

THE RIGHT AND THE WRONG
WAYS OF DOING
THINGS



A LESSON IN CORRECT POSTURES.—[See page 165.]

Good Health

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

Entered at Stationers' Hall.

Vol. 5.

November, 1906.

No. 6.

Editorial Chat.

Sir Victor Horsley on Alcohol.

SIR VICTOR HORSLEY'S plain-spoken words on alcohol have made quite an impression on the country. It is good to hear a medical man of his high standing pronounce alcohol "practically useless" as a drug, inasmuch as so many women have by medical advice resorted to alcoholic stimulants as a tonic, and then, almost before they were aware of it, found themselves slaves to drink.



The Workingman's Beer.

MR. JOHN BURNS also hits the nail on the head when he attributes to the effect of alcohol the "slackness" of workingmen where their vital interests are at stake. Intoxicating liquors are a heavy handicap to anyone, but especially so to the workingman, who, at the very best, must put forth hard and continuous effort in order to provide for himself and his loved ones the necessities of life. No labouring man can afford to waste money; but to invest it in alcohol is worse than to throw it into the gutter.



Alcohol and Pauperism.

THE essentially pauperising effect of alcohol is strongly suggested in a recent statement by Dr. A. E. Dodson, medical officer to the Wandsworth Board of Guardians, reported in the *Westminster Gazette*. Dr. Dodson says:

"During twenty year's experience 100,000 inmates of the workhouse have come under my observation. *Of this number I have not come across twenty total abstainers from alcohol—the actual number*

is, I believe, fifteen." All honour to the various temperance organisations which have done and are doing splendid service in fighting this soul- and body-enslaving habit. May they have the hearty co-operation of every reader of GOOD HEALTH.



Died of Pickles.

A YOUNG lady died suddenly in St. Louis the other day as a result of a long-continued diet composed mainly of pickles and vinegar, with a view to reducing weight. A *post mortem* examination showed the walls of the stomach almost eaten away. Vinegar and pickles are not pleasing to the properly educated palate, and they cannot serve any useful purpose in the system.



How to Reduce Weight.

A MUCH more sensible mode of reducing weight was adopted by a young man of Washington, D.C., who wished to serve in the police force. After trying in vain various anti-fat remedies and physical culture systems he hired himself out as a fireman, and by prodigious sweating combined with exercise was able to attain the desired proportions without any loss of health.



Victimised Young Men.

EVERY now and then we are consulted by young men as to the value of this or that electric or magnetic appliance in the treatment of certain nervous disorders. We have no hesitation in saying that apart from the possible mental effect of the glib promises made by the makers, apparatus

of this kind must be regarded as absolutely valueless. Only those who have money to burn can properly invest in them. The young man who suffers from the effects of evil habits should first consult a reputable physician, with a view to profiting by his professional advice in regard to the nature of his complaint, and the general habits of life that he ought to follow in order to co-operate most completely in bringing about a cure. Secondly, he should get some reliable literature on health, and study the laws underlying the human physique with the determination to render them cheerful obedience. He should put himself in training for the attainment of a robust, well-poised, and vigorous manhood, and he may be sure that his efforts will not be fruitless. Nature has great recuperative powers, and the systems of the young in particular respond quickly to commonsense treatment. Thirdly, he should give advertising physicians, and quacks, and the vendors of all kinds of electric and magnetic appliances to be worn on the body a severe letting alone, knowing they cannot possibly do him any good, and may do him a good deal of harm.



High-Speed Travelling and the Public Health.

THE two painful railway accidents of the season have brought home forcibly to many minds the question whether excessive speed on our railways is worth the sacrifice of human lives it is likely to entail. But there is another aspect from which to view the matter. Very fast travelling is unhealthful as well as unsafe. Even the best of permanent ways is more or less uneven, and the vibration, the jolting, and the dizzy swaying from side to side of one of our very fast trains is by no means agreeable, especially to persons with a sensitive nervous system. A moderate speed is at once the safer and the saner thing. Let us have through trains by all means, fitted up with all modern improvements, but let them not attempt to rival or outstrip the American "flyers." There is still a little time to live on this side of the Atlantic, for which let us be thankful.

Cold and Unventilated Carriages.

Now that cold weather is approaching it may be in order to advise people who are obliged to travel on various local trains that it will be necessary to dress warmly, as the compartments are in many cases entirely unheated save by the bodies of the poor passengers. One of the greatest evils resulting from this neglect of reasonable comfort on the part of the railway companies, is the utter lack of ventilation. Even when the compartment is filled with people, the windows are often kept tightly closed because it is so cold, and the foul air must be breathed over and over again, charging the lungs of all with disease germs innumerable and virulent poisons.



Unscrupulous Jam Manufacturers.

A GREAT deal of bad fruit pulp intended to be manufactured into jam, has been seized in the Bow East Division of London. It is unfortunately a common practice, especially in the making of the cheaper varieties of jam, to use fruit that is utterly unfit to be eaten under any circumstances. Consumers do well to look carefully into the matter before purchasing anything in this line. Honest manufacturers should have the public patronage. Cheapness is sometimes the badge of dishonesty.



The Nation's Health.

"THE Health of the Nation" is the title of a new magazine which is to be the organ of the National League for Physical Education and Improvement. It is edited by L. Eliot Creasy, M.R.C.S., Eng., L.R.C.P., Lond., and the first number contains a valuable paper by Dr. Arthur Shadwell dealing with the timely subject, "Foundations of National Health in Large Cities." We gather that the magazine is to be devoted to large questions relating to the nation's health and closely allied social matters. It should prove very helpful to students of these problems, and we wish it every success. Full particulars concerning

the National League can be obtained at any time from the Secretary, 49 Denison House, Vauxhall Bridge Road, London.

New Treatment for Asthma.

WE gave GOOD HEALTH readers last winter some extracts from correspondence in the *British Medical Journal* concerning the food factor as a cause in asthma and hay fever. The medical man who took the view that overeating in one form or another was the chief cause of these diseases wrote a later letter in which he gave particulars concerning one of his cases. We believe it will be of interest to our readers, and so reproduce the facts as far as possible in his own words:

Not Climate, But Food.

ON October 14th, 1904, (he writes) a medical man wrote asking me to prescribe for his wife, aged forty-seven, who had suffered from asthma for fifteen years, and had been the unfortunate cause of his "having been compelled to give up one or two good practices, and try to get a more suitable climate, but the trouble seems to come on again after a short time." I saw the lady and told her that her asthma was a catarrhal affection, that it was not due to climate but to food, that she could live anywhere in England that she liked if she lived properly, and that change of climate was unnecessary. In these opinions I was in acute collision with the other medical authorities who had seen the lady, but I spoke with the confidence of conviction. What was the result? She called on me later, but unfortunately I was out. This is what she wrote me:

Remarkable Cure.

"I WANTED to tell you how very grateful I am to you for curing me of asthma. I have not had the least touch of it since December, and am, if anything, stouter than when you saw me."

The chief thing I did for her was to advise her to reduce her food. In point of fact, she lives now on two meals a day. . . . This letter is dated September 25th,

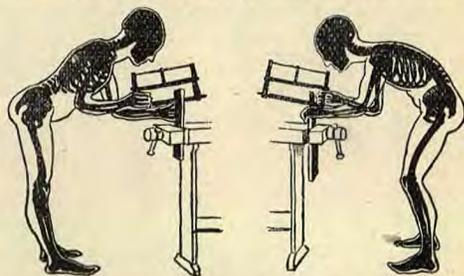
1905. The cure of an annoying ailment lasting for fifteen years seems to have been effected in about three months.

Worth Trying.

THE advice given by this physician is remarkably simple, and we should think it at least worth a good trial. We should be interested to learn the results, whether favourable or not. Sufferers from asthma will probably have an opportunity to test the remedy the present month. In addition to the cut in the food supply and the adoption of the two-meal system, we would suggest general tonic measures, such as the cool friction bath, and careful attention to building up the general health. A few weeks' thorough treatment in a good sanitarium would no doubt be the ideal thing.

How Positions Make People Old or Young.

WORK of all kinds is wholesome and pleasurable or the reverse largely as a result of the position of the worker. Keep



the chest well expanded, the hips firm, and the shoulders back in their proper places, and the whole body feels a buoyancy and vigour that it loses at once when the stooped-over position is permitted. People who allow themselves to fall into bad positions age much more quickly than they should. An erect, vigorous carriage, a supple back, and elastic muscles generally are very largely the result of right training, which cannot be begun too soon. Our frontispiece shows the right and the wrong ways of performing various duties, and the two accompanying anatomical figures further illustrate the principle.

M. ELLSWORTH OLSEN.

THE HEATING COMPRESS: OR HYDROPATHIC TREATMENT FOR SORE THROAT, PNEUMONIA, ETC.

BY ALFRED B. OLSEN, M.D.

PUT in a few words, the heating compress is merely a *local pack*, and consists of a wet cloth, preferably linen, covered snugly with two or three thicknesses of flannel. A linen towel of convenient size makes a good compress. It should be folded several times to secure the proper thickness, and the flannel should be wide enough to overlap the moist cloth above and below, so as to prevent the entrance of air.

The compress may be further protected by a piece of mackintosh, oilcloth, or some other impervious material, if it is desired to prevent evaporation.

The Procedure.

Aside from the linen towel, flannel, and oilcloth, all that is required is a pail or basin of cold water. Have the patient sit in a chair or lie down, and expose the part of the body to be treated. Cover with a warm blanket while getting the compress ready. This is done by soaking the linen towel, already folded as desired, in cold water and then wringing it rather dry. If the patient is suffering from a sore throat, the towel is folded so as to make a narrow band. Wrap it snugly about the neck, but not so tight as to be uncomfortable. (See Fig. 1.) Fasten by means of a couple of safety pins, and then apply the flannel snugly, so that it overlaps the wet towel, and keeps out the air, thus preventing evaporation. (See Fig. 2.)

The compress may be applied in the evening and left on overnight. On removing it in the morning bathe the part with cold water, and dry well but gently. It may be repeated and left on during the day.

The same directions would apply whether it was applied to the knee, arm, chest or trunk.

Physiological Effects.

The cold compress acts as an excitant in the primary stage, stimulating the skin, and quickening the circulation. The skin becomes pale because of the constriction of the superficial vessels. But this state of affairs only lasts a brief time,

when what is called the *reaction* sets in. The vessels dilate, and the skin soon becomes warm and red, and this condition prevails for hours, favouring the healing of bruises or other injuries, the absorption of exudates, and the loosening of stiff joints. The pain of rheumatism and other disorders is uniformly relieved, and all healing processes are promoted.



FIG. 1.—FIRST LAYER.

Effect upon the Internal Organs.

It is a well-known fact that many of the internal organs can be influenced beneficially by means of the heating compress. Various disorders of the lungs, liver, stomach, bowels, spleen, etc., may be treated, and oftentimes greatly relieved by this procedure.

The explanation is a simple one, for all the important internal organs are directly or indirectly related to certain areas of the skin. This is made possible by the reflex action of the nerves going to the skin and the viscera. Sometimes it is the skin immediately over the organ, as in the case of the liver, or the area may be more remote, for example, the soles of the feet and the brain.

Uses of the Compress.

These are well-nigh innumerable, because of the wide utility of the compress. For it may be readily applied to almost any part of the body, and is especially useful in treating the larger joints, the throat, chest, abdomen, and pelvis.

Chronic disorders of various kinds are uniformly relieved; for instance, those of the chest, such as chronic bronchial catarrh, or the spasms of a chronic asthma. The cough of consumption, too, often yields to a well-adjusted heating compress applied to the chest.

Pneumonia.

Another chest disease which can safely and advantageously be treated by the compress is pneumonia. In treating this most serious and often grave disease, the compress is changed as soon as it gets warmed, a hot fomentation being given at certain intervals as required. Of course in all such cases, and, indeed, in any serious disorder, the treatment should only be given under the immediate direction of the family physician, and then by a competent nurse.

For one must bear in mind that the heating compress is a potent measure, and given carelessly is capable of doing harm.

To Relieve Digestive Disorders.

This is one of the most common uses of the heating compress. Hypopepsia, and most forms of chronic dyspepsia are promptly relieved, but it is usually necessary to prolong the treatment for some time, even weeks or months, perhaps.

Catarrh of the bowels, both large and small, and ulcer of the stomach may be treated by the heating compress.

For chronic constipation the abdominal heating compress is almost a panacea.

Rheumatic Disorders.

These are all relieved by the compress, but it is, perhaps, most useful in articular rheumatism. An excellent procedure is to foment the affected joints for ten to twenty minutes, and then apply the compress, to be left on for twelve hours. Foment the joints again and repeat the compress.

In cases of old-standing disease, where the joints have become enlarged, deformed and stiff, the heating compress combined



FIG. 2.—THE COMPRESS COMPLETE.

with the fomentation makes a most effectual treatment.

The heating compress applied to the trunk, especially the abdomen, forms a most useful measure for relieving sleeplessness. Migraine, peritonitis, appendicitis, congestion of the spleen, and many other disorders are also relieved by the proper use of the heating compress.

Doctor and Patient.

IT seems to me very frequently that patients are even improved with the knowledge of their so-called danger and the good effects of religion; the spiritual mind is awakened, and with the light comes improved metabolism. In chronic cases there is generally much less hesitation, only, as in the acute ones, we must be prepared for an accusation of pessimism should the event prove contrary to expectation, when no one would be more pleased than ourselves. Wherefore on the whole my ideal doctor would tell the truth to his patients, as with his aid they pick their way through the Valley of the Shadow of Death; if he is doubtful what is the truth he will say so, and his diffidence will become less as his experience ripens. Let it not be said by us moderns, *Mentis ut medicus* (You lie like a physician).—*By a Country G. P.*

IS CANCER CURABLE?

BY FRANKLIN RICHARDS, M.D.

THIS vital question cannot be answered in a word. It requires careful consideration. Nor can it be answered at all until some knowledge is possessed of—(1) the origin and nature of cancer, (2) how cancer grows and spreads, (3) how it behaves toward surrounding parts, and (4) how it effects the body as a whole.

Is Cancer a Tumour? Are all Tumours Cancers?

It was a freshman student who wrote in his examination paper, "A tumour is anything round." It is the "cancer-curer" who insists that all tumours are cancers. By putting these two definitions together, we obtain something like the crude conception of cancer which makes its "cure" such an easy matter to the non-professional "cancer doctor." By means of caustic pastes and plasters, and the use of local anodynes to allay the terrible pain produced by these as they gradually burn away the flesh, the cancer-curer is able to remove any lump or swelling from the surface of the body—provided the patient will bear it—and to remove it "by the roots," as he says. Sir Spencer Wells long since wrote a book about these cancer-curers, which is still present truth to those who have faith in the often-times sincere but ignorant person who claims to hold in his hands a secret remedy for this dread disease ("Cancer and Cancer-curers," Sir Spencer Wells, 1860.)

Need of Fine Discrimination.

While the ignorance of the cancer-curer permits him unhesitatingly to diagnose and undertake to treat all tumours as cancers, a scientific training compels one to exercise care and discrimination. It is sometimes difficult to decide whether or not a given tumour is cancer. Laboratory apparatus and microscope must be brought to bear before an opinion is given; and when the evidence before the physician compels him to say, "This is cancer," it may still be difficult to decide what had best be done for the patient.

Two Classes of Tumours.

Tumours or growths in the body which are not of the body are of two chief kinds so far as their tendencies are concerned: *benign* or innocent tumours, such as fatty, fibrous, bony or warty formations; or *malignant* or destructive tumours, like cancer and sarcoma. There are more than a dozen varieties of this latter group, all of which are often, though wrongly, called cancer. Still, as we shall not go into minutiae, they may be called by that name here.

The qualities which make a tumour malignant or cancerous are (1) a tendency to penetrate and grow into surrounding structures without regard to natural boundaries; (2) a tendency to recur after removal; (3) to spread through the lymph to adjacent parts; and (4) through the blood to distant parts of the body.

Growths Which Are Not Cancer.

Tumours removed by cancer-curers usually possess none of these characteristics, and are therefore perfectly innocent formations. Indeed, the fact that a growth has been successfully destroyed by the application of caustics, is pretty strong evidence in itself that the thing destroyed was *not* cancer. There are occasional exceptions, such as rodent ulcer, for example, which is a form of cancer known as *epithelioma*. The rodent ulcer develops slowly, is rarely fatal, and sometimes succumbs to caustics, though often these only excite it, and treatment with light or X-ray, or removal with knife or curette, is a less painful and safer method.

Misplaced Confidence.

Through misplaced confidence in non-professional cancer-curers and quasi-professional cancer "specialists," doubtless many persons who have never had cancer at all have submitted to the slow torture of repeated cauterisations with powerful caustics. In other cases, true cancers have been imperfectly removed at an

enormous cost in protracted suffering, only to return quickly and complete the work of destruction. The authority already quoted mentions some notorious cases of reported cures in which the persons sup-

posed to have been cured died of cancer shortly after the "cure" was accomplished!

The origin and nature of cancer will be considered next month. Its causes, prevention, and treatment will also follow.

SEWAGE ; AND HOW IT IS DISPOSED OF.—I.

BY H. LEMMOIN-CANNON, A.R. SAN. I.*

WHEN we realise, if only to a limited extent, the important bearing which the efficient disposal of sewage matter has on the health of the human race, it is surprising what a small amount of interest is taken in the subject, and the little that is known about it by the average individual—

within the limits of space available, to touch upon some of the methods employed in the past and at present in vogue.

In past centuries the subject was entirely ignored—as it is to-day in some Eastern countries—with results that can now only be imagined, though some of our elders can perhaps call to mind serious epidemics of infectious diseases due to sewage improperly disposed of.

Sewage a New Science.

The science of sewage disposal is, at the outside, less than half a century old, and during the last decade more has been learned in relation to it than in the previous period.

It is only in rural districts, speaking generally, that the individual householder has any personal control over the disposal of the excrementitious matter from his dwelling-house, and the country reader may, therefore, feel more personal interest in the subject.

even by the "man in the street," who is popularly supposed to have an acquaintance, however slight, with most things.

But this general ignorance should not be applicable to GOOD HEALTH readers, at all events, and some slight insight into those methods of "treatment" which scientific investigation and practical experience have demonstrated to be the most suitable for the efficient disposal of sewage from isolated country houses, villages, and towns of all sizes will not, perhaps, be amiss.

An Important Subject.

It is the object of these articles to endeavour to interest the reader in a subject which, though it may seem to be of an unattractive character, has for its aim the preservation of health, and in a simple and, as far as possible, non-technical way,

*Author of "Modern Sewage Disposal: a Popular Handbook." etc.



FIG. 1.—MOULE PAIL.

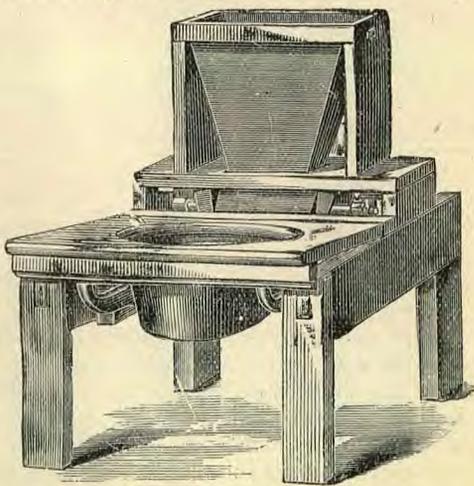


FIG. 2.—SELF-ACTING EARTH CLOSET.

Midden-privies, and, less frequently, cesspools, are there the most usual receptacles for faecal matter. They are not to be indiscriminately condemned, though some eminent sanitarians do so. But very few middens are sanitary either in construction, situation, or method of use. They

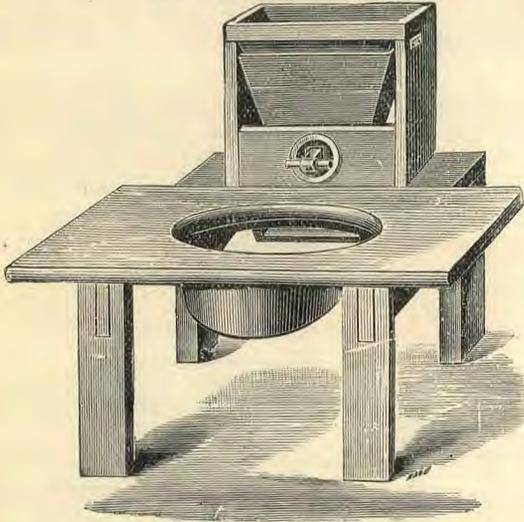


FIG. 3.—"PULL-OUT" EARTH CLOSET.

are usually (1) situated too near dwellings, or in such a position that the contents, through imperfect construction or age, percolate into the surrounding earth, with the liability of contaminating the water supply to the house in connection with which the midden is used or a neighbouring dwelling, with possible dire results; (2) emptied at irregular or too long intervals. The same remarks can be applied, also, to many cesspools.

The Country Resident.

The country resident can, with but little outlay and without adopting any "system" of sewage "treatment," do away with the midden-privy by having the contents of the pit pumped out, the cavity filled in with good dry earth, well rammed, covered over on the ground surface of the closet building with six inches of good concrete, and installing there some kind of moveable galvanised iron closet-pail (Fig. 1) with a tight fitting lid, such as Moule's, for instance, one of the best of its kind. This

form of closet is a very useful one, and certainly most sanitary if used under suitable conditions and with care, and emptied daily, or at least three times weekly. The contents can be dug into a garden, however small, without any unpleasant results. It is advisable to add dry earth to the pail after each usage, as this helps to deodorise the faecal matter and absorb any moisture. Dry earth can be applied either automatically, where the closet-apparatus is constructed for the purpose (see Fig. 2), or by pulling a lever (Fig. 3), or by hand by the aid of a shovel from a box of dry earth kept in the closet for the purpose and replenished as needed. Such a closet-pail, if used inside a house, should be at once removed and emptied. Fig. 4 shows a specially constructed kind. Fig. 5 illustrates a hut-closet for the garden, fitted with pail and appurtenances.

Disposal of Slops.

Where a dry-earth closet is in use, slops and house-waste waters should not be added to the pail, but should be conveyed away from the house and its precincts through pipes placed underground and discharged into the earth some distance away, or into an underground storage tank, to be pumped up as needed for garden watering, etc.

Where a cesspool is employed, it enables a water-closet to be constructed inside a house. It can be supplied with water either from a main supply or by some kind of pump, or from a supply cistern in the roof



FIG. 4.—BED-ROOM CABINET COMMUNE.

used for the storage of rain water for the purpose, and preferably provided with an arrangement for releasing the first portion of the water entering it, which is usually mixed with leaves and dirt from the roof. There are many advantages in this method, but the cesspool should not be constructed near the house. Its sides



FIG. 5.—GARDEN HUT CLOSET.

should be watertight, and only in exceptional cases—as perhaps where the bottom is on good chalk—should it lack a made bottom so as to ensure the receptacle being watertight. A properly “sealed,” and preferably iron, cover is requisite; ventilation is essential, as is also periodical emptying.

In the case of large establishments it may be deemed advisable to adopt some more modern method of dealing with the sewage where there is no local sewerage system, but then professional advice is essential. One or two suitable “systems” for country houses so situated will be touched upon later.

(To be continued.)

The Japanese Deep Breathers.

FRESH air—and a great abundance of it—is the Japanese rule. The Japanese sleep rarely with their paper windows closed. In the morning one of the first tasks is to go out-of-doors. There the Japanese woman takes in great breaths of air. And the Japanese woman is a deep breather. The Japanese look upon full, deep breathing as breathing as being the most vital force in life. Food is not as important although necessary. The best of exercises are of little value when the breathing that accompanies them is not done properly.—*W. Irving Hancock.*



Mind in Relation to Body.

If you want fine, good health or physical beauty (the knowing ones understand their inseparable relationship), be interested, and put your mind to work to help your body to get what it needs and wants. Do not think of your physical exercises as something disagreeable or as a duty that ought to be performed, but let them be pleasures; enjoy them, make play of them, get fun out of them, and set your minds upon expected results. Then for every added beauty of strength and touch of colour rejoice—and joy in getting more.—*Alexander Campbell.*

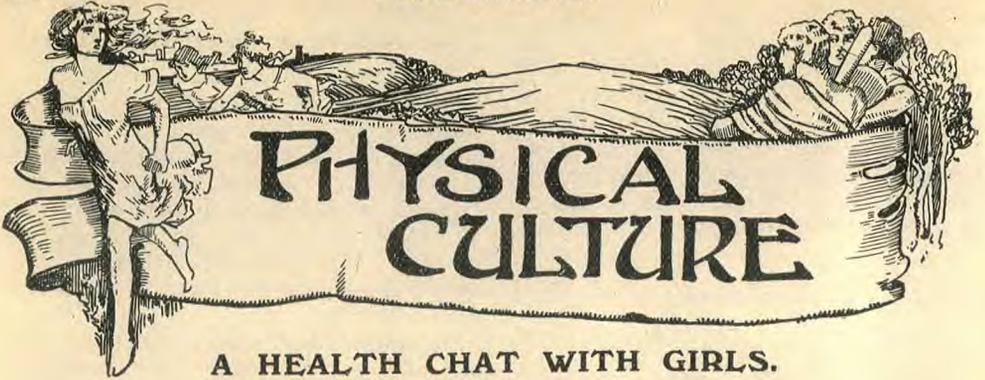


Health a Habit.

HEALTH is really a habit—that of living right. If we get into the right habit of living we shall have little trouble in keeping ourselves in good condition, physically and mentally.

Once good habits are established the benefits derived from them will prove so delightful that there will be no temptation to fall back into the old habits. Get into the habit of breathing properly. It is just as easy to breathe deeply as not. Expand the lungs and fill them full of air as often during the day as you think of it.

But good physical habits are not all. The mental habits must also be regulated. If you are in the habit of talking about every little ill, pain, or ache, stop it at once, and talk health instead.—*Australasian Good Health.*



A HEALTH CHAT WITH GIRLS.

(Concluded.)

ONE night in the week gone. You walk home feeling rested from your day's application, gladly looking forward to the hot bath, with a series of exercises which bring your feet higher than your head, and add

bed—glad to be alive, glad to get a chance to sleep, happy in the usefulness the Lord has opened before you.

The next morning at the breakfast table your kind landlady tells you of a peculiar



DIPPING EXERCISE, FOR INCREASING CHEST EXPANSION AND DEVELOPING THE SMALL MUSCLES OF THE BACK.

to the exhilaration the time at the gymnasium brought. Before your open window you breathe deeply and noisily in through the nostrils, mouth closed; then as deeply and noisily exhale through the nose. After half a dozen such breaths, you are sleepy enough and tumble into

case of need in a distant part of the town. Here is another chance for exercise. All through your office hours your mind is happy and active, planning how you can manage this little expedition, and the gray cells of your brain get a raking up they have not had for some time, and you feel

young again as you anticipate the ministry you may bring to one of His needy ones.

The Useful Walk.

After the hours that sometimes seem so long, with basket in hand, you start off with elastic step, in spite of the rain, or snow, or wind, or heat, breathing, unconsciously, very deeply, because of the joyous satisfaction in your own heart. The case of need was not overdrawn. It takes all of an hour to soothe the helpless one, arrange the house so that it is more inviting and comfortable, and pat the children's neglected cheeks. The food you have brought the little ones devour to supply their physical needs no less greedily than you take in their thankful appreciation.

Then comes the long walk "just for fun." It is all right to do things for fun when it works no ill to another, and we can bring more than mere pleasure into a walk in the fresh air. Emerson's definition of a friend is one with whom you can walk for hours perfectly happy and content, yet not speak a word. Just *live* in the glad outdoors—His gymnasium.

The Morning Dip.

The little details of exercise which you manage early in the morning and immediately on retiring are part of your very being. You miss the cold dip, the trunk exercise, the chest-lifting, and at night the heel and leg-raising, as much as you miss your breakfast—in fact, if you had the chance occasionally, you would prefer to omit your breakfast rather than be deprived of the exhilarating tonic that cold water, inside and out, brings.

There is no monotony in this system of physical training. There is nothing but a glad joyousness which brings to you the glow that right-doing alone can furnish. It is just as essential to your happiness to give the physical its share of attention as to be truthful or faithful. You are imbued with the thought that the body is His temple, and all that you can do to keep it clean physically, pure physically, alive physically, must meet His approval and your own best, well-rounded development.



BENDING EXERCISE TO DEVELOP
"NATURE'S CORSET."

If you have trouble in going to sleep, throw your window wide open, inhale and exhale deeply six times. Jump lightly until you are tired, then jump into bed, and sleep will come.

Maintain correct carriage in every movement, at least every time you think about it, until the habit is formed. It will form.

After your morning drink, rub and knead the bowels deeply, always from right to left. This aids peristalsis wonderfully.

At night, when tired, apply hot and cold to the face and eyes. "Stand on your head" by running the feet up the wall. Spend five minutes breathing *out* and in before your window; then to your prayers, and a night whose sleep "knits up the raveled sleeve of care."

Don't stop. Keep doing something, and don't be afraid to try things. If you are near a body of water, get some one to teach you to swim. You do other things that require moral courage and physical strength, and you will learn more lessons of faith while conquering the art of swimming than you can dream about in a year under the average Sabbath sermons.

Keep on trying. Try, try. I. O.



A DRESS FOR HOUSEWIVES.

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

"HOUSEWORK nearly kills me," a good woman was heard to say recently, yet this same person was obliged to work from morn till even in order that her husband and sons might have a comfortable home and three good meals a day. If she were an exception to the general rule there would be no need of mentioning her case, but the fact is there are hundreds—thousands of housewives—who find their daily household tasks a burden almost too heavy to be borne.

What is the reason? Is it because housework is an unhealthy employment? Not by any means, for with the exception of gardening and other out-of-door pursuits there is no work so conducive to health as housework, if properly performed. Then what is the difficulty? In many cases it is this—the woman is clothed in such a way that all of her muscles are working against resistance. Not so with her husband or son. If he has a bit of hard physical work to do, off comes his coat and most likely his collar. His clothing, at all times loose and comfortable, but rendered

more so by these subtractions, enables him to use his muscles to the best advantage, and he can lift or push or pull with comparative ease and comfort. But the woman with her snug collar, tight corset and skirt band, and heavy dragging skirts is so hampered that any special demand upon her strength makes her blue in the face and quite out of breath, while just the ordinary duties of daily life leave her much the worse for wear at each day's close.

Whose fault is it? —The woman's and hers alone. She is her own taskmaster. She sets herself arduous tasks and then binds her muscles about so that they cannot perform their work. A pianist might almost as well have his wrists tied. His music would be faulty and produced with much greater expenditure of muscular and nervous energy.

The woman who is accustomed to dressing in the ordinary way would find that with healthful clothing she could perform her daily household tasks with but half the effort usually put forth.



Let her who is burdened with much serving put this statement to the test and see if it be true.

Why Omit the Corset?

In order to be clothed in a truly comfortable way, the corset must be omitted from the wardrobe. To claim that the corset is not worn tight alters the situation but little, for however loose it may be, if it be tight enough to carry the weight of the skirts without any shoulder straps, it is tight enough to hamper the important muscles of the trunk, and to displace and hinder the abdominal organs in their work. So then the corset should be discarded, and in its place a comfortable but well-fitted bodice should be worn. (The Good Health Adjustable Bodice serves the purpose admirably.) The petticoats should be attached to this bodice by means of buttons and buttonholes, so that their weight is borne by the shoulders. This one reform gives almost unspeakable relief to one who has always been accustomed to the dragging of heavy skirts around the waist. The hose supporters should also be attached to this underbodice as the ordinary encircling elastics cannot be included in a healthful wardrobe.

Comfortable yet Attractive.

And now about the dress—the accompanying cut suggests a gown for housewives which may be perfectly comfortable and at the same time quite attractive and becoming to the wearer. The idea that a comfortable gown must necessarily be a slovenly gown should be relegated to the past. The dress suggested is simply made, easily laundered, quickly adjusted, and comfortably worn. The sleeves being short need no rolling up, an item which adds considerably to this housewife's appearance while working, while the lack of a collar adds much to her comfort.

Directions for Making.

The gown may be made of any good washing material, as print, gingham, or zephyr. Or, if a better dress is desired, linen either in holland or colours may be employed. The decoration, which consists of straight bands of embroidered insertion,

may be omitted if desired. If used, however, a trimming should be selected which, while not necessarily expensive, is good enough to withstand the hardships of the laundry. It is best to make the bodice and skirt separately as they are more easily laundered. If this is done, however, they must be attached at the waist by buttons, the latter being covered by the band of insertion which serves as a belt. The bodice could be made with a collar for those who prefer, or those who like the freedom of a low-necked dress while working could, when their work is finished, adjust around the neck a few soft folds of soft white muslin or linen lawn. To do this cut a piece of the desired material diagonally (or on the bias). It should be about eight inches wide, and twenty-four inches long. This is then arranged in soft folds around the neck inside the surplice, the effect being most pleasing. The skirt is gored at the front and sides and is gathered at the back. It may or may not be finished with tucks at the bottom. However finished, it should clear the floor by several inches all around the bottom so that it need not be held in going up and down stairs.

Always Well Dressed.

Now, considering again the comfort of this gown, one of its chief recommendations is that it always enables the housewife to feel well dressed even when engaged in household work. By wearing a suitable apron her dress can be kept fresh, and should anyone call at the house she can slip off her apron in a moment and present herself at the door neat and trim, and with that repose of body and mind which always accompanies the consciousness of being well dressed.



The Voice of the Flowers.

THE red rose says, "Be sweet,"
And the lily bids, "Be pure;"
The hardy, brave chrysanthemum,
"Be patient and endure;"

The violet whispers, "Give,
Nor count the cost;"
The woodbine, "Keep on blossoming
In spite of chill and-frost."

—Selected.

Chats with Semi-Invalids.

WEAK DIGESTIVE ORGANS.

BY J. J. BELL, M.D.

WEAK digestion is perhaps more prevalent than any other abnormal condition to which the human body is subject. From the infant to the hoary headed may be found those afflicted.

What the Dyspeptic Can Do for Himself.

Yet there is possibly no condition of ill health for which more can be done by each individual himself, if he knows how to select a well-cooked easily digested bill of fare, and takes the same in moderate quantities, at proper times, and exercises due care in regard to thorough mastication. In addition we should mention as of great importance exercise in the open air.

Knowledge of Foods Necessary.

In order to be able to select the right kind of food it is necessary that we should understand something about the chemical elements which the food contains. We must also know something about the right preparation of food. In other words everybody ought to be a cook, at least so far as knowing how to prepare simple foods in a simple, easily digested, palatable manner.

Overloading the Stomach.

The quantity of food eaten is just as important as the quality. Often individuals suffer greatly from digestive disturbance simply from overloading the stomach. One who is accustomed to overeat never gets satisfied in the true sense. There is always a craving for more food. The individual does not get nourished from his food, due to the fact that much of it is wasted by fermentation and although he may consume large quantities he always remains thin and emaciated.

Perseverance Required.

As a rule most people suffering with indigestion feel for a time weaker and less fit for their regular work as soon as they

make a change for the better in their diet. This may be due to the fact that with the fermentation there are always poisons produced which act as a stimulant to some extent to the individual. When this process ceases for a time, energy and tone seem to depart. However, with perseverance along right lines a permanent improvement soon takes place.

Too Frequent Eating.

Many dyspeptics make the mistake of eating too frequently. When the digestive organs are weak, rest is a wonderful help to a cure. A safe rule for nearly all is never to eat more than three times daily. And indeed for many people with weak digestive organs two meals are likely to be better than three. When only two meals are taken it is always best to dispense with the evening meal. The last meal in the evening is often responsible for the morning headache, coated tongue, and foul breath, as well as lack of appetite for breakfast.

Thorough Mastication Essential.

Too much stress cannot be laid on mouth digestion or mastication, as this a part frequently neglected by all classes of people. Slow and prolonged chewing prepares the food for the stomach, and prepares the stomach for the food. The digestive juices all flow freely as the result of chewing.

Happy Effect of Outdoor Exercise.

The effect of exercise in the open air on the digestion is wonderful. A walk in the fresh air following a meal is a great aid to its digestion. Violent exercise should not be engaged in soon after eating. But gentle exercise produces a balancing of the circulation as well as an increase in respiration which have a happy effect on the digestive process.

[Future contributions to this series will go somewhat more fully into the matters discussed.—E.D.]

Rice as a Food.

As a food, I do not think anything superior to rice can be provided for soldiers in the field. It has the immense advantage of being very portable; it possesses highly nutritious qualities, for it has been proved over and over again in the present war that troops can be kept going for many days on a mere handful of rice carried by the soldiers in their pockets; it is very fattening, and above all, it engenders thirst far less than the ordinary fare, such

biscuit. It will be remarkable if other armies do not adopt rice as the principal article of diet for troops in the field after the experience gained from the recent struggle in the Far East. If soldiers were occasionally fed on rice in times of peace, especially during manœuvres, they would soon become accustomed to it in time of war. It is also a notable fact that troops fed on rice are not subject to enteric in the same manner as troops living on a meat diet, even though the sanitary con-



AFTER WORK HOURS.

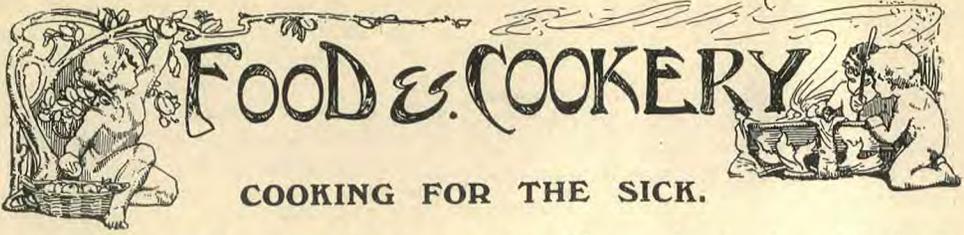
as meat and biscuits—an important consideration in a hot country. Moreover, rice is easy to cook, and although not very palatable to Europeans by itself, can be speedily rendered so by the addition of small quantities of ordinary condiments, such as butter, jam, pickles, or salt plums, the last being a particular favourite with the Japanese. When it is only possible to supply troops with meat in very small quantities, if the meat is stewed together with the rice it goes much further; it is also much more appreciated when devoured by hungry troops as an adjunct to thirst-producing, teeth-destroying, armour-plated

ditions be as unfavourable as possible. This was the case before Port Arthur, where for six months nearly 100,000 men lived in fixed camps, which were kept in a really shocking state of filth.—*Ellis Ashmead-Bartlett, in The Siege and Capitulation.*

The Children.

OH, what would the world be to us
If the children were no more?
We should dread the desert behind us
Worse than the dark before.

—*Longfellow.*



COOKING FOR THE SICK.

THE following hints may be found useful in some severe cases of dyspepsia, where solid foods are forbidden, or they may be taken in combination with granose biscuits, or some other form of biscuits.

Gluten is especially good in cases of acid dyspepsia, or sour stomach, biliousness, gastric catarrh, or any other severe gastric derangement; it is also preferable to flour for invalids, when thickenings for soups and gravies are required.

Gluten gruel may be prepared in a variety of forms as follows:

Ingredients: 2 tablespoonfuls gluten, 1 small dessertspoonful almond butter, 1 breakfast-cup boiling water, a little salt.

Method: Boil the cup of water; meanwhile reduce the almond butter to a cream by adding a little water to it, and moisten the gluten with this. Pour over the mixture the boiling water, and return it to the saucepan; cook it slowly for five minutes, or longer if preferred; but as the gluten is already a well-cooked food, very little time is required in the preparation of it.

Instead of the almond butter, cream may be used, or milk may be substituted for water. In cases of biliousness, or where the gruel is not required very rich, equal parts of milk and water may be used.

Tomato and Gluten.*

It is well to vary the gruels, so that the patient may not easily be tired of them. A good change for ordinary gluten gruel is tomato and gluten. Use the same ingredients as given above, viz., gluten and

almond butter; but in place of the breakfast cup of boiling water, use two-thirds of a cup of strained tomato, and one-third water. Cook in the same way as the almond gruel.

Eggs, when obtained fresh, will often be found very valuable for the sick. If properly cooked they are easily digested and nourishing. The following hints may be useful in preparing them.

Soft Boiled Eggs.

Boiled Eggs.—Boil the water, draw the saucepan a little to the side and add the egg gently. After the egg has been added, the water should boil once only; then draw the saucepan to the side of the stove for six minutes. By this time the white of the egg should be firmly set, but it will not be tough, as when boiled in the ordinary way.

Patients can often digest eggs cooked in this way when they would have to be rejected if cooked after the ordinary method.

For a change the eggs could be poached and served on zwieback or granose biscuits.

Poached Eggs on Toast.

Heat a little cream, milk, or almond cream, dip quickly into this a slice of zwieback (twice baked bread), or a granose biscuit. Place on a plate, cover it, and put over a pan of boiling water, and steam for a few minutes. Meanwhile the water should be in readiness for poaching the egg. Take a small clean frying-pan, or even a shallow saucepan will do; fill with boiling water, break the egg into a cup and turn it gently into the boiling water, draw the pan a little to one side of the stove, and cook gently for two or three minutes, or until the white is set. In order to poach the egg nicely the water must

*Gluten may be obtained from the International Health Association, 74 Legge St., Birmingham; the Good Health Association, 451 Holloway Rd., London, N.; or from Bilson's, 88 Gray's Inn Rd., London, W.C. The cost is 10d. per packet of 1-lb, and compared with other foods in general use for invalids, it will be found to be both nourishing and inexpensive.

cover the egg. Raise gently with a slice, or broad knife, and serve on the toast.

Whipped Eggs.

Break the egg gently, separating the white from the yolk. Beat the white to a stiff froth; add to the yolk a cup of hot milk, or grape juice, or any other fruit juice, then stir in gently the stiffened whites and serve in a glass.

An Ideal Eating Place.

IT is always a source of pleasure to believers in food reform principles to see them adequately embodied in some tangible outward form. Mr. R. Winter's Café, in the City Arcades, Birmingham, is without question the most tastefully arranged and inviting place we have yet seen in Great Britain. We were so much struck with it that we requested the proprietor to have a photograph taken that we could put in GOOD HEALTH. The cut on this page has been provided accordingly, and while it gives a fair idea of the general arrangement, it cannot, of course, do justice to the

exquisite taste shown in harmonious colouring, and the ingenious way in which the greatest possible advantage is taken of the open-air effect made possible by the location in the beautiful arcade, roofed in with glass. The china is of choice make, palms and greenery are everywhere in evidence, and the waiters are neatly and tastefully dressed, and most attentive.

Here, then, one can regale oneself on the luscious fruits and the satisfying cereals and nuts, with beauty all around him, and with something of the delightful outdoor effect of a picnic, even on rainy days. The pleasure is further enhanced by music of a high class, furnished by an orchestra at certain hours.

But we shall not say more. Mr. Winter's thoroughly unique place must be seen to be fully appreciated. Of course, this cafe, where, by the way, regular dinners are not served, but only lunches, hot and cold, is only a part of the business. The best of fruits, nuts, and health foods, as well as excellent biscuits and other products of his own making, are regularly on sale, and his list may be had on application.





THE OUTDOOR CLUB.

THE late autumn is an excellent time for walks in the country-side. The air is keen and bracing, and there are not wanting many interesting things in woodland and meadow. The shade of melancholy that hangs over the woods on a quiet day in November has a subduing and healing influence upon the mind, while it by no means induces gloom. Falling leaves are beautiful not only in their sense of fulness and completion, but also in the hope of the morrow which lies bound up in the buds remaining behind.

A Rainy-Day Suit.

Walks in the more or less rainy weather of November and December would be far more enjoyable if taken in clothes not easily injured by the wet. An outdoor costume suited to the requirements of vigorous exercise in all kinds of weather, and one of whose appearance the owner was not any too particular, would make the ideal thing for such occasions.

Plans for the Club.

Encouraging letters continue to come from GOOD HEALTH readers interested in our proposed outdoor club. We shall be glad to hear from many more. Let all who love to be out-of-doors and derive benefit from communion with nature join us in this open-air propaganda. There will be room in the movement for talent of every kind. Each one can do something and can become happier by so doing. It is the effort to share with others the blessings we ourselves enjoy that secures us in their possession. We never really own anything till we learn how whole-heartedly to use it for the benefit of our fellow men.

Membership Fee.

The membership fee of the outdoor club will probably be just one shilling, and names will be entered as they are sent in, membership cards being forwarded to the persons joining in due course. The one principle to be subscribed to will be love of the open air and a desire to be out-of-doors as far as one's work permits, and to get as much of outdoor air inside one's living-rooms as may be possible. Members will also be entitled to receive a badge, and a copy of the outdoor booklet in process of preparation.

The Badge.

The badge will perhaps be in the form of an oak leaf, with pin attachment, the oak being symbolical of English grit and sturdiness. The holly leaf has also been suggested in view of its beauty and perennial green colour. The plain initials "O. C." might also be used.

The Pledge.

The pledge will probably take about this form:—

"I am a believer in fresh air and the outdoor life, and I shall endeavour to take regular daily exercise out-of-doors, to bring as much of the outdoor spirit into my work as possible, and to encourage in others a love of nature and the simple life."

Next month further plans will be talked over. Meanwhile we shall be glad to hear from all interested persons. What we need now is some enthusiastic young men and women who can act as honorary secretaries of local branches that may be formed.

M. ELLSWORTH OLSEN.

Colds and Catarrh.

THE Good Health Supply Company can furnish a complete outfit for the *home treatment* of catarrh.

The difficulty with most appliances hitherto placed on the market has been that they merely supply medicated vapour to the nose and throat passages, but are not capable of thoroughly cleansing these parts. The outfit that we are able to furnish supplies this lack completely. It contains, first, a *Percussion Nasal Douche* and medicine to go with the same, by means of which every part of the nasal passages can be thoroughly and quickly cleansed from mucus, dust, and other impurities. Then there is another instrument, also supplied with medicine, that will introduce a fine nebula of medicated air into every remote part of these organs. Thus the diseased portions are first thoroughly cleansed, and then treated with healing vapours.

The outfit complete, with full directions, and medicine for both instruments to last for a considerable time, is furnished at **7/6, post free**. The cost hitherto for this same outfit has been 10/6. We have reduced the price to make it accessible to a larger number of our readers, and have no doubt it will have a very large sale. **GOOD HEALTH SUPPLY Co., 451 Holloway Road, London, N.**



ROSTREVOR HILLS HYDRO.

One of the most charming locations in Ireland. 400ft. above Carlingford Lough. Near Warrenpoint and Rostrevor. *Exhilarating* sea and mountain air. 130 acres of wooded park and mountain.

**BATHS IN GREAT VARIETY,
 MASSAGE, PHYSICAL CULTURE DRILL,
 ELECTRIC LIGHT BATH,
 HYDRO-ELECTRIC BATH,
 ELECTRO-VIBRATORY MASSAGE,
 PRESCRIBED DIETARY,
 BOATING, SEA-BATHING,
 MOUNTAIN-CLIMBING, QUIET REST
 MEDICAL CARE, SKILLED NURSING.**

Send for prospectus to . . .
Rostrevor Hills Hydro, Co. Down.

ARTOX FOOD

FOR INFANTS, INVALIDS, and ADULTS.

Prepared from the Whole Wheat Berry. Sold by Health Food Stores, Grocers, etc. Large tin sent post free for 1/-, or 3 tins, 3/9. **Dunbar & Co., 240 Goldhawk Road, LONDON, W.**

The Leicester Sanitarium

Affords the Health-Seeker the combined advantages of the fully-equipped Hydro-pathic Establishment and Nursing Institution. A moderate tariff procures Board, Residence, Medical Attendance, and in addition the benefits of THE SANITARIUM SYSTEM OF TREATMENT. This consists of a definite scientific system of Health-Training, having for its object the cure of disease by the removal of the causes and the renovation of the whole body. To this end right habits of living are rendered possible by wholesome surroundings; and natural remedies—such as light, air and water—are scientifically employed.

The Sanitarium System embraces over a thousand combinations of procedures which include a variety of sprays and douches, the salt-glow, Nauheim bath, the radiant heat or electric-light bath, the hydro-electric bath, sinusoidal electricity, manual Swedish movements and massage.

All treatments are carefully graduated and adapted to the needs of the individual patient, and are administered by trained nurses under the direction of the resident physicians. Special attention is given to diet and physical culture.

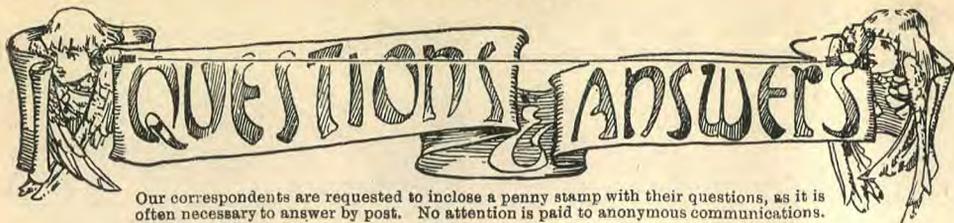
Artificial stimulants, palliative drugs and measures of uncertain action and questionable worth find no place in the Sanitarium System.

Infectious, offensive and incurable cases are not received.

A post-card addressed to the Secretary will bring by return our attractive, illustrated booklet: "The Better Way to Health and Prosperity."

Address: The Sanitarium, 82 Regent Road, Leicester.

In answering advertisements kindly mention "GOOD HEALTH."



Olive Oil.—W.W.: "Please tell me where I can get pure olive oil."

Ans.—Fred. Bax & Son. See advertisement in GOOD HEALTH.

Jam—Marmalade—Hovis Bread.—L.M.: "1. Do you recommend jam or marmalade? 2. Is brown bread best toasted, and should it be eaten hot or cold? 3. Do you consider Hovis brown bread good?"

Ans.—1. Hardly. Plain stewed fruit is always preferable. 2. Ordinary baker's bread, made with yeast, is better stale; toasted, it is still more wholesome and easy of digestion. If it is to be eaten with butter, it should be allowed to cool after toasting. 3. Yes, decidedly.

Fresh and Cooked Nuts.—C.C.N.: "1. Are monkey nuts wholesome? 2. Should nuts in general be baked or cooked before eating?"

Ans.—1. Monkey nuts, also known as peanuts, are more difficult of digestion for most people than such nuts as walnuts, brazil nuts, or almonds, but otherwise they are wholesome. 2. Peanuts should always be cooked before eating, and the same is true of Italian chestnuts; but this does not apply to almonds and most other nuts. Almonds, for example, are equally wholesome, fresh or cooked, while walnuts are more wholesome uncooked.

Baldness—Capsuloids.—B.P.: "1. I have lost all my hair and am tired of trying quack remedies, such as Capsuloids, etc., and I shall be glad if you will give me directions as to diet, exercise, the use of medicine (if any) for the improvement of my general health and to encourage the growth of my hair. 2. Do you recommend Welch's Invalid Port? 3. Do you think I ought to abstain from alcoholic beverages altogether?"

Ans.—We would recommend you to adopt a diet of plain, wholesome food, that you find you can digest. In our opinion, it should consist of plenty of fruit and nuts with bread and cereal preparations, vegetables, and dairy products. The best exercise is such as can be taken out-of-doors in the fresh air. We believe it would be wiser for you to avoid drugs and medicines entirely. A daily massage to the scalp and a shampoo with warm water and a mild soap once or twice a week is desirable. It is possible that the hair follicles have been destroyed and, if so, there is nothing that will give a new growth. On the other hand, if the loss is due to some severe illness, it will probably grow afresh. 2. Yes, it is most excellent, being free from alcohol and other preservatives. 3. Yes.

Varicose Veins.—T.B.: "In a back number of your paper, I saw the treatment for varicose veins, but can't find it now. Kindly give me the number of the volume of the magazine and oblige."

Ans.—Number 4, of Volume 2.

Dentifrice.—E.S.: "Will you kindly recommend a cheap and effectual dentifrice for the teeth?"

Ans.—Arpax, prepared by the Arpax Co., 9 Prince's Avenue, Alexandra Park, London, N.

Declining Strength.—"I have been a vegetarian for four months, and find my strength declining. Meat used to give me temporary energy, but now I get neither temporary nor permanent strength. For dinner I take two vegetables, milk pudding, and fruit, and for tea, an egg with bread and butter, after which I take nothing until noon next day. What would you advise?"

Ans.—That you immediately drop the no-breakfast plan, and take a plain, substantial breakfast at 8.00 or 9.00 in the morning; dinner at 2.00, and tea at 6.30. You are getting too much starch, and not enough proteid on your present diet. For breakfast have well-cooked porridge, an egg, bread and butter, and fruit. For dinner have a nut roast, or a slice of protose, or nuttolene with vegetables, and a custard or milk pudding without fruit. For tea have junket, bread and butter, and fruit.

Good Health School of PHYSICAL CULTURE.

From the members:—

"I have much enjoyed the course and feel greatly benefited."

"I am more than pleased."

"My health is improving."

"My circulation has much improved."

"Your opening remarks and advice commend themselves to one's common sense."

"I have become much stronger." (vert.)

"The help received has made me a thorough con-

Full particulars for stamp.

451 Holloway Road, London, N.

T H E **R** **RESTAURANT**

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

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

1/- Ordinary **Three Courses and Lemonade.**

The finest Sixpenny Teas in London served after 3.30.
(Cocoa or Brunak served instead of tea if desired.)

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

"I should enjoy Figs, but for the Seeds."

"PITMAN"

PRESERVED FIGS

Have removed this obstacle.

They are preserved without skins, with or without seeds, and are very delicious.

ORDINARY OR SEEDLESS, at the one price:
Per Box, 3d., 1 lb. 7d., or 2 lb., 1/- per Box.

If you wish to have in the house
A DAINY AND NOVEL HEALTH SWEET FOR DESSERT

to offer to your friends, nothing will please them better than

"PITMAN"

Stoneless Dates

Stuffed with Walnuts, Almonds, Cashews, Almond Cream, Cocoanut Cream, Brazils or Assorted.

All one price, **9 1/2 d.** Fork supplied with each.
Assorted Parcels, value 5/-, Carriage Paid.

From Sole Manufacturers:

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

The Largest Health Food Dealers in the World.

Xmas Illustrated Catalogue, 88 pages, with copy of "Aids to a Simpler Diet." Post Free two stamps.

IXION INFANT FOOD

IS ONE OF FOUR GOOD THINGS.

IXION INFANT FOOD is the latest of the well-known IXION HEALTH FOODS.

IT is as perfect a food as nature and art together can provide, consisting as it does of the whole wheat berry, nothing added, nothing abstracted, but scientifically cooked and prepared in a digestible form, complete with all its natural proteids and phosphates for the building up of nerve, bone and muscle.

From Health Food Stores, Grocers, etc., or 4/6 per 1/2 doz. 1 lb. tins, Carriage Paid. Smaller quantities, 9d. per tin, postage extra. Sample post free for 2d. stamps, direct from

WRIGHT & CO.,
VULCAN STREET, LIVERPOOL.

THE BEEF TRUST

says: "Tuberculous and diseased cattle are not used for meat, they are made into soap."!!

Why use soaps made from these disgusting materials and caustic soda, when you can get

McCLINTON'S
TOILET and SHAVING SOAPS,

made solely from **VEGETABLE OILS** and the **ASH of PLANTS?**

On receipt of 3d. to cover postage we will send samples of

COLLEEN TOILET SOAP,

SHAVING SOAP,

SHAVING CREAM,

TOOTH SOAP,

with list of Traders who stock them.

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

Mention "Good Health."

Private Boarding House.

17 Prince's Square, Bayswater,
London, W.

Pleasantly situated in the most fashionable and convenient part of London. Close to Kensington Gardens, Hyde Park, Westbourne Grove, and other stations. Omnibuses to all parts of London. Guests received for long or short periods. Every home comfort. Liberal table. Reasonable terms.

Particulars on application to Mr. Charles A. Reingpach, late of Bourne-mouth and Clacton-on-Sea.

GOOD HEALTH

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

EDITED BY

ALFRED E. 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."

GOOD HEALTH may be ordered through any newsdealer.
Yearly Subscription, post free, 1/6.

Indian Edition: Yearly subscription, post free, Rs. 2. Indian Office: **GOOD HEALTH, 89/1 Free School St., Calcutta.**

West Indian Edition: Price, 8 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.

THE "Pitman" Stores have favoured us with a copy of their new price list, and we are fairly amazed at the abundance and variety of the contents. We see they are still stocking, at a very reasonable price, the ripe olives, which are by far the more wholesome form in which this unique fruit can be taken. Stoneless dates, and figs prepared in various delightful forms, are among the dainties supplied by this firm, and may well take the place of the harmful sweets generally consumed.

THE "Mc Doddie" vegetables are in many ways a remarkable invention. We have tried various samples sent us by the makers, and find them all that is claimed. The advantage of vegetables prepared in this way over the ordinary tinned vegetables is that they are absolutely free from colouring matter and preservations of every sort, and yet retain perfectly their own rich flavours. They are a little easier of digestion than ordinary vegetables, because less watery. The "Mc Doddie" carrots, parsnips, turnips, and other vegetables, when properly cooked, give one the impression of perfectly fresh vegetables cooked conservatively in their own juices. They save a lot of work in the way of preparing, cleaning, etc. We are sure that these vegetables will prove of interest to our readers, and predict for the Company a very large business in the near future.

The Magic Pocket Vaporiser

is a very convenient instrument to carry about in the pocket and use for disinfecting the throat and nasal passages. Soothing and grateful in foggy weather. Ought to be carried by everyone who desires to keep the throat and nose free from germs. Price, 4/-, post free. With the attachment for treating diseases of the ear, 6/-.

Order of . . .

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



So nice and light
It makes the cake,
That guests all say,
"How well you bake!"

That's the best of
Home-baking with
Brown & Polson's
raising powder
"Paisley Flour."

With ordinary care
your efforts are bound
to be successful. It is
nice to have your cakes,
pie-crusts, tarts, turn
out so well, is it not?

7d., 3½d., and 1d. packets.

A 1d. packet will raise one
pound of flour.

In answering advertisements kindly mention "GOOD HEALTH."

NEWCASTLE On Tyne
DEPOT.

"Good Health" Foods.

THE OLD, ESTABLISHED GROCERY,
26 CLOTH MARKET.

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

**NEAVE'S
FOOD**

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

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

Sir CHAS. A. CAMERON, C.B., M.D.,

Professor of Chemistry, R.C.S.I., Medical Officer of Health for Dublin, City and County Analyst.

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

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

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

**ASK FOR MAPLETON'S
NUT FOODS.**

From all Health Food Stores and high class Grocers. Send for Price List post free from the manufacturer, **Hugh Mapleton, 2 & 3 Dolphin St., Ardwick, Manchester.** Also at Hamburg, Leeds and Bristol.

NAME THIS PAPER.

TO RELIEVE PAIN.



There is one chief Disease—
CONGESTION.

There is one cure—
CIRCULATION.

The Lambert Snyder Health Vibrator

(19,000 to 15,000 vibrations the minute)

Conquers Pain.

It gives prompt relief from **Rheumatism, Deafness, Indigestion, Poor Circulation, or any PAINS or ACHES.** In cases of **Paralysis, Locomotor Ataxia, Lumbago, Weak Eyes, Hay Fever, Obesity, Insomnia, Loss of Voice, Neurasthenia, Brain Fag, Vertigo, Headache, Constipation, Torpid Liver and Lung Trouble,** our Vibrator does marvellous work—and is a good exerciser.

Don't Wait, Get a VIBRATOR and Get Relief.

The Lambert Snyder Health Vibrator is the only hand Vibrator in the world that gives direct true vibration. You can use it yourself, and it is always ready and will last for years. Used and endorsed by over 6,000 physicians everywhere.

NO DRUGS. NO PLASTERS. NO ELECTRICITY.

OUR HEALTH VIBRATOR is really all that its name implies. Every one of the many thousands of vibrations gives off each minute is charged with Health and Healing and Relief from Pain and suffering. Based on the true and fundamental principle that "Congestion" is the real cause of all disease, the stimulation to the circulation effected by the Vibrator must remove that Congestion and so relieve quickly and surely. Here are some typical instances:

INDIGESTION is relieved by the Vibrator because it stimulates the stomach to healthy and normal action, thus making it do its own work—that of digestion. *James H. Smith, Lonsburg Hotel, Bar Harbor, Me., writes: For over 30 years I have had indigestion and headaches. Drugs did me no good, but your Vibrator has cured me.*

RHEUMATISM, Sciatica, and Lumbago promptly yield to our Vibrator, because its beneficent action displaces the Uric Acid Deposits, sending them out of the body by increasing circulation. *Mr. H. B. Page, Box 824, Denver, Col., says: "I have cured myself of Sciatica and other diseases by your Vibrator, and would not be without it."*

DEAFNESS in a very large percentage of cases is completely cured by our Vibrator, because its gentle yet effective action clears away the Catarrhal obstructions and stimulates the whole mechanism of hearing. *Mrs. C. S. Smith, 804 N. Anderson St., Stillwater, Minn., writes: My husband has been deaf for over 50 years. After a few treatments with the Vibrator he is able to hear me talk.*

WHAT DOCTORS SAY. Our Vibrator is used and endorsed by many thousand physicians of all schools of medicine. No matter how much they may differ in their opinions about drugs, they unite in agreeing that the Vibrator is a truly scientific apparatus, safe yet powerful and of unquestioned efficacy in practically all diseased and disordered conditions. *Dr. Lemon, Sault Ste. Mich., says: "Your Vibrator received and used with great satisfaction. Enclosed find express order for 2 more."*

AND NOW HOW ABOUT YOU? You need the Vibrator in your family. Stop taking drugs and let Nature's true principle of stimulation by vibration cure you and yours. You will never regret the investment in a Vibrator. Apart from its wide range of effectiveness it is practically indestructible, has no electricity, no wheels, no cogs or springs, and it cannot get out of order.

For a limited time we will sell our Vibrator prepaid to any part of Great Britain on receipt of 10/6. Send for our Free Booklet that will tell you How and Why.

LAMBERT SNYDER CO.,

Dept. 25E, 41 West 24th St., New York, N.Y., U.S.A.

Ask your agent to supply you with "GOOD HEALTH" regularly.

PUBLISHERS' NOTES.

COLD weather is coming on rapidly, and there will no doubt be the usual number of cases of rheumatism and similar diseases. We are pleased to recommend to those suffering from such complaints the Vapour Bath Cabinet sold by the Gem Supply Co., which we consider for various reasons the best one on the market. The lamp which is supplied with the Cabinet is a very well constructed one, and absolutely safe, so that accidents which have happened in connection with other makes of bath cabinets are practically impossible. Full particulars concerning the Bath Cabinet may be had by writing to the Gem Supply Co., whose advertisement appears on another page, or to the Good Health Supply Dept., as we have decided to stock it regularly, being convinced of its value in the home treatment for various common diseases.

"Good Health:" the new bound volume. A handsome book, replete with timely health instruction, and attractively illustrated. Also back volumes. Price, 2/6 each, post free. Address, Good Health Supply Dept., 451 Holloway Road, London, N.

By Florence Holt: **"Health and Happiness,"** 2/6 and 1/10. **"Health and Healing,"** 7d., post free, of Mrs. Holt, Merstham, Surrey.



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.

For the Dancing Class! the Gymnasia, and Physical Exercise Class!!

Gold Medal awarded, Health and Toilet Exhibition, London.



Mothers should see that their children wear the

PORTIA SUSPENDER, Combined Shoulder Brace & Stocking

which allows freest movement without pressure on the waist or leg arteries. Holds the stockings firmly and does not tear them. Approved by physicians and health culturists. Made in three sizes: Adult's, Maid's, Children's. Pink, Blue, or White Rushed Silk Elastic, 4/- Mercerised Frilled Elastic, 2/6. Special! with Brae Ends for Knickers, 2/11. From all drapers, or direct from **Portia Suspender Co., 182 Norwood Road, West Norwood, London, S.E.**

**Winter's Woolley
Scotch Wincey**

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

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

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

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

Send to-day for booklet and price list to

**JAMES WINTER,
CORTACHY, KIRRIEMUIR, N.B.**

Nuts Every Day!

Every day your diet should include Shelled Nuts; easily digested when ground, they lend themselves to a great variety of uses. **Analysis proves them Real Food.**

Every day brings us more orders: for we supply only the best goods. Quality and cleanliness in every detail is our motto.

Orders value 5/- carriage paid any where.

**G. SAVAGE & SONS, Dept. A,
Nut Experts,
53 Aldersgate St., London, E.C.**

Agents for Mapleton, London Nut Food Co. and International Health Assoc'n.

	PER LB.
Peanut Kernels, ..	4d.
Ditto, Roasted, ..	6d.
Hazel Kernels, ..	6d.
Cashew " ..	1/-
Pine " ..	10d.
Pistachio " ..	4/6
Pistachio in shell, 1/-	
Butternuts, ..	10d.
Twin-Jordan Alm'ds	1/-
Jordan Almonds, ..	1/4
Dried Bananas, ..	6d.
New Currants, ..	6d.
Unpolished Rice, ..	4d.

Nuts ground 1d. per lb. extra. Nut Mills, 3/6 each. Cash with order.

AT EVERY MEAL YOU SHOULD EAT

R. WINTER'S MALTWEAT BISCUITS.

IF you do so life will seem something better than it has ever done before. These splendid biscuits are made without chemicals, yeast, or adulterants, from R. Winter's "Allweat" Meal, scientifically blended with pure barley malt. They are self-digestive and highly nourishing,

5½d. per lb. (postage 4d.); **7 lbs. 3/2** (postage 9d.); **14 lbs. 6/4** (Carriage free).

R. WINTER'S PRUNUS PERFECT FOOD

Consists of about 23 per cent. of pure vegetable albumen, 50 per cent. of digested starch, 20 per cent. of nut fat, also valuable vegetable salts, all in a perfect state of emulsion. The total percentage of nutriment is about 96. It is an ideal form of nourishment for invalids and infants, as well as for the strong and healthy. It is digested with the greatest ease by the most delicate, and is assimilated for the upbuilding of the human body and brain in a marvellously short space of time.

1/- per tin (postage 3d). Directions with every tin.

THE BEST NUT MEATS. R. WINTER'S NUTTON.

Made in several varieties, each being the best of its kind. We have no hesitation in saying the No. 1 is the finest Nut Meat on the market. **NUTTON** is the most valuable addition of recent years to the menu of the food reformer. It is made under the most perfect conditions in **R. WINTER'S PURE FOOD FACTORY**. All the varieties are delicious, but we are specially proud of No. 1. It contains cellulose or fibre equivalent to the fibrine of flesh meat. It does not contain peanuts, and its food value as shown by analysis is extremely high.

No. 1 (as described above)	7d.	½ lb. tin;	1/-	1 lb. tin;	1/5	1½ lb. tin;	3/8	4 lb. tin.
No. 2 (white almond)	7d.	"	1/-	"	1/5	"	3/8	"
No. 3 (Cashew)	6d.	"	11d.	"	1/3	"	3/2	"
No. 7 (Savoury Pine Kernel)	7d.	"	1/-	"	1/5	"	3/8	"

5/- worth of specialities of our own manufacture sent Carriage Free.

Write for Catalogue to . . .

R. WINTER'S PURE FOOD FACTORY, CITY ARCADES, BIRMINGHAM.

In answering advertisements kindly mention "GOOD HEALTH."

PUBLISHERS' NOTES.

"**Man the Masterpiece**" makes an excellent present for a young man, and "**Ladies' Guide**" for a young woman. These books are of immense value and importance. Full particulars given on application to Good Health Supply Dept., 451 Holloway Road, London, N.

GOOD HEALTH readers in Newcastle will be pleased to know that health foods in goodly variety can always be obtained from Messrs Bell & Reay, 26 Cloth Market, Newcastle-on-Tyne.

MISS AGNES FAULKNER, c/o Mr. Lewis Faulkner, Tichmarsh, Thrapstone, Northamptonshire, 15 years of age, would like a position as mother's help or children's maid in a family where she could carry out food reform principles.

MESSRS GALE & POLDEN, 2 Amen Corner, Paternoster Row, E.C., announce a new and enlarged edition of that excellent little book, "The Art of Breathing," by Surgeon-Captain Hoper-Dixon, R.A.M.C. Price, 1/6.

"SIP-IT," the new substitute for tea recently brought out by the London Nut Food Company is taking very well with the public, and seems likely to become a general favourite. This company also manufactures a number of other wholesome and palatable foods which will be of interest to GOOD HEALTH readers.

HYGIENIC FOOD RECIPES.

AN excellent little guide to wholesome, palatable cookery. Wonderfully compact and satisfactory. Price, post paid, 2½d. Address, Good Health Supply Co., 451 Holloway Road, London, N.

FOOD REFORM STORES

321 Waterloo Rd.,
Manchester.

Mapleton's Nut Butters, International Health Association's Foods always in stock. Artox and Allinson Wholemeal Flour, and Cereal Foods.

A TRIAL SOLICITED.

HEALTH FOOD STORES, 6 Peas Hill, CAMBRIDGE.

Conducted by W. E. Blunt. Agent for the International Health Association's Foods, all other health foods, and the "Good Health" magazine.

Building Your Child's Brains.

A good all-round lad who shows he's going to be a healthy, successful man. That's the kind of boy you want, and the kind of boy you can rear by right feeding.

Frame-Food Jelly (instead of jam) is right feeding.

The best of the wheat-strength, that's what it is. A simple, pure, wholesome natural food—not a fad.

Let it take the place in your house of the doubtful nutrition of questionable jam.

Your boys and girls will like it better and look better, more healthy and happy. And there's nothing quite so nice-looking as a healthy, sturdy, intelligent boy, big in heart, brain and muscle.

Frame-Food Jelly is sold in air-tight jars, containing about 1 lb., 9d.

FRAME-FOOD,

The Famous Factory, Standen Rd.,
Southfields, LONDON, S.W.

FROM FIELD TO TEA TABLE.

TRY GENUINE WHEATMEAL BROWN BREAD, REYNOLDS'

Highly Recommended
Gold Medal Brand.

Order Sample Loaf from your Baker,
or write for names of nearest Agents.

J. Reynolds & Co., Ltd.,
Millers, GLOUCESTER.

In answering advertisements kindly mention "GOOD HEALTH."

Strongly Recommended by the Editor of GOOD HEALTH to his readers.

A TURKISH BATH IN YOUR OWN ROOM

IN TEN MINUTES—DAY OR NIGHT—COSTS ONE PENNY.

THE AVERAGE MAN would be an Athlete, and the weak and ailing man strong and healthy, if either were freed from the poisonous waste which accumulates in the human body.

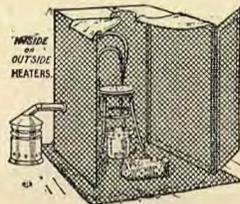
Headaches, Toothaches, Indigestion, Constipation, Nervousness, and Lack of Energy, all arise from the accumulation of fermenting waste matters in the system.

Try a **GEM TURKISH BATH** once and you will feel a new man. Use it regularly once a week and you will always feel clean, healthy and strong.

Ask your Editor if he is not a regular user of the Gem Home Turkish Bath—ask him if he would be without it—ask him, if you like, if he would recommend it to his readers, to YOU.

With the Gem Home Turkish Bath you can enjoy a Hot Air or Steam Bath within ten minutes—in your own room—at a cost of about a **1d.** for methylated spirit for heating the interior of the cabinet. You then enter the cabinet naked, sit on a chair, close the sides and top, head projects through the top, so that you can read or chat for a quarter of an hour or twenty minutes while the heat extracts through every pore of the body, the poisonous waste, which otherwise clogs the skin and blood. Then follow with a lukewarm sponge or rub down, and a dry towelling, and you are ready for a delightful night's rest—a night of rest, indeed, that, if you are a sufferer from insomnia, will be a revelation of the benefits of Home Turkish Bathing.

Do not miss learning all you can about Home Turkish Bathing, when simply for the asking you can have a large book explaining all about it, free of charge and post free, on application to



THE GEM SUPPLIES CO., LTD., Dept. (G.H.),
22 Peartree St., Goswell Rd., London, E.C.

**BAX'S
HEALTH
FOODS
FOR
SUMMER
USE
ARE IDEAL.**

LIGHT MEALS are now essential. Stewed fruits and readily-served Health Foods, with nuts, etc., make an ideal diet. We have the largest selection in London of these foods, including many savoury dainties for sandwiches, etc. Let us send you our **56 p. Price List, Post Free.** You will find it most helpful.

BAX'S FOODS are **ALWAYS BEST FOODS.** We have a large variety of nuts, shelled and unshelled, absolutely fresh and good, and an unrivalled stock of dried and preserved fruits.

BAX'S PURE COKER BUTTER

Is the Best Cooking Fat on the Market.

Testimonials from all parts of the country.

7d. per lb. 1 lb., post free, 10d.

FREDK. BAX & SON,

35 Bishopgate Street Without, London, E.C.

Agents for the Wallace Bakery, "P.R." Bread, Cakes, Biscuits, etc. Also Stomike Digestive Coffee.

PUBLISHERS' NOTES.

We have received a price list from Messrs. Mapleton & Crossdale, St. James' Barton, Bristol, and are pleased to recommend the place to readers of **GOOD HEALTH** in that large city. It is encouraging to note so many places being opened up in different parts of the Kingdom where health foods in goodly variety can be obtained.

A REPRESENTATIVE of **GOOD HEALTH** recently called at the Savoy Cafe, Wheeler Gate, Nottingham, and was very much pleased with the quality of the foods served, and the general appearance of the place. The Savoy Food Stores, in Exchange Walk, is also an excellent place to go for all health supplies in the food line.

We have received samples of the new Wholemeal Biscuits prepared by the Natural Food Co., Ltd., 305 Cambridge Road, Bethnal Green, London, E., and find them very tasty and wholesome. They are made of an excellent quality of wholemeal flour, which would be especially helpful to persons suffering from constipation, as well as to all who desire something solid and nutritious in this line. We trust these biscuits will have a good sale.

We are pleased to begin this month the valuable series of articles on "Sewage and How It Is Disposed of," by Mr. Lemmoin-Cannon. The subject is one upon which most people know very little, but in which every reader of **GOOD HEALTH** should be interested, since it vitally concerns the country's health. The circulation of the magazine is, we believe, increasing in country districts, and this series of articles will no doubt prove of special interest and profit to readers in those parts.

BIRKBECK BANK

ESTABLISHED 1851.

SOUTHAMPTON BLDGS., HIGH HOLBORN, W.C.

2½ per cent. INTEREST

allowed on Deposit Accounts Repayable on Demand.

2 per cent. INTEREST

allowed on Drawing Accounts with Cheque Book.

Stocks and Shares bought and sold for Customers, Advances made and all General Banking Business transacted.

PROSPECTUS, with full particulars, POST FREE on application. C. F. RAVENSCHROFT, Secretary.

"GOOD HEALTH" STORES,

19 Stroud Green Rd., London, N.

Conducted
by .

MISS N. MUSSON.

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

. . . ALSO FOR . . .

Musson's Wholemeal Specialities.

All Health Magazines.

FOR HEALTH.

"SANIS" Underwear.

[Registered.]

Made of Pure Wool.

BRITISH manufacture. Does not irritate the skin. Prevents chills. Is unshrinkable. Recommended by all advocates of good health. We will readily exchange any garment that does not fulfil our guarantee. Intending purchasers of our

"SANIS" UNDERWEAR

[Registered.]

will find that our prices will show a saving of from 25% to 50% on most of the advertised sanitary underclothing, while our "Sanis" (Regd.) Underwear is equal in hygienic value to any in the market.

Descriptive Booklet and Price List gratis and post free on application to

G.H., The MANAGER,

79 & 81 Fortress Rd., London, N.W.

HEALTH FOODS.

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

BILSON'S

COCOANUT BUTTER

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

Ask for new price list.

T. J. BILSON & Co.,

88 Gray's Inn Road, London, W.C.

In answering advertisements kindly mention "GOOD HEALTH."

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.

BROMOSE.—Plain or combined with fruits. In box containing 30 tablets,.....1/6.

MALTED NUTS.—In fine powder form, ½ lb. tin, 1/-; 1 lb. tin,.....2/-.

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

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

Manufactured in the interests of HEALTH by the

International Health Association, Ltd., BIRMINGHAM.

In answering advertisements kindly mention "GOOD HEALTH."

OUR CHRISTMAS NUMBER.

THE Christmas number of GOOD HEALTH will have a beautiful cover design, printed on a pretty shade of pink paper, and will make a very attractive Christmas remembrance to send to one's friends. We hope that a number of our friends will send them out in place of the usual Christmas cards.

Following are a few of the helpful and interesting articles this number will contain:—

Winter Diseases: Their Prevention and Cure.—*Illustrated.* Alfred B. Olsen, M.D.

Influenza. By J. J. Bell, M.D.

The Living-In System and the Nation's Health.—*Illustrated.* M. Ellsworth Olsen.

Dress for Growing Girls.—*Illustrated.* By Eulalia Sisley-Richards, M.D.

Round Shoulders: Their Cure.—*Illustrated.* Mrs. Lenna Whitney-Salisbury.

Nature and Origin of Cancer.—*Illustrated.* F. C. Richards, M.D.

New Ideas for the Christmas Dinner.

The Care of Children in Winter.

Etc., etc.

MR. W. H. WILD, Hinsdale, Illinois, U.S.A., is introducing an attractive Bible picture entitled "The Good Way." The price is 4/2, post free. Agents wanted. For particulars address Mr. Wild

THE Good Health Adjustable bodice is giving excellent satisfaction. It is by far the daintiest, most neatly-fitting, and best made substitute for the harmful corset that is on the market. Full particulars on application to the Good Health Supply Co.

A **Nut Butter Mill** is one of the most useful machine articles in a food reform household. It enables the family to make their own nut butter from such nuts as almonds, walnuts, brazil nuts, or any variety of nuts, and this is a most satisfactory way of using nuts for those who have a weak digestion. The Good Health Supply Department has a few first-class Nut Butter Mills which it is offering at the price of 17/6, carriage free.

WE are pleased occasionally to receive interesting letters from our over-sea readers. Mr. Joseph Whitehead, a cane-farming overseer of St. Joseph, Barbados, sends us a new subscription, and some encouraging words in reference to the magazine. He writes:

"What I have said years ago still holds good; viz., that your GOOD HEALTH is a most welcome monthly visitor to whom I look for advice as from a very dear friend, and which I cannot in any sense do without. It is something wonderful to me that in every month's issue there is always some suggestion which comes right home to the hilt. I am trying to encourage some of my friends to take the magazine. I loan mine out, but I give none away, preferring to keep them for future reference."

SPINACH.
MUSHROOMS.
CARROTS.

BEANS.
ONIONS.
TURNIPS.

JULIENNE.
PARSNIPS.
CELERY.

RHUBARB.
LEEKs.
ETC., ETC.

The "McDoddie" British Vegetables

Cook same as fresh.
No soaking required.
Perfect flavour.
Perfect aroma.
Prepared ready for
cooking.

They are most economical
and are always in season.

"McDoddie" Vegetables are PURE and free from
preservatives of any description whatever.

See "Lancet" Report, March 17, 1906.
Invaluable for persons of weak digestion.

IN 6d. AND 1/- CANISTERS, of all Stores and Grocers.
McDoddie, 319-329 Weston Street, SOUTHWARK.

In answering advertisements kindly mention "GOOD HEALTH."