an easy matter to hoodwink yourself into believing you have a long account; not so Banker Nature, the expert accountant. You cannot afford to ignore her timely warnings of threatened bankruptcy.

The man who gets through the business of the day on the strength which a cup of tea or a glass of beer enables him to borrow from the working capital of to-morrow, should expect to pay compound interest on the loan in undue fatigue, nervousness, headaches, dyspepsia and depression. Nor need it be a matter of surprise if he one day gets into a corner from which to extricate himself he is obliged to pawn his health.

Time apparently gained by the use of the rapidly-acting stimulant contained in tea, is worse than lost; work accomplished by its aid might better be left undone. The stimulant-driven brain at best is running at high pressure, uncontrolled; it is unduly worn and injured by its work, and ultimately breaks down by the concentration of its energies for the time being in one effort. When tempted to use tea, beer or any other artificial stimulant to drag a last half-hour's work out of run-down nervous and muscular machinery,

remember that the policy is unsafe, unscientific and unbusinesslike.

#### **Spendthrift Habits.**

Of the many other prodigal practices which prohibit success in health-getting, brief mention can only be made of a few of the very worst. For downright thriftlessness, the tobacco habit well deserves to go at the head of the list. Smoking burns up health and strength as well as time and money, gradually stupefying, paralyzing and poisoning its victim just as opium or any other narcotic drug would do if similarly taken in frequently-repeated doses. The wonder is that anyone should expect to get well while indulging in this health-destroying habit.

Stones for bread and scorpions for eggs are frequently given the sick in the form of beef tea, meat extracts and various other much-vaunted preparations which possess little or no nutritive value, but contain considerable quantities of decidedly poisonous excrementitious material. These supposedly nourishing animal extracts satisfy hunger and give a sensation of strength without feeding the hungry tissues, thus cheating the body out of real nourishment and proving their right to be grouped with stimulants, but not with foods.



## WHOLESOME CHRISTMAS COOKERY.

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

IF the truth be told, much discomfort and disease should be laid to the charge of the average Christmas dinner. Or if not by the dinner itself, the blame should be borne either by the cooks, who ignorant or careless of the laws of health concoct the unwholesome viands, or by those whose ideas of Christmas enjoyment are so perverted that they demand and are satisfied with nothing less than the old-fashioned disease-producing dinner.

Until the people learn that there is a nobler and truly a more enjoyable way of spending the Christmas holidays than in feasting and drinking, and until those who prepare the food for the people become so convinced of the importance attached to their profession that they will not undertake it without first acquiring the necessary training in healthful cookery—until these things come to pass, Christmas dinners (and for that matter the ordinary every-day cookery) will continue to make business for the doctors and the undertakers.

Those in charge of culinary affairs are prone to think that almost every article, which by nature or by art is rendered edible must be given a place in the Christmas menus. This is a great mistake. A large variety of even wholesome foods, if taken at one time, seriously overtaxes the strongest digestive organs, while a complex collection of indigestibles such as is usually

served at this time, often acts the part of "the last straw" to many an already overburdened stomach.

There is a better way, and those who wish to *live well* in the truest sense, will seek this better way.

First of all in arranging your Christmas meals, be sure to select only those foods which are truly *good for food*, not those which merely please the perverse palate. And by all means do not select too large a variety. Leave some of the good things for the day after Christmas and still others for the days to follow. By so doing, as one little child expressed it, "Christmas will last all the year." Then having arranged your menus, study to prepare each dish in a simple, natural, wholesome way. Those foods which require to be cooked should be rendered more digestible by the process, not less so, as is frequently the case.

Nature dispenses her bounties so lavishly that it is quite possible to arrange not only a Christmas dinner, but an indefinite number of meals, that shall, while meeting every requirement of the body, more than satisfy the demands of the unperverted appetite. In fact the Christmas dinner can be made so wholesome, and yet so tasty and attractive that those who partake of it will welcome such a dinner not alone on Christmas, but on every day of the year.

The following menu may be suggestive.

## BREAKFAST.

Pearled Barley, Almond or Dairy Cream,  
Toasted Wheat Flakes,  
Prune Whip, Banana Toast, Caramel Cereal,  
Brown Bread, Zwieback, Butter.

## DINNER.

Lentil and Tomato Soup, Croutons, Fresh Celery,  
Walnut Loaf, Chili Sauce,  
Baked Potatoes, Stuffed Onions,  
Plum Pudding, Date Cream Pie,  
Oranges,  
Apples, Mixed Nuts.

## RECIPES.

**Pearled Barley** should be prepared the day before using. Cook one cupful of pearled barley in five cups of boiling water (slightly salted). Cook four hours. Reheat before serving.

**Almond Cream.**—Take one tablespoonful of almond butter, and rub it smooth in a little cold water. Then add more water to the consistency desired.

**Prune Whip.**—Take prunes which have been soaked in water overnight and cooked until tender. Pass through a sieve to remove stones and skins. Then stir in the well-beaten white of one egg (or two according to the quantity of prunes used.)

**Banana Toast.**—Moisten slices of crisp toast or zwieback with hot milk, and serve on each piece a spoonful of thinly sliced banana.

**Lentil and Tomato Soup.**—German Lentils one cup, water four cups, nut butter 1 tablespoonful, one onion, stewed tomatoes (tinned) two cups, browned flour one tablespoonful. Stew the lentils and onion in the water for one hour; add the tomatoes, nut butter and browned flour; bring to boiling, season with salt, press through a sieve, reheat and serve. (Add more water if necessary.)

**Croutons.**—Take thin slices of bread, cut into little squares, place in a baking pan and brown to a golden colour in a quick oven.

**Walnut Loaf.**—See One Hundred Hygienic Food Recipes, page 19.

**Chili Sauce.**—One cup of strained tomatoes, one stalk of celery, and a few slices of onion chopped fine, the juice of one lemon, salt to taste, and one teaspoonful of sugar. Bring to a boil. Serve cold.

**Stuffed Onions.**—Peel the required number of Spanish onions. Parboil in two waters and scoop out some of the inside. Fill with a dressing made with equal parts of protose and breadcrumbs seasoned with salt and sage. Chop the onion taken from inside and add to the dressing. Place the stuffed onions in a dripping pan, and sprinkle with breadcrumbs. Put a little water in the pan and brown the onions nicely in the oven.

**Date Cream Pie.**—Line a shallow pie tin with pastry shortened with nut meal, cream, or butter, and bake in it a filling made as follows:

Three cups of milk, three-fourths of a pound of dates, and two eggs. Seed the dates and stew them in a little water until tender and rather dry, then rub them through a colander. Heat the milk to boiling. Beat the eggs and add them to the dates, then add the hot milk and mix thoroughly.

—♦—♦—♦—

LET your souls ever be open to the pure, the true, the beautiful. There is not a leaf in nature, or a rock on the mountain that has not its lesson to teach, its story to tell.—*Sel.*

—♦—♦—♦—

IF we will, we can even here dwell in the unseen world. Each act of love, each killing of self, opens a door to the realms of beauty. It is the lusts, passions, malice and hypocrisy that veil our minds, and prevent the entrance of good thoughts.—*The Light of Reason.*

## THE SONG.

A MAIDEN sat within her door,  
And sang as many times before:  
A man to daily toil passed by,  
No love nor pleasure in his eye;  
But when he heard the merry song,  
He whistled as he went along.

A woman by the window wept,  
For one who in the churchyard slept;  
And when upon her hearing fell  
The tune she knew and loved so well,  
The flood of burning tears was stayed,  
And soon a song her lips essayed.

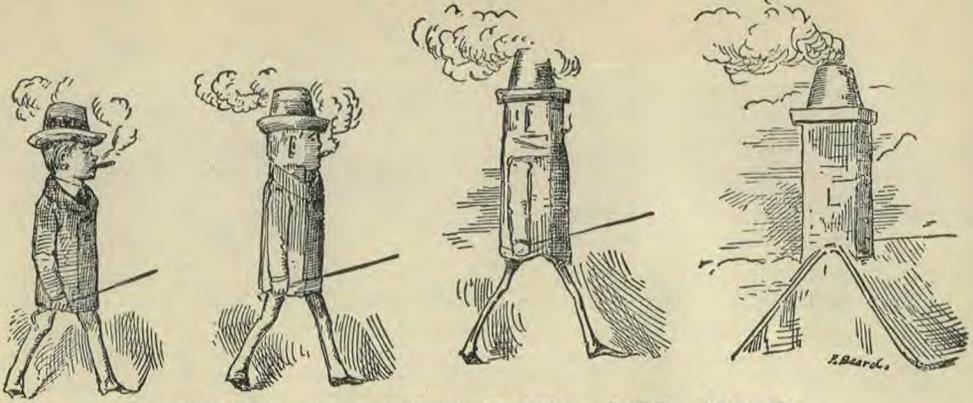
Her neighbours heard the tender strain,  
And softly joined the sweet refrain;  
Thus all day long that one song bore  
Its joyousness from door to door.

—Selected.

## Deep Breathing.

DEEP, active respiration assists materially in the absorption and assimilation of food, for—to quote eminent medical authority—"the absorbent lymph vessels are situated so close to the chest cavity that they are most directly and vitally under the influence of the suction-action of the chest, and are not good digestion, good health, and good spirits correlated forces."

—*Stillette Peyton Burke.*



### WHAT SMOKING DOES FOR BOYS.

BY EDITH E. ADAMS.

Is there a boy who does not wish to grow up tall and straight and athletic, with fine, clear brain, and firm, steady nerves? We do not believe there is one. Yet many of these same boys are doing something that will stop their growth and make them pale, weak and dull. They are smoking the deadly cigarette.

Boys who wish to be athletes will not smoke. When an athlete is in training for some special work, such as rowing or footballing, he is never allowed to smoke, because tobacco weakens him and makes him unable to do his best. It makes his heart weak and his breath short. If tobacco does harm even to the full-grown and firmly-set body of a strong man, how much more harmful must it be to the unformed, delicate body of a growing boy!

Boys who want to be healthy will not smoke. Have you ever seen what happens to the silly boy that smokes for the first time? Soon he begins to tremble, and grows sick and dizzy. This is because he is poisoned. The tobacco plant belongs to a very poisonous family of plants, of which the deadly nightshade is one. One-tenth of a grain of nicotine—tobacco poison—will kill a frog in a few minutes. There is enough of this poison in one cigar to kill two men if it were taken pure. So the boy who smokes is sucking in deadly poison.

The poison hurts his stomach so it is not able to digest food that is in it, and to get rid of it the quickest way, this is thrown up through the mouth. If the foolish boy

pays no attention to this warning, but goes on smoking, by-and-by the stomach gets so weak and worn out that it cannot make the food he eats into good blood to nourish his body. The blood gets thin and weak and watery.

The heart is the force-pump of the body that sends the blood to every part. The tobacco poison at first makes the heart beat very much faster than it ought to. It will even make it beat 112 times in a minute, when the proper number is only seventy-four. See what a lot of extra work this forces upon the heart. After awhile it gets tired out, and can only beat very slowly and feebly. The heart beats are not strong enough to force the blood to every part of the body. Some parts do not get their share, and all sorts of diseases come from this cause.

Boys who want to be good students, lawyers, doctors, or business men will not smoke. The brain needs one-fifth of all the blood in the body. When the blood is poor and the heart weak, the brain does not get its full supply and cannot do its work properly. This makes the boy smoker dreamy and stupid. He cannot study, for he cannot fix his attention on any one subject; his mind wanders from one thing to another.

The nerves are the telegraph wires that carry messages from all parts of the body to the brain, which is the Central Telegraph Office. Tobacco poisons and spoils the nerves, so they cannot do their work quickly and well. The smoker cannot

think and act quickly, and he loses his memory.

The nerves of the eye get weak, the sight becomes dim, and the smoker has to wear spectacles. Sometimes even these will not help him, and he loses his sight altogether. A great doctor says that out of thirty-seven cases of paralysis of the nerves of the eye that he has examined, twenty-three had been blinded by using tobacco.

It is hardly a step from the cigarette to the gin shop. Tobacco smoke dries up the lining of the mouth, and makes the throat burning hot. Pure water does not taste good to the smoker. He must have something with a stronger taste. So smoking leads to the drinking of intoxicating liquors.

Did you ever hear the story of Sir Walter Raleigh, when he first began to practise in England the filthy habit of smoking he had learned from the American Indians? His pipe made him thirsty, of course, and he called for a tankard of beer. When his servant came in with the beer he was horrified to find that his master was, as he supposed, on fire, for smoke was pouring from his mouth and nose. He was in such a hurry to put the fire out that he ran and emptied the tankard of beer right over his master's head.

From that day to this, people have been trying to put out with beer, wine, and whisky, the fires caused by their tobacco smoking. But they pour it down their hot throats, inside their bodies, instead of over their heads, where it would not do any harm. Smoking and drinking are twin evils. Wherever you find one you are almost sure to find the other.

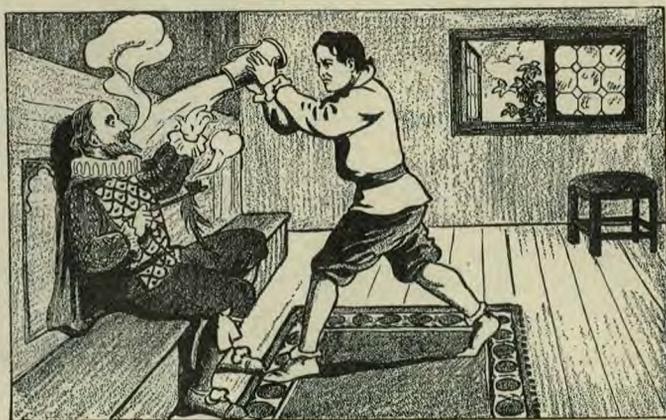
Boys who want to be gentlemen will not smoke. It is an unclean habit. It gives bad odour to the breath and the clothing, and makes one unpleasant to other people. In short, smoking is good for nothing, and bad for everything, except chimneys.

## The Diet Cure for Hay Fever and Asthma.

AN M.D.'S EXPERIENCE.

AN interesting discussion has been going on in the columns of the *British Medical Journal* regarding the value of a restricted diet in treating hay fever and asthma. It seems to be quite generally agreed that the intake of food is to be reduced, though what form the reduction should take may largely depend on the individual case. "M.D." writes as follows concerning his personal experience:

"I have sneezed as many as twenty times in three or four paces while walking, and have been obliged to stop walking while the paroxysms lasted. I have sat up for three weeks, night after night, because I could not lie down. I have been awakened by paroxysms of asthma and difficult breathing. Being of a nervous temperament, I suffered, it is no exaggeration to say, even fearfully from paroxysmal dyspnoea; in fact, although I have had a large experience of sickness of all sorts now, extending for over thirty years, and have seen many cases of asthma, I have never seen anyone suffer so much as I have done myself in past years. All this is a thing of the past. I have had no asthma and no hay fever now for many years, and I should be ashamed to have them: in fact, if I have a cold I am ashamed now. I know it is my own



"PUTTING THE FIRE OUT."

fault, not the fault of the weather nor of the climate in which I live, although a kindly and well-meaning colleague told me I ought to leave the bleak clay soil and hard climate in which I live. The climate has not changed, but I have. Neither was it the fault of my ancestors, although I have always been a delicate man. Still I have been sound enough to pass for insurance at ordinary rates.

What, then, was the cause of my repeated asthmas, hay fevers, bronchitises? Nothing but too much food; especially too much bread, puddings, and sugar—the things I am particularly fond of. . . . And the cure—well the cure is, as "F.R.C.S." says, to take less food (I never "drank" for though not quite a teetotaler, I have been a practical abstainer all my life). Let no one who has asthma eat more than two meals a day. Let him have no solid food after two o'clock, and as a rule, when he has fairly established this habit, he will have no more asthma (and no more insomnia). If that is not sufficient to cure him (but in nine cases out of ten it will be sufficient), let him eat once a day a meal of mixed diet not more than twelve ounces of mixed food—and he will be cured; at least, I have yet to see the case that will not be cured; of course, supposing that no insurmountable emphysema or secondary chronic or tuberculous pneumonia has set in."

We believe the doctor has lighted upon the main cause of a large proportion of cases of asthma and hay fever. Evidently medical men are attaching a growing importance to food considerations, and this is as it should be. Diet is a large subject of the greatest importance, and in the past has not received the consideration it deserves. But this state of affairs will not last long. Scientific hydrotherapy, it may be added, is a very effective aid in restoring normal conditions in these diseases, an active skin contributing greatly to a healthy condition of the mucous membranes.

### Youthful Food Reformers.

WE have much pleasure this month in presenting our readers with the picture of a few children of vegetarian parents. Unfortunately the idea still holds in a good many homes that flesh foods are necessary for developing strong, healthy children. But food reform is making rapid progress. The people are finding out that meat is not such a necessity as was thought, and the rosy cheeks and fine, all-round development of vegetarian children furnish the best kind of evidence that the diet agrees with them.

The children shown in our frontispiece are members of the American Good Health Family.

Donald Byington, son of Doctor Byington of the Battle Creek Sanitarium, is a plump, rosy-cheeked urchin of four years, full of life and energy. He



MYRTLE IRENE THOMPSON AND  
WINIFRED FLORENCE BUCKLE.

has not had a day's illness since he was fifteen months old.

The trio of Sanitarium babies are also from Battle Creek, all being excellent specimens of perfect health, and all brought up on a strict vegetarian dietary.

Roger and Margaret Kellogg are two finely developed children whose clear, bright eyes, and happy disposition are doubtless to be attributed in part at least to their simple wholesome dietary, which consists mainly of zwieback, granose biscuit, nuts, vegetables, and fruit.

Everett Mead Stone, a sturdy boy of three and a half years weighs forty-one pounds. He has always had excellent health, and only knows of flesh food as "something that has died" having never seen any cooked in his life.

Herman Earville is the child of Mrs. Wold, one of our first subscribers in Chicago. Mrs.

Wold has been strictly following the instructions she has gained from *Good Health*, and has reason to be proud of her fine-looking baby boy.

Myrtle Irene Thompson is four and a half years old, and strong, healthy and well developed. Her mother writes that she did not taste of anything but milk till she had eight teeth, and she has been remarkably free from sickness all the way along.

Marjorie Gaize comes to us from Nottingham. Marjorie's mother has been for some time a regular reader of *Good*

*Health*, and attributes the robust health of her child to carrying out the principles of healthful living.

Winifred Florence Buckle is aged two years and five months. She has never taken flesh foods in any form, nor tea and coffee, neither has she had drugs of any kind, not even the mildest medicines.

Beyond a slight cold she has never had any ailment, and she is very strong and active, being more forward than usual in walking and talking.

We are sorry not to have space for a larger number of our numerous band of youthful food reformers; but the pictures do not really do them justice anyway. One must see the clear, bright eyes, rosy cheeks, well-developed muscles, and fine bearing of these children to realise to the full how amply sufficient for all purposes is a natural diet.



HERMAN EARVILLE WOLD.

### A MERRY HEART.

BY FANNIE BOLTON.

A MERRY heart doeth good like a medicine,  
Like a bird singing out in the wide, bright  
meadow,

Like a child in the house of the old and loveless,  
Like a flower abloom in the place of shadow,  
Like a ray of light on the walls of a prison.

So go, bright heart, full of tears and laughter,  
The rain may fall like showers of April,  
But the sunshine will bring all the flowers out  
after.

## Save the Children.

BY MRS. E. G. WHITE.

WE meet intemperance everywhere. We see it on the streets, in our places of business, and wherever we go; and we should ask ourselves, What are we doing to rescue souls from the tempter's grasp? How can we enlighten the people, and prevent the terrible evils that result from the use of these things? Have we done all that we can do in this direction?

Some will say that it is impossible to reclaim the drunkard, that efforts in this direction have failed again and again. But although we cannot reclaim all who have gone so far, we may do something to check the growth of the evil. I appeal to you, parents, to begin with your children, and give them a right education. Seek to bring them up so that they shall have moral stamina to resist the evil that surrounds them. The lessons of self-control must begin with the child in its mother's arms. It must learn to restrain passionate temper, to bring its will into subjection, and to deny unhealthful cravings.

Teach your children to abhor stimulants. How many are ignorantly fostering in them an appetite for these things! I have seen nurses putting the glass of wine or beer to the lips of the innocent little ones, thus cultivating in them a taste for stimulants. As they grow older, they learn to depend more and more on these things, till little by little they are overcome, drift beyond the reach of help, and at last fill a drunkard's grave.

THE quality of a man's work soon deteriorates if he takes insufficient rest.—*The Lancet.*



MARJORIE GAIZE.

## "SOME SMALL, SWEET WAY."

THERE'S never a rose in all the world  
But makes some green spray sweeter,  
There's never a wind in all the sky  
But makes some bird wing fleeter,  
There's never a star but brings to heaven  
Some silver radiance tender,  
And never a rosy cloud but helps  
To crown the sunset splendour;  
No robin but may thrill some heart,  
His dawn light gladness voicing;  
God gives us all some small, sweet way  
To set the world rejoicing.

—Selected.

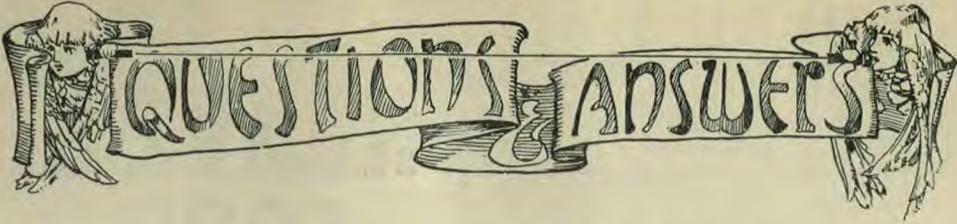
NEVER bear more than one kind of trouble at one time, Some bear three kinds—all they have had, all they have now, and all they expect to have.—*E. E. Hale.*

SHE had sorrows besides her own to comfort, and such work does a body more good than floods of regretful tears or hours of sentimental lamentation.—*Louisa M. Alcott.*

FOR every suffering heart there is at hand or can be found some noble task into the energy necessary for the doing of which it can transmute the energy of its grief and pain.—*John White Chadwick.*

FREEDOM is harmony with the originating law of one's existence.—*Sel.*

**The Pure in Heart.**—Violation of the law of moral purity is one of the most active and potent causes of race deterioration in operation at the present time. The impure habit among children is producing chronic invalidism. It is a matter to which parents should give careful attention. Absolute purity, mental and physical, is alone consistent with highest health. "Blessed are the pure in heart, for they shall see God."—*J. H. Kellogg, M.D.*



# QUESTIONS AND ANSWERS

**Erysipelas.**—H.: "Will you kindly advise me what best to do for erysipelas?"

*Ans.*—You must consult your medical attendant.

**Strained Shoulder.**—A.B.: "Will you kindly tell me what to do? I was taking my morning exercises and strained my shoulder in pulling myself up. I did too much, and have had a pain in the part ever since."

*Ans.*—Apply hot fomentations daily for a week or ten days. This will remove the soreness. Rub the shoulder and arm well two or three times a day after the fomentations, using a little olive oil as an emollient.

**Olive Oil — Galvanic Battery.**—"Veg. Bfd.": "1. Would you recommend the use of about two tablespoonfuls of olive oil daily for a brain-worker in addition to an ordinary vegetarian diet? 2. Can you say where pure olive oil can be obtained. 3. Would you recommend a galvanic battery as a means of keeping one in good health?"

*Ans.*—1. Yes, if it suits you. 2. Bax & Son, 35 Bishopsgate Street Without, London, E.C. 3. No, not unless recommended by your family physician.

**Giddiness—Wind in the Stomach—Cold Baths.**—W.K.B.: "1. What would you recommend for occasional giddiness, wind in the stomach, and colds in the head, which cause a singing noise in the ear? 2. In taking the cold morning bath, is it advisable to immerse the head in the water, or only the body up to the neck? 3. Is it well to take cold baths when one is a little inclined to rheumatism?"

*Ans.*—1. Discard tea and discontinue the fourth meal entirely. Three meals will be sufficient. Avoid onions at night, and do not take your last meal later than seven in the evening. Substitute protose for the meat. Avoid drinking with your meals entirely. Take time to chew your food well, and use brown bread, whole-meal biscuits or zwieback to encourage thorough mastication. Adopt a systematic course of physical culture, which will train all the groups of muscles of the body. Have your room well ventilated and get out into the fresh air for walking or other exercises as much as possible. 2. It is best to immerse the body only up to the neck, as a rule. You can shampoo your head with a mild soap once a week and then dry it well, and that will be sufficient. 3. Yes, there is no objection to cold baths, provided they do not aggravate the rheumatism. You will have to decide that matter for yourself.

**Oil Rubs and Salt Glows.**—D.W.G.: "1. What kind of oil should one use in taking an oil rub? 2. Is it to be mixed with water? 3. How should one take the salt glow?"

*Ans.*—1. Pure olive oil or good cocoanut butter, such as Bilson's. 2. No. 3. Take about a pound of moderately coarse salt and soak it in water. Rub the damp salt briskly over the body, taking precaution not to injure the skin. Wash off with a needle spray or cold sponge and dry the body with a coarse Turkish towel.

**A Simple Eyewash.**—E.J.P.: "1. Can you recommend through GOOD HEALTH an eye-water for eyes muscularly weak and inclined to soreness? 2. Also what tonic medicine should be taken?"

*Ans.*—1. A saturated solution of boracic acid, which may be obtained from any chemist may be recommended. One or two drops may be instilled into the eye once or twice daily by means of a medicine dropper. You should consult an eye specialist as to the propriety of wearing glasses. 2. We would not recommend you to take any tonic medicine. Adopt a liberal diet of plain, wholesome food and go in for physical culture.

**Diet—Two or Three Meals a Day—Infantile Colic.**—T.H.F.: "1. I am told that my diet is lacking in fats, what kind of fats would you recommend? 2. I am a mental worker and have no appetite for dinner, should I take two or three meals a day? 3. What food would you recommend for my wife, who is extremely weak and emaciated? 4. She is nursing a two-months-old child; would it be well for her to take fruit? 5. The baby is troubled with wind and pain in the stomach, what treatment would you recommend?"

*Ans.*—1. An ounce or two of cocoanut butter or good dairy butter, or, better still, fresh sweet cream, if it agrees with you. If you prefer, you might use nuts, provided you have good teeth and masticate them thoroughly. 2. Two meals would probably suit you better than three, with an interval of six or seven hours. 3. A liberal diet of plain, wholesome food, consisting of fruits, both fresh and stewed, cereals, dextrinised breads, especially granose biscuits and zwieback, nuts, nut foods, with a few vegetables and dairy products. Malted nuts and bromose would be helpful, and Welch's Invalid Port would make an excellent tonic. 4. There is no objection to her taking fruit, if it agrees with her. 5. The colic is probably due to indiscretions in the diet of the mother. The pain may be relieved by fomentations, that is, flannel cloths wrung out of hot water.

# GOOD HEALTH

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

... EDITED BY ...

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## PUBLISHERS' NOTES.

A JOYFUL Christmas and a glad New Year are the greetings we extend to all our readers. We would that we could give these greetings personally. In this busy world the Christmas holidays come, we trust, as a blessing to all, and bring with them a gentle reminder of the many relatives and friends and acquaintances that we possess. They give an opportunity for quiet and rest and for the renewing of pleasant friendships. We hope our readers will enjoy this anniversary to its full extent, not forgetting its real significance.

NUTS, figs and raisins, and other foods of this character are usually in demand during the Christmas holidays. We have pleasure in inviting our readers' attention to the large supply of dried fruits and nuts of excellent quality, as well as many different kinds of health foods that can be obtained from Mr. T. J. Bilson, 88 Gray's Inn Road, London, W.C. His price list should be in every food reformer's home.

THE current issues of the American *Good Health* are brimful of excellent instruction regarding health principles. The magazine is beautifully illustrated, and the editorials by Dr. J. H. Kellogg are alone worth a good deal more than the cost of a year's subscription, which is 6/6, post free. Sample copy may be obtained for five penny stamps from the Good Health Supply Department, 451 Holloway Road, London, N.

WE are occasionally asked to recommend a good dentifrice. The Arpax Tooth Powder is a simple, effective preparation which we believe will give general satisfaction to our readers. The Arpax Company also supply floss silk and tooth-picks, both of which are helpful in keeping the teeth in good order. Full particulars may be obtained on addressing the Arpax Company, 9 Prince's Avenue, Alexandra Park, London, N.

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

# NEAVE'S FOOD

**BEST AND CHEAPEST  
For INFANTS, GROWING CHILDREN,  
INVALIDS, and the AGED.**

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

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

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

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

**Purveyors by special appointment to  
H.I.M. THE EMPRESS OF RUSSIA.**

**"PITMAN"**  
NATURAL  
UNCOOKED FOODS.

Five New Lines  
Just Introduced,  
(making over 30  
in all).

**RICH NATURCAKE** 6d. each.  
A most delicious sweet cake. Distinguishable from the Cooked Article by its more tasty flavour.

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Delicious Flavour. 4d. per Loaf.  
A wonderful Food-remedy for Constipation.

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Containing all the nutriment of the whole rice berry.

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A marvellous improvement on the baked article.

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4d. per Box of two Cakes.  
A tasteful remedy for Indigestion. The five sent post free for 2/3 from the Sole Manufacturers:—

**"PITMAN" HEALTH FOOD STORES,**  
188 & 189 Corporation St., Birmingham.  
The Largest Health Food Dealers in the World.  
Xmas Illustrated Price List, 88 pp., with Greeting Card and copy of "Aids to a Simpler Diet," by J. H. Cook, post free, two stamps.

Health Foods for 'Xmas.

**F.R. NUT MEAT**

Roast is delicious for dinners.  
 Nut and Fruit Cakes and Chocolate Dainties are the best table sweets. Sip-It Coffee and Nut Cream Rolls for tea or supper is fine.  
 Sample tin, F.R. Nut Meat, 8d., Sample Sip-It, 10d., Sample of Rolls and Fruit Cakes, 6d.  
 Try them. They are 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, including facilities for the Electric light bath, Russian and shower baths and skilled massage.  
 Charges,—moderate.

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

**T** **Arpax**

assists nature by neutralising acid secretions generated from particles of food.

**E** By removing accumulated impurities it discourages the growth of that arch-enemy tartar, and sweetens the breath.

It contains no added perfume to disguise its nature or cloak impurities.

**E** ARPAX leaves free play to the natural action of healthy saliva.

1/- post free.

Send stamped envelope for leaflet on "The Care of the Teeth" to

**ARPAX DEPOT,**

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**MAXWELL'S PURE FOOD STORES,**

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

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

Cooking Oils, Pure Olive Oil, Vegetable Soaps.

**Maxwell's Pure Vegetable Coconut Butter**

for the breakfast table, for pastry, and for all dishes where fat is required. As fine a flavour as any vegetable butter on the market, and second to none.  
 7d. per lb., if ordered with other goods.

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

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

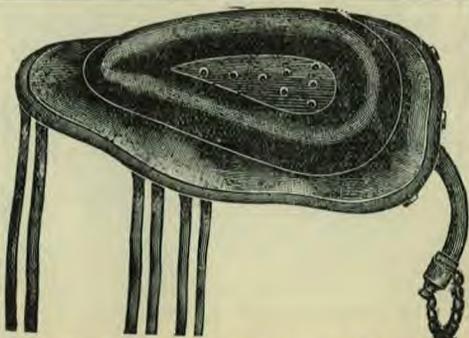
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Prices, 3/6, 3/9, 4/- Send for our Illustrated Book etc.

Sole Manufacturers **THE BIRKBECK PNEUMATIC SADDLE COVER Co., Dept. M,**  
 Birkbeck Works, Birkbeck Rd., Kingsland, London.  
 (P.O. must accompany order. Kindly mention this paper.)



In answering advertisements kindly mention "GOOD HEALTH."

**Reviews.**

**A Feast of Fun** (with some extra courses), by David Macrae. Publisher: Alexander Gardner, Paisley.

A good book for moments of recreation. The general tone is healthy, and many of the anecdotes excellent of their kind. There are puns, parodies, blunders, queer epitaphs, chestnuts, repartee, queer names, and finally, thoughts on matrimony, the latter containing much hard commonsense mixed up with matter of lighter vein. The chapter on queer epitaphs makes especially interesting reading.

**"Ars Vivendi,** or the Art of Acquiring Mental and Bodily Vigour." By Arthur Lovell. Published by the author, 5 Portman Street, Portman Square, London, W.

There is much to commend in this book. The author gives a lucid setting forth of some of the most important principles relating to the maintenance of health and all-round efficiency. He is not so fortunate in our judgment when he attempts to expound the meaning of certain Biblical passages. His health advice is, however, good, and should help to make anyone more intelligent in such matters.

**"Beauty of Tone in Speech and Song."** By the author of the foregoing. Publishers: Simpkin, Marshall & Co., Ltd., 4 Stationer's Hall Court, E.C.

A suggestive and thought-stimulating work on a subject of much importance. The author pleads for natural and pleasant methods. "Excessive drudgery," he writes, "is an enormous mistake, for it lowers nerve-energy, fatigues the vocal organ, and accentuates defects instead of improving the quality of the voice." Much attention is rightly given to the "influence of the nervous system in changing the tone of the voice for better and for worse."

**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: 48 per page; 44 per half page; £2 per quarter page; £1 2 6 per eighth page.

Address: **GOOD HEALTH,** (Advt. Dept.)  
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**Good Health School of  
PHYSICAL CULTURE.**

**From the members:—**

- "I have much enjoyed the course and feel greatly benefited."
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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." (vert.)
- "The help received has made me a thorough con-

Full particulars for stamp.

451 Holloway Road, London, N.

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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.

**Winter's Woolley  
Scotch Wincey**

is cheaper, softer and warmer than the best flannels, and lends itself with perfect facility to all the purposes for which flannel could be employed, and many others for which flannel is scarcely suitable.

**In cream, pink, or blue,  
and a variety of pretty stripes.**

It is unshrinkable, light and hygienic, and therefore an ideal fabric for Ladies' and Children's underwear, blouses, and dresses, etc., etc. It is just as suitable for the other sex.

**Wears better! Lasts Longer!!  
Costs Less!!!**

Send to-day for booklet and price list to

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CORTACHY, KIRRIEMUIR, N.B.

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2 6 Per Year, Post Free, Prepaid.

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



**The Good Health Adjustable Bodice.**

Does away with the corset. Supports all garments without harmful pressure. For particulars and prices address the Good Health Supply Dept., 451 Holloway Road, London, N.

**GOODRICH'S**  
DELICIOUS  
**Fruit <sup>and</sup> Nut Cakes.**

**PURE, WHOLESOME, <sup>and</sup>**  
**NUTRITIOUS.**

Send two Stamps for Samples  
and Prices.

**Highest Award, London 1905.**

**HYGIENIC FOOD STORE,**  
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LONDON, N.

**SAVOY STORES.**

**XMAS NOTICE.**

Splendid assortment of New Choice Fruits, Nuts, etc. Plum Puddings, and Mince Meat. Write for our free Xmas list.

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

**THE PREMIER**  
**BROWN BREAD**  
**IS ACKNOWLEDGED TO BE**  
**REYNOLDS'**

**PURE DIGESTIVE**  
Gold Medal **WHEATMEAL**  
**BREAD.**

**7 Awards, London, 1905.**

From Stores and Bakers in  
all parts of England.

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

In answering advertisements kindly mention "GOOD HEALTH."

THE Society for the Study of Inebriety has instituted a memorial lecture in honour of the late Dr. Norman Kerr, who contributed so much toward temperance reform. The society invited Prof. T. D. Crothers, M.D., of Hartford, Connecticut, secretary of the society of the same name in America, and editor of its organ, *The Journal of Inebriety*, to give the first lecture. A representative gathering of medical men and others interested in temperance reform gave the professor a hearty reception and listened with attention to his interesting and instructive lecture. A vote of thanks was proposed by Sir Victor Horsley and seconded by Mrs. Dr. Scharlieb. The president of the society, Dr. Harry Campbell, occupied the chair. After the lecture there was a conversazione at which light tea was served.



THE convenience and therapeutic value of the Home Turkish Bath are greatly augmented by a new invention called the Hines Heater. This is an outside heater which is so constructed that both the hot air and vapour supplies are entirely under the control of the bather inside the bath cabinet, and can be so adjusted and alternated that the bather is able to command the precise thermal conditions that best suit his or her individual needs. The new heater is marketed by the Gem Supplies Company (121 Newgate Street, London), and is adaptable to any bath cabinet.



AT the recent Triennial Tubercular Congress, held at Paris, the importance of cleanliness and careful hygiene was impressed upon the public. We now know that tuberculosis can be prevented by exercising proper sanitation, and thus stopping the spread of infection. A patient suffering from consumption ought always to have a room by himself, have separate dishes, towels, bedclothing and linen, and the sputum should always be destroyed or properly disinfected. If these precautions were taken, and if the people would discard the use of alcoholic drinks and adopt a rational system of living, tuberculosis would soon become almost unknown in civilised countries.



**Boston Baked Beans**, pure, wholesome, and toothsome, too, without pork or flesh food of any description, is now prepared by the International Health Association of Birmingham. We believe all food reformers will be pleased with the new product of this enterprising company. The beans are thoroughly cooked, and only need to be warmed up in order to make a nutritious and appetising dish for the dinner table. In lieu of the pork a piece of protose is baked with each tin of the beans and adds to the flavour of the preparation. The new food will be known as Protose Baked Beans. It will make an excellent Christmas dish and our readers would do well to sample the preparation. Protose baked beans will also be very useful for excursions, picnic parties, and cyclists. Absolutely nothing need be added, all that is wanted being heating, and this can be done in the tin before opening, if desired.

## Have You A Home TURKISH BATH ?

If so the Hines Heater will interest you. It is an OUTSIDE HEATER CONTROLLED absolutely by the bather (INSIDE THE CABINET) who can command hot air, or hot vapour, or both, at will; can instantly or gradually raise or lower the temperature, or increase, diminish, or shut off the steam.

This new and marvellous invention (which enables the bather to secure the thermal conditions exactly suited to his or her peculiar necessities — a thing impossible before) is adaptable to any bath cabinet.

Can be got only from the makers of the popular "Gem" Turkish Bath—

THE GEM SUPPLIES CO., LTD.,  
121 Newgate St., London, E.C.

Particulars free; write for circular, H.G.H.

## CHAPPED HANDS.

IN his celebrated book, "Papers on Health," Professor Kirk (Edinburgh), says: "Our idea is that this is caused by the soda in the soap used, at any rate, we have never known anyone to suffer from chapped hands who used McClinton's soap only. It is made from the ash of plants, which gives it a mildness not approached by even the most expensive soaps obtainable.

"If the hands have become chapped fill a pair of old, loose kid gloves with a lather of McClinton's soap, made up as for shaving. Put the gloves on when getting into bed and wear till morning. Doing this for two or three nights will cure chapped or even the more painful 'hacked' hands, where the outer skin has got hard and cracked down to the tender inner layer."

We will send a tablet of McClinton's Colleen Soap, made from the ash of plants and pure vegetable oils, on receipt of 6d. \* \* \* \* \*

If the constant use of this soap does not prevent chapped hands we will give £10 to any charity named by the person who has found this remedy to fail.

D. BROWN & SON, Ltd., Dept 12,  
Donaghmore, Tyrone, Ireland.

In answering advertisements kindly mention "GOOD HEALTH."

# Heide's Specialities.

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

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

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

# "GOOD HEALTH" STORES,

19 Stroud Green Rd., London, N.

Conducted by **MISS N. MUSSON.**

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

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

## 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 pumps 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 2/1 P.O. (abroad, 2/6 M.O.) Address—**HIGHWATER LABORATORY 9-84 EXCHANGE BUILDINGS, SOUTHWARK, LONDON, N.B.** Catalogue of Hygienic Toilet Goods, etc., and copies of unsolicited Testimonials, Free, 1d. stamp.

# The Ladies' Guide

In Health and Disease.

By **J. H. Kellogg, M.D.** Deals with Girlhood, Maidenhood, Wifehood, and Motherhood. It is a comprehensive, authoritative, satisfying work by a physician of especially large experience. It thus represents the latest scientific knowledge, and is at the same time written in simple language so that it can be understood by any woman of ordinary culture. Over 50,000 copies of this excellent work have been sold, and are proving of priceless value in as many homes. Full particulars will be given on application to the

**GOOD HEALTH SUPPLY DEPT.,**

451 Holloway Road, London, N.

# BAX'S PURE COOKER BUTTER.

Testimonials from all parts of the country.

Send for 1 lb. Sample,  
 Post free, 9d.

Our New and Enlarged  
 List now ready.

Write for one.

**THE BEST  
 VEGETABLE FAT  
 FOR ALL COOK-  
 ING PURPOSES  
 YET PRODUCED.**

**6**

**D.** The Price is right per and so is the lb. Quality.

There Are No Foods to Equal Bax's.

**THE HEALTH FOOD STORES FOR EVERYONE.**

ADDRESS:

**FRED<sup>K</sup> BAX & SONS,**

35 Bishopsgate Street  
 Without, London, E.C.

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ESTABLISHED 1851.

**2½ per cent INTEREST**

allowed on Deposit Accounts Repayable on Demand.

**2 per cent INTEREST**

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

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

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

### PUBLISHERS' NOTES.

THE new "Pitman" jams sweetened with honey, to be obtained from the "Pitman" Stores, 188-9 Corporation Street, Birmingham, ought to become very popular as Christmas dainties. The "Pitman" price list contains particulars of a great many other interesting preparations.

WE acknowledge with thanks the receipt of some very dainty fruit and nut cakes manufactured by Mr. Goodrich, 14 The Pavement, Middle Lane, Crouch End, London, N. We should think these cakes would make a welcome addition to the Christmas fare of our readers. They are both wholesome and nutritious, and in every way superior to the unwholesome and harmful sweets that are likely to be taken at this season.

THE importance of good ventilation has often been emphasised in GOOD HEALTH. The "Lorie" Ventilating Sash-Fastener, manufactured by Messrs. W. & T. Avery, Ltd., Soho Foundry, Birmingham, is an ingenious device by which a window sash can be raised up at will and fastened, so that it will not rattle. It should prove very useful in any home.

### 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.

New  
Harrison

**SWIFT COLD MEDAL**

# KNITTER

*Profitable and Pleasurable Occupation.*

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

HARRISON KNITTER WORKS:  
UPPER BROOK ST., MANCHESTER.

LISTS  
FREE



In answering advertisements kindly mention "GOOD HEALTH."

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.

# Protose and Baked Beans

---

## With Tomato Sauce. ❁ ❁

---

**A** NEW product of the International Health Association. It is a very nutritious dinner dish, both delicious and digestible. The three staple articles named are scientifically combined together, bringing out the flavour of each just right. The result is a food which, though free from all animal products, is

### Fit to Garnish the Table of a King,

and will alike please vegetarians and meat-eaters.

The high nutritive value and delicate flavour of **PROTOSE**, the leading Nut Meat, is well known. Baked Beans are also highly nutritious. Compare the following nutritive values:—

<b>BAKED BEANS.</b>		<b>LEAN BEEF.</b>	
Proteid ... ..	26·9.	Proteid ... ..	19·3.
Starch ... ..	48·8.	Starch ... ..	
Fat ... ..	3·0.	Fat ... ..	3·6.
Salts ... ..	3·5.	Salts ... ..	5·1.
<b>Total nutritive value,</b>	<b>82·2.</b>	<b>Total nutritive value,</b>	<b>28·0.</b>
Water ... ..	15·0.	Water ... ..	72·0.
Cellulose ... ..	2·8.	Cellulose ... ..	
	<hr/> 100·		<hr/> 100·

It will be seen that **Baked Beans** are three times as nutritious as **beef**, and, being eminently purer and free from the danger of disease germs and ptomaine poisoning, there is every reason why **PROTOSE** and **BAKED BEANS** should be given the place usually assigned to Roast Beef or other flesh food in the Christmas menu.

**Price, 10½d. per Tin. Postage, 4d. extra.**

For **ONE SHILLING** we will send you samples of fourteen of our choice **HEALTH FOODS**, made from grains and nuts, also Cookery Book, and address of our nearest agent.

Address:

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

In answering advertisements kindly mention "GOOD HEALTH."

THE Good Health Bodice can now be obtained in children's sizes from the Good Health Supply Department, 451 Holloway Road, London, N.

**January Good Health** will contain the first instalment of a series of articles on Hydrotherapy adapted for the ordinary home. In this number the writer will discuss the private bathroom and its furnishing.

M. Ellsworth Olsen will continue his interesting articles on **The Physical Improvement of the Nation.**

We are often asked if a non-flesh diet is sustaining and strengthening enough for the labouring man. **GOOD HEALTH** will take up this question next month in an article entitled **The Best Diet for Hard Work.**

Dr. F. C. Richards will contribute an important article on **Modern Methods of Treatment.**

**Octogenarian Vegetarians.** Mr. C. P. Newcombe, of Muswell Hill, recently presided over a very interesting meeting of Octogenarian Vegetarians held in Memorial Hall. In a bright, racy address he said that if the millions and millions of acres in this country—now given up to the raising of cattle—were used for growing fruit, corn and vegetables, it would be the means of solving the slum problem and providing an abundant food supply for the nation. He believes in a long, happy, useful life, and is a good exponent of his doctrines.

Professor Mayor of Cambridge told the audience that vegetarianism is not a new mode of living, but found favour with the ancients many centuries back. He considers the non-flesh system essential to good health, and said that if medical men would teach more about health and instruct the people as to diet there would be a great improvement in the national physique. Mr. Samuel Saunders, a hale, hearty veteran of ninety-one, spoke with much vim and vigour. He is practically a life abstainer, and has been a vegetarian for sixty-five years. Now he enjoys marvellously good health for a man of his years, and certainly makes a splendid representative of the reform diet cause.

Another excellent representative of this regimen was Mr. T. A. Hanson, who discarded flesh more than forty years ago in order to get rid of sciatica and a severe liver complaint. He spoke with enthusiasm of the benefits to be derived from a simple dietary and plain living. Other speakers enlivened the evening with many interesting experiences, and the meeting was a splendid success.

## GLOBE HAND NEBULISER.

Both acute and chronic catarrh of the nose and upper respiratory passages are readily and effectively treated by this simple instrument. It is strong, durable, and easily operated. All the parts are detachable, and the nebuliser is a thoroughly practicable instrument. It forms a complete home outfit for treating respiratory disorders. The price is 5/6, post free, including a bottle of medicine. The nebuliser with Percussion Nasal Douche and solution for same is 7/6, post free. Send orders to **Good Health Supply Dept.**, 451 Holloway Road, London, N.

In answering advertisements kindly mention "GOOD HEALTH."



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 Dr. Deimel Underwear by its quick absorbing and eliminating properties, combined with the special manner of weaving the fabric, creates a dry, genial climate around the body, affording its wearers the best protection against the cold, inclement winter months.

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Booklet with Price List and Samples free on application.

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**The Dr. Deimel Underwear Co.,**  
85 Strand (Hotel Cecil frontage),  
LONDON, W.C.

NEW YORK, 491 Broadway.      SAN FRANCISCO, 110 Sutter St.  
MONTREAL, 2,202 St. Catherine St.