



(Photo by Underwood & Underwood.)

PRESIDENT ROOSEVELT.



Good Health

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Editorial Chat.

"Cramming" at School.—The president of the Royal Society, Lord Rayleigh, recently gave some wholesome advice concerning the cramming of our youth in the public schools. Among other good things he said, "A little thoroughly learned, and learned in a natural manner, not 'crammed' into a boy, is likely to be more useful than knowledge extended over a wider field."



Fresh Air and Pale Cheeks.—A pale-looking lad was before one of the London police courts recently, and received the following wholesome advice from the magistrate as reported in one of the daily papers, "Why don't you go into the country and get some real fresh air when you have the opportunity? You have to be in the courts and alleys and crowded streets all working days, but if you would go as far as Epping Forest on a Sunday you might get some colour into your cheeks, besides enjoying the scenery—a pleasure of which perhaps you are now ignorant." It would be a good thing if more of our justices would give the same kind of counsel to young people who are brought before them, yes, and to older people too.



Confidence between Physician and Patient.—Grover Cleveland, ex-president of the United States, in a recent address before a New York Medical Society pleaded for more candour on the part of the physician in dealing with his patient. "We have come to think of ourselves," he very properly remarks, "as worthy of confidence in the treatment of

our ailments, and we believe if this was accorded to us in greater measure it would be better for the treatment and better for us." The mystery with which some medical practitioners invest the whole subject of disease and its treatment savours of the ignorance and superstition of the Dark Ages. The intelligent man of to-day desires to know what his ailment is, and, as far as consistent, the nature of the proposed cure. He is then in a condition to render that hearty, intelligent co-operation which is so essential to the success of the treatment.



Barmaids.—A recent editorial in the *La cet* sets forth cogently the dangers to which a young woman employed at the bar of a public-house is exposed, and asks "whether it is consistent with a due regard to the national welfare to allow the daughters of the empire to be offered up as sacrifices to the Moloch of the drink traffic, or, as too often happens, to be employed as decoys for the purpose of adding to the intemperance by which the country is at once weakened and disgraced." While granting the need of "the most perfect individual liberty compatible with the general welfare," the journal thinks "it is not either right or reasonable that this liberty should extend so far as to allow of young women, the majority of them of exceptionally good physique and appearance, and the best calculated among their contemporaries to be the mothers of healthy and vigorous children, to engage in an avocation which is not only likely to be highly injurious to themselves, but which is almost certain to prevent the full discharge of their duties to the community."

Young Women Too Independent.

—“It may perhaps be fairly questioned,” the *Lancet* continues, “by any who are acquainted with the conditions of industrial life to-day and with the nature of the industrial and moral training commonly afforded either by the schools of the period or by the majority of working-class mothers, whether the girls and women who are growing up around us might not profitably be subjected to a larger measure of supervision than is ordinarily extended to them. On every side it is manifest that the great desire of the working-class girl is to be ‘independent’ of home and of every other control, while at the same time there has usually been but little preparation in her past to enable her to exert her independence for her own permanent advantage.” There is much sober truth in these words. The tendency of recent times has been to remove barriers of all kinds, and open up the way for individual freedom which is not without its serious disadvantages. Certainly a little wholesome restriction in the direction suggested by the journal just quoted from would not come amiss.

Mental Science and the Mails.

—Helen M. Post, a noted mental science healer, has been convicted in the United States court at Jacksonville, Florida, on the charge of employing the mails for fraudulent purposes in promising to cure disease by so-called “absent treatment.” She is said to have patients in every State in the Union. She has been sentenced to serve thirty days in gaol and pay a fine of \$500.

Clergymen and Farmers Longest Lived.

—It is generally known that clergymen and farmers live the longest; but the exact status of some other trades may not be so familiar. Dr. Schofield, formerly examiner for the National Health Society, gives in his book on “Nerves in Order” an interesting table of the various occupations arranged in the order of the longevity of the people following them: Clergy (Church of England); Dissenting ministers; farmers, agricultural labourers,

grocers, lawyers, drapers, coal-miners, watchmakers, artists, shoemakers, bakers, clerks, chemists (apothecaries), greengrocers, tailors, doctors, butchers, painters, musicians, cab and “bus” men, sweeps, publicans, metal-miners, bankers, London labourers, barmen (barkeepers).” There is significance in the fact that the barmen appear at the bottom of the list. One is at some loss to know why the bankers should die so much younger than for instance the drapers. No doubt a good many causes conspire to put the London labourer so near the bottom, one being the irregular and uncertain life of the unskilled workman. Dissenting ministers probably live in the main more strenuous lives than the Church of England clergy.

A Safeguard for Young Men.

—“Look forward to the important crises of your life,” said President Elliott, of Harvard University, to a class of Freshmen. “They are nearer than you are apt to imagine. It is a very safe protective rule to live to-day as if you were going to marry a pure woman within a month. That rule you will find a safeguard for pure living.” This is golden advice for all young men, no matter what their circumstances and environment. It is never safe to be anything but pure and upright. The responsibilities of life come with life itself, and cannot be shaken off. Nothing that will weaken the young man and unfit him for those responsibilities should be tolerated.

Criminal Ignorance.

—At the Guildhall police court a Llanelly butcher was recently fined £50 with £5 5s. costs, for buying for 8/- a pig reeking with tuberculosis, with the evident object of selling it for food. The magistrate decided to treat the case, though “as wicked an one as he had ever had before him,” as one of gross carelessness. The defendant accordingly escaped going to prison. In commenting on the case the *Lancet* remarks that “in the matter of public health many purveyors of provisions in London are criminally ignorant.” It might be added that this criminal ignorance seems to be especially common in the meat trade.

The London Temperance Hospital

has recently held its annual meeting which was presided over by the Bishop of London. According to the daily press, the Bishop of London expressed himself as follows concerning temperance and the evil effects of the use of alcohol with which we cordially agree. "The Bishop of London said there were several reasons why it gave him the greatest pleasure to take the chair. The first was because he had himself been for twenty-three years a total abstainer, and in consequence of that had enjoyed uniform good health. The second reason was that the position he held gave him an opportunity of seeing the terrible effects of drink upon the people of his diocese. Another was that he knew the background of the traffic in drink, a background against which this hospital stood like a bright star. No cause had so quickly come by its own as the cause this hospital represented. He knew the change of tone in regard to alcohol among doctors in the present day. A doctor at the London Hospital had said to him that if temperance prevailed in the East-end they could do away with several wards."



"Tea Drunkards."—Under the above heading a leading London daily quotes from a Preston medical practitioner on the evils of tea and tobacco as follows: "I firmly believe that the moderate and reasonable use of beer as a beverage is less harmful than the same use of tea, and that immoderate tea-drinking causes more pain, suffering, ill-health, and nervous breakdown than the excessive consumption of beer. If a man takes too much beer the effects are gross and palpable. If he takes too much tea the results are quite as deadly, or even more so, but as they are insidious, and not generally apparent, they are put down to some other cause."



Diseases Caused by Tea.—The doctor then goes on to mention some of the diseases which he believes to be the result of the use of tea: "To enumerate the diseases caused by tea is like writing a quack advertisement. It produces anæmia, chronic gastritis, dyspepsia, and

emaciation; lays the foundation for gastric ulcer; causes irritability of the nerves, and a whole host of nervous disorders."

We are inclined to agree with the medical practitioner, and while we deprecate the use of beer either as a beverage or otherwise, we also believe that tea is distinctly harmful, and that its constant use is an important factor in breaking down the health of the people. The doctor has some more interesting statements to make concerning the good that might be accomplished by preparing a simple, innocent pill. He says: "If anyone were desirous of amassing a fortune, no surer plan of doing so could be devised than to make up pills of innocent materials, such as bread-crumbs and extract of hops, and, in the directions for their use by the public, stipulate that the patient should abstain from the use of tea. The pill would have an enormous sale, would do a vast amount of good, and would relieve a great amount of suffering. In fact, it would, I believe, prove more beneficial than the closing of half the public-houses in Preston."



A MAN went into a druggist's and bought a bottle of some patent stuff, which was advertised thus: "No More Coughs. No More Colds. One Shilling a Bottle." Three days later he went to the druggist complaining that his throat was stopped up and that he could scarcely breathe. "I've drunk all that patent cough mixture," said he. "Drunk it!" yelled the man; "Why that's an indiarubber solution to put on the soles of your boots!"—*Liverpool Daily Post.*



"A HAPPY and vigorous old lady, when asked the secret of her eighty-three years of health and enjoyment, said: 'I never allow myself to fret over things I cannot help. I take a nap, and sometimes two of them, every day. I do not carry my washing, ironing, dressmaking, or baking to bed with me; and I try to oil all the friction out of my busy life by an implicit belief that there is a brain and a heart to this great universe, and that I can trust them both.'"



GENEVA LAKE SANITARIUM; FOREST PATH.

ROOSEVELT, THE OUTDOOR PRESIDENT.

BY M. ELLSWORTH OLSEN.

THEODORE ROOSEVELT is widely known as the popular ruler of a great commonwealth, a big-hearted man of fervid enthusiasms, one who hates red tape and officialism, and who loves a square deal; one, moreover, who brings to the wearing duties of Chief Executive a freshness, a spontaneity, and a downright wholesomeness, which to the discerning eye betoken the outdoor man.

Strange to say, the president, whose "almost cruel strength" is at once the envy and the despair of his associates, was in early youth somewhat of a weakling, being severely afflicted with that troublesome and persistent affection, asthma. It was the effort to throw off this disease and secure hardness and stamina of constitution that led to the outdoor habit being cultivated early in life. Nevertheless, the desired results did not immediately show themselves, and when the youth entered Harvard University, he was but slightly built and somewhat behind the other young men in physical development. Moreover,

nearsightedness, which had troubled him as a mere lad, was another barrier against his taking part in the leading sports. This naturally led to a continuance of the long walks which had formed such a pleasant feature of his boyhood days. His fellow students knew the young undergraduate at this time chiefly as an enthusiastic natural history collector. "He was the sort of chap," one of them said, "who keeps snakes and toads and other live things about him." He himself cherished the ambition in those days of some time becoming a college professor in one of the natural sciences.

After graduation young Roosevelt spent a year in Europe, a considerable part of which was given to mountain-climbing and other outdoor sports. On returning to America he was elected to the New York State Legislature, and served three terms. Meanwhile he was not satisfied with his state of health. His constitution had not attained that condition of hardness and virility that he deemed necessary to

the best work. He accordingly turned his back for the time being on excellent political prospects, and took to ranching in the Bad Lands of Dakota. He spent something like two years in the West, living the hard life of the plains with zest, learning to love the cowboys who carried warm hearts beneath a rough exterior, and in turn winning their respect and affection. When he returned to the east it was with a broader and richer human experience, and in possession of that perfect bodily health which he has ever since enjoyed. It is not necessary here to recount his subsequent career; his yeoman service as police commissioner, the laurels he won at Santiago, or his vigorous and honourable discharge of duties as Governor of New York. The important thing to remember is that while the outdoor life of the West brought him health, it is by his outdoor habits since that he has retained the treasure. Had he adopted the sedentary manner of life followed by most statesmen and by brain workers generally, there can hardly be any doubt but that the enormous amount of strenuous work that he has crowded into the last few years would have brought on physical breakdown. Many men of larger physical capital to begin with have thus given way under far less heavy strains because they lacked the invigorating influences of exercise in the open air.

The president considers physical exercise just as important a part of the day's programme as the regular meals. He takes it out-of-doors no matter what the weather may be. Riding is a favourite form of relaxation with him, and he rides hard, usually covering some eighteen or twenty miles. Tennis, golf, and all other outdoor games are to his liking, and are always played with wholehearted zest. Of rowing he is especially fond, as he can enjoy it in company with Mrs. Roosevelt. Here too he goes in for business, ten or twelve miles being considered only a reasonable task. Like Gladstone, he is also at home with the axe, and takes great pleasure in thinning out his woods in the Sagamore Hill estate, which consists largely of woodland. Walking, as the simplest and most democratic of all forms of exercise, and the one moreover which brings

a man most closely in touch with nature is a hobby with the president. He likes to invite a few choice friends to accompany him on his tramps; but as his gait is a rapid one, usually only the most strenuous look forward with unmixed pleasure to such invitations. The weather does not cut any figure in determining the bounds or seasons of these walks; they are taken in season and out, in cold weather and warm, wet and dry.

"One torrid day in June," writes Henry Beach Needham in *McClure's Magazine*, "Washington was sweltering under a hot wave, with the thermometer registering ninety-eight degrees, and the humidity intense. Athletic young men sat in their clubs within easy range of electric fans and cooling beverages, complaining bitterly of the heat. In the middle of the afternoon the president, accompanied by his eldest son and two of the lad's school friends, rode eighteen miles in an automobile to Great Falls. Then the machine was sent home, and the party set out at a brisk, even pace and tramped the road back to a point outside the city limits, where a carriage met them. They had walked thirteen miles, and reached the White House at half-past nine, very late for dinner. The day after, when official business had been dispatched, the president rode twenty miles on horseback."

Perhaps the president is most happy when he can turn his back on troublesome office-seekers and all other vexatious details of public life, and spend a couple of weeks on the wild lonely plains of his much loved West. Hunting trips these are called, and from the newspaper reports one might think that the killing business was the main thing; but on reading Mr. Roosevelt's own account of these trips in his books, it becomes evident that mere killing is a very small part of the programme. It is the companionship with nature, the interest in the habits of the animals of various kinds, and in all natural things, that make these holidays such enjoyable times for the outdoor president.

As might be expected, the home life of Mr. Roosevelt is extremely simple. He has never used tobacco in any form, and is not given to luxuries of the table, preferring simple, wholesome food, for which,

living as he does an extremely active life, he has a hearty appetite. His habits are regular. Work begins right after breakfast in the morning with the correspondence of the day. Of the five hundred or so letters which arrive daily in the busy season, only about ten per cent. require his personal attention, but even these require some time to deal with. Following the correspondence, which is always entirely cleared off each day, the president receives callers on all sorts of business. These occupy his time till luncheon, which is usually a simple, informal meal. After luncheon the private secretary is on hand with other business which keeps the chief executive busy till four or five o'clock. This, then, is the time for the day's exercise, from which the president returns in time for dinner at 7.30. Between 9 and 10 o'clock he retires to his study, where a stenographer awaits him. At this time he does his literary work, dictates messages to Congress, public addresses, etc. His dictation given during this evening work period keeps two stenographers employed.

So the days slip by, each one filled with responsibilities, but also with rare enjoyments. In fact, Mr. Roosevelt, perhaps as a result of his outdoor proclivities, finds

great enjoyment in the performance of his daily tasks. His animal spirits never flag. He comes to his work with the air of one who expects to master it. He deals with perplexing problems to the best of his ability, and never lets them worry him. He finds rest in change of occupation, turning from the wearing problems of statecraft to master the contents of some new book, or to tackle some question in ancient history. He is a voluminous reader, having the valuable faculty of getting at the vital contents of a book or magazine in a very short time. He is also something of a literary man himself, having quite a number of books to his credit, all of which, but especially those dealing with the early settlers of his country, or with hunting trips in the West, breathe the sweet fragrance of outdoor life, and are instinct with freshness and charm.

Such is a brief outline of America's most distinctly outdoor president. May it lead others in their various spheres to get out-of-doors as much as possible, and to bring the outdoor spirit to bear on all their problems. May it especially encourage those who have the handicap of some physical weakness or disease, since these more than others need the healing, vivifying influences of the open air.

THE PATENT MEDICINE EVIL.

DURING the past year several American magazines have been giving special attention to the patent medicine evil in the United States, and have rendered most effective service. The foremost magazines who have done this work are *Collier's Weekly* and *The Ladies' Home Journal*. It is a lamentable fact that the evil is nearly as great in this country, if not just as bad, as it is in the United States. At the present time there is a movement on foot in the States to secure effective legislation which will help to remedy this evil. One means proposed is to bar the patent medicines and literature pertaining thereto from the mails, except those that are clearly and distinctly labelled with their exact contents and, if at all poisonous, are marked plainly, "Poison." Not many months ago an interesting case of fraudulent treatment

by medical charlatans was tried in New York, and conviction was secured. We thought a report of the case would be interesting to our readers. The following report was written by Mark Sullivan for *The Ladies' Home Journal* for February, 1906:—

"John Williams (I give a fictitious name for the victim, who has suffered enough publicity) was a boss carpenter in a village in New York State. Through hard work and thrift he had saved up, and had in bank, a comfortable 'nest-egg.' He was, as his occupation and property suggest, a man of much higher intelligence than the ordinary victims of 'patent medicine doctors.' During the month of December, 1903, he began to receive circulars, of the usual 'patent medicine' type, from a certain 'doctor' in New York, who described himself, in the usual superlative language of 'patent medicine' advertisements, as 'having treated more cases and cured more people than any man now living.' He also advertised to send free a 180-page medical book. 'Why delay?

'Why continue to suffer?' His advertisement concluded: 'The longer you wait, the more difficult to cure. It costs you nothing to investigate. All medical advice free. Call or write.'

"The insidious language of the circulars and pamphlets sent to Mr. Williams caused him to begin to think he must be afflicted with one of the diseases so vividly described by the circulars. Being unable to escape from this thought, he went to New York and called on the great 'doctor.' At this interview the duping and defrauding of the victim began.

"At this first interview the 'doctor' told Mr. Williams he must have a slight operation, which would cost \$100. Mr. Williams paid the money and the operation was performed. This was the first step. One month later the 'doctor' brought forth his second device for extorting money from his victim. He was very much surprised and very much grieved that the operation had not quite wholly cured Mr. Williams. There would have to be a little medicine. And of course Mr. Williams would have to understand that this would cost a little extra. The hundred dollars covered the operation only. Say fifteen dollars a month for the medical treatment. Mr. Williams paid this and took the treatment for one month. At the end of the period the 'doctor' said he was better, unquestionably much better. A few months more at fifteen dollars a month would fix him right up. But, the 'doctor' suggested, the cure would be expedited very much if Mr. Williams was willing to lay out a little more money. There was an electrical machine, a very wonderful patent; the 'doctor' had never known it to fail. It would only cost \$125. Mr. Williams paid the \$125. And, bear in mind, he was not sick. As he said in his testimony, he had not lost a day's work in ten years. But reading the 'doctor's' pamphlets and his free 'medical book' worked on his imagination, filled him with fear, made him believe he was sick!

"Then the 'doctor' brought in the prize device of some of these 'doctors' for extorting more money from their victims—another 'doctor,' more wonderful yet than he! To this new 'doctor' Mr. Williams said he was not sick, and protested against taking more medicine. But the new 'doctor' worked on his imagination; he said, 'If I were in your condition, Mr. Williams, and I had \$50,000, I would spend it all freely for a cure.' The new 'doctor' questioned Mr. Williams closely as to his financial condition. To make a long story short, they made him give up more money to pay for an examination by the new specialist, the confederate.

"At this point Mr. Williams began to show some strength of mind. He felt strongly that he was not sick at all—he was working regularly at his trade every day without discomfort—and that he could get along very well without any treatment at all. He told the 'doctors' this. Moreover, he said, even if he were as sick as they said he was, he did not wish to spend all his money, and leave his boy an orphan without a cent. But the quacks told him to give no thought to his boy; the boy would be better off without any money. If he had money he would grow up to be a 'bum.' (I am

condensing this from the sworn testimony in the case.) The 'doctor' had a boy, too, just the same age as Mr. Williams's; and he was never going to give his boy more than one thousand dollars.

"The two quacks observed that Mr. Williams was in a mood to pull himself away from their clutches; they gave him hypodermic injections, and on the nineteenth of May Mr. Williams, for the first time in ten years, missed his day's work and took to his bed. After being sick four days he returned, thoroughly frightened to the first 'doctor,' who told him the 'collapse was expected.'

"Mr. Williams was now thoroughly fast in their clutches. They told him his case was very serious, that they were very anxious to cure him; but that pure radium was the only thing that would restore him to health. 'He said,—I am quoting from Mr. Williams's sworn statement—'that they had had a lengthy consultation over my case, and that radium was the only means for a cure. He asked if I could spend \$2,500 dollars more. . . . He talked so seriously that I believed him, and told him I would spend \$2,500 more. . . . The expense of radium, he said, was so great that they only used it on millionaires.' Within the next two weeks Mr. Williams paid \$2,500 for 'radium.' Then the two quacks told him that \$5,000 more was needed for more 'radium.' On the sixth of June Mr. Williams gave \$2,000 for more 'radium'; on the tenth of June he gave them \$500 for more 'radium'; on the fifth of July he gave \$250. The victim was now reaching the end of his resources; he could only rake and scrape small sums. In all he paid them, inside of a year, \$9,870.

"At this point a friend, to whom he told his story, carried it to an honest doctor. An investigation followed and the two quacks were jailed. The 'radium' which they had been giving to their victim was analysed. It was found to be a simple gentian. All they had given him could have been bought for one dollar.

"That is the court record history, very much condensed, of one man's experience with a 'doctor.'

"The trial took place within a year, and the 'great and good doctor' is to-day wearing stripes in Sing Sing Prison."

The Very Reason.

A LITTLE fellow was once tempted by some of his companions to pluck ripe cherries from a tree which his father had forbidden him to touch. "You need not be afraid," said some of his companions: "for if your father should find out that you had taken them, he is so kind that he would not hurt you." "That is the very reason," replied the boy, "why I should not touch them. It is true that my father would not hurt me; yet my disobedience would hurt my father, and that would be worse than anything else."—*Buds of Promise.*



THE EASIER WAY.



THE COMMON WAY.

THE EASIER WAY.

BY JEAN HARRIS WHITNEY, M.D.

WE are average women, you and I, belonging neither to the very small minority of athletic tendencies, nor to the really large number of semi-invalids. We have before us, daily, the problem, the solution to which shall determine to which of these classes we shall eventually belong. For to each of us comes our daily work, and the manner of its accomplishment, more than the work itself, will make for our upbuilding or our undoing. For the housewife, there are beds to make, rooms to sweep, washing, cooking and baking to be done. Up and down stairs, indoors and out she must go, and with all these, perhaps, a blessed baby or two adding each its burden as well as its joy to the busy life. How shall all these things be made to serve their rightful end of daily growth and development—that daily growth of power and development of capabilities that are our greatest joys?

We shall first come to our work with preparedness. The strongest, most beautiful body cannot do its work with ease if the mind that controls it is in a torment of worry and fret. So to Him who "careth for" us are confided our worries, and from Him is received the "peace that passeth understanding," that with our "life hidden in Him" we find indeed "rest to our souls."

With mental and spiritual freedom there must come also physical release. Fancy a rugged blacksmith working with his coat on. The muscles of his great, strong arms are given free play—even his shirt sleeves are rolled up; but the slender little woman, with undeveloped muscles must do work she is hardly equal to, with a handicap of heavy, dragging skirts, tight bands and other restrictions productive of both mental and physical friction. Except for certain limited uses, friction is something which the mechanic reduces to the minimum, and in these days of the application of scientific knowledge to every-day affairs, we women may well make use of this principle in our day's work.

You have seen over and over, and so have I, the little woman struggling up stairs with arms full to overflowing, whose desperate endeavours to keep things from sliding were not facilitated by the long skirt which tripped her at every step. A man would be a splendid example either of patience or of utter helplessness who would endure such a thing. He would surely "find a way," and so may we. The pretty, well-fitting house dress—a working house dress—made short enough easily to clear the stairs, means the service of two hands instead of one in many kinds of

work. You will hardly believe unless you have tried it yourself what a difference in weight and in the drag on the body there is between the light-weight short skirt supported all about the waist, and the unsupported skirt which trains even a few inches.

Then after dress comes a third essential to ease in work—mentioned last because so dependant on the first two—you know instantly that I refer to right carriage of the body. Wrong positions do double duty in making hard work—one's muscles work at a disadvantage, and one uses so many muscles needlessly—so that the effort leaves one twice as tired. The girl with her pile of bedding carries scarcely half the weight of the other, yet she gets to the top of stairs breathless and exhausted because she has carried the weight of her body in the hardest way, and meantime

has given herself least breathing room. Meantime, our lady of the water-pail, with her lifted chest and straight back, is breathing easily, and has felt no strain anywhere, but, instead, the healthy stretch of vigorous muscles.

Who ever wants to call the baby a burden? He is a dear little fellow and we all love him, yet the aching back and tired arms protest that he is a burden, after all. What shall we do that the many minutes and sometimes hours in the day that baby must be carried shall not be so exhausting? It is wonderful how much lighter the little man is when we hold the chest up and the body in a strong, erect position, not in a state of tension, but using only the needed muscles, and those in the most effective way. With the shoulders drooped and the hips sagging forward, there is discouragement in the very attitude,

and how quickly this is reflected in the tired face and voice. If you practise carrying the chest high, with the weight of the body on the balls of the feet, there will soon come to you a lightness and strength of poise that will give an elasticity of movement that is a pleasure both to see and to feel, and a buoyancy of spirits that is contagious. An attack of the blues cannot long survive the uplift, both physical and mental, that the changed carriage induces.



THE EASIER WAY.



THE ORDINARY ATTITUDE.

NEURITIS, OR NERVE INFLAMMATION.

BY ALFRED B. OLSEN, M.D.

NERVES as well as other tissues are subject to inflammation. The term neuritis is derived from the Greek, *neuron*, a nerve, and the suffix *itis*, which denotes inflammation. If several nerves are inflamed the disease is called *multiple neuritis*. In this article we shall deal only with the simple form of the disease.

Causes of Neuritis.

We will discuss the causes which are likely to bring an attack of neuritis. They may be briefly classified under five heads, as follows:—

First. Any inflammation affecting other tissues, such as bone or muscle, may extend to an adjoining nerve trunk and set up a true neuritis with all its characteristic symptoms.

Second. One of the most important causes is exposure to inclement weather, to cold, wet, and storm. A chill, especially if one is already in a weak and debilitated state, is not unlikely to produce an attack of neuritis.

Blows and Other Injuries.

Third. It is not uncommon for a wound of one kind or another to cause neuritis. Indeed, injuries are probably the most fruitful cause. Muscular strain due to lifting, reaching, etc., accounts for a large percentage of the cases.

Fourth. Lead poisoning is the cause of a typical form of nerve inflammation, which only disappears on the removal of the cause. In obscure cases of neuritis it is always well to inquire about the occupation of the patient and investigate his water supply and home surroundings. Lead water-pipes are sufficient to induce neuritis under favourable circumstances.

Fifth. Lastly, but not least important, come cases of neuritis which follow an attack of gout or rheumatism or one of the infective fevers.

The Pathology of Neuritis.

This is a technical feature of the disease which we can only notice in passing. The four cardinal signs of any inflammation are present, namely, pain, swelling, redness and heat. The nerve trunk itself becomes

swollen and reddened, and the pain is violent and intense.

Signs and Symptoms.

The characteristic signs are extreme pain, marked tenderness along the course of the nerve, together with various muscular contractions and cramps, as well as sensory disturbances. There may be a mild fever to begin with, but this is not constant. The pain is very severe and fairly continuous, although there are exacerbations at times. The great severity of the pain soon prostrates the patient and causes keen suffering. There is usually loss of appetite, and general depression of both body and mind. Numbness and prickling, tingling, tearing, and burning, are all in order.

In extreme cases the inflammation may lead to destruction of the nerve, and this of course involves wasting of the muscles, loss of power, and permanent injury.

Sometimes there are eruptions of the skin, such as the formation of blebs or blisters along the course of the inflamed nerve. There may also be clubbing of the finger-nails.

To Distinguish Neuritis from Neuralgia.

This is not always an easy matter, and yet the intense continuous pain and tenderness of the nerve trunk involved ought to serve as distinguishing signs of neuritis. On the other hand, the pain of neuralgia is usually paroxysmal in nature, and there is little if any tenderness of the nerve.

Hygienic Treatment.

We now come to the consideration of some simple hygienic measures, most of which can be carried out in any home. The first step is to discover the cause or causes which have brought on the attack and may be still at work. These should be as speedily removed as possible.

The next step is to secure *rest* for the affected part. Perfect rest without other measures will often bring relief. But further treatment is not only desirable, but also necessary in most cases. If an arm or leg is affected, elevation of the limb is in order. This will relieve the blood pressure and so lessen the pain.

Heat in one form or another is almost a panacea for neuritis, and rarely fails to alleviate the pain and promote healing. Hot fomentations are effective. They are prepared by wringing pieces of woollen blanket out of very hot water and applying the cloths to the diseased part as hot as can be borne. After an interval of about five minutes a fresh fomentation should be applied. In some cases hot packs are even more effective than hot fomentations.

Cold compresses are occasionally used to advantage, but they should not be resorted to unless hot applications fail utterly to give relief. The compress, a piece of linen cloth or suitable towel, should be wrung out of ice-cold water and placed snugly over the course of the inflamed nerve. Pieces of ice may also be utilised.

Electricity and Massage.

There are forms of neuritis that are little benefited by either hot or cold applications. Galvanism is then resorted to, and oftentimes the results are very gratifying. A mild current is used at first, and the strength is regulated to the requirements of the case. Galvanism may be given for ten to thirty minutes once or twice daily. A weak faradic current is also recommended by some.

After the acute stage is passed massage is usually found valuable. Both the galvanism and the massage should only be given by competent trained nurses, and under the direction of a qualified physician.

The Diet.

This is an important question in all cases of neuritis associated with gout or rheumatism. Anyone with a tendency in this direction should adopt a uric-acid-free diet, that is, one which excludes tea, coffee, cocoa, flesh foods, fowl, fish, legumes, mushrooms, and asparagus. It is well to drink water freely, and also to take baths which will promote elimination of uric acid from the system. Electric-light baths, Turkish and Russian baths, vapour, hot-air, and hot-water baths are all useful for this purpose.

The Outcome.

In acute cases the prognosis is favourable, although the recovery is not always complete. Much depends on the constitu-

tion and general health of the patient. The case should be taken in hand early if the best results are to be obtained.

A Song of Spring.

SMILE! for the glad spring breeze is blowing,
blowing,
And laughing wavelets croon upon the shore.
A rosy dawn is breaking, and she bears
A promise that grim winter's sway is o'er.

Smile! for the snowdrops sound their faerie bells,
To summon songsters from the gayer climes.
Go! leave dull sorrow with the frost and fog
Of grey December and the darker times.

Smile! for all creation whispers radiantly
Of lighter days and brighter hours to be.
Hope on, sad heart, old Earth has still in store
Joy and to spare for you and me.

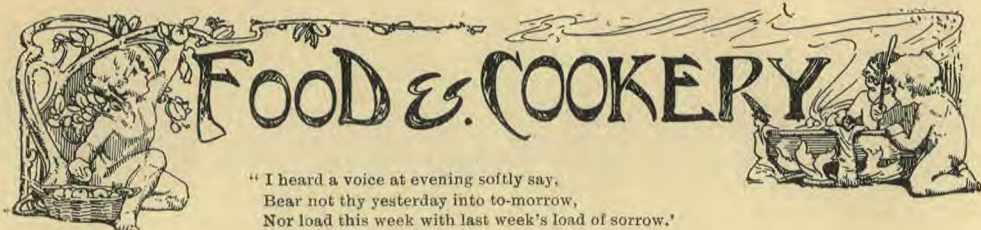
—Louis G. Findlay.

Deep Breathing and Grey Hair.

IT is claimed, and with good reason, too, that deep breathing will surely help to keep this spectre (whitening hair) at bay. Deep breathing is merely a method of prolonging life by feeding the body with oxygen. Why should not the stimulation of this life-giving element ascend to the hair, leaving its regenerating effects behind? In any case, deep breathing has the advantage of working out good results in the body in general. Its effects cannot be evil. Grey or white hair must be kept scrupulously clean to be attractive, for perspiration makes it smeary and yellow. The curling-iron, too, tends to give it a yellow tinge. In shampooing white hair it is well to add a little bluing to the last rinsing-water. Experience will teach you the right proportion for your own tint of hair. You should use just enough to make the colour a pure white, and if your hair will turn despite all precautions, make the best of it. Some of the most strikingly beautiful I have ever seen have been those whose hair had prematurely lost its colour.

Nature is as skilful in harmonising our colour schemes as she is those of the trees or flowers. We shall do well to follow her leading.—*The Ladies' Home Journal*.

HARD work is the very bloom of health, but worry is a grim gravedigger's spade.—*Selected*.



A PLEA FOR SIMPLE MEALS.

IN one of the essays in "England's Ideal," Edward Carpenter has some excellent things to say on the subject of simple living. We cull a few paragraphs relating to the all-important question of one's daily food:—

The Butcher's Account.

"About the largest account in most modern households is the butcher's. I find that our bill runs up to £10 a year, and this is less than in the Royal Household, where it reaches £9,472. If our princes and their attendants were to adopt a more frugal diet (say like that of the Caliph Omar, who rode from Medina to Jerusalem with a bag of dates and a bag of corn at his saddle-bow), they would probably be quite as cheerful as now, and there would be a great saving to the nation.

The Craving for Meat.

"The causes of the craving for a meat diet seem to be similar to those of the craving for other stimulants. For though flesh is not generally considered a stimulant, a little attention will show that its action is of like nature. It very quickly produces a sense of well-being, liable to be followed by reaction and depression; and this action, though innocuous in its smaller degrees, becomes seriously harmful when flesh is made a staple article of diet. . . .

The Best "Standbys."

"On the whole, and for habitual use, I do not know what can be pleasanter or more nourishing than the cereals (rice, wheat, etc.), milk, eggs, cheese, bread, butter, vegetables, and fruits of all kinds; and they seem to me to stand by one for hard work and endurance better than flesh. Excellent dishes can be compounded of these materials; though probably the less

cooking there is the better. As to the fearful and wonderful recipes contained in cookery books, the formula—Serve up hot and throw out of the window—might with advantage be appended to most of them.

How Time Is Wasted.

"I am convinced that there is a most abominable and idiotic waste of time in connection with this subject in all our well-to-do establishments. If the pleasure given bore any proportion to the expenditure of time and labour, there might be some sense in the matter, but it doesn't. Fancy a small household of five or six persons requiring a cook—i.e., a person engaged all day long in preparing food for them. Is it not out of all reason?

"The orthodox dinner, reduced even to its lowest terms, involves say meat, two vegetables, and a pudding—four dishes, all requiring cooking! The labour this represents per annum, and just for one meal a day, is something fearful. And it is not a comfortable meal; let alone the disagreeable smells involved in its preparation—smells which necessitate sitting-rooms being a long way from kitchens, and houses altogether more extensive and cumbersome than they need be—it is a meal having no centre of gravity; you cannot for the life of you tell the proper proportion these dishes bear to each other.

Just One Dish.

"Would it not be better to have just one dish (like the family bowl seen in the Highland cabins and elsewhere) combining in itself all the needful qualities of nutrition and tastiness, with perhaps a few satellite platters around for any adjuncts or off-sets that might be deemed appropriate? This central dish (the only one requiring immediate cookery), say some

golden-orbed substantial omelet, or vast vegetable pie, or savoury and nutritious soup, or solid expanse of macaroni and cheese, or steaming mountain of rice surrounded by stewed fruit, or even plain bowl of fermenty, would represent the sun or central fire of our system, while around it in planetary order would circle such other viands as would give the housewife a minimum of trouble to provide—chunks of bread and cheese, figs, raisins, oatmeal cakes, fresh fruit, or what not. Here would no second relay of plates be necessary, and victuals which could not face each other on the table would not be forced into spiteful conflict within the man. Even the knife and fork would almost disappear, washing up would become an affair of a few minutes, and the housewife's work before and after dinner would be reduced to a trifle compared with what it is now. For it must be remembered that with this matter hangs the question of women's work. Woman is a slave, and must remain so as long as ever our present domestic system is maintained. I say that our average mode of life, as conceived under the bourgeois ideal of society, cannot be kept up without perpetuating the slavery of woman. It is quite probable that in the mass she will resist the change; but it may have to come, nevertheless."

These are wholesome sentiments which may well be pondered by everyone; for not only among the wealthy, but in almost all classes of society the present-day tendency is to multiply wants and yield to more or less discontentment because they cannot all be satisfied. Not only is woman enslaved by unnecessary cooking and serving, but the digestive organs are injured by the too frequent and too elaborate meals, and the result is physical deterioration. Let us above all things be simple in our eating habits. The observance of this one principle will do much to bring health and happiness.

Banana Toast.—Peel and slice six well-ripened bananas into a dish. Pour over them the cream from a pint of milk and one teaspoonful of sugar. Heat the milk to boiling with a small piece of butter and a pinch of salt, in which moisten four slices of zwieback. Serve with some of the banana on each slice.

MRS. E. E. ANDROSS.

SEASONABLE RECIPES.

BY LAURETTA KRESS, M.D.

Baked Potatoes.—Select uniform-size potatoes, well washed, and dry. Place in a moderate oven. Bake one hour. Just before serving, press them to allow the steam to escape, and they will be quite ready. Serve with brown sauce.

Mashed Potatoes.—Wash good potatoes, wipe dry, and pare thin. Put into a steamer, or boil in a small quantity of water. If boiled they should be lifted from time to time with a fork, so that they will boil evenly. No water will be left to drain away. Mash, and season with a half cup of milk. Add salt to taste, beat thoroughly with a fork until they are light and white. Serve at once.

Potato Stew with Nuttose.—Prepare the nuttose by cutting in small pieces or slices, and putting to stew in a sufficient amount of water to cover it an inch deep. Stew slowly for an hour or more. When nearly done, add some thinly sliced potatoes, and cook together until the potatoes are tender. There should be enough liquid in the nuttose so that additional fluid will not be needed for the potatoes. Salt if desired and serve.

Baked Beets.—Beets are far sweeter baked than boiled. Wash, and wipe dry, place in a stone jar on some moistened straw, and bake several hours. They can also be baked as potatoes on the oven grate. When done, slice, or chop fine, and serve with sour salad dressing or juice of lemon.

Stuffed Potatoes.—Bake nice, large potatoes until well done. Cut off one end, remove the pulp, and mix with one-third nuttose and a little chopped onion, salt to taste. Fill the potatoes with this mixture and serve at once. Tissue paper cut in scallops, or fringed, surrounding the potatoes aids in holding them when eating, and also makes them attractive on the table.

Brussels Sprouts and Steamed Potatoes.—Clean one pound of sprouts carefully, letting them stand a while in cold water. Pare one and a half pounds of potatoes, and put all together into a steamer. Let them steam steadily until well done. When done, remove from the steamer, mash, and add one tablespoonful of cream. Mix together well, and add salt. Bake, or return to the steamer until ready to serve.

Vegetable Pie.—Take one cup of chopped carrots, one cup of finely cut French beans, one teaspoonful of nut butter, two cups of sliced potatoes, and a small piece of parsley or onion. Stew all together in as small an amount of water as possible, to retain the salts, until done; add salt. If too thin, a few zwieback crumbs can be added to thicken. Turn into a baking-dish and cover with mashed potatoes, freshly prepared, having been boiled in a very small quantity of water, or steamed so that there is no water to drain off. Smooth over the top, place in the oven to brown, and when done garnish with a few sprigs of parsley, and serve.



AN OUTDOOR GYMNASIUM; BATTLE CREEK SANITARIUM.

TRUE TONICS AND HOW TO TAKE THEM.

BY FRANKLIN RICHARDS, M.D., C.M.

FOR the relief of "that tired feeling" which at this season takes possession of a large proportion of the people, it is not at all necessary to take numerous bottles of "spring tonic" of unknown composition and questionable worth. Apparently it is not yet well understood that it is quite as impossible for wood alcohol and other poisonous chemicals to be good or to do good, because some alluring name is applied to them, as it would be for a serpent to be blameless and harmless because its name had been changed to "turtle dove." Therefore it may not be out of season to suggest that those who stand ever ready to obey the childish injunction to "Open your mouth and shut your eyes and see what I will give you," try the effect upon health of diverting this stream of noxious drugs down the drain. Remember this: poisons are poisons still, regardless of the number of times they may be called "pleasant" and "safe" by ingenious advertisers who bottle and sell them as the finished products of their consummate skill. Nor do the magic words "scientific remedy," though they be printed with bold-faced type and accompanied by photographs and autographs of "prominent citizens," testimonials of "grateful patients" and "doctor's opinions" enough to fill the entire page of a paper that can be bought for such uses, change a mixture of common drugs worth a shilling a pound into a "wonderful dis-

covery" "worth a guinea a box." It ought not to be necessary to reiterate these self-evident truths to intelligent people, but until our laws regulate the sale of poisons and prohibit the professional advertiser's method of obtaining money under false pretences, it appears to be.

Last month, the article on "Timely Tonics" called attention to the superiority of natural over artificial tonics. Much more might be said of the toxic character of medicinal tonics, as well as of the irrational way in which they provoke the body to expend energy in expelling them. But in order that this article may be thoroughly practical, let us now consider the best ways of taking the best tonics.

The Tonic Air Bath.

Cold air is the powerful tonic that makes sailors hale and hearty. It improves their tone and their colour, and puts a keen edge on the appetite that serves as a relish to common fare. This tonic effect of cool air is well illustrated by the refreshing influence of a current of air when one is oppressed by heat, by the vivifying action of fanning which is in vogue in all hot countries, or by the stimulation of a bracing sea breeze.

It is said that Benjamin Franklin was an enthusiastic advocate of the air bath, and that he was one of the first of modern philosophers to call attention to its value.

His method of employing this tonic was very simple. It consisted in exposing the skin to the action of the air by removing the clothing and walking about in his apartment. This form of air bath corresponds to the immersion water bath. Its effect depends upon its duration, the temperature of the air, and its rate of movement. The best effects are obtained by means of vigorous rubbing combined with exercise. The bare hand should be used, and when it is cold the results are even better than otherwise, while the hand itself is warmed in the process. The rubbing should be made *hard work*, and should be continued until the skin is smooth and warm, which should be within one or two minutes. The order of the procedure is as follows:

With the palms of the hands placed firmly against the chest begin by rubbing briskly up and down the front and sides of the trunk from the neck to the hips. A dozen or two long, gliding strokes, made with lightning-like quickness, will suffice to smooth "goose flesh" and bring warm blood to the surface. The shoulders and arms should next be rubbed alternately, the same long, firm, quick strokes being used. Then the hips, and as much of the back as can be conveniently reached, the thighs, legs, hands and feet. Try to give two dozen full strokes over each of these parts in the order named in thirty seconds or less. Then repeat again and again. Of the two minutes allotted to the rubbing part of the bath a half-minute still remains. This time may most profitably be spent in briskly see-sawing the coarser skin of the back with a very rough, dry towel. This dry towel rub may be extended, if need be, to the rest of the surface as well. In the case of the really feeble, the rubbing may be done all or in part by an attendant, succeeding portions being uncovered and rubbed as above. But all who can should do the rubbing themselves, for the active exercise contributes much to the tonic effect of the bath.

If the room be cold, or if unaccustomed to air baths, it is best now to quickly dress and take a brisk walk or a ten-minute run out-of-doors, meanwhile holding the chest well up, breathing deeply in through the nostrils and blowing out through either the

mouth or the nose. In this way the lungs are thoroughly aired, the blood cleansed, and the tonic applied *inside*.

But as one is gradually weaned of the habit of wearing clothes, larger doses of this tonic may be taken. That is, the unprotected skin may be exposed to the action of colder air, or air in more rapid motion, for longer periods of time. When this is done a pair of trunks may be donned, and the rubbing followed by vigorous arm trunk and chest gymnastics, running, and jumping in place, etc. These exercises may be taken indoors, or in an outdoor gymnasium, screened off and fitted up for the purpose on the roof or elsewhere. If indoors, the windows should be well lowered to keep the air moving, for stagnant air, like other unseen foes, is more to be feared than evident evils, like stagnant water, for example. Especially should impure air be avoided during the deep breathing produced by exercise. Still air very quickly becomes foul.

There are other ways of taking the tonic air bath. Horseback-riding, cycling, and boating owe their exhilarating influence largely to the action upon the skin of rapidly-moving currents of air. Participants in outdoor games in which little clothing is worn are practically swimming in air, and many are made more robust and relieved of their morbid dread of draughts by motoring. Carriage-riding is a mild form of tonic air bath.

The tonic effect of the air bath may be increased by the use of mechanical means of setting up currents of air. The electric fan may be used for this purpose. Or the hands may be dipped in alcohol or cool water; thus the skin will be moistened and rapidly cooled by evaporation, and may afterward be well dried by means of a Turkish or other rough towel.

The air bath may well be combined with the sun bath, and should be taken after all forms of water baths, especially warm baths, to thoroughly dry and restore the tone of the skin, thus preventing cold-catching and chilling. It is most conveniently taken on rising and before retiring. It is useful alike in preventing and curing disease. It trains the body to protect itself and to keep itself warm. Thus by taking this tonic twice daily for

a few weeks the over-clothed, coddled man may train himself to be quite independent of clothing for a half-hour in the twenty-four, and much less dependent upon artificial warmth at all times. This indicates that he is a hardier, better, more natural animal, which is further attested by improved appearance, digestion, circulation and appetite, with correspondingly increased physical, mental and moral efficiency. Equally good results are obtained when this excellent tonic is employed by anæmic young women, sickly students or clerks, delicate children, and the various

other classes of semi-invalids so rapidly being produced by modern conditions of life.

It should be observed in conclusion that, in order to get the greatest good out of natural tonics, artificial tonics must be discarded, and a natural, well-ordered life should be lived. And it is a noteworthy fact that when true tonics are rightly taken the demand for false tonics soon ceases.

More about tonics next month. Heart tonics will be compared, the best ones selected, and directions for using them given.

THE NURSING OF INFANTS.

BY EULALIA SISLEY-RICHARDS, M.D.

IT is no insignificant fact that several million pounds are spent annually in Great Britain for artificial infant foods. The relation of this fact to the alarmingly high infant mortality is now clearly recognised by those who have the nation's good at heart. It has been stated by a prominent investigator that "of the 150,000 infants who die annually in this country in the first year of life three-fourths have been fed artificially. In France the mortality of suckled children is eight per cent., and that of hand-fed children is sixty-one per cent.

When a baby is deprived of its natural food, one of three factors is usually responsible. Among the poorer classes *poverty* is usually pleaded. Either the conditions are such that the mother is compelled to toil all day in a factory, or else, because of poverty, the mother herself is ill-fed and so is unable to nourish her offspring. How to better these unfortunate conditions is too large a subject to be considered in this article except to suggest that it might be better if charitable or municipal corporations would give less attention to the artificial feeding of infants and more to the proper feeding (and education) of mothers.

Among the middle and upper classes the reasons for artificial infant feeding are usually two. Either the mother is so weakened physically by some wasting disease or by incorrect habits of life that she *cannot*, or else she is so lacking in natural affection and the proper apprecia-

tion of her maternal duties that she *will not* nurse her infant. The woman who regards her social obligations as of greater importance than the rearing of her children forfeits her right to motherhood. Since it is almost impossible to prepare an artificial food which in every way conforms to the natural product, the mother who could nurse her infant but will not does her child a great wrong. She who fain would nourish her baby but cannot is to be pitied since she is deprived of the truest and sweetest joy of motherhood.

Still there is much which the prospective mother may do to enable her to nourish her infant in the natural way. In addition to the general health principles which should be faithfully carried out during all the months of waiting, special attention should be given to the breasts during the latter weeks, massage being employed daily. This the woman may easily do for herself by grasping the breast with both hands and rubbing with a gentle but firm alternate circular movement, until the breast is glowing with an increased blood supply. This treatment increases the power of the glands to secrete milk as does also the employment of the alternate hot and cold compresses which may be used in obstinate cases. Great care must also be taken to see that no article of clothing makes pressure upon the chest. The failure of many mothers to secrete milk is doubtless due to the long continued wearing of the corset which constricts the chest and

almost invariably brings pressure to bear upon the mammary glands.

Then, too, special attention must be given to the mother's diet during the nursing period. Her food should be simple and nourishing and should include a fair quantity of semi-liquid preparations such as oatmeal and other gruels. These gruels may be made with milk or with part milk and part water. Those who cannot take milk may find malted nuts a good substitute. All indigestible articles should be avoided as the taking of such would not only disturb the mother's health but the infant's as well. In addition to the gruels taken at mealtimes, an abundance of water should be taken at proper intervals between meals. Barley or oatmeal water may be taken if preferred. Tea, coffee, and other stimulating drinks are much better left alone. This applies especially to stout and other alcoholic beverages which are not only unnecessary but quite objectionable for the nursing mother and for the infant who must suffer secondarily. It is very necessary that the nursing mother take some outdoor exercise daily.

But there are a few mothers (and only a few) who in spite of every care are still unable to nurse their infants. Such must

find some artificial food for the little ones. The question at once arises, What food shall be selected for the baby? Shall one of the numerous proprietary foods be chosen, and if not, why not?

While some of these prepared foods may serve very well for an occasional child, most of them are open to serious objections.

Some of them contain fairly large quantities of starch, a food element which young infants are wholly unprepared to digest. Others prepared from milk do not always contain the full nutritive value of milk, hence do not properly nourish the child. Mothers should be cautious against the use of the cheaper brands of condensed milk as an infant food, for when it is diluted according to directions it is quite deficient in cream and usually in the bone-forming elements as well, so that it constitutes a very imperfect food. Babies fed upon it may grow stout, due to the large percentage of sugar contained in the food. At the same time the bones may not be properly developed, and other symptoms of rickets may appear.

The more expensive brands of condensed milk which contain the full cream would not be open to these objections.

FOOT- AND LEG-BATHS.

BY ALFRED B. OLSEN, M.D.

SOAKING the feet in hot water may not appeal to one as a very effective hydro-pathic remedy, because of its simplicity. Nevertheless, it is a very useful procedure, and capable of producing much good. Either a wooden or metal tub may be used. A large pail would answer very well for a leg-tub and a good-sized basin for a foot-tub if special tubs cannot be had.

General Directions.

The technique of either a foot- or leg-bath is exceedingly simple, and there must be few if any homes where either one could not be given. It is well to provide a warm, comfortable room for the treatment. This is especially necessary when hot baths are given. Also provide plenty of hot and cold water, plain and rough towels and sheets and blankets. The

patient is usually undressed and wrapped in blankets to maintain warmth. If a hot bath is given, a cold compress must be applied to the head as shown in the illustration. This is helpful in preventing fainting if the patient is inclined to such attacks.

A jug of hot water or lemonade for drinking is also recommended.

The Cold Foot-Bath.

This is not a common procedure. The duration is necessarily brief, from a few seconds to five minutes, and the temperature from 50 degrees to 70 degrees Fahr. Enough water is required to completely immerse the feet. A depth of four inches would be ample.

During the progress of the bath the feet are rubbed vigorously by an attendant, and



FOOT- AND LEG-TUBS.

on removal from the water they are dried briskly. If the bath has been a success, the feet should glow with a warmth that will last for hours.

It is important to note that the feet should always be *warm* to begin with. A cold bath is not the proper thing for feet that are already cold and damp. Exercise, and especially a brisk walk, is a good means to procure this preliminary warmth.

The cold foot-bath is a tonic measure suitable for improving a poor circulation. Consequently it is good for cold feet and sweating feet, with or without a foul odour. To be of much value it should be taken daily.

The Hot Foot-Bath.

This is one of the most common forms of hydropathic treatments. The temperature of the water should be about 102 degrees Fahr. to begin with, and then gradually raised to 115 degrees, or even 120 degrees by the addition of boiling water. The bath may be brief, or continue twenty to thirty minutes, or long enough to cause free perspiration.

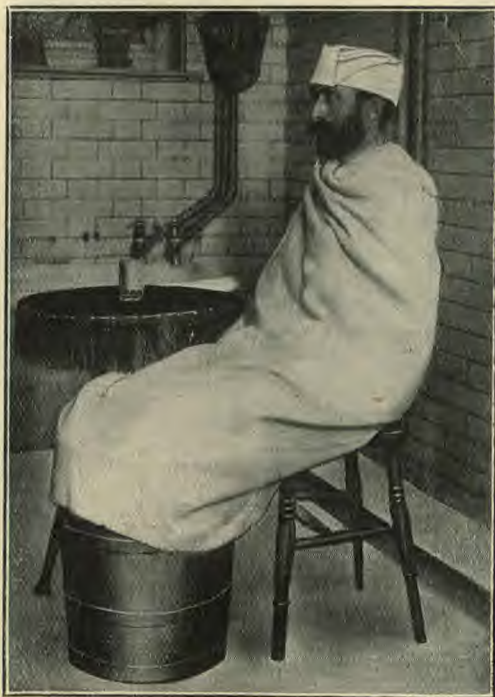
The patient sits in a chair with feet in the hot water. Blankets are so disposed as to prevent chilling.

The effectiveness of the bath is augmented by the drinking of hot water while soaking the feet. By this means a very free perspiration is soon induced, and then the bath ends.

The feet receive a dash of cold water, or they are dipped in cold water before drying them. The next step is to administer a tepid or cold sponge or a cold mitten friction to the entire body, followed by a thorough drying.

Uses of the Hot Foot-Bath.

The general effects of a hot foot-bath are very similar to those caused by a hot immersion bath, but on a much smaller scale. It is a good derivative measure, and helps to equalise and balance the circulation. The blood-vessels of the lower extremities are dilated, and this relieves congestion of the brain and other internal organs. It is a capital treatment for neuralgia or gout of the foot, or a sprained ankle, and may be taken twice a day in any of these cases.



HOT FOOT-BATH.



ARM-BATH.

A hot foot-bath, with or without fomentations, makes an excellent treatment for a common cold, especially in the early stages. Given sufficiently early it even acts as a preventive measure, if there has been chilling of the feet from cold or moisture.

Alternate Hot and Cold Foot-Baths.

Two foot-tubs are required. Soak the feet in hot water first, for three minutes, and then transfer them to the cold water (50 to 60 degrees Fahr.) for half a minute, after which they are returned to the hot water. Repeat from three to six times, and finally dry the feet from the cold water.

A cold compress is applied to the head, and the patient is kept warm by well-adjusted blankets.

Chilblains, cold feet, sweating, and other results of poor circulation of blood in the lower extremities, are all relieved by this simple treatment.

Hot Leg-Bath.

For this purpose a deeper tub is required than for a foot-bath. The water should cover the calves of the legs. Otherwise

the general directions are the same concerning time, temperature, etc., as those already given for the hot foot-bath.

The hot leg-bath has a more powerful effect upon the circulation, since a larger part of the body is exposed to the hot water. It will relieve congestion of the lungs, stomach, and other internal viscera. Experience has shown it to be a valuable remedy for certain forms of sleeplessness.

The Alternating Hot and Cold Leg-Bath.

This is a far more vigorous measure, and has powerful effects upon the circulatory organs. It is a useful treatment for varicose veins of the legs, and can be taken two or three times a day to advantage. It is also used to stimulate healing of the indolent ulcers that result from long-standing cases of varix.

Arm- and Hand-Baths.

These simple and useful measures are, obviously, so well understood as not to require detailed instructions. The water should be as hot as can be borne without burning, and more boiling water added from time to time. Felons, sprains of the elbow or wrist joints, chronic ulcers, burns, bruises, and similar disorders may be relieved and often healed by the use of hot water.

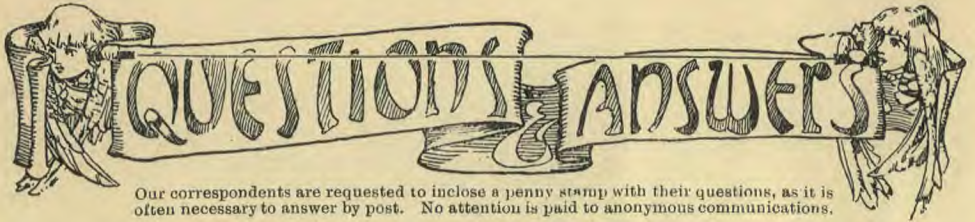
In treating a burn, the continuous bath with a neutral temperature (92 to 97 degrees Fahr.) is recommended.

It is interesting to note that a cold hand-bath is very effective in checking nose-bleed. This action is brought about reflexly through the agency of the nerves. Hæmorrhage from the lungs is also retarded by the same procedure.

Mrs. Oldtimes.—"These new notions about sterilising milk and boiling water to drink are all nonsense. They make a heap of work all for nothing. I had eleven babies, and I ought to know something about it."

Young Mother.—"And did your children all grow up to maturity?"

Mrs. Oldtimes.—"Two of them did."—*Brooklyn Life.*



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

Breakfast Fat.—T.F.: "1. What fat would you recommend for the breakfast meal? 2. How large a quantity would be suitable for an adult?"

Ans.—1. Olive oil, Bilson's Coconut Butter, almond or walnut butter, or some other vegetable oil. 2. About half an ounce.

Frame-Food Jelly.—B.B.: "I shall be glad to know if you can recommend Frame-Food Jelly as a wholesome and nourishing substitute for home-made jam."

Ans.—Yes. It is an excellent food, and more wholesome and easily digested than any form of jam or marmalade.

Eczema—Sleep—Physical Culture.—R.H.M.: "1. What treatment would you recommend for eczema? 2. What can I do for varicose veins of the legs? 3. What quantity of sleep do you consider sufficient for a man of thirty-four? 4. Can you recommend a course of physical culture training that would be beneficial in building up and strengthening the system?"

Ans.—1. If the skin is dry and inclined to crack, rub in a little pure vaseline or coconut butter. Avoid the use of hard water and irritating soaps. Oatmeal or bran water would be preferable to ordinary water for the toilet. Adopt a uric-acid free diet. 2. Take an alternate hot and cold leg-bath. 3. Seven or eight hours. 4. The exercises furnished by the Good Health School of Physical Culture are calculated, not only to improve muscular development, but also to build up and strengthen the entire system.

Cold Feet—Fingers Chapping.—"Derbeian": "1. Can you suggest a remedy for cold feet? 2. My fingers crack at the ends and are very painful in winter. What would you advise?"

Ans.—1. This condition is probably due to poor circulation. Take the alternate hot and cold foot-bath daily, as follows: Place the feet in as hot water as can be borne for three minutes, then in cold for half a minute; repeat back and forth five times, finally drying them after being in the cold water. Wear warm woollen hose, which should be changed often if there is a tendency to moisture. Take up a course of physical culture, such as provided by the Good Health School. This will improve your circulation generally, and bring about a more equal distribution of the heat of your body. 2. The hands might be treated in the same way. After drying rub in a little olive oil. If the water you use is hard, use rain water or oatmeal water for washing purposes, and only a mild soap like M'Clinton's.

Consumption.—W.H.A.: "I am twenty-three years of age and have been struggling hard against consumption for six years, but, so far, have only succeeded in preventing the disease from advancing beyond the early stage. 1. Can you give me, please, a few suggestions as regards diet and bathing? 2. Do you think complete recovery in this climate possible? 3. What other places would you recommend?"

Ans.—1. See November and December 1903, and January 1904, numbers of GOOD HEALTH, dealing in full with this disease. 2. Yes, under favourable circumstances. 3. The highlands of Scotland, the south coast of England, the Isle of Wight, and, on the Continent, Switzerland. A moderate altitude is better than a very high one. Davos, St. Moritz, and Arosa in Switzerland, are regarded as excellent resorts for consumptives.

Asthma.—"Anxious": "I have a friend who suffers badly from asthma. He has spent a lot of money on different specialities that have been recommended to him, but to no good purpose. He has recently been recommended to wear a row of beads made of amber round the neck as a cure. He is anxious to try this to see if there is any possibility of a cure. Will you kindly give your views on the matter?"

Ans.—Faith in a row of beads must be regarded as mere superstition. See GOOD HEALTH for February, 1904, which gives particulars as to the diet and treatment of asthma. Avoid all quack nostrums and medicines advertised in the public press.

Liquozone—Skin and Face Food—Harlan's Massage Cup.—S.H.: "1. Would you advise taking Liquozone for catarrh of the stomach? 2. Do you know anything of Harlan's Massage Cup, as advertised in GOOD HEALTH? 3. I have lost flesh greatly, and my face has become terribly thin. Would skin foods be of any service and, if so, could you recommend a good face food?"

Ans.—1. No, we cannot recommend Liquozone or any of the numerous quack nostrums, and remedies advertised in the public press. If you require any medicine, get a prescription from your family physician. 2. The Cup is a useful little article in giving massage to the face, and ought to be serviceable to you. 3. There are no skin and face foods *per se*. You should adopt a liberal non-flesh diet, as advocated in GOOD HEALTH from month to month. At the same time, do not fail to take up some rational course of physical culture, and see that your rooms are well ventilated both day and night.



**Caterham Sanitarium and
Surrey Hills Hydropathic.**

Caterham, Surrey.

(Affiliated with the Battle
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THE location is delightful, being about 450 feet above sea level, in the beautiful valley of Caterham, surrounded by the picturesque hills of Surrey; the air is pure and bracing, and the water excellent. Situated within five minutes' walk of the Caterham Station, on the S. E. Railway, with an hourly service of trains from Charing Cross, Waterloo, Cannon Street, and London Bridge, the Institution is remarkably easy of access, while it is sufficiently far from London to be out of range of the fogs and smoke of the metropolis. The treatments consist of

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MASSAGE AND MANUAL SWEDISH MOVEMENTS,

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DAILY DRILLS IN PHYSICAL CULTURE.

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For further information, rates, etc., apply to . . .

THE SANITARIUM, CATERHAM, SURREY.

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GOOD HEALTH

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

.. EDITED BY ..

ALFRED B. OLSEN, M.D.

M. ELLSWORTH OLSEN.

(Managing Editor.)

Address all business communications to

GOOD HEALTH, 451 Holloway Road, London, N., and all editorial correspondence to the Editors, same address. Telegraphic Address: "Uprising, London."

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Indian Edition: Yearly subscription, post free, Rs. 2. Indian Office: GOOD HEALTH, 39/1 Free School St., Calcutta.

West Indian Edition: Price, 3 cents per copy. West Indian Office: International Tract Society, Port of Spain, Trinidad; and Kingston, Jamaica.

S. African Edition: Yearly subscription, post free, 2/6. Office: 56 Roeland St., Cape Town, S. Africa.

"**Popular Delusions**" is the subject of an interesting article which will appear in June GOOD HEALTH. It will discuss some of the popular delusions which many people hold concerning health and hygiene, and deal with them in such a way as to bring out the underlying principles of true health reform.

"**The Adulteration of Food**" is the title of an article which will be contributed by Dr. J. J. Bell. In dealing with the adulteration of milk, the doctor gives some practical instruction concerning the detection of various adulterants that are added to milk. He also considers the various adulterants that are used in butter, cheese, bread, flour, sugar, sweets, etc.

Dr. FRANKLIN RICHARDS will continue in June GOOD HEALTH the subject of tonics. The subject of the article will be "**The Best Heart Tonics.**" The heart is perhaps the most important organ of the body, and often requires measures to strengthen its action. Some simple and yet effective measures that will bring this about will be considered by Dr. Richards, and practical instruction given.

The subject of the article on hydrotherapy will be "**Salt Glows and Mitten Frictions.**" These are simple tonic measures that require absolutely no apparatus, and can be taken any place where water can be had. They are efficient means of fortifying the body against cold, and strengthening the action of the various vital organs. The article will be illustrated.

Dr. Sisley-Richards contributes an article on the **Feeding of Infants.** The article is divided into two parts, the first part dealing with the nursing of the child appearing in this number, and the second dealing with the artificial feeding of infants will be published in June GOOD HEALTH. We recommend both of these articles to the earnest attention of all those who have to do with infants. It is well recognised that the great mortality of infants is due largely to unwholesome and wrong feeding. It is the aim of these articles to give sound instruction concerning this most important subject, and we believe that if the principles laid down are practised and followed out, many little lives may be saved.

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For INFANTS, GROWING CHILDREN,
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Purveyors by special appointment to
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PITMAN SPECIALITIES

to the value of 5/- and upwards will be forwarded Carriage Paid to any station in the British Islands. Packing and Cases Free.

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84 pages, illustrated, post free two stamps (with Aids to a Simpler Diet), containing a large variety of new goods including:—

Five Varieties of
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Two New Coffees:—Banana and Alnut,
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The Largest Health Food Dealers in the world.

Mouth tender, teeth uneasy, taste wrong? Can't bite your food, and by taking it down unchewed you get indigestion and make matters worse? Be wise in time! You can prevent decay by removing its cause. Use that best of all dentifrices, ARPAX, a sensible toothbrush, and a glass of water. You cannot help being pleased at the results, and will soon

ENJOY YOUR MEALS.

Arpax, 1/-, sensible toothbrush, 6d., post free. Send stamped directed envelope for our little tract on the Care of the Teeth. Don't put off till to-morrow, write now.

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We have been working for almost two years on this Food which we have named F.R. Nut Meat.

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Send for Descriptive Price List of all our Foods.

A Seaside Home

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Cooking Oils, Pure Olive Oils, Vegetable Soaps.

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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.

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In our

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

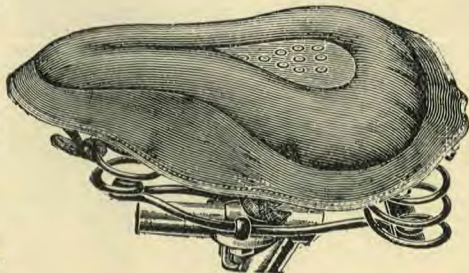
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Birkbeck Works, Birkbeck Rd., Kingsland, London.

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REVIEWS.

"Addresses for Young People," by Charles C. Lewis, President of Union College, Nebraska. Published by the Union College Press, College View, Nebraska, U.S.A. Price, 4/2. The following chapter headings will give a fair idea of the contents: "Christian Manliness"; "Reason, Revelation, and Faith"; "Manual Training in the Public Schools"; "Ideals and Ambitions"; "A Higher Standard of Christian Education"; "Workmen Approved of God"; "The Keeping of the Heart"; "Habit and Education." The book is attractively got up and contains much helpful advice, the author being a genuine friend of the young people.

"A Smoking Disciple," is a little tract published by R. J. James, 3 and 4 London House Yard, Paternoster Row, London, E.C. It deals with the subject of tobacco-smoking in a simple and comprehensive manner that cannot fail to be interesting to anyone. It contains several quotations from the great throat specialist, Sir Morell Mackenzie, one of which we quote as follows:—

"In considering the evils produced by smoking, it should be borne in mind that there are two bad qualities contained in the fumes of tobacco. The one is the poisonous nicotine, and the other is the high temperature of the burning tobacco. The cigarette, which is so much in vogue nowadays, is most certainly the worst form of indulgence, people being tempted to smoke all day long, and easily accustoming themselves to inhale the fumes into their lungs, and thus saturating their blood with the poison."

We bespeak for this tract a wide circulation, and would like to see it in every home in the kingdom. Price, 3d. per copy.

We have recently received from the Lads' Anti-Smoking Union a neatly printed card dealing with the evil effects of smoking on the young. There is a brief description of the tobacco plant and the powerful poison which it contains, *Nicotine*. Then follows a striking statement of the effect of nicotine upon the blood, the nerves, the heart, the muscles, the lungs, the senses, the brain, and other organs of the body. Under the senses it is stated that the habit of smoking weakens:—

(a) *The Sight*, by deadening the nerves of the eye.

(b) *The Hearing*, by the entry of smoke (through the mouth) into the main tube of the ear.

(c) *The Taste*, by damaging the delicate mucous membrane covering the tongue and the palate, which is richly supplied with nerves.

(d) *The Smell*, by injuring the delicate linings of the nasal passages.

(e) *The Touch*, by its hurtful influence on the nerves.

We commend this card to our readers, and we should be pleased to see it distributed widely throughout the kingdom. The price is exceedingly cheap, 1/- per dozen, 7/- per hundred. It can be had from the above Union, Florville, Malmesbury Road, Woodford, London, N.E.

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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.

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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.

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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.

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lies in your children's food.

As a child eats so will it grow up.

Feed the family with *right* food. Wrong food now means a partially ruined life. The wheat phosphates in Frame-Food Jelly will build up your son's strength and your daughter's health; give ground-work to both to grow upon. Have it on the table at every meal. It's nicer than jam. Remember in it you get the phosphates lacking in white flour.

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Send three penny stamps for postage on free 5 ounce trial jar.

**FRAME-FOOD, The Famous Factory,
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- 1 lb. Choice Natural Figs.
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**THE MEAT
OF
THE WHEAT.**

REYNOLDS'

PURE DIGESTIVE WHEATMEAL

**BROWN
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AWARDED 12 GOLD MEDALS.

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A Vegetarian Cycling Club has just been formed in Liverpool, and any of our readers wishing to join may send in their names to the Secretary, Mr. Sydney Holmes, 18 Breck Road, Anfield, Liverpool. There is no subscription to pay.



THE value of *Olive Oil* for massage and friction of the skin has long been recognised. An oil rub is an excellent tonic measure, and is frequently used in the leading sanitariums and hydropathic institutions. But many people object to the rubbing of oil into the skin on account of the greasy effect which is sometimes produced. This is easily remedied by the use of **Olive Oil Soap** known as "Komplxshn," which is one of the most pleasant and mild soaps that we know of. It is made from pure materials, and has a soothing and healing effect upon the skin. Olive Oil Soap can be obtained from "Komplxshn," 4 King's Road, St. Leonards-on-Sea. Our readers would do well to order a box of the soap which can be obtained for 1/3, post free.

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2/- INSURES YOUR COMPLEXION

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For the Face, Neck, Arms and Body.

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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 Book—to any address for 2/1 P.O. (abroad 2/6 M.O.) Address—**HIGHWATER LABORATORY Co., 5-54 Exchange Building, Southwark, London.**



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THE MOST COMPACT, SUBSTANTIAL, and SERVICEABLE NEBULISER MADE.



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It is provided with superior rubber tubing and bulb, the latter being fitted with an improved ball valve. Balsams and all other preparations can be freely used without any danger of clogging.

The vulcanised mouth and nasal tips, as well as the bulb are readily detached, and thus easily cleansed.

The outfit is a complete one for treating catarrh of the nose, throat, or bronchial tubes. Full directions as well as a bottle of medicine suitable for treating catarrh go with each instrument.

Price for the Outfit, 10/6.

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An article on Bread and Bread-making, with numerous recipes for bread, cakes, biscuits, etc., all of which can be successfully made without the use of baking powder or other chemicals.

A set of thirty menus, one for each day in the month, giving suitable recipes, with quantities for one person only, at an average cost of 4d. to 6d. per meal.

A number of recipes for invalid cookery, etc., etc.

The Price is 1/-, and it is published by the Natural Food Co., Ltd., 305 Cambridge Road, Bethnal Green, London, E. If unable to obtain, will be sent post free on receipt of remittance.

"GOOD HEALTH" STORES,

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Conducted by **MISS N. MUSSON.**

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

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**THE BEST
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FOR ALL COOK-
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THE HEALTH FOOD STORES FOR EVERYONE.

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Cookery Exhibition.

At a meeting held by the council of the Universal Cookery and Food Association it was resolved to hold the seventeenth Exhibition at the Royal Horticultural Hall from November 27th to December 1st next. A committee has been formed of competent members of the cookery and confectionery and the catering trades, in order to carry out the scheme, of which Mr. Isidoro Salmon, general manager of Messrs. J. Lyons & Co., Ltd., was elected chairman.



GOOD HEALTH GIRLS.

OUR Good Health girls will be delighted to know that arrangements have been completed to supply them with a hygienic bodice that cannot fail to ensure comfort and at the same time give entire satisfaction. The bodices are beautifully made of an excellent grade of sateen, and are exceedingly comfortable, convenient and durable. They allow a natural development of the chest, which is of great importance to the growing girl. They do not interfere with deep breathing in the slightest degree, and permit of physical culture exercises being done with ease. All girls who wish to obtain a natural development of the body and a strong constitution should wear these bodices. For particulars address the Good Health Supply Department, 451 Holloway Rd., London, N.

REAL Vegetarian Soaps.

"It is Nature's Soap."—Prof. Kirk (Edinburgh).

M'Clinton's high-class Toilet and Shaving Soaps are made from the natural salts of plants and pure vegetable oils only. They are free from the irritating effect on delicate skins, which soaps made from caustic soda produce. Dr. Kirk says:

"There is something in the composition of this soap which makes it astonishingly curative and most agreeable to the skin."

Dr. Chavasse, in his celebrated, "Advice to a mother," writes under "Washing Baby," "It will be necessary to use soap—M'Clinton's soap is the very best for this purpose, being less irritating to the skin than the ordinary soap. It is made, without caustic soda, from the ash of plants, and never causes smarting."

The Only Shaving Soap which is Made from Vegetable Oils Only.

Samples of Toilet, Shaving, Tooth and Household Soaps on receipt of 3d. for postage. (Mention this paper.)

D. BROWN & SON, LTD.,
DONAGHMORE, CO. TYRONE, IRELAND.

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. **Sd. PER POUND**, carriage forward. Send 6d. at once for large sample packet, post free.

Ask for new price list.

T. J. BILSON & Co.,
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NO ADULTERATION!



IN these days of widespread **adulteration** of food, disease-producing, chemical, and other injurious elements, with shortening, preservative, and colouring properties, also animal products, are commonly used, and **absolutely pure foods** are extremely **rare**. This is the reason for our existence in business, and if you have not tried our **Health Foods**, which are entirely free from all the above-mentioned injurious elements, we earnestly advise and invite you to **try them**.

GRANOSE FLAKES, loose or in biscuit form, consist of the entire wheat berry, subjected to hours of steaming and baking, ready for use. Packet,.....7½d.

TOASTED WHEAT FLAKES, the same sweetened with malt honey, nature's health sweet. A most delicious breakfast dish, which can be served hot in two minutes. Large packet,.....8d.

AVENOLA.—A choice combination of ready-cooked grains. For porridge and puddings. 1 lb.,.....7d.

NUT ROLLS.—A very nutritious and toothsome biscuit in the form of thin rolls. Just the thing for luncheon. Should take the place of fermented bread on every table. 1 lb. box,.....5d.

WHOLE WHEATMEAL BISCUITS.—Sweet or plain. 1 lb. box,.....5d.

GLUTEN MEAL (wheat extract), a highly nourishing and easily digested product. Makes superfine gruel or porridge in one minute. Is a luxury for the well, a necessity for the sick. Excellent for children. Per lb. packet, 20%, 10d., 40%,1/8.

NUTTOSE.—A pure product of nuts. Can be stewed, baked, or prepared in any way to suit the taste. It is a perfect substitute for flesh meat. In 1½ lb. tins, 1/4; 1 lb., 1/-; ½ lb.,.....8d.

BAKED BEANS, with Protose and Tomato Sauce. A savoury dinner dish. 1½ lb. tin,10½d.

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

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

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

CARAMEL CEREAL.—A substitute for tea and coffee, fragrant, healthful, and easily made. 1 lb. canister,.....10½d.

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

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

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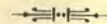
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