

OFF ON A SHOPPING TOUR IN TOKIO.

Good Health

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

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Editorial Chat.

Death by Poisoning.—According to the Registrar-General's report for 1904 there were 1,156 deaths due to poisoning. Of these 520 were due to accident, 628 to suicide, and 8 to murder. 161 of the accidental deaths were caused by the use of anæsthetics, chloroform leading with 92 deaths. Lead poisoning caused 13 deaths.



Beer and Tea Consumption.—According to a report of the Board of Trade recently published, the consumption of beer per head of the population of the United Kingdom for 1904 was 28.8 gallons, and of tea 6 lbs. For the same period New Zealand consumed 9.4 gallons of beer, and 6.96 lbs. of tea per head, and Natal, 0.2 gallons of beer, and 2.28 lbs. of tea.



Insanity in Ireland.—In 1901 there was one insane person out of every 178 persons in Ireland. Twenty years previous, or 1881, the proportion was one in every 281, and forty years ago, in 1861, one in every 411 of the population. This is a startling increase in lunacy that calls for most thoughtful and serious consideration. It is believed that heredity and strong drink are the principal causes for this alarming state of affairs. There are other conditions doubtless that also contribute to the increase of insanity. It seems that large numbers of the working classes live almost exclusively upon tea and white bread, which is certainly an inadequate diet, and must result in physical weakness, and lay the foundation for mental disease.

Salicylic Acid in Jam.—Although salicylic acid is used more or less frequently for the purpose of preserving various foods, very few people would expect to find it in jam. While we do not recommend jam, still if it is made properly there ought to be no need whatever for a preservative. The use of salicylic acid in jam, as revealed in a recent law court trial, will cause the public to hesitate in the future when buying their jam. Indeed, it is getting to be very difficult nowadays to obtain any kind of preserved food that does not contain more or less of harmful preservatives.



Deformities Cultivated at School.—If your child is going to school, there is something more important to watch than the marks his teacher gives him. Note the physical effects of school life. Consider whether the child is holding his own here, or is losing ground. Researches made recently by Dr. Scholderm, of Lausanne, Switzerland, indicate a very widespread prevalence of spinal curvature among school-children. Out of 814 children examined, nearly twenty-five per cent. were found to have lateral curvature of the spine. It was further noted that the longer the children had been in school the greater the curvature. Badly constructed seats and too long study hours are doubtless the main causes. The education of children and youth as at present carried on is decidedly lacking on the score of body-training. Education ought to be preparation for life: not merely a narrow, one-sided mental training.

Tea Victims.—"Tea has undoubtedly its victims as well as alcohol," writes the *Lancet*, "though we think that it would be absurd to say that the former beverage shares with the latter any serious connection with crime. Both, of course, may easily be sources of disturbance to health, and immoderate tea-drinking is, in one sense, just as physiologically sinful as drinking an alcoholic beverage to excess. Alcohol is, of course, a more insidious poison than tea, and its effects are more drastic and perceptible. Nevertheless, tea may be equally stealthy in disturbing functional equilibrium."



A Broader Platform for Temperance Reformers.—The foregoing clear statement of facts should have weight with temperance reformers. We do not mean to suggest that any less effort should be put forth in the warfare against alcohol, but due recognition should be given to the broad physiological laws underlying right living and as far as possible the temperance campaign, so far as it is of an educational character, should be directed against all narcotics. Such an attitude would greatly strengthen the cause of total abstinence by giving it a consistent physiological basis which, in some measure at least, it must be said to lack at present.



Tea as a Source of Disease.—The *Lancet* goes on to say that "as a factor in disease excessive tea-drinking is very often overlooked, and it does not occur to many persons that tea may be the source of their trouble. At any rate, when the abuse of tea in such instances gives place to the drinking of it in a rational manner and in moderate quantities the common symptoms of disturbance of the gastric function, such as flatulence and irregular action of the heart, and of the nervous system, such as tremulousness and excitability, disappear." This is very true; it is also true that in many cases these unpleasant symptoms persist until the strictly rational thing is done by dispensing altogether with the harmful beverage. We must maintain that tea has

no proper place in a healthy person's diet. It is a drug, and not in any sense a food. It should not be taken at meals because it hinders the digestion of the starchy foods; it is dangerous to take between meals, because then its baneful effects upon the nervous system are the more marked.



Tea and Alcohol.—Of course, tea is most harmful when taken strong. As the *Lancet* says in closing, "in poor families, where the teapot is always on the hob and the worst qualities of the leaves are thoroughly extracted, the inhibition of the poisonous stew being indulged in all day, the effects on the health have many points in common with those arising from the alcohol habit. Such persons are, as a rule, ill-nourished, tea often being taken to stay the pangs of hunger, they are confirmed dyspeptics, gastric ulcer is common amongst them, and their nervous system is seriously affected." Evidently with so many dangers threatening the tea-tippler, tea must be an excellent thing to let alone.



"Face Massage for Men."

—A recent number of the *Medical Press* contains the following paragraph under the above title which we take pleasure in quoting:—

"Vain and silly women have not hesitated to open their purses to the gang of face specialists and beauty restorers, who delude them with hopes of removing wrinkles and rejuvenating complexions that are seared by the hand of time. A similar trap, we understand, is now being laid for the peacocks of fashion who combine the form of men with the attributes of the least desirable women. A further bait is offered by the announcement that face massage brings alertness and brightness to the mind, and that the mental faculties are increased in activity by the practice. What is certainly true is that the class of person who believes such twaddle needs a good deal more mental alertness than he is likely to get from face massage, or any other process that we are acquainted with, and that the 'mug-catchers' who fatten on such deception should receive their deserts."

Snails as Food.—Under the above heading the *Lancet* remarks that snails, which are a fairly common article of food in Spain and France, have been suggested for use in England, and that nothing can be said against the proposal from a dietetic standpoint, this particular mollusc being both nutritious and tasty. Compared with the oyster it is found to contain about one hundred per cent. more nutritious substances. Doubtless it would be less liable to sewage infection than the luscious bivalve, and that must be set down in its favour. For ourselves, as long as the supply of wholesome fruits, cereals, nuts and vegetables holds out, we prefer to do without both these questionable luxuries, and a lot of others like them, such as birds' nests, angle worms, and white mice dipped in honey, all of which have their ardent defenders.

A Solution of the Housing Question.

—The Garden City Association recently held a meeting with Mr. James Bryce, M.P., in the chair, at which the problem of our too rapidly growing cities was thoroughly discussed. A paper was read by Mr. R. Neville, K.C., on "Garden Cities as a Solution of the Housing Question." The writer pointed out some of the dangers accompanying the excessive growth of our cities, and made a comparison of the housing facilities provided at Letchworth Garden City and those obtainable in London or its environs. Mr. Bryce said that in southeast Lancashire the towns were growing at such a rate that the district was rapidly becoming one great town thirty miles long by some ten miles wide. Carrying people long distances to and from their work involved great economic waste; moreover country life was better morally and physically than city life.

The City of To-morrow.

—A motion was adopted declaring that the present serious overcrowding of our large cities could be relieved by a concerted movement of manufacturers to new areas, "arrangements being made for securing to the people the increased value which

their presence gave to sites." The motion also urged that the new cities should be planned so as to make adequate provision for the individual and social needs of the people, with a view of securing for them the combined advantages of town and country life. It was thought that garden cities of from thirty to fifty thousand inhabitants, would form the ideal manufacturing centres of the future. The garden city movement is one of the most encouraging omens of recent times, and deserves the hearty support and co-operation of all who wish their country well. The secretary, who may be addressed at 345 Birkbeck Bank Chambers, London, will be able to give full particulars to all interested persons.

Medical Inspection for the Schools.

—It is somewhat surprising that Mr. Birrell, in the course of his speech introducing the Education Bill, should have made no reference to the hygienic phase of school life. Surely this is a matter of vital importance, and one concerning which there should be no difficulty in arriving at a general agreement. On the physical well-being of the children now attending our schools depends in no small degree the whole future of the nation. We understand that a deputation from the National League for Physical Education has waited on Mr. Birrell to urge the adoption of a national system of medical inspection of the schools. Such inspection has been in force for some time in parts of Germany and the United States, and has produced eminently satisfactory results. Preventive medicine is without doubt the most valuable kind of medicine, and a little skilled attention when disease or deformity first shows itself, will accomplish more than any amount of medical aid later. Our whole education system would profit by the infusion of enlightened medical sentiment relating to the child's powers of mental endurance, the conditions under which instruction should be given, and the extent and character of the physical training which should be carried on in the schools. Book knowledge and mental culture without physical training is at best an incomplete and unsatisfactory education.



Photo by]

"WHEN THE HEART IS YOUNG."

[A. R. Hogg, Belfast.

GOOD HEALTH PICNICS.

BY MRS. J. W. GILLMOUR.

IN summer time our thoughts naturally turn to the many pleasures to be found in the green fields and shady lanes. At such a time as this we renew our physical and mental health by seeking to live out-of-doors as much as possible, and to those who delight in the ever-renewing graces of Nature there will be joy in the scent-laden blossoms as they tread the highways of the country, wander in the quiet glens, or climb the slopes of some majestic mountain. To hear some song-bird, melodious and fair; to watch the floating clouds in the clear ether, or observe the shadows as they flit across the landscape, is to have the pulse of health in one's being.

"There is never a pathway so dreary
But in it is something to love"

if we can enter joyously into the gifts of life. The summer season is again with us, and with the zest and sweetness of anticipation we plan our picnicking tours which are always a source of great pleasure to the children, as well as to the "children of an older growth."

That we do not spend much of our time in the way suggested is at once admitted; but readers of *GOOD HEALTH* will as far as possible, I trust, spend many gladsummer days in the open—in the old-fashioned way going a-picnicking, and healthily taking the most out of life.

The word "picnic" has a refreshing ring about it. It savours, as I have indicated, of sunny days, green swards, babbling brooks, and the pleasant company of holiday friends. The freedom of the open air on a bright, warm day—what a grand, inspiring thing it is! Then a picnic means fun and a rollicking, novel repast as we circle ourselves with the contents of a hamper, inviting immediate attention, and which, needless to say, is enjoyed with avidity. It is this feast, so different from the form and ceremony attendant at home with paterfamilias presiding, which gives significance to the occasion, and which in reality becomes the "picnic." A picnic suggests freedom from restraint and the duties (for

one day now and then) "of the common round, the daily task," and it is this day amid the buttercups and daisies, the scented heather, and the soft hum of bees, which ever holds a cherished place in the affections of all, especially of the young and happy. The young people simply revel in a picnic away from home, and for many a day to follow it will be a pleasant memory for them.

A picnic invariably promotes healthy hunger. There are hundreds, aye, thousands, whose greatest happiness would be to possess this hunger, but they know not its secret and how to attain it. A very wealthy man felt the inconvenience of a disturbed condition of health, and on consulting his physician was told to take the place of one of his gardeners, and by doing the man's work he would gain the health he sought. Now, it is not given to all to go far from home to indulge in a long day's picnic, but enjoyment may be equally found nearer home. In the case of children the charm of toys soon becomes monotony unless there is variety, and just as the big people can travel far, the younger can be entertained on the lawn or in the garden, and if there be a tent or cover to shelter from possible rain, all the better. The little fairies, I find, are far more easily satisfied in an out-of-door nursery. In fact, in the bright days they should be out-of-doors almost all the time, and they should have their meals given to them in the sweet open air. It is a "picnic" to them. Food will be sweeter to the palate when taken outside; in fact, the novelty of the thing is what makes all the difference. So much for home picnics.

It often occurred to me that it would not be altogether out of place if the hostess, instead of entertaining her friends on "at home" days in a close room, would regale them with a dainty afternoon fruit tea on the grass, provided, of course, that a lawn or lawns are attached to the house. In large towns the garden "at home" is in the realm of the impossible; but there are grassy spots in some places and these should be availed of by their possessors.

There is something quite romantic about a picnic. If the day is fine everyone seems to be full of sunshine, and what with the change of scene, change of menu,

and change of air, one and all really become recreated. We should make it a matter of duty to arrange a series of these picnics every summer. There will be found more health and buoyant spirits in them, and resulting from them, than could be got (as imagined) from all the patent humbugs in the world. To live "the simple life" for one day, if not more, is the finest tonic and beautifier I know of.

Every lady knows how to make up a picnic menu, but it is well to remember that bottled or tinned fruits are always useful. For a real "health" picnic a very pleasing variety of sandwiches, cakes, and fruits, can be made up, but the undertaking will call for a little planning beforehand by the hostess, and some preparation. The food is very important, and will add much to the pleasure of the guests.

Summer is now with us, and may the numerous readers of GOOD HEALTH plan many outings during the season. They will bring new life and health and joy to all.

He Knew Whereof He Spoke.

"Now the season of the green apple has arrived," said the teacher, "and—"

"Yessum," shouted Tommy quickly.

"You should not interrupt me, Tommy, but how did you know about it?"

"I've had inside information, ma'am."

A Child's Advice.

ONE morning a Sunday-school was about to be dismissed and the youngsters were already in anticipation of relaxing their cramped little limbs after the hours of confinement of straight-backed chairs and benches, when the superintendent arose and, instead of the usual dismissal, announced: "And now, children, let me introduce Mr. Smith, who will give us a short talk."

Mr. Smith smilingly arose and, after gazing impressively around the class-room, began with: "I hardly know what to say," when the whole school was convulsed to hear a small, thin voice back in the rear lisp, "Thay amen, and thit down!"

SUMMER CONFIDENCES.

BY M. ELLSWORTH OLSEN.

SUMMER, though it has its drawbacks, is the favourite season of the year with most people. We look forward to it with joy, and we are sorry when it has gone. Nevertheless, owing largely to lack of forethought and tact in adjusting ourselves to the climatic conditions, we often fail to get as much satisfaction as we might out of this really delightful season.

The Ideal Life.

The ideal life in summer, especially in England, where the heat is seldom excessive, should be an active one. In the winter, because of inclement weather, short days, and business or social duties, we are kept largely indoors. We may almost be said to hibernate. Our muscles lose their elasticity, our lungs forget to expand, and all the organs of the body suffer from the general inactivity.

With the first warm breath of spring it should be the earnest endeavour of the man or woman who is seeking to live a natural life, to spend much time out-of-doors. With many this privilege will be confined to mornings and evenings during week days; but such need not despair. The morning walk before breakfast is an excellent appetiser, and there is nothing better as a preparation for refreshing sleep than a long evening walk following a light supper taken at about six o'clock. Games of various kinds are also an excellent means of relaxation, and so is cycling.

How to Exercise.

To get the most good out of outdoor exercise, one needs to take it with vim and vigour. The muscles are to be put to some strain, the breathing is to be quickened, the blood sent bounding through every organ in the body, and the tissues thoroughly oxygenated. Even in very warm weather brisk exercise, instead of adding to the discomfort, usually relieves it. The humid heat always makes itself felt most keenly when the body is in a generally clogged-up condition, its organs sluggish with inaction.

Next after outdoor exercise, which we

may call the bath of fresh air for the lungs and tissues, comes the daily cold-water bath as a means of making an enjoyable summer. Those who have not tried this admirable tonic little realise how much of the zest and sweetness of life they are missing. On awaking in the morning, just slip on your dressing-gown, and make for the bath-room. A dip in the cold water followed by vigorous rubbing with a Turkish towel will tone up the nervous system, wonderfully quicken the circulation, and give a delightful sense of well-being and abounding energy. The morning bath in some form, either sponge bath, wet hand rub, or wet towel friction, is exactly as important as washing the face.

It is a very poor sort of civilisation that insists on the visible portion being washed and neglects the remainder of the body.

What Goes into the Stomach.

Comfort in summer depends very largely on what goes into the stomach three or four times a day. On warm, sultry days, the amount of food taken should be considerably less than is usually the custom under such circumstances. Overeating always causes trouble somewhere. Excessive quantities of proteids lay a heavy strain upon the kidneys, too much fat overworks the liver, and a surfeit of starches and sugars greatly increases the heat of the body, and is as much a case of vital waste as if a hot fire should be kept up in the drawing-room grate on an oppressively warm July morning.

It is a belief, almost amounting to a prepossession with some people, that food once taken into the body is bound to impart strength and somehow do a great deal of good. The fact is that it may just as likely do harm. Excess of nourishment above what is needed has a weakening instead of an invigorating effect; nature is embarrassed to know how to dispose of it. Sometimes it is stored away in the form of fat, or crowded into the liver in the form of glycogen, or got rid of through the various eliminating organs. In any case it is a tax upon the vital forces.

An Experiment.

Here is an experiment worth trying the next spell of uncomfortably warm weather: Just cut your ordinary meals right in two, eating exactly half the amount you have been taking, and chew each mouthful about twice as long. The result will almost invariably be an increased vigour of mind and body and a corresponding decrease of discomfort from the heat.

It is hardly necessary to say that some foods are especially unfortunate in the summer. Such are pork and other fat meats, oysters, fried foods, pickles, highly seasoned made dishes, as well as rich pies and cakes. On the other hand, simply prepared vegetables and fruits, zwieback, good brown bread, and eggs and dairy products make up a varied and wholesome warm weather diet.

Summer Drinks.

Summer drinks are the cause of a great deal of discomfort. The iced American drinks, tempting as they are on a warm day, would better be avoided. It is a well-known physiological fact that the best thirst-quencher is water at just a trifle above the temperature of the body. Distilled water is always to be preferred if it can be obtained. Not only is it free from organic impurities, but also from the mineral salts which give their hardness to most waters. Drinks made with lemons, pineapples, or other fruit juices are at once pleasing to the palate and wholesome. Alcoholic beverages, not needed at any time of the year, are especially dangerous in the summer. Many of the mineral waters, many of the bottled lemonades and other so-called temperance beverages sold by the shops, are of very poor quality, and sometimes contain harmful ingredients. A diet consisting largely of fruit and bread will not be likely to cause excessive thirst, which is often due as much to the fiery condiments swallowed at dinner as to the warm weather.

Physiological House-Cleaning.

Let us now drop a few confidences in the ear of the home-keeper. Spring cleaning is of course in the past; but perhaps it was a little hurried. It was conventional rather

than thorough. There are still dark corners that want exploring, there are still accumulations of old papers, and worthless bric-a-brac, and what not. Don't live in the same house with them any more. Clear away everything of the kind, and put your house in order these warm, bright, summer days. Even pictures are a nuisance when they become too numerous and they may become the hiding-places of germs innumerable. Old upholstered furniture is another favourite nesting-place of these evildoers. If you have such furniture, give it the most complete cleaning possible, set it out to sun thoroughly, and then make strong linen covers for it, which can be removed at pleasure and washed.

While this cleaning is going on, keep the windows of the house open; try to make the air inside of your house as sweet and clean and wholesome as that on the outside. Remember that old carpets, rugs, furniture, hangings, wall-paper and everything of the kind is, in the process of gradual decay, continually throwing off waste products which poison the air. Some houses are so well filled up with such things, and so poorly ventilated, that they give forth a stuffy odour which is almost unbearable to a person with keen senses. Such houses, no matter how well the front doorstep is whitened, no matter how thoroughly the floors of kitchen and hall are scrubbed, no matter how well the conventional house-keeping is carried on, are really not clean at all, for no house can be said to be clean whose atmosphere is heavily charged with the sickening emanations of old and decaying things.

The summer is the best time in which to undertake this thorough physiological house-cleaning, because then the windows and doors can all be thrown open without fear of exposure, and the sun, that prince of germicides, is at its best.

Summer Cookery.

The cooking in summer ought to be as light as possible. The women need to get out-of-doors during this time of the year, and they will not have the opportunity if they are compelled to prepare elaborate meals. A little practice in the use of some of the various health foods, and attention

given to planning meals in advance, will enable the careful housewife to dispense with much of the drudgery which places such a heavy strain on so many English women.

One very important thing to keep in mind in summer is the danger in using any article of food which has undergone decay. It will be necessary to guard very carefully against this. If there is the slightest possibility of such change having taken place, it is best to sacrifice the food rather than run any risk. This is especially true of all meat dishes, in the decay of which virulent poisons are formed. It is also true, however, of other foods. Over-ripe bananas, or other decayed fruit, may cause trouble in their way just as the green fruit. Strict watchfulness in such matters would save an immense amount of summer sickness and not a few deaths.

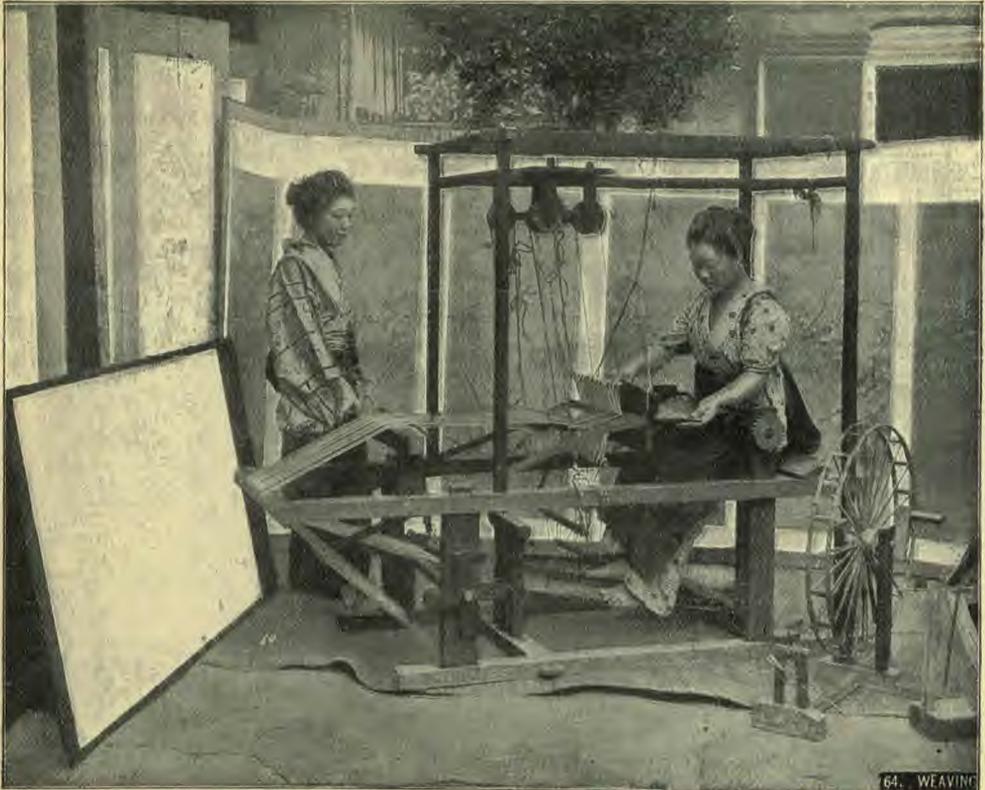
Delicate Children.

Mothers who have delicate children will find the summer the best time in which to

build up their constitutions. Take them to the parks and keep them there as much as possible. You can take your sewing along, and enjoy the fresh air yourself. Delicate children need to just live out-of-doors all through the spring, summer, and autumn; of course they should always be dressed according to the weather.

Everybody should dress according to the weather. While we usually expect to have a certain amount of warm weather at this time of the year, we are occasionally treated to weather which is anything but warm. The proper way to meet such emergencies is to dress accordingly. Many summer colds are the result of dressing by the calendar instead of the thermometer.

One parting word: Don't waste the beautiful summer mornings by lying late abed. Keep reasonably early hours for retiring, and then get up and enjoy the fresh morning sunshine. It has health and beauty for you which you will never find in the bed-room.



64. WEAVING



THE MAIN SHOPPING STREET IN TOKYO.

SHOPPING IN JAPAN.

BY PAULINE S. COLVER.

A SHOPPING tour in the capital of Japan is full of surprises and interesting incidents, unlike any experience to which one is accustomed at home.

We had no sooner registered at the hotel and been assigned to our room than there was a gentle tapping at the door, and a Japanese gentleman in foreign dress entered. After several salaams he presented us with cards and booklets representing a large silk firm. "You come see. You show card jinrikisha man; he know where. Great pleasure show you beautiful silk," was his best attempt at English. We promised to pay him a visit the next day, and with many bows he departed. At least ten of these advance agents, or "runners," for the different firms came to our door that afternoon, each one bestowing the conventional number of bows, smiles, cards, and invitations to visit their respective shops and art stores.

The next morning we were up bright and early, ready to start out on our first shopping tour. It is possible to secure a guide, who will take one to all the places of interest, but we preferred to poke about the queer corners ourselves, and make our own discoveries.

First of all, our rickshaw must be ordered and bargained for by the hour or day. These two-wheeled baby-carts, drawn by coolies, afford the foreigner a novel experience. They are very comfortable, and have the appearance of a flying arm-chair as they spin along the streets. The coolies who pull them wear loose coats, and tights of dark-blue cotton ending at the knee, with straw sandals on their bare feet, and an inverted washbowl of a hat on their heads. At night the shafts are ornamented with paper lanterns bearing the owner's name and license number. When flitting about in the darkness they look like so



TEA HOUSE AT NOGE HILL, YOKOHAMA.

many lightning-bugs. Each coolie owns a warm blanket, which he carefully tucks about his passenger's knees and feet. These men have great powers of endurance; they will trot along with their burden for hours without changing their pace, and never seem to be much out of breath. The weather at this time of the year is very cold and raw, but they pelt along with bare legs and feet as if it were midsummer.

The streets are narrow, crowded with rickshaws, soldiers, carts and children, and it is almost impossible to walk about. There are no sidewalks on the side streets, but the *ginza*, or main business street, is as wide as the average street in a British city, and has sidewalks and trolley-cars.

The shops are low, one- and two-storey toy-like structures, with the front entirely open on the street. The proprietor and assistants sit on the floor, which is covered with Japanese matting, writing in their account books with paint-brushes, or warming their hands over a bowl of charcoal and ashes. The shops on the sunny side of the street have waving curtains of black or blue cloth, with crest and name painted

in white, as their only protection from sun and weather. The entire shop is revealed at a glance. There are no shelves or counters, and in groups on the matting sit salesmen and beautifully dressed women inspecting the heaps of rainbow silks strewn about them. There is no exhibit of goods in the best shops; everything is stored in the "go-down." The "boys" bring out armloads and baskets of silks for the customer's inspection. A selection may soon be made, but the bargaining is a long and tedious process. Very few salesmen are able to speak any English, and there are no bargain tables. The price of the goods is determined, to some extent, by the appearance of the would-be purchaser and the amount of eagerness he shows for their possession.

These patient, polite little salesman are quite willing to go to any amount of trouble to show their fascinating materials, and are equally as gracious if no purchase is made. They seem to think it a pleasure to serve you in this manner.

When purchases are made, several small boys run to wrap the articles in dainty crêpe paper, carefully placing them in your

jinrikisha, which is waiting a few feet away. Upon leaving the shop, the proprietor and salesmen salaam, and with a profuse chattering of thanks they all go to the street to see you safely in your rickshaw, and wave good-bye.

The ivory and silver shops are as fascinating as the silk shops, and it is very easy to spend a whole afternoon in one or two of these curio places.

Peddlers of all sorts gather along the ginza, spreading their porcelains, lacquer, and embroideries on the pavement, and it



is quite impossible to walk five feet without stopping to look over some group of curios. On certain days of the week a rag fair is held, and vendors with neat piles of old clothing, scraps of embroidery, and odd bits of decorations are huddled along the thoroughfares, patiently waiting to make a sale amounting to a few *sen*. One could not wish for a more attractive or fascinating sight than a glimpse of the ginza, aflame with brightly coloured banners, gilt signs and paper lanterns, and fantastically garbed crowds.

THE BEST HEART TONICS.

BY FRANKLIN RICHARDS, M.D.

THE blood is the life of the body only so long as it is kept actively flowing. Stagnant blood—such as is found, for example, to a greater or less extent in the flesh of all creatures slain for food—is a messenger of death. Even sluggish blood rapidly generates poisons which produce and foster disease instead of promoting health. So in order to be life-giving, the stream of life must go dashing along like a mountain brook.

But blood will not run up-hill, and as there is as much up-hill as down in the body, the blood must be lifted or forced from the feet to the head. Then, too, in order to do its work, the blood must be kept under pressure. These needs call for a system of pipes through which the blood can be forced by means of one or more pumps.

The Main Blood Pump

is the heart, a strong, hollow, muscular bulb that squeezes the blood along much as water is squeezed through the rubber bulb of a syringe by opening and closing the hand on the bulb. In the case of the heart, however, the bulb itself automatically does the squeezing, alternately pressing and drawing at an average rate of seventy-two times a minute, thus injecting into a tube at the rate of two miles a minute about thirty pints of blood in that length of time, and lifting it eight feet high.

The simple experiment of working in water as fast as one can the bulb of a common syringe for a minute or two, helps to demonstrate the tremendous task of the heart, and the perfection of the mechanism which enables it to perform such a task. Notice particularly how hard it is to get this rubber heart to beat seventy-two times a minute; also how small a quantity of fluid is ejected in that length of time. There are, of course, obvious reasons for this, such as the obstructing influence of the valves which prevents rapid emptying and filling. In the case of the heart all such imperfections have been so successfully avoided by its builder that this living pump, which weighs only half a pound, is by far the most scientific and satisfactory engine in the world. Comparison with the highest type of modern energy-users strikingly illustrates this. While a first-class engine going at full speed might with considerable puffing and blowing raise itself fifty feet high in a minute, the heart in the same length of time and without more ado than its usual quiet "lubb dup" uses energy enough to throw itself three hundred feet into the air. A humanly-devised motor or engine of any sort the size and weight of the heart that is anything more than a toy cannot be thought of nor found.

The Blood-Pipes.

The main pipe or tube into which the heart injects blood is highly elastic. At each beat or squeeze of the heart it stretches from say half an inch to perhaps an inch across, thus making room for the half-cup of blood pumped in. (Another half-cup is pumped into a similar tube that goes to the lungs.) While the heart rests for half a second this over-stretched tube recoils to its natural size and the blood is pressed onward—the way back is blocked by valves. This main tube soon subdivides into six tubes, also elastic, which go in pairs to the head, the arms, and the legs. Other branch tubes are given off. All break up like the limbs of a tree into smaller branches and twigs which are finally too small to see with the unaided eye. These capillary tubes form a network throughout the body not unlike the network formed by the rib of a leaf. They too, like the larger tubes are elastic, stretching slightly each time the heart beats, then recoiling and pressing the blood onward. But besides possessing elasticity, these minute tubes are contractile. That is, they are wrapped with muscles which, under the influence of nervous impressions, shorten and narrow these countless millions of microscopic tubes, and so help the heart force the blood through the distant parts of the body. So important is this action of the capillaries that they are often called

The Peripheral Heart.

So then, apart from the fact that the central heart in itself is a double organ, and may therefore be said to consist of two hearts bound closely together, there are in another sense two distinctly separate hearts. One is inside of the body, and is always pumping the blood out. This heart is small and strong. It acts frequently and forcibly. The other is on the surface, and is always pressing blood in. It is large because it is made up of numberless hair-like tubes which are spread out all over the body. It is elastic and therefore stretches each time the central heart beats. While the central heart rests it recoils and sends the blood onward. The surface heart is muscular. It is under the control of two sets of nerves which

open and close it—that is, make it *beat*, as the central heart beats, but very slowly in comparison to it. This beating of the

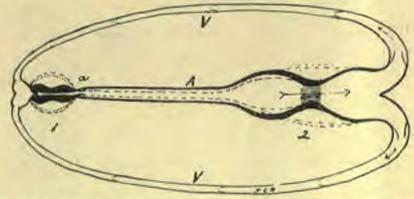


DIAGRAM OF CENTRAL AND PERIPHERAL HEARTS.

peripheral heart occurs in response to external changes which effect its opening (vasodilator) and closing (vasoconstrictor) nerves. These nerves are especially susceptible to temperature changes. Warmth, acting upon the first, relaxes the surface heart; cold, acting upon the second, produces a good strong contraction. These changes are plainly shown by reddening and paling of the skin when a limb is immersed first in hot and then in cold water, or during an alternate hot and cold spray. Thus it is clear that water at varying temperatures may be applied to the skin in such a way as to exercise, strengthen, and tone the peripheral heart. And as the relation existing between the two hearts is the same as that which exists between the biceps and triceps muscles—physiological antagonism—it follows that anything used to tone up the one will also strengthen the other.

When cool or cold water is dashed or briskly rubbed on the skin the peripheral heart (2) contracts and a shock or wave is thrown back against the aortic valves (a). This stimulates the central heart (1) to contract with a little more vigour and turn the resistance wave back again upon the peripheral heart. As this game of pitch and toss is systematically played every day, both hearts gain greatly in strength. Thus we see why the cold mitten friction and cold towel rub are such superior cardiac tonics when skilfully used; also why they must be so carefully graduated to avoid overtaxing weak hearts. The diagram also makes plain why neutral galvanic, effervescent, and Nauheim baths are of value in cardiac cases.

By applying cold over the heart, the process will be reversed, and the same

good effects derived. This is not so convenient, however, in cases of simple weak heart, for the patient must lie down for half an hour or longer to let the cold be continuously applied to the skin overlying the heart by means of an ice bag, cold compress, or cold water coil. Still, this is quite simple, and in case of serious cardiac weakness, such as is often met with in infectious febrile disorders, during anaesthesia, etc., this most efficient heart tonic should be faithfully and energetically employed. It is very much quicker in action than strychnia or any other drug given hypodermatically, besides being sane, scientific, safe, and sure.

Nature's Heart Developer.

The heart is a hollow muscle which, like all other muscles, may be developed and strengthened by exercise. Walking, running, and mountain-climbing are good heart developers. Of course one who has a weak heart must begin with a very small mountain, gradually increasing the pitch

and height of the climb as the strength permits. A short walk on an easy gradient may be all that is wise at the start. In such cases the exercise should be prescribed and regulated by one who has carefully examined the heart.

Those who are strong enough to run may well profit by the example of the primitive people who run twenty or thirty miles just for the sheer pleasure of running, or as a matter of religion. Running greatly improves the breathing as well as the circulation. Shall we not conscientiously run?

Then, too, the return flow of blood through the veins is aided by exercise. As muscles contract, the veins are compressed and the blood squeezed toward the heart, valves preventing any back-flow. Massage, especially centrifugal friction, helps to move the blood back through the veins to the heart. Lying down also, greatly lessens the work of the heart, so resting and strengthening it for the next day's task while we sleep.

HAND AND SPONGE BATHS.

BY ALFRED B. OLSEN, M.D.

THE tonic effect of either a hand or sponge bath depends upon three factors: (1) the temperature of the water; (2) the amount of water used; and (3) the vigour of the friction. As a rule, all tonic applications of this nature should be administered quickly. If the bath is taken without the aid of an attendant, rapid movement helps to prevent chilling, and also encourages a good reaction.

Requisites for the Bath.

A basin or pail of water and several Turkish towels are all that is required. The temperature of the water may vary from 32° to 92° Fahrenheit, according to the vitality of the patient and the effect desired. Hot sponges, too, are sometimes utilised for special purposes.

A hand or sponge bath can usually be taken in a cold room, but if the patient is weak or very susceptible to cold, a warm room should be provided.

If the bath is administered by an attendant, the patient may lie on a massage-

table or bed, or stand. It is well to stand in a foot-tub of hot water if the feet are cold.

The Wet-Hand Rub.

If self-administered, it is best to stand while taking the bath, either on the floor or in a shallow bath with or without hot water.

Begin with the face, and bathe it well with cold water. This is always refreshing, and is a good preparation for the bath. The face may or may not be dried as desired. If left moist, the gradual evaporation of the water has a cooling effect that is often very pleasant.

Next bathe the chest, dipping the hands in the cold water from two to six times. Rub the chest briskly up and down, from side to side, and with a rotatory movement, and dry it well. Keep the other parts of the body well covered with a blanket or sheet, and only expose them as required.

The arms follow the chest, and then the abdomen is bathed.

The arms are stroked rapidly up and



WET-HAND RUB.

down; the abdomen is treated the same as the chest.

Next come the thighs, one at a time, and then the legs and feet, after which the patient turns over, and the upper and lower back are bathed.

But five to ten seconds are required to do each part before drying.

Precautions.

The essential thing is to secure a good reaction, and a feeling of warmth that will persist. Under no circumstances must the patient become chilled. Hence it is essential that the patient should be warm and comfortable to begin with.

A temperature of 60° to 75° F. is perhaps best for most cases.

There is little danger of rubbing the skin too vigorously, but care must be taken to avoid unnecessary roughness while hurrying the bath.

The face may be covered with a towel to prevent spattering.

Physiological Effects.

A tepid wet-hand rub is one of the mildest and gentlest of hydropathic tonics, and it can be given to almost any patient whether young or old. It has a gentle stimulating effect upon the heart, and strengthens this vital organ. The lungs too are stimulated to increased activity, and the circulation is much improved. The general effect upon nutrition is most beneficial.

If given properly, the skin is left in a state of warm glow, as indicated by the scarlet-red colour.

It is extremely important to secure a good reaction. Without this the bath would be worse than useless.

The Sponge Bath.

An ordinary large sponge is used in giving the bath. Or an artificial sponge of porous indiarubber may be utilised. A rough hand-glove of Turkish towelling is also recommended. The other requirements are the same as for a hand bath. If the circulation is slow or the extremities cold, it is well to stand in hot water.

First wash the face well with cold water, and then administer the sponge in the order described above.

General Directions.

Use moderate pressure, but do all the movements quickly. Rapidity is essential to success if the treatment is to have a real tonic effect. Each part is dried well immediately after the sponge, and then kept covered with a dry sheet or blanket to ensure warmth. Wet the sponge as often as necessary, from one to three times for each part of the body treated.

When taking a sponge bath without assistance, it is well to either sponge the entire body quickly before drying, beginning with the chest, or do the trunk first and dry it, and then the arms, and lastly the lower extremities.

The temperature of the water and the degree of moisture of the sponge again determines the vigour of the application, and they must be adapted to the needs of the patient.

A sponge bath is in every respect a stronger tonic than a wet-hand rub. It is more effective in stimulating the heart and lungs, and produces a better reaction. There is also a greater loss of heat from the body.

When to Use the Sponge Bath.

The sponge bath, and the hand bath too, are exceedingly useful in promoting good nutrition and so strengthening the body. They are excellent for general debility, nervous disorders, weakness of the heart and lungs, digestive disorders, torpid liver, and constipation. Either may be resorted to daily in treating chlorosis, anæmia and dropsy, due to disease of the heart or kidneys.

But their most common use is to reduce fever. For this purpose, there is scarcely anything more refreshing than a tepid or cool sponge. The bath can be repeated as often as desirable without any ill effects. It has a mild tonic influence that makes it very beneficial.

In treating fevers the bath need not be given so rapidly. Indeed it is often better to proceed slowly, allowing part of the water to evaporate. This has a delightful, cooling effect that is very grateful to the feverish patient.

As a Sedative.

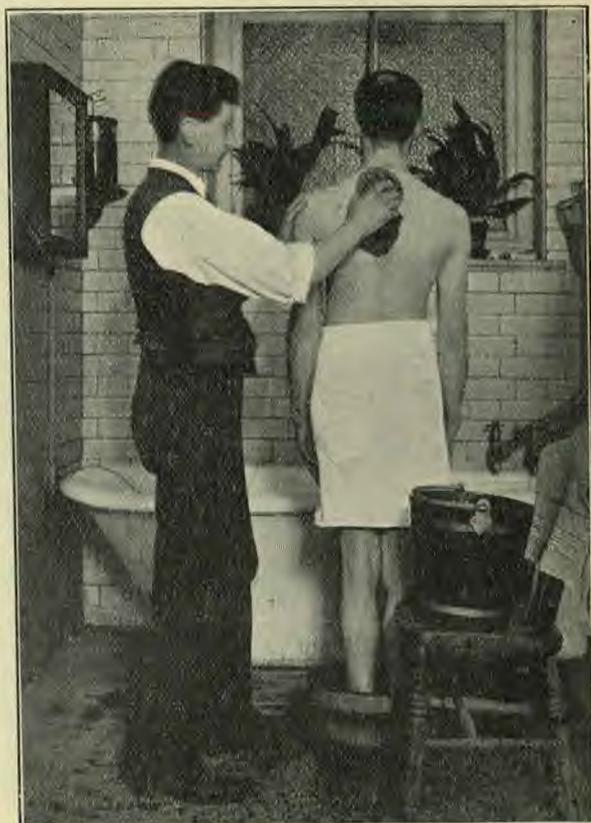
Either bath may also be utilised as a sedative. For this purpose a temperature of 92° to 98° Fahr. is most satisfactory. This bath must be administered quietly, with a gentle touch, and deliberative movements. Its soothing effect upon nervous and irritable patients is often most marked; especially where the skin is dry and flushed. Given in this way, it becomes an aid to sleep, and may be taken just before retiring.

Alternate Hot and Cold Sponges.

The procedure is the same as described above, except that each part, beginning with the chest, is first sponged with hot water, then with cold, and then dried.

Alternate hot and cold sponging of the spine will often relieve certain forms of headache, as well as backache. It is also useful in relieving bruises and sprains, and is then prolonged for ten minutes to an hour or even longer.

I CANNOT understand why climates are always spoken of in such enthusiastic terms. I have lived in most parts of the world, and I do not believe that there are any really good climates. Some may be a shade less disagreeable than others, but that is all you can say. If they are not too hot (which is rare) they are certain to be too cold, and this is the worse evil of the two; for those who come, unprepared for changes, to enjoy what they expect to find an eternal summer. Descriptions of climates are nearly always calculated to mislead.—*Ignotus*.



GIVING A COLD SPONGE.

ONE SUMMER-TIME.

BY JESSIE ROGERS.

"MISS SMITH says will you please come over to our room when you're finished." Having delivered himself of this message, Johnnie Hagan stood balanced on one foot, a member already tanned and toughened by the sun, and awaited a reply.

Through the vista of open doors I saw Elizabeth Henderson tap Johnnie's pug nose affectionately with her pink crayon, then turn and bestow the finishing touches upon the gorgeous June calendar on the west board. Johnnie, the small envoy I had deputed from Room 2., lingered to watch the work of her deft fingers, and I knew full well that he had been her sworn champion through one blissful year, and that his chivalrous soul had been torn at its close between desire to "pass" and desire to remain with his dear teacher.

Shyly the loving little hands busied themselves with the well-remembered delight of putting teacher's desk in irreproachable order, a privilege cherished in the days before the promotion. Presently, when the preparations for the next day were completed, Miss Henderson donned her hat, and teacher and ex-pupil came down the hall to room 3, where I stood talking with Maud Marshall of No. 3 and May Hildreth of No. 4. We promptly agreed to meet in Beth's little parlour at 7.30 that evening, to plan for the summer's outing.

At the appointed hour we were gathered in the pretty room, a place made very familiar to us by four years' association, for during that time our work had brought us constantly together. Moreover, each of us stood alone, without the blessings or restrictions of home ties. But we were not disposed to be soured or saddened by our deprivations. Such similarity of circumstance strongly welded our bond of friendship. Other times and seasons we had met in that same little room to decide in counsel the same old question. "Where shall we go?"

"Two weeks until school closes," cried May, aiming a pillow with practiced hand into the depths of the cosy corner where Maud comfortably reclined. That young

lady caught it neatly upon an uplifted arm, and smiled encouragement for better luck.

"Two weeks, and then come the delights of bed-rooms at four stories elevation, where, for the trifling consideration of ten dollars per week, one may sit in straight-backed chairs, and look from one's window upon the blue expanse of Silver Lake twinkling merrily in inaccessible beauty," and Maud yawned wearily.

"Or sit on the veranda," added Beth, "and embroider gorgeous centre-pieces that one does not want." "And be constantly tortured by the sight of fellow sufferers as stiff and foolish and uncomfortable as one's self," laughed May.

I, Lou Smith, sitting at Beth's piano drumming snatches of old songs, now wheeled suddenly about: "There's the country, you know. We tried that one summer. It's better than the sandy stretches of Silver Lake." But various shades of dissatisfaction sat heavily upon the circle of faces.

"My dear friend, have mercy upon us—mercy of that unstrained quality," quoth May, tragically. "Can you not see upon our sad countenances a chastening memory of that season of castigation which fell upon us under the roof of 'Farmer Tweak's Summer Home'? Oh me! I can feel even yet the pangs of trepidation that seized me when I passed my plate for a second helping, and like poor little Oliver Twist, called for 'more.'"

"But," said Maud, reflectively, "Farmer Tweak's place had some advantages; don't you remember how ravenously hungry we used to get—"

"Precisely," interpolated May, "the very circumstance I have just mentioned—"

"And how deliciously dreamy the sounds of the barn-yard on a hot day; how pleasant the dewy grass in the morning: how charming the rose garden. Let's try the country."

"I wish we could *live* in the country for one blessed summer-time in our own way, with freedom to do just as we liked," said I from the window, where I sat watching the street lights start into life.

The vacation of the city teacher is not a matter to be looked upon lightly. From it she must draw a large measure of her re-enforcement of vitality. We looked upon it even more seriously this particular year, for during the winter we had enjoyed the benefits of a course of lectures and demonstrations which had given us wider views of life and its possibilities, and made much of the old routine seem unbearable. Strange how long one is content to eat husks, yet how unpalatable they become after better things. Plan upon plan was proposed, discussed, and dismissed.

"Ladies, I have a plan." It was Beth who spoke, and it was only then that we reflected that as yet she had not broached a project. On occasions when Beth thus formally addressed us, we gave instant attention. Beth, with her twenty-six years of maturity; Beth, with her adorable deep eyes, some innate property of which held one, made one think of heaven and one's mother; Beth, our friend—we listened.

"There is a furnished home for rent during this summer in a little town a hundred miles north of this city, the owner of which wishes to spend the summer elsewhere, and will rent it just as it stands for twelve dollars per month, if she can find desirable tenants. How would you like such a proposition?"

The silence of amazement fell upon us; then we all spoke at once. "Tell us where." "What kind of a place is it?" "When does she want to vacate?" But I, from my perch on the window-seat, croaked a note of discouragement by way of affording a proper balance to the general enthusiasm: "It's probably some old shack full of discomfort and fleas."

"I've seen it," said Beth, simply.

"Seen it?" and we fell upon her. She drew from her purse a little slip, cut from a city paper, and read aloud the facts. Then she explained that, not to disappoint us, she had visited Woodlea, had seen and talked with the lady who owned the place, had been more than satisfied, and the house now awaited our acceptance.

"What is it like?" exclaimed Maud and I in a breath.

"It is white and clean, and it nestles among its green vines like——"

A plump little hand fluttered up and lay

tenderly upon Beth's lips. "Girls," said May, softly, "since the domicile has Beth's unqualified approval, why not save unto ourselves the dear delight of surprise?" And we did.

"A small village is a gossiping place," said I darkly, after our minds had become accustomed to the glories, and had begun to look upon the practical features. "And all the shades and distinctions of aristocracy are painfully pronounced, and the demands of its 'social life' distracting," said Maud. "And we *must* have peace and freedom," said Beth, doubtfully.

"Ladies," said May, firmly, "we must get a rumor launched that we're factory girls, or laundry hands, or charwomen, sent to draw a breath of oxygen under the auspices of the 'Fresh Air' charity. A few dark allusions to murky tenements and sweltering work-rooms will secure unto us solitude like unto Crusoe's, and in all truth," cried she, "we *are* working women."

The next two weeks were lively epochs. Trunks were overhauled; finery and flimsy nothings were tabooed, and their place occupied by shirt-blouse suits, cool and clean and well-fitted; linen in abundance; warm, loose jackets; plenty of comfortable shoes; hats made with a view to protecting the head; gloves, strong and supple, with no tendency to produce crushed and purple fingers. And ahead of us lay the prospect of absolute comfort.

Each arrayed in a plain, but well-tailored costume, we stood one morning in the great smoke-hung station, awaiting the north-bound train. We left the train at the last point before our destination, and walked across fields for very wildness of joy which filled us. But alas, how true it is that one cannot please one's self and others at the same time; for we learned later that thereby we disappointed an anxious public gathered at the station to see, estimate, and assign the owners of the four plain trunks left upon the platform.

We learned that this was looked upon as an unfair advantage, and that it was a factor in creating the social boycott that awaited us.

It was 10 a.m. when we came into the village. Being our own agreement, no one inquired directly as to the location of our

Eden, and Beth's delicate face was a delicious study in expression. "Here we are," she said, and turned abruptly into the yard of a beautiful vine-covered cottage. There were smothered exclamations of delight, for we had come by a back street, and thereby found ourselves immediately in the presence of the sweet-faced mistress. She stood in the trim back porch ironing snowy linen with irons heated upon a gasoline stove just inside the window. The wreathing honeysuckles half screened her sight, but when she saw us, she came forward with sweet cordiality, and we felt in five minutes that we had known her five years. A great Newfoundland lay stretched upon the veranda, and as we came up the bordered path he arose with decent courtesy to do the honours of the house, and he now went about offering a huge, immaculate white paw to each of us. May choked apopletically with suppressed laughter when her turn came, then went off in a gale that carried everyone with her, and with it went also all constraint. With simple directness Miss Phillips showed us over our kingdom, and turned the same over to our keeping with such confidence that we could not but express amazement. "Ah, but I know you," she said, smiling brightly. Later we found that she had formerly been a teacher under our own beloved superintendent, and his letter of recommendation, thoughtfully borne by Beth on her first visit, had brought us into this high favour.

In the tiny barn we met our first defeat. Who could milk the cow, and who *could* harness the horse? Miss Phillips hastened to assure us that she would send them to a farm for the summer if we did not wish to be troubled with them, but she smiled in a pleased way at our noisy protest. Maud shyly threw a round arm over Billy's sleek neck, while I proffered a hay sandwich to Spotty, which the lady accepted graciously. Through Miss Phillips we secured for a trifling sum the services of Tim Aker, son of Matthew Aker, our next neighbour. Later, we found that there was never enough of anything but children in the house of Aker, which accounted for the alacrity with which our need of assistance was supplied. Moreover, through this source—nobody knew just how—May's

desire to test the effect of social rank was gratified, for we were left to absolutely undisturbed enjoyment of our delightful home, and we were commonly referred to in the village as "the factory girls." The pert misses of the village looked upon us and our severe garb with cold eyes. Their half-dozen trips to the city had not left them blind to our shortcomings.

Such days, such nights, such joys, as crowded upon us. Up in the airy, white-draped chambers sleep and peace hovered with cooling touch. The rooms upstairs were connected by a wide double doorway which we left open, thereby securing most perfect circulation of air. In the long shadowy evenings we lounged in the pretty parlour, where Beth played old songs, and Maud and I accompanied on banjo and guitar, while May's sweet alto seconded Beth's soprano. Then came the delightful retiring hour, with no glare of electric light, no moth-luring lamp—just God's sweet twilight. In perfect abandonment of luxury we sent back drowsy answers to one another's call, and listened to the matchless chorus of the frogs until sleep fell softly upon us.

Then there were the mornings, when the little home was flung open from top to bottom; such flourishing of showy bed-linen and blankets; such whisking of brooms in search of traditional dust; such appetizing odours as floated out from the dainty kitchen. A year before, when we were sweltering in fashionable discomfort in the stuffy parlours of the Ideal Lakeside Hotel, the character and habits of ovens—I speak of the conventional article—were as unfamiliar as the culinary practices of the Zulus. Now we looked upon them calmly with confidence that bespoke experience. It was a red-latter day when we came upon that School of Health! Do *you* know the exquisite joy of seeing your triumphs disappear from a daintily laid table? and have you not observed the wrapt and satisfied expression that sits upon the countenances of those who have just incorporated the visible evidences of your skill?

* * *

Then something happened. Something always happens. One perfect morning I was balancing a pie tin on the tips of floury

fingers, and trimming from its edge with discriminating hand the creamy crust, meanwhile lost in egotistical admiration of my handiwork, when Tim, knight of the stables, dashed in with wild dismay. By a union of effort we gathered that John Butler, a farmer boy, had met with an accident which had quite dismembered him. Beth's brown eyes grew wide with horror, and when the general annihilation had involved both legs, one arm "for sure," and the other in prospect, she fled hatless down the village street to the house where the injured boy had been taken.

(To be continued.)

Asthma.

BY J. J. BELL, M.D.

ASTHMA may be described as a condition in which attacks of difficult or laboured spasmodic breathing occur at irregular intervals.

There are a large number of factors which tend to bring on an attack, and very often these factors are peculiar to an individual case. The same thing may not be a predisposing cause in all cases. The disease may often have its onset following an attack of whooping cough or measles. This is most likely to occur in children of a nervous type. An individual attack may be brought on by a change of climate; inhalation of dust, the pollen of certain plants, fog, fumes, vapours, certain odours, as the emanations from animals, the foul air of poorly ventilated rooms, etc. Overloading the stomach is a most frequent cause. This is especially true if the food is taken in the evening before retiring. The patient may then wake up during the night or in the early morning to find an attack coming on. The face gets congested and dark in colour. The chest becomes prominent or barrel-shaped, almost fixed in a condition of inspiration. The patient is unable to empty the chest properly, thus causing the struggle for air which the tissues are not receiving. The cause of this condition seems to be an obstruction in the bronchial tubes which probably is due to either a spasmodic contraction of their muscles or to a temporary engorgement of the mucus membrane, or possibly

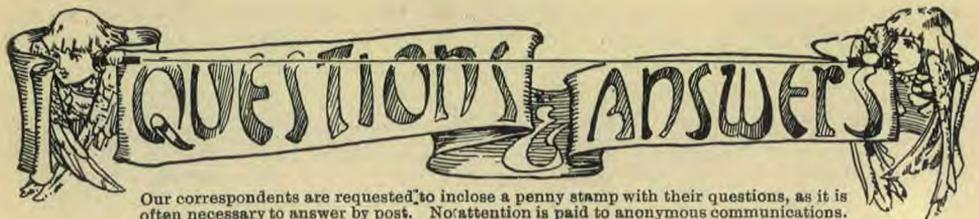
both combined. High pitched sounds can be heard, especially during expiration. At first a small amount of tenacious mucus is expectorated, later it becomes more moist and copious. The patient often experiences relief after this is dislodged.

The preventative treatment of an attack of asthma depends somewhat on the cause. The diet must be nutritious, easily digested, and taken only in such quantities that the digestive organs can easily take care of it. An evening meal should be avoided. The asthmatic should always retire with an empty stomach. The last meal may be taken about 3 p.m. Sufficient fruit should be taken to keep the bowels moving freely at least once daily. Although a draught may sometimes bring on an attack with some people, yet the rooms should be always well ventilated. The patient should lead as far as possible an out-door life. Exercise in the open air daily is important, yet should never be violent nor taken to exhaustion. Deep breathing and exercises to develop the chest-muscles are good. Narcotics, stimulants, and condiments and other things which weaken the nervous system should be avoided. General tonic treatments such as fomentations to the spine, fomentations to chest, the salt glow, Swedish shampoo, hot and cold leg bath, the cold sponge, cold mitten friction, etc., are all good.

Treatment during the attack may be directed to relieve the spasm and the congestion. The hot leg bath with fomentations to the chest, cold to the head and heart, will often give relief. It may be preceded by a hot enema. Another important measure is to assist the patient to empty the lungs during expiration. This is accomplished by pressing the chest walls together with the hands every time the patient tries to breathe out.

By this procedure alone the attack may often be stopped. It must, however, be done with a good deal of force so as to empty the chest of the stagnant air.

A few words should be mentioned about clothing. This should be warm, and distributed over the body so that the extremities are always kept from getting chilled. Care should be taken to avoid getting wet, also to avoid sitting in wet clothes or in clothes made wet by perspiration.



QUESTIONS & ANSWERS

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

"Viavi" Treatment.—A.K.B.: "Do you advise the 'Viavi' treatment?"

Ans.—No, certainly not.

Medical Hand-Book.—J.G.: "Will you please name a popular medical hand-book suitable for women?"

Ans.—"Ladies' Guide," by Dr. J. H. Kellogg, which can be obtained from the Good Health Supply Department.

Insomnia and Gastritis.—W.S.: "I have been suffering from gastritis and insomnia for some years, and would like to go to a hospital or sanitarium where they make a speciality of such diseases. What would you recommend?"

Ans.—A course of tonic treatment at either one of the following sanitariums: Leicester, 82 Regent Road; Belfast, 343 Antrim Road; or the Sanitarium, Caterham Valley, Surrey.

Fair Skin—Hair Dyes—Butter Milk.—M.F.T.: "1. Can you tell me anything that I can take to make my skin fair? 2. Are oranges bad for the kidneys—I have been told so? 3. Do you recommend the use of butter milk? 4. Is there anything I can do to make my hair a nice brown?"

Ans.—1. Take plain, wholesome food, and avoid tea, coffee, condiments, pickles, cheese, pastry, cakes, sweets, and all rich and greasy foods. Do exercises in the open air daily, and drink freely of water—from two to three pints per day. Avoid the use of irritating soaps, and use only soft water for the toilet. 2. No. 3. Yes. 4. We would strongly advise you not to make any attempts at dying your hair, for you are more likely to do harm than good.

Premature Grey Hair.—F.C.D.: "I am thirty-four years of age, but my hair has gone grey. This makes me feel rather annoyed. I am both an abstainer and non-smoker, and do not see why my hair should turn grey so soon. I thought of taking 'Capsuloids,' that are so much advertised of late, but they are very expensive, and have to be taken for a long time, so I cannot afford them. Would you kindly advise me what would be the best to do?"

Ans.—We would strongly advise our inquirer to avoid not only "Capsuloids," but also all other advertised drugs and hair washes. We consider them useless, and they are often harmful, sometimes even dangerous to life. The turning of the hair grey may be due to constitutional causes, over which you have no control. We would suggest the application of finger massage twice daily. This will induce a better flow of blood to the scalp, and so encourage healthy growth of the hair.

Sputum Analysis.—R.U.: "Will you kindly inform me of any institution or association which examines and gives a report on sputum?"

Ans.—The Laboratory of Clinical Pathology, 62 Queen Anne Street, London, W.

Medicinal Tonic.—A.J.C.: "My doctor tells me I am suffering from a weakness of the heart, but that there is no organic disease. Would you kindly recommend me a tonic that I can take? I have had three bottles of medicine, but I cannot say that I have felt any better for them."

Ans.—Welch's Invalid Port. It consists of the pure juice of the grape, and is both nourishing and sustaining. It is a genuine tonic, and perfectly free from alcohol.

Loss of Smell and Taste.—A.N.: "I have lost the sense of smell and taste, and have tried many things to get this back, but without success. The doctor says it is due to weakness of the nerves. I am also suffering from catarrh of the nose. What would you advise?"

Ans.—We would advise the use of the Globe Hand Nebuliser, particulars of which you will find among the advertising pages. The instrument should be used faithfully for ten minutes two or three times a day. Under favourable circumstances you may recover the lost senses, but this is not always the case.

Rickets.—C.H.O.: "My little girl of nineteen months has rickets, and her legs are so bent as to require splints. Our doctor advises raw beef juice, Bovril, cod liver oil, orange juice and milk. 1. Would you recommend this diet? 2. Is a vegetarian diet the cause of rickets? 3. Are we likely to suffer for want of animal food? 4. I do not like fruit—am I likely to keep well on a vegetarian diet without it? 5. Do you think Grape Nuts has caused rickets in the baby?"

Ans.—1. No; we cannot recommend raw beef juice or Bovril for rickets. Most any fruit including oranges would be desirable. Milk, too, may be used, and we consider cream or olive oil superior to cod liver oil. 2. No; if selected with some discretion. In adopting a vegetarian diet, careful attention should be given to secure the necessary elements for the nourishment of the body. If this is done, there will be no difficulty in securing proper nutrition. 3. No, not at all, if your diet is well balanced. 4. It is usually considered desirable to take some fruit. Perhaps you have been attempting to combine it with vegetables. It would be better to take fruit and bread preparations for breakfast, and leave vegetables to the mid-day meal. 5. No.



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Caterham, Surrey.

(Affiliated with the Battle
Creek Sanitarium,
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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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For further information, rates, etc., apply to . . .

THE SANITARIUM, CATERHAM, SURREY.

In answering advertisements kindly mention "GOOD HEALTH."

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: "Eprlsing, 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 Rogland St., Cape Town, S. Africa.

WE have been requested to publish an article on smoking with special reference to its moderate use by working men. We are planning to do so next month, and the article will be entitled "**Is Moderate Smoking Harmful?**"

"**Blushing: Its Meaning, Cause and Cure.**" This is the subject of an article which Dr. Franklin Richards will contribute for next month's GOOD HEALTH. Doubtless many of our readers are interested in this question, and will be glad to see it dealt with in the columns of the magazine.

"**A Talk with Boys about Themselves,**" by Edward Bruce Kirk, editor of "Papers on Health," has reached our table. The book is neatly bound in cream cloth with gold title, and contains eighty pages. It deals with a delicate and yet very important subject, that of the origin of life. We believe that there is a demand for some such work, and this book is one of the best that we have seen. The book is written in a sympathetic spirit, yet puts things in a very straightforward, plain way. We quote the following extract from the introduction by Canon the Hon. Edward Littleton, headmaster of Eton College. Referring to the book he says: "It is merely an introduction to the subject, and should be followed by a talk with the father, whose task would be much facilitated if the young boy could previously be familiarised with the outlines of the necessary knowledge before any words were spoken. In this way it is likely to be of use. Experience teaches that it is of no use leaving questions to the boy's curiosity. Therefore the instruction must be *definite*, lucid, and delicately-worded."

"**A Talk with Girls about Themselves,**" by the same author, is a companion book to the above. It is written after the same style, and for the purpose of giving to girls the information that they ought to know concerning the laws of sex. Both are published by Simpkin, Marshall, Hamilton, Kent & Co., of Paternoster Row, London.

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Books dealing with Health, Hygiene, and Physical Culture.

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Good Health Library, No. 2, "The Food Value of Alcohol," is a booklet which tells the truth about alcohol, and the harm it does to the body. Price 1½d., post free.

Good Health Library, No. 3, "One Hundred Hygienic Food Recipes." This is a veritable multo in parvum containing as it does the underlying principles of food reform in a very concise style. It treats of unleavened breads, fruits, cereals and porridges, legumes and nut preparations, soups, vegetables, toasts, beverages, puddings and pastries, and foods for the sick. Price 2½d., post free.

Bound Volumes of Good Health, Nos. one, two, and three, price 2/6 each, post free.

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"**Ladies' Guide**" is a companion book to the above, and it is to women what "Man the Masterpiece" is to men. Price 12/6, post free (cloth edition).

"**Home Hand-Book of Domestic Hygiene and Rational Medicine**" is a most complete and comprehensive work, containing the most approved methods for the treatment of more than 600 diseases. Price 18/6, post free (cloth edition).

"**Science in the Kitchen,**" by Mrs. E. E. Kellogg, M.A., superintendent of the cookery department of the Battle Creek Sanitarium, gives a practical explanation of the principles of healthful cookery, and contains over 800 recipes. Price 8/-, post free.

"**The Stomach: Its Disorders, and How to Cure Them**" deals with the functions of the stomach, the symptoms of disease of the same, and the best methods for treating them. Price 6/-, post free.

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We ask you to put our claim to a practical test by sending us a trial order. We PAY CARRIAGE on all orders value 5/- or upwards.

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Agents for London Nut Food Co.'s Nut Rolls, etc.

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Spanish Peanuts	4d.
Hazel Kernels	8d.
Cashew "	10d.
Pine "	10d.
Shelled Walnuts	1/-
Valencia Almonds	1/-
Jordan "	1/4
Twin-Jordan "	1/-
Roasted Peanuts	6d.
Sun-dried	
Apricots	10d.
Dried Bananas	6d.
Finest Undressed	
Carolina Rice	3d.
Grape-Nuts, Puffed	
Rice, etc.	

ADVICE SOUGHT.

If any reader can recommend a good centre for the opening of a health food store, will he or she kindly write to "Prosper," 65 St. Alban's Buildings, Holborn, London, E.C.

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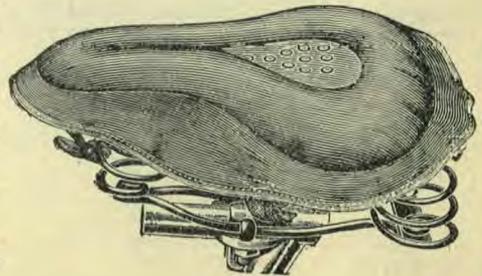
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Send for Descriptive Price List of all our Foods.

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BOOK NOTICES.

We have received three booklets, Nos. 1, 2 and 3 of the Eastern Sanitation Series, from the Aryan office, Madras.

No. 1 deals with "Drinking Water and Health," and is written by P. S. Chandrasekhar, B.A., M.D. It contains much useful information concerning drinking water, and gives directions how to obtain a pure water supply.

No. 2, on "Personal Cleanliness," is by the same author. This, too, is a valuable booklet which ought to accomplish much good in India, and we commend it to our readers in that land.

No. 3 is entitled, "Notes on Ancient Sanitation in the Light of Modern Science," and is written by Col. W. King, Sanitary Commissioner of Madras. It is a work that will repay careful reading. We trust that this series of booklets will reach a wide circulation, and be the means of spreading the principles of true health reform in India.



"The Chemistry of Food and Nutrition," by E. W. Duncan, F.C.S., published by the Vegetarian Society, Manchester, paper 3d., cloth 6d. This is an excellent work of more than seventy pages, which contains an immense amount of interesting and valuable instruction concerning the subject of diet. The author gives an instructive table of the analysis of food, and discusses the various food classes, giving considerable in-

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

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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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Ventilates the body, keeps the skin dry and the pores open. An ideal summer wear.

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As a child eats so will it grow up.

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Shelled Nuts and Sun-dried Fruits a speciality.

New large pale Brazils, 8d. per lb. Carriage paid on 7 lbs.

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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.

**FROM FIELD
TO
TEA TABLE.**

**TRY GENUINE
WHEATMEAL
BROWN BREAD,
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Order Sample Loaf from your Baker,
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Is to Men what
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For particulars address
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FOR
SUMMER
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Conducted on Food Reform principles.
 Delightful location, near the chimes, pleasure gardens, and town.
 Highest recommendations.
 Accommodations exceptional, including facilities for the Electric light bath, Russian and shower baths and skilled massage.
 Charges,—moderate.

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 West Cliff Gardens, Bournemouth.**

**They are Comfortable. Convenient,
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ALL girls who wish to obtain sound health should wear one of these hygienic bodices. For particulars address the **Good Health Supply Dept., 451 Holloway Road, London, N.**



The Good Health Adjustable Bodice.

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

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

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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.

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

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

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

Manufactured in the interests of HEALTH by the

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