



NEW YEAR'S MORNING.



# Good Health

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

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## Editorial Chat.

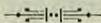
### Dr. Osler on Tea and Tobacco.

IN his address on "The Care of the Body" at the Workingmen's College, London, Dr. Osler said some excellent things. He had nothing good to say for alcohol, as might have been expected; but he had the rare courage to tackle those idols which few physicians dare to oppose—tea and tobacco. "Do you suppose you need tobacco?" he asked, and continued: "If you dumped all the tobacco into the sea, it would be good for you and hard on the fish." "Tea and coffee, like alcohol, were not necessary, and in fact disturbed the furnaces of the body."

other animals. The body is cleansed inwardly with water; all the operations of the various organs are performed in water. It is therefore perfectly natural as well as most wholesome to apply water on the

outside of the skin, to remove the products of the sweat glands, and any other impurities. If man lived in a state of nature he would get many a cool shower bath without asking for it, and his skin would be in fully as active and wholesome a condition as that of the regular bather of today.

### A NEW YEAR'S PRAYER.



BE thou no year of dire defeat and woe,  
Make thou but victories in the way I go—  
A higher plane of thought, a wider vision,  
A nearer aspect of the hills Elysian.  
With scorn of fleshly, let my spirit wing  
Toward the Eternal, to the veritable thing.  
Cut thou aside the selfish cords that bind  
Me from my spiritual kindred, high of mind.  
So let me go where once the Conqueror trod,  
Past all earth's gateways to the gates of God.

FRANCES E. BOLTON.

[Written for GOOD HEALTH.]

### Is It Natural to Bathe?

A CORRESPONDENT sends us a lengthy newspaper clipping giving the arguments of a "distinguished Italian scientist" against bathing. To wash is, in his opinion "repugnant to nature and injurious to health." It is only necessary to say in reply that the instincts of all but the most degraded races demand the bath, and in this matter man is no exception to the

### Quack Medicine Frauds.

SENTENCE of three months' hard labour has just been passed on a man at the Sussex Assizes for conspiring to obtain money by false pretences. His offence consisted in selling at 18s. 9d. per half-dozen certain powders said to be worthless, but for which he, like other manufacturers of patent medicines, claimed peculiar virtues, proving every point to the satisfaction of a gullible public by using the names of fictitious clergymen. Now the poor man is in prison. But why? Because he

sold these medicines under false pretences? No; if this were an indictable offence, nine-tenths of the proprietors of patent medicines would be serving time. The trouble was his operations were not conducted on a sufficiently large scale. If he could have done full-page advertising in some of the leading dailies, and had some prominent positions in the leading religious journals, then he might tell as many bare-faced lies about his wares as he pleased. There can hardly be any doubt that the whole patent medicine business is honey-combed with fraud and deception, and the only way to avoid being duped is to give it a severe letting alone.



### On Strengthening the Nerves.

ONE of the misleading statements most frequently met with in the advertisements of patent medicines, is that the preparation in question "strengthens the nerves." Many people know that their nerves need strengthening, and will eagerly grasp at anything that promises to meet that need; but the most elementary knowledge of physiology would show the absurdity of all such claims. Weak nerves, like other organs of the body, are strengthened by wholesome food, abundance of pure air, proper rest, and correct physical habits generally. They are not strengthened by

dosing with concoctions of morphine or other harmful drugs.



### Stuffy Living-Rooms.

"If you feel cold, just turn on the gas." Such was the invitation given a young woman who was going into the parlour to practise on the piano. The fireplace was blocked up, and the room was already as stuffy, though damp and cold, as a room well could be. To burn up more oxygen by lighting the gas would be to render the atmosphere unendurable. Yet the practice is a common one, and consumption of the lungs is an exceedingly common disease, *caused by bad air.*



### Common Sense in Education.

IT would be most refreshing if a portion of the energy which is being expended in fighting over the child's religious education could be drawn upon for looking after his physical needs. Education should be a fitting up for practical life—not merely the mechanical preparing of lessons, and it should be recognised by all teaching authorities that the child under ten needs good food, fresh air, and an opportunity to grow, more than he needs to be kept indoors studying during the day, and sent home with tasks to employ his over-crowded mind till after bedtime.



## THE YOUNG MAN'S HEALTH.

BY M. ELLSWORTH OLSEN.

THE young man has his life before him, and whether that life shall be a happy and useful one or the opposite hangs very largely on the question of health. Therefore the young man, of all others, should be interested in common-sense health culture. It is encouraging to note the many indications of a revival of interest in health matters on the part of young men. Some of the most enthusiastic letters that come to the GOOD HEALTH office are from such. Perhaps the following lines taken from a letter from Mr. Hatliff, of the City Police of Lincoln, will give some idea of the general tenor of these communications.

The writer says he has adopted the

system of living advocated by GOOD HEALTH, and as a result finds himself in most excellent health. Moreover, he has also been the means of getting two young ladies in Lincoln to "give up corset-wearing;" (we wish more young men would take up this kind of missionary work) and "they are better to-day than they ever were."

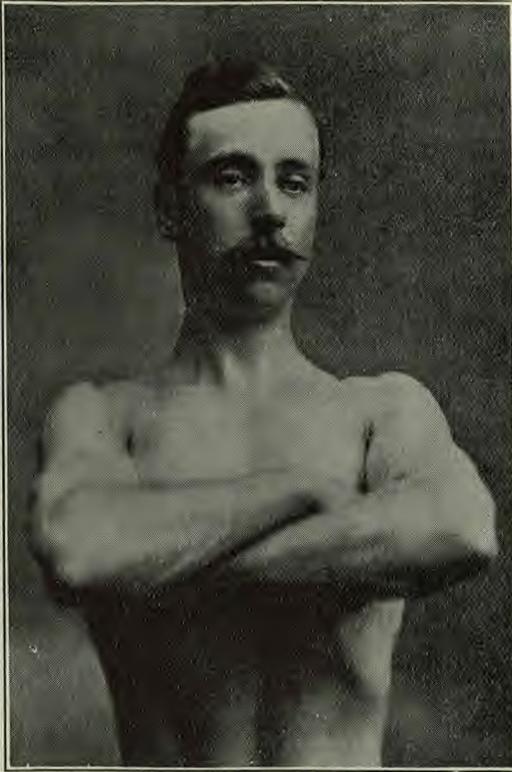
He continues: "When I was a boy I was weaker than most boys of my age, but I made it my chief aim to cultivate good health by exercise, fresh air, and pure water, and though I don't consider myself much of an athlete, I can put to arm's length above my head with either

hand 112 lb., and to arm's length above my head with two hands, 160 lb. I can throw a 65 lb. weight in the air, turning it over and catch it again, and can put my shoulders on one chair and my feet on another, and support on my body 700 lb. These things are nothing to what some men can do; but *my aim is good health.*"

#### Health v.

#### Brute Strength.

The italicised words seem to us to strike the right cord. Health rather than brute strength is the great need of to-day. When young men neglect to cultivate the health and well-being of the bodily organs by giving up harmful narcotics and exercising self-control in eating and drinking, but go in for vigorous gymnastic exercises in the belief that this alone will build them up physically, they are flying wide of the mark. They may succeed for a time in making some improvement



P. C. HATLIFF.

healthwise; but in the long run, they must fail. Heavy gymnastics can never take the place of wholesome, temperate habits. The young man who depletes his nervous system by the free use of tobacco, or by tampering with alcoholic stimulants, will not attain to the vigorous, radiant health of the abstainer from these unnatural indulgences, no matter how earnestly he may try to make amends in the way of muscle-training.

He may be a strong man, but he is not a healthy man. The two things are not by any means synonymous. The man

who is healthy, has healthy physical organs—heart, lungs, stomach, liver, kidneys, and, especially, a healthy nervous system. The man who is strong has big muscles—that is about all you can safely say about him. His heart is very likely abnormally large, and therefore liable to disease; his lungs and other organs may be healthy or

not, according to his habits; but if he smokes, his nervous system is *ipso facto* out of gear, for no man with healthy nerves can crave a poisonous narcotic.

The young man who would be healthy needs to cultivate healthy-mindedness. It is wonderful what a marked effect a vigorous, fearless habit of mind has in warding off diseases of the body. Probably half the world's invalids are such more because of lack of will power than from actual physical disabilities. Sickly sentimentalism is unfortunately a weakening element in

the lives of many young men, and the reading of erotic novels, and frequent attendance at theatres and music-halls, cannot but confirm any natural tendency in this direction. What such young men need is a stiff breeze from off the uplands. If instead of standing in rows in front of questionable houses of amusement they would take a brisk two hours' walk under the star-lit skies, they would come back to their rooms with clear heads, muscles comfortably tired, blood flowing vigorously through every organ of the body, and feeling that life is indeed well worth the living.

## SIMPLE HOME REMEDIES FOR COMMON DISEASES.

## THE ICE-COLD AND COOLING COMPRESS.

BY ALFRED B. OLSEN, M.D.

ACCORDING to the temperature of the water, compresses may be classed as follows:—

Very cold ... ..	32° to 50°
Cold ... ..	50° to 70°
Cooling ... ..	70° to 80°
Tepid ... ..	80° to 92°
Neutral ... ..	92° to 97°
Warm ... ..	97° to 102°
Hot ... ..	102° to 110°
Very hot ... ..	110° to 140°

But in ordinary practice we seldom use all these varieties. Those most frequently utilised are the very cold, cold, cooling, neutral, hot, and very hot.

The requirements for giving a compress are exceedingly simple, being merely a towel or piece of linen or cotton of suitable size, and water of the required temperature.

**The Very Cold Compress.**

This compress may be ice-cold, or of a higher temperature up to 50°. To prepare, fold the towel or cloth so as to make four to six layers, according to the texture or thickness of the cloth, and then soak it



ICE-BAG OVER THE CHEST.

well in ice-cold water and wring sufficiently dry to avoid dripping. Apply it snugly to the skin. As a rule it should not be less than ten or twelve inches square, for otherwise the results will be meagre and unsatisfactory. Exchange for a fresh compress every three or five minutes.

If ice is to be had, it may be crushed, and small pieces inserted between the folds of the compress. This makes an ice-compress, which retains the cold much longer than one wrung out of cold water, hence it will not require changing so frequently.

**The Ice-Bag.**

A rubber water-bottle of convenient size containing crushed ice makes an excellent means of applying continuous cold. But an ice-bag should never be applied directly to the skin, except for a very few minutes, for it is likely to do harm. Protect the skin by a layer of flannel. The ice-bag possesses the great advantage of holding its water, and thus not wetting the body or clothing.

**The Ice-Cap and Ice-Collar.**

As the name would indicate, the ice-cap consists of a rubber which is partially filled with crushed ice and then adjusted to the head. In this case there is no occasion for interposing a flannel, for the hair serves as an efficient protection to the scalp.

Still another way of applying continuous cold to the head is by means of a rubber coil, through which ice-cold water is constantly circulating.

The ice-collar may consist of a narrow, thin rubber spine bag of sufficient length to encircle the neck. This is partially filled with crushed ice. Protect the skin with a layer of flannel.

A more simple, and almost equally efficient method, is to use a narrow linen compress, placing small bits of ice between the folds. This can usually be applied direct to the skin.

**The Duration of the Cold.**

This varies much with the condition of

the patient and the results desired. As a rule, it is a good practice not to continue the cold compress more than twenty or thirty minutes. Then it ought to be removed for about five minutes, to give an opportunity for the natural reaction to set in; or, apply a fomentation for three to five minutes. After this the cold compress can be replaced for another interval of twenty to thirty minutes.

The very cold compress often has a chilling effect upon the patient, which is most undesirable. To obviate this, it is well to give a hot foot bath or fomentations to the feet at the same time.

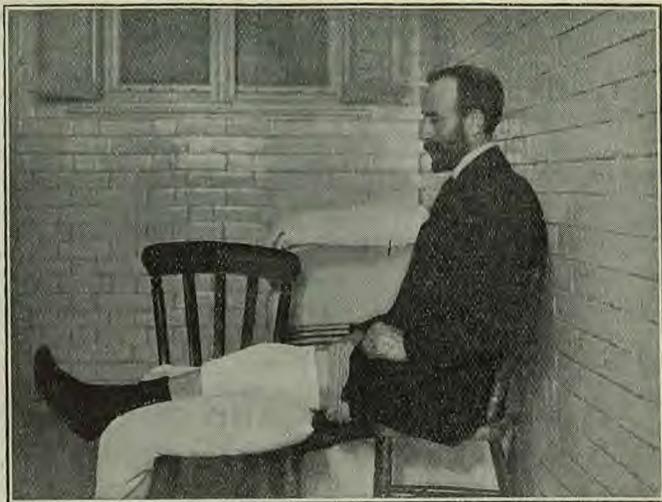
#### **What the Cold Compress Does.**

The physiological effects of an ice-cold compress vary according to its duration. If the application is very cold and very brief, there is an immediate blanching of the skin, caused by the contraction of the superficial vessels. But the pallor passes quickly, and is succeeded by an active dilatation of these same vessels, causing a red glow of warmth that is very pleasant. In other words, it produces an exciting and stimulating effect, both locally and generally. Brief cold applications to the head stimulate mental activity.

#### **Continuous Cold Depresses.**

But the effect of continuous cold is sedative and depressant. Cold applied continuously lowers vitality and diminishes tissue activity. It has a numbing and paralyzing effect upon the cutaneous nerves.

An ice-bag applied to the heart for fifteen to twenty minutes soon slows the pulse and raises blood pressure. It should not be continued for more than half an hour, after which it is removed and the tissues allowed a few minutes in which to recover their tone before replacing. Friction of the skin will hasten the reaction.



COLD COMPRESS ABOUT THE KNEE.

#### **Brain Congestion, Neuralgia, Hæmorrhage.**

Continuous cold, applied to the head, will reduce the temperature of the brain, and is a very useful agent in the treatment of cerebral congestion or cerebro-spinal meningitis.

The very cold or ice compress is a powerful therapeutic agent, and should only be used by those who are acquainted with the principles of water treatment, and are prepared to exercise due care in its administration.

#### **Inflamed Joints.**

Local inflammations of the joints are often relieved by the cold compress. The same is true of certain forms of neuralgia. The intense pain of inflamed hæmorrhoids can also be relieved by cold applications. Congestion of the brain is reduced by the ice-cap or ice-collar. The ice-collar is also useful in the treatment of diphtheria. Vomiting and nausea may often be relieved by a cold compress applied to the stomach.

Cold always checks hæmorrhage, and a cold compress is sometimes useful in stopping a bleeding wound. The ice-collar will usually stop nosebleed, if, at the same time, the head is thrown back.

The cold compress is a potent means of strengthening the heart if used with discretion. The temperature must be care-

fully adapted to the condition of the patient, and the treatment should never be given except under the direction of a physician.

The application of cold to the head or spine will often relieve delirium, and it is a useful measure to employ in treating acute alcoholism.

#### **The Cold and Cooling Compress.**

The temperature of the water is from 50° to 80°. The compress requires changing every five to ten minutes. As in giv-

ing the ice-cold compress, it is a good practice to apply heat to the feet at the same time, so as to prevent chilling of the body. The uses of the cooling compress are very similar to those of the very cold application, except that it is a much milder measure, and can be used more generally and with less danger of doing injury. It makes an efficient treatment for typhoid as well as other fevers, and is recommended for the early stages of pneumonia. The cooling compress also relieves palpitation of the heart.



## **THE PREVENTION AND TREATMENT OF CANCER.**

BY FRANKLIN RICHARDS, M.D.

LIKE any other disease, cancer can be prevented by the avoidance of its causes; it can also be cured by the removal of causes. Unanimity of opinion does not exist on the question of the causes of cancer; still, from our study of the nature and origin of disease, we may conclude that—(1) cancer is not the result of infection, (2) nor is it hereditary, except in the general sense that a tendency to any weakness or disease may be inherited. And it may be added (3) that locality and climatic conditions cannot be proved to have any particular bearing upon the development of cancer. So much by way of elimination of the possible causes of cancer.

As statistics upon this question have for the most part been collected with a view to proving that this thing or that causes cancer, it is no use quoting statistics. They are usually laughed at when given, for they prove contradictory things. What, then, in the light of good logic, are the probable causes of cancer?

#### **The Food Factor**

is of the greatest importance in its relation to cancer. Forced feeding must be put down as a cause of the pre-cancerous condition which makes it possible for some such trivial thing as the rubbing of a stay against the skin to excite the body cells into malignant activity. And by forced feeding is meant not so much overeating in general, as that particular form of overeating which loads the body with tissue-building stuff which it does not need. It

is this taking of too much proteid food, such as meat, milk, and eggs, for example, which overstimulates the cells of the body. And if the material so freely supplied to the builders of the body be of an inferior sort—if it be crumbling nitrogenous stuff like bacon, long-kept flesh, the flesh of scavengers or of creatures fattened under unhygienic conditions—it is no sooner built into cells than it must be torn down again. Just as a garment made from another garment does not last as long as one made from new material, so a body built out of other bodies does not wear as well as a new body built of material fresh from the vegetable kingdom. This quick change of tissue through the forcing of cellular activity by excessive flesh-eating favours the development of cancer.

#### **Lack of Exercise Conducive to Cancer.**

Exercise creates a demand for repair-stuff (digested albumen) by tearing down muscle and nerve. If one eats heartily, it naturally follows that he must work hard in order to maintain the balance between tissue waste and repair. When demand is less than supply, some repair-stuff accumulates. The cells of the body are naturally thrifty; they try to use this excess. Being indefatigable workers, they undertake to build something. No muscle is needed, for none has been worn out by work; no nerve-cells require repairing, for none have been injured by thinking. So the body cells use up this flesh-forming stuff in just the best way they can—they

build something *new* in the body, they create a strange structure, a tumour, it may be a cancer.

#### Cell Irritants.

And they are goaded on in their work by cell-irritants of all sorts. Some are introduced from without; others produced in the body. The body is a factory of poisons. Under normal conditions of living, these wastes are excreted by the lungs, skin, kidneys and bowels. We breathe them out, sweat them out, wash and purge them away.

But under the abnormal conditions of modern life, the skin becomes hide-bound, the bowels constipated, the kidneys overworked and diseased, while poisons are breathed *in* in close unventilated rooms instead of being breathed *out* in the open air. Is it any wonder, then, that the flesh becomes saturated with sewage, and the cells irritated by accumulated poisons?

Then think of the added cell irritants and poisons—alcohol, tobacco, tea, coffee, sauces, savouries and extracts composed of the poisonous wastes of animal tissue mingled with condiments and spices. Add

to these a long list of chemical irritants known as “drugs,” and others of food preservatives and adulterants, mix with the whole a liberal allowance of the common filth which enters so largely into dairy products and manufactured foods, and is it at all strange or mysterious that some of the body-cells at times undergo degeneration and perversion, and get so far out of harmony with the rest of the body as to build destructive new structures like cancer? Is the wonder not rather that they so often long and patiently endure their afflictions without revolting? Then let us respect the rights and stop ignoring the imperative needs of the cells of which we are made. If we do not, these microscopic bits of outraged protoplasm may at last turn and destroy us.

This brief survey having been taken of the great biologic factors in the production of cancer, our attention may now be turned to the more immediate causes. These thrust themselves so to the fore that they often obscure or eclipse the important underlying causes which pave the way for and encourage the development of malignant disease.

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## THE CHILDREN'S HEALTH EXHIBITION AT BERLIN.

BY J. F. ROWBOTHAM, M.A.

A CHILDREN'S HEALTH EXHIBITION has been held recently at Berlin, and has attracted much attention and many visitors from all parts of Germany, during the time it remained open, which was some weeks. The place selected for the Exhibition was the Philharmonic Halls, which lend themselves readily to such a purpose. The entrance colonnade was decorated with fir trees standing in heather, and at one side of it was a cow-house full of big cows, and furnished with great bowls of milk and cream.

All sorts of children's foods were shown, in stall after stall, and cooking utensils made of French aluminite were exhibited in great number. A charming nursery with all the newest hygienic appliances was shown by A. Schumann, of Berlin, the drawers, wardrobe, washstand, etc., of yellow painted wood, a large shelf running the full length of the room for plates, and

all sorts of odds and ends, with a fresco underneath adorned with the funniest of nursery pictures painted in distemper, and a great clock in the centre of the room.

Countless stalls were devoted to infants' clothing, at which among other things the peculiar “lying pillows” were to be seen, which are so much in use in Germany, where it is the custom to carry the children lying on a pillow, or a board, and not in the arms as with us. One stall was devoted to cakes and biscuits, specially made for children's diet.

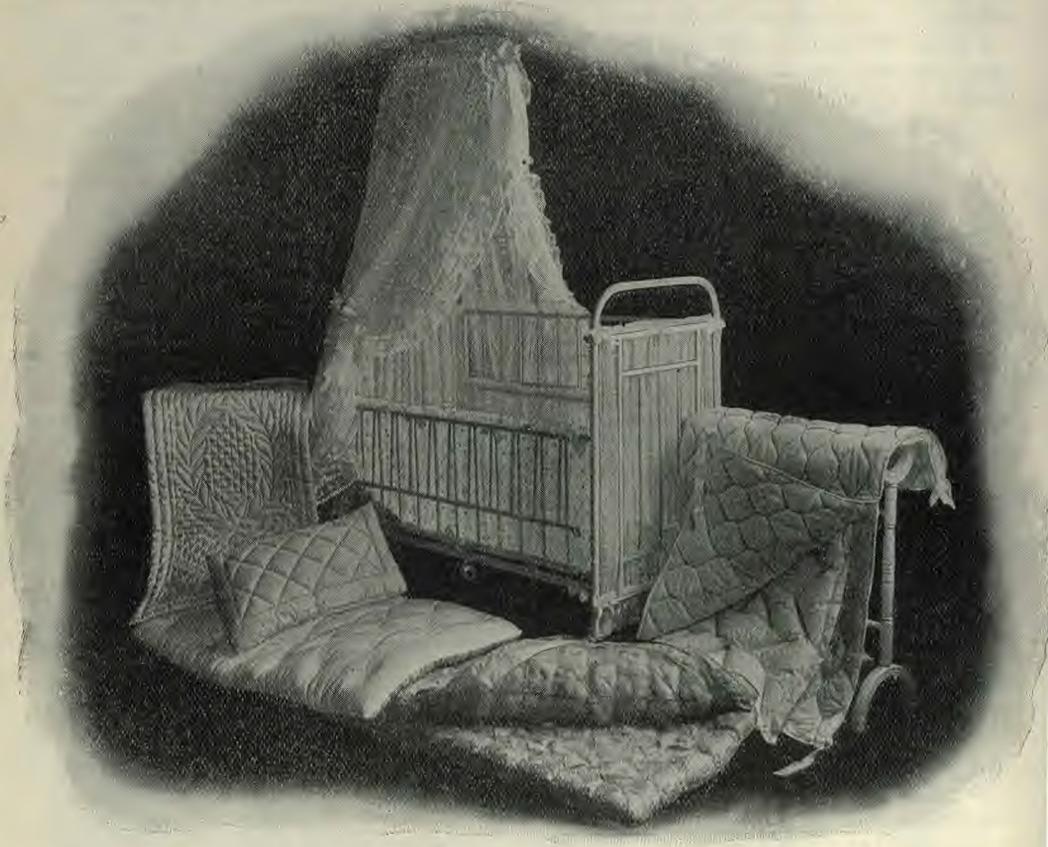
Another stall was entitled “A school for teaching children to walk,” and contained apparatus like large square boxes, with white enamelled tops covered with netting, and a mattress underneath. Some of the perambulators exhibited had linen lining which could be taken out and washed.

Children's beds filled with fine horsehair or with dried seaweed, were shown, these

being very good substitute for feathers, which are beginning to be regarded as unhealthy. A weighing machine to test the weight of children at frequent intervals was exhibited, being made of white wood and a gold basket beautifully lined and padded with blue silk and white lace. A facsimile of the bed which was made for

covering as we do, but a large down pillow or bed of the same size as the mattress itself, is placed on the top of the bed and serves in lieu of blankets to cover the sleeper.

The object of this interesting exhibition is to arouse public attention to the alarming increase of infant mortality, and to



BED AND BEDDING OF THE GERMAN EMPEROR'S GRANDSON.\*

the Crown Prince's son, was exhibited. It is furnished with a "reform mattress," and is itself made of white metal with white muslin curtains. The "reform mattress" is on the principle that the horsehair within the mattress can be taken out easily and cleaned at any time. There are summer and winter quilts to the bed, the latter so constructed that a down bed can be slipped into the quilt in cold weather. We must explain in reference to this that the Germans do not use blankets for bed

draw attention to the best means of combating it. The words of the Emperor are quoted, that it is necessary to ventilate the subject before the public, and to place all the means of fighting infant mortality in the most attractive and popular form before the world.

For this reason in the section devoted to children's food, the whole process of bee-

\*Block furnished by courtesy of Mr. Steiner & Son, Frankenberg, manufacturer of Reform Bedding.

keeping and honey-making is elaborately illustrated by hives of living bees under glass. In the section devoted to children's medicine, a doll's hospital and a medicine chest are exhibited as toys for children to play with, and for parents to take suggestions from. One toy called "The doll doctor," contains dolls' invalid bandages, a hot water bottle, a water-can to be used on the doll according to the Kneipp system, a thermometer, and a set of massage instruments. This may illustrate with what thoroughness, and almost ridiculous attention to detail, the Exhibition has been organised.

Numerous bone-forming preparations were exhibited, the exhibitors laying great stress on their importance and maintaining that most of the infant mortality in Germany is due to the neglect of this important means of nourishment in early years. One of these preparations had been specially tested by experiments on calves and young lambs, and if all the results attained by these experiments are to be relied on, then neither German children nor any

others need suffer from lack of nutritious material for the teeth and bones.

The accompanying engraving shows the bed and bedding of the young prince, the Kaiser's grandson, which attracted such enormous attention. According to the maker's statement every article of it has been most scrupulously examined and selected from a lot of others by the royal mother, and the gratifying result has been (in the manufacturer's words) that "no being on the earth is better and more healthily bedded than the German emperor's grandson." Certainly the definite abandonment of the feather bed for young children is an important step, which deserves imitation. The manufacturer quotes the Latin poet Martial as having condemned the feather bed as an unhealthy thing two thousand years ago, but it is far more likely that the words of the German Emperor and the Crown Princess will be taken than that of so remote an authority as this; and we may expect the infant feather bed in Germany at least soon to disappear.

## SEWAGE: AND HOW IT IS DISPOSED OF.—II.

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

THE *composition of sewage matter* is important, and depends upon whether the conservancy or water-carriage system is employed in the collection; both will be dealt with here. Human excreta, taking an average of both sexes and all ages amounts to about two or three ounces of solid matter and two pints of liquid daily per head.

Even since we have possessed sanitary legislation, and until comparatively recently, excretal matter in houses in towns was collected either in midden-prives or in cess-pools; and owing to the infrequent intervals of emptying—which at the best were most unsatisfactory, usually depending upon the individual householder—serious epidemics occurred, more particularly of typhoid, and sometimes of cholera, which cannot be wondered at when the serious pollution of the air in the vicinity of dwell-

ings, and possibly of water used for dietetic purposes, is considered.

### Conservancy Systems.

These, for towns, most insanitary methods, gradually gave place, first to a periodic emptying of middens and cess-pools by the employees of local sanitary authorities, and then to the use of pail, pan, or tub closets with periodical (not less than weekly) emptyings by local authorities or contractors, suitably constructed vans being employed in the collection of the used pails for conveyance to the depot, for the contents to be dealt with in bulk.

This is technically known as the *conservancy interception, or dry*, system. In it all liquids, save the urine, require to be kept out of the pails (as in the same method applicable to country dwellings), and the dry screened house ashes should be added, for these help to deodorise the night-soil, and fit it for the "treatment" which it will afterwards receive.

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

Various kinds of pails and tubs (either of iron, galvanised iron, or of wood) have been and are now used in the closets of houses in towns where the conservancy system of sewage collection is employed. One of the most satisfactory is the Moule Pail, previously referred to. In one or two manufacturing towns the Goux Pail is

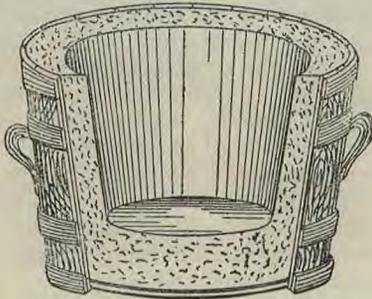


FIG. 1. GOUX PAIL.

used. It is of wood (Fig. 1), and prior to being sent out from the depot to replace the used ones, which are then to be collected, a mixture of sulphate of lime, factory waste, and ashes is added to each pail, with the idea of preventing decomposition in the excreta and to fit it for more ready conversion into portable manure. A mould (Fig. 2) is inserted to press this mixture to the sides, and is not removed until the closet of some house is reached.

That the conservancy system for dealing with the sewage of towns came into vogue, is largely due to the fact that some chemists and agriculturalists were of opinion that crude sewage matter would be invaluable, agriculturally, as manure, and that its collection in a dry state would facilitate its conversion into portable manure for sale to farmers and market gardeners. This idea has since been exploded.

On the reception of the full house pails at the "treatment" depot, the contents are variously dealt with to make them suitable for carriage. The description of one method will suffice. The contents are turned into a long cylinder with a steam-jacket which has a hollow shaft for the admission of steam to the cylinder whilst revolving. This it does for some three hours, the process eliminating a considerable quantity of liquid from the excrementitious matter, which is thus reduced to

about one-twentieth of its original weight. On being cooled, it is crushed into a powder, and is ready for sale as manure.

All conservancy systems must, however, ultimately give way to water-carriage. The retention of night-soil in the vicinity of houses in towns is to be deprecated as most insanitary. The disposal of fæcal matter collected by these systems has proved a very expensive and most unsatisfactory one. Farmers and market gardeners who were at one time prepared to pay a high price (sometimes as much as £3 per ton) for excretal matter suitably prepared for manure, now, frequently, not only refuse to pay for it, but wish it brought to their lands free of charge before they will agree to take to it at all. Human fæces are composed of something like ninety per cent of water, and this requires to be got rid of. Lastly, in towns where the dry system is employed, sewers and drains have still to be constructed with an "out-fall" as well, for the purpose of carrying off storm waters, the washings of streets, waste waters from dwelling-houses, stabling, etc., etc. Therefore it will be readily seen that practically

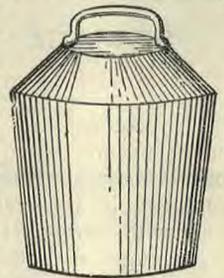


FIG. 2. GOUX PAIL MOULD.

the only difference between conservancy and water-carried sewage is the greater quantity of water to be dealt with in the latter. Several towns have abandoned the dry system in favour of water-carriage; others are seriously considering the matter. Manchester comes before one's mind as an example. It is calculated that if that city had adopted water-carriage for its sewage instead of continuing the conservancy system in 1892 half-a-million of money would have been saved. The conservancy system is highly insanitary as well as costly, and in those towns where it has been replaced by a water-carriage system of sewage collection, the change has been followed by a decreasing death-rate, and general improvement in the vitality of the inhabitants.

The first of this series of articles appeared in the November issue.

(To be continued.)

## THE URIC-ACID-FREE DIET.

### SOME EXPERIENCES.

IN the October number of *GOOD HEALTH* we printed an article by Dr. Alexander Bryce pointing out some of the limitations of a strictly uric-acid-free diet, and suggesting that the minute quantities of purins in such ordinary and useful articles of diet as lentils, peas, brown bread, etc., probably would not have any deleterious influence on the vast majority of people, and that it would be needlessly restricting the diet entirely to drop them from the bill of fare; also suggesting that to confine oneself mainly to white bread, milk, cheese, and certain vegetables, while possibly the best thing to do in particular cases, would not prove satisfactory to the average man or woman.

It was intimated in a footnote that the editors of *GOOD HEALTH* would be pleased to hear from readers of the magazine who had had some definite experiences in living on the Haig regime. The answers could not come in time for insertion in the ensuing number, and the issue for December was a special Christmas number, devoted to topics especially suited to the holiday season. The present is therefore our first opportunity to take up the matter again.

Two of our readers write that they have derived distinct benefit from Dr. Haig's regime. As one of these requests that his name be withheld, we shall refer to both as A and B respectively.

A writes that he was a sufferer from migraine from childhood. He considers himself cured as a result of following Dr. Haig's advice. He was also subject to colds and to eczema. The latter disease attacked him three or four months before he consulted Dr. Haig. He finds that the use of a small quantity of pulse foods tends to bring on the migraine from which he suffered, also that the occasional use of eggs makes him susceptible to colds; and if he returns to the use of jams or other very sweet things, he is likely to have a slight touch of eczema. He is careful to add, however, at the close of his letter that he is not following Dr. Haig's regime strictly. He takes brown bread and oatmeal, and uses fruit quite freely, although he says that Dr. Haig forbids fruit in cold

weather and substitutes vegetables. A frequently goes for weeks without touching the latter, preferring fruit, which he takes raw and quite ripe. He thinks that Dr. Haig's system helps one on the moral side.

B writes that he adhered to Dr. Haig's regime for two years and a half, and found the results beneficial. For fifteen years previously he had suffered from indigestion; viz., acidity after meals. He was also troubled with insomnia, neuralgia, rheumatism, and constipation. He has specially noted the freedom from neuralgia which has followed the adoption of the new diet. He has reduced his weight from fourteen to eleven stone. He takes eggs occasionally, but does not mention his practice as to brown bread. He also adds that as a result of becoming acquainted with Dr. Chittenden's theory of a lessened intake of food he has omitted supper, and very often dinner when not engaged in muscular toil, with apparent benefit.

It will be noticed that neither of these correspondents have followed the Haig regime strictly, and B's improvement might be attributed in part to cutting down the quantity of food taken. It is in reference to brown bread, fresh eggs, and fruit that some medical men at least are most inclined to take issue with Dr. Haig. We should therefore be pleased to hear from any who have successfully adopted the Haig regime in its entirety, and found themselves benefited or otherwise thereby. The giving up of excessively sweet things like jam is, of course, advocated by practically all food reform physicians under certain conditions, it being generally recognised that such diseases as eczema often have an intimate connection with diet. The real point of Dr. Bryce's article has hardly been touched.

MESSRS. GALE AND POLDEN have put out bright, readable and well-illustrated shilling volumes on the following subjects, "Health Exercise and Physical Training at Home," "Club Swing-ing as Applied to Health and Development," "Swimming for Health, Exercise and Pleasure," "Physical Culture and Self-Defence," "The Art of Breathing." Fuller mention will be given later.

## THE LIVING-IN SYSTEM AND THE NATION'S HEALTH.—Continued.

BY M. ELLSWORTH OLSEN.

### The Regulation Dress.

THE dress of the saleswoman is one of the chief causes of her physical suffering. Fashionable dress, including the tightly-laced corset, is harmful enough to any woman; but to the girl who must be on her feet from early in the morning till late

and lack of opportunity to properly bathe them."

If the proprietors, instead of insisting on *fashionable* dress should, lay the emphasis on neatness, comfort, and health, they would be consulting their own interests; for under those conditions the girls could



WINTER SPORTS AT DAVOS PLATZ.

at night, with no opportunity for rest, and scarcely time for hurried meals, it cannot but lead to serious undermining of the system.

On this subject of dress, Miss Margaret Bondfield, Assistant Secretary of the Amalgamated Union of Shop-Assistants, has the following to say: "The regulation dress of the shop-assistant must be black (a most unserviceable colour); it must also be stylish. The skirt usually sweeps the floor, the under garments afford no proper covering for the chest, the 'fitting' corset does its deadly work in preventing the proper expansion of the lungs, and the thin, cheap shoes afford no protection to the feet, but rather aggravate the soreness and inflammation caused by dust, standing,

render far more efficient service at much smaller outlay of physical and nervous energy.

### The Living-In System No Safeguard to Morals.

Well-meaning people often assume that the living-in system is a great safeguard against the temptations of a large city to the young men and women subject to its rules. Unfortunately this is not the case. In most houses anything like adequate care for the morals of the employees is impossible under the existing regime, which seems to be based primarily on the need of getting the utmost amount of service with the lowest outlay in the way of wages. For instance, a certain gentleman having

immediate charge of a living-in establishment containing some 800 employees, was not able to tell within a hundred the number of the young people committed to his care.

The indiscriminate huddling together of girls of all classes in common sleeping-rooms, with none of the careful supervision customary, for instance, in educational institutions, is in itself unfavourable to the maintenance of the best moral atmosphere. One impure-minded girl can easily infect a very large number, before being found out, and that such things happen not infrequently is the testimony of those best acquainted with these establishments.

But while supervision along needed lines is almost entirely wanting, there is no lack of restriction on personal liberty. Rules are in force covering all imaginary misdemeanours, and fines are collected for breaking them, which make quite an inroad into the unfortunate employee's monthly salary.

There are unwritten rules, too, the disregarding of which often brings that worst of all things to the hapless shop-assistant—dismissal. Naturally the living-in system is inconsistent with married life. It is not strange, therefore, that employees should be discouraged from taking on such responsibilities. A few months ago a prominent London daily printed the following statement of a shop-walker in one of the mammoth establishments:

"There are hundreds of married male assistants

in London who, in order to find bread for their wives and children, are compelled to act the rôle of single men. They 'live in' like the really unmarried man, stealing away on a Sunday morning to pass surreptitiously a few hours with their wives and little ones."

It is difficult to establish the exact truth of a statement of this kind; but that marriage is strongly discouraged is suggested

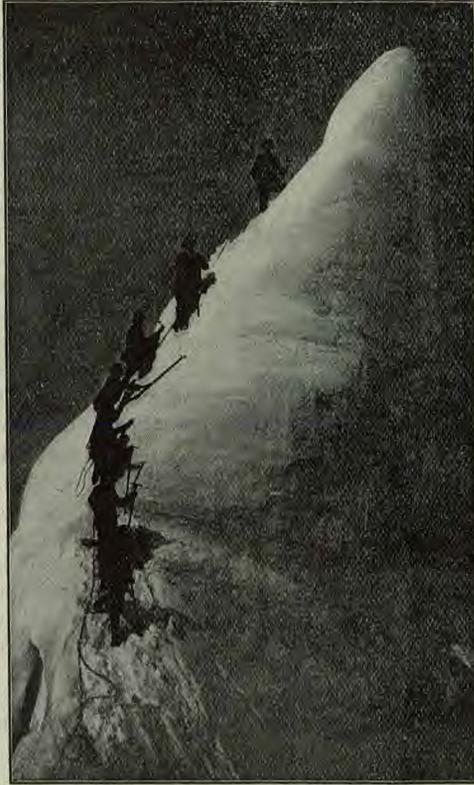
by the fact that the additional allowance made to the man who is permitted to marry and "live out" is ridiculously small in comparison with what the firm regards board and lodging on its premises worth when figured as part of the salary.

No one need be told that such restrictions are an unwarrantable interference with personal rights, and utterly inconsistent with the development of strong, manly characters. If there are half a dozen married men obliged to live in the humiliating conditions named by the shop-walker, it is enough to cast serious reflection

upon the living-in system.

The very helplessness of the employee under the living-in regime is one of the main objections to it as a system. He enters a mere boy in many cases, and unless he shows extraordinary ability, he is likely to find himself at twenty-five or thirty still earning small wages. If he displeases his employer, he is cut loose from his moorings, separated from the only life he knows anything about, and left to drift he knows not whither on the treacherous sea of non-employment.

(To be concluded.)



MOUNTAIN-SCALING.



## MAKING THE BABY COMFORTABLE IN COLD WEATHER.

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

THERE is as much difference between comfort and discomfort as between white and black, though often the things which make us either comfortable or uncomfortable may seem small and insignificant in themselves.

We grown people can easily minister to our own comfort. If too warm, we raise a window; if cold, we add more coals to the fire or don an extra garment. If our comfort demands the assistance of others, we do not hesitate to make our needs known. Not so with the baby. If he is uncomfortable, he can only suffer in silence, or, what is more likely, announce his discomfort by fretting or crying. He is fortunate if he has for his mother or caretaker a person who can anticipate his needs and who is clever at interpreting his more or less unintelligible complaints.

### Clothing of Arms and Legs.

In making baby comfortable in cold weather one of the most important considerations is that of dress. While it is true that a healthy baby possesses good heat-making powers, these powers cannot be overtaxed except at the expense of the general vitality of the child. It should be continually borne in mind that young children are more susceptible to the influences of cold than are adults, and because of this they should be warmly and evenly clothed. Special attention should be given to the clothing of the arms and legs. Soft knitted vests with long sleeves, and warm woollen stockings which are long enough to reach above the knees and be pinned to the diapers, will do much toward making baby comfortable. In place of the kid shoes ordinarily worn, little felt shoes with felt

soles can be purchased in sizes small enough for the baby who is one year old.

Attention should also be given to the diapers. They should be of such size and so adjusted as thoroughly to protect the skirts from moisture. This can easily be accomplished if the diapers are changed as soon as wet, a precaution necessary always, but especially so in cold weather, when its neglect will not only cause baby discomfort but may result in serious chilling.

### The Daily Outing.

While it is important that baby be sufficiently clothed when indoors, it is still more important that special care be given to preparing him for his daily outings. Not many days since two babies (each about one year old) went with their respective nurses for their afternoon outing in the park. One was happy and contented all the afternoon—the other was fretful and cried during a large part of the time. On their return a little investigation revealed the cause of this difference in their behaviour. The contented baby was properly clothed and snugly tucked in with warm shawls, so that when he was removed from his carriage he was “as warm as toast.” He had been comfortable. The other baby had been put into his perambulator with bare hands and feet. There was but a scanty coverlet over him, which did not wrap around his legs, but left them exposed to the cold. When taken from his carriage his hands and legs, were “as cold as ice.” He had been decidedly uncomfortable during his outing, but after his little hands and feet had been held to the fire for a few minutes, he was transformed from a fretful, crying child into the

happiest of babies. But this is not always the sequel of a chill. Often a sharp attack of indigestion or a severe cold follows the unpleasant experience.

#### **Fresh Air at Night.**

Although it is necessary to guard the young child from undue exposure to cold, the mistake must not be made of depriving him of fresh air, for this is as essential to baby's health in the winter as in the summer. The windows should be open day and night to allow a constant inflow of pure, health-giving air, though some simple device may be needed to prevent cold draughts from striking the child. It will be found that baby will sleep soundly in a cool, well-ventilated room, nor will he be inclined to throw off the bed-coverings. It will be best to undress him in a warm room, where his feet can be warmed by

the fire. Then if he wears a flannel night-dress, and is well tucked into his cot with warm blankets, he will be cosy and comfortable until morning. The baby who is put to bed in a warm room or who is over-covered is likely to be restless. He tosses about and throws off the covers, a thing which may result seriously if the room temperature falls in the night, as is often the case. The foregoing suggestions apply to babies who are several months old. The young infant, though needing fresh air, needs also more warmth than the older child, so that it is usually best for him to sleep in a room which is comfortably warmed.

The baby's comfort is important not alone for his own sake. The mother who succeeds in making baby comfortable will have done much toward securing the happiness and comfort of the entire household.

## **Chats with Semi-Invalids.**

### **WEAK KIDNEYS.**

BY A. J. HOENES, M.D.

SINCE the publication of a treatise on diseases of the kidneys by Dr. Richard Bright, in 1827, the natural functions and the ailments of these organs have been fairly well understood. Their important work is to remove all impurities and deleterious substances from the blood. Like other organs, when overworked they become exhausted, disabled, irritated, and ultimately diseased. The kidneys are so constructed that they are able to do the normal amount of work perfectly well. One being removed, the remaining one can even perform the work of two reasonably well. A certain amount of abuse can be endured for a reasonable length of time without serious injury. But if excessive quantities of meat, wine, tea and coffee, tobacco, pepper, and other condiments are introduced into the system for years, thus entailing much extra work for the kidneys, these organs become weak and irritated, and may become incurably diseased.

#### **Pain in the Back.**

A popular idea exists that pain in the back is a sign of kidney complaint. The manufacturer of patent medicines takes advantage of this fact and advertises that persons suffering with backache must take his patent kidney cure at once and be relieved—of their money, certainly, but not of their disease. Most kidney diseases, especially the chronic forms, are painless, and a pain in this region is more often an indication of displacement, prolapse (often due to tight-lacing) of the abdominal organs—the stomach, liver, bowels, or perhaps the kidneys.

#### **Free Water-Drinking Helpful.**

Another erroneous idea is that drinking freely of water or other liquids puts more work upon the kidneys. Certainly the excretion is more copious, but that does not imply more work. On the contrary, the kidney can do its work much more easily when it is supplied freely with

water, just as it is easier to do a washing or house-cleaning with less difficulty when the water supply is plentiful. This explains the beneficial effects of most teas and mineral waters. The water they contain is the active principle which promotes the action of the kidneys, relieves irritation, and cleanses the blood.

Most of the mixtures found in patent drinks, such as alcohol, tea and coffee, beef extract, cocoa, hops and yeast, and other chemical substances are harmful, and do not add to the efficiency of the water. Fruit juice, however, especially that of the grape; or watermelon, on account of the natural acids it contains, also milk, soups and gruels, parsley, carrots, dandelion, asparagus, and occasionally teas prepared from harmless herbs, such as broom, couchgrass, sarsaparilla, convallaria, and juniper, may be used to increase the action of the kidneys and relieve irritation. Naturally weak and irritable kidneys, however, may become irritated by over-stimulation even by these, as is often the case when asparagus is

taken too freely. In such cases only the mildest foods should be used.

The bowels, lungs, and especially the skin, co-operating with the kidneys in their excretory work, should not be neglected, for when these are inactive an unusual amount of work is thrown upon the kidneys. The verdict, "Thou shalt eat thy bread by the sweat of thy brow," has a physiological as well as a moral interpretation. A Turkish or vapour bath may be a good substitute for work, but the most beneficial perspiration is the honest sweat earned by active physical exercise. The latter, at the same time, promotes the metabolic changes in the body, the oxidation of impurities in the blood, and increases the activity of the bowels and the lungs.

The first indication of kidney disease is often discovered by an examination of the urine, and it is advisable, especially in all cases of general ill health, that such examination be made from time to time to determine the nature and amount of work done by the kidneys.

## GOOD HEALTH LEAGUE.

INTERESTING reports are coming in from time to time from the various local branches of the Good Health League. The Newcastle-on-Tyne branch, of which Mr. J. Brandt, 162 Heaton Park Road, is the president, held its opening meeting of the season early in November. Dr. T. M. Allison occupied the chair, and an address was given on "Our Daily Food" by M. Ellsworth Olsen.

The Leeds branch, of which Mr. Ellis, 7 Thornhill View, is the secretary, opened the following evening.

Mrs. Borrowdale, secretary of the Plymouth branch, 90 Union Street, Stonehouse, gives a cheering report of the first two meetings of the season. This has been one of our most aggressive and enterprising Leagues from the time it was organised.

The North London branch has taken on a new lease of activity the present year. Its officers are putting forth whole-hearted efforts to make the work tell for good. The meetings are well attended and the programmes are most interesting and attractive. The secretary is Mr. E. H. Marsh, 451 Holloway Road, N.

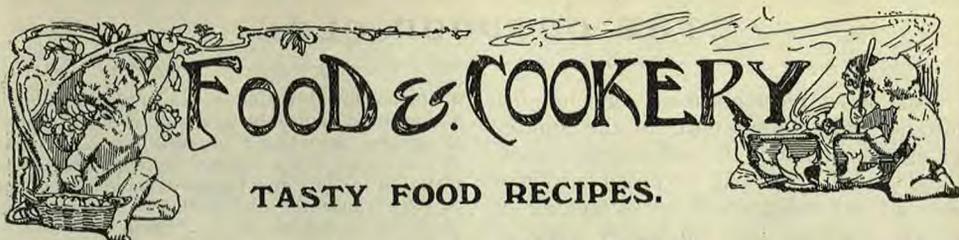
The Caterham League has maintained a very high average of excellence for years past. We note that the local paper contains a half-column report of the last meeting. The secretary is Miss H. Howarth.

We are pleased to report that a Good Health

League has just been organised at Cardiff, following upon a three days' School of Health conducted by Dr. A. B. Olsen. Miss Edith Chapman, 145 King's Road, is the secretary.

Any of the above mentioned secretaries will be pleased to give full particulars of the meetings to any persons living in the locality who might wish to attend.

The Central Good Health League, London, is adding new members to its list from day to day, and will be pleased to receive many more. A postcard addressed to the general secretary, 451 Holloway Road, London, N., will bring full particulars, together with preliminary membership blank. The prospective member can then fill out the preliminary membership blank and send in the same with 1/- in stamps, when he will receive membership card and badge. The statement of principles is as follows: "I am a total abstainer from alcohol and tobacco, and I desire to learn and to follow the perfect way of life in all that pertains to health and purity." All readers of GOOD HEALTH who would like to have a part in spreading the knowledge of these life-giving principles are heartily invited to join the League, and thus associate themselves definitely with the movement. It is planned to hold a grand rally some time in the spring or early summer, at which all the branch Leagues would be represented by delegates. More of this later.



IN cold weather the appetite is usually at its best, and the thoughtful housewife will prepare meals which, while wholesome and reasonably easy of digestion, will fully meet the real demand for something tasty and substantial. Natural foods can be prepared in so many different ways that there will not be the slightest difficulty in maintaining an excellent variety once the subject of scientific cooking is gone into with some degree of thoroughness. The greater the experience of the housewife in ordinary cookery, the more quickly will she get hold of the principles which lie at the foundation of what is usually known as food reform cookery.

Of course there are degrees of reform; or more properly, there are varieties of food reform diets. Some vegetarian dishes may be very appropriate to a man who is doing hard, physical work out-of-doors, but entirely unsuited to the needs of one of sedentary habits. In general, the sedentary worker finds his head clearest and his body most vigorous while relying largely on fruits of various kinds, nuts and nut foods, and well-toasted cereals, vegetables not being taken in any great quantities. But the man who works with his hands can do well on a diet largely made up of vegetables, which in this country, fortunately, can be had in fair condition throughout the year.

The following recipes, furnished us by Mrs. Hudson, of Witham, Essex, are for the most part intended for men who do physical work, who will find them good standbys. The nutritive value of lentils and similar natural foods is far superior to that of meat, and the cost per pound is correspondingly less. If some of our readers who have not done much in natural food cooking, try a few of these dishes as an experiment, they will be pretty sure to use them regularly.

**Vegetable Stew.**—2 carrots, 2 turnips, 2 onions, 1 parsnip, 1 stick celery. Put into a pint of boiling water, and when perfectly tender, thicken with a little flour and add a small piece of nut butter with salt to taste. Serve on a dish, surrounded with toast.

**Lentil Sausages.**—Cook in a jar in the oven one cup lentils in one cup of water. Add to this  $\frac{3}{4}$  lb. bread, soaked in water and squeezed dry. Also put in any vegetables left over from the day before, together with one egg and salt to taste. Mix well, shape into sausages, and heat in the frying-pan with just enough butter to prevent burning, or bake in the oven.

**Mock Turkey.**—Cook cup of lentils as in foregoing. Mix with it  $\frac{1}{4}$  lb. soaked bread, salt, and one egg. Also mix together a few sprigs chopped parsley, small piece lemon, thyme, salt,  $\frac{1}{2}$  lb. soaked bread squeezed dry and one egg; then shape this into a roll and cover with lentil mixture. Brush over with egg. Bake to a nice brown. Pour a gravy over. Serve with bread sauce, potatoes, and Brussels sprouts.

**Yorkshire Pudding.**—Butter a Yorkshire pudding-tin. Place over the bottom tomatoes cut in half, sprinkle with salt and sugar. Heat in the oven, then pour over a batter as made for Yorkshire pudding. Serve hot, with gravy, in tureen.

**Rice Soup.**—1 pint boiling water, 1 large onion or two small, salt, a teaspoonful peanut butter, 1 tablespoonful rice. Boil till rice is done. Serve with croquets of toast.

**Baked Onions.**—Boil 3 Spanish onions. When nearly done take out. With the broth make a white sauce. Place onions in a buttered pie-dish, pour over white sauce and bake slowly an hour.

MISS B. E. MUIR thinks the notes on "Rice as a Food," which appeared in the November GOOD HEALTH, may be misleading unless they are taken to apply to unpolished rice, ordinary rice being "devoid of real nourishment." She gets a very good quality of genuine unpolished rice from Messrs. Savage & Sons, 53 Aldersgate Street, London, E.C. Our correspondent has fallen into an error commonly made, in speaking of the ordinary polished rice as devoid of real nourishment. It is not so rich in proteids as the unpolished article, but as a supplier of the starch element of food, which is after all the largest element in the daily diet, it is unsurpassed. However, we have no hesitation in recommending the unpolished article as the best.

## THE OUTDOOR CLUB.

WE have received many encouraging letters from different parts of the country giving suggestions in reference to our Outdoor Club. It will be possible to give only a small selection of the letters, all of which, however, are thoroughly appreciated.

Mr. Albert Morrell, of Wandsworth, S.W., writes: "I was very pleased to see a further article on the Outdoor Club in the current magazine, and shall await further developments with greatest interest. The idea which inspires you in forming the Club is, I think, a splendid one. I think the oak leaf a very fitting symbol of the objects of the Club."

Dr. A. C. Rainer, of Chiswick, is in perfect agreement with us in reference to the importance of an outdoor life. He writes: "I am following with interest your plan of starting a club or society, which among other things ought to combat the damnable nonsense of the perniciousness of night air, and spread the gospel of the open bed-room window." We think the doctor has given plain expression to one of the most important objects of the organisation.

### Cold Air but no Colds.

Mrs. Hudson, of Witham, Essex, writes: "I am much in sympathy with the Outdoor Club. This summer we have had our meals in the garden with only a shade overhead, not a closed-in summerhouse. I have worked and slept in a hammock out-of-doors. We have just had to come in, but though we are indoors and have a fire, we scarcely ever close the window in the drawing-room or dining-room. Our bed-room window faces east, and we have it open a yard at the top, and three inches at the bottom. We can feel the cool air on our faces but take no colds. Let me know of any way in which I can help the Club."

Miss Elsie Cole, of Croydon, suggests that the members of the Outdoor Club should be early risers. She thinks that early morning walks should be arranged locally for those who have the time and the inclination. Once started she is sure they would be continued by many people. She is making the Club known to her friends, and thinks she can promise half a dozen members.

Dr. T. M. Allison, of Newcastle-on-Tyne, writes: "I think the idea of an Outdoor Club a very good one in itself for the body, and, if a science like geology or botany were added, splendid for the mind."

Mr. Stanley Andrews, of Gillingham, Kent, writes: "As a young man who is an intense nature lover and a physical culturist, it is with great pleasure that I write you on the subject of your projected Outdoor Club. Such a society is very urgently needed to combat the indifference that is everywhere manifested toward rational thought and exercise. There is nothing so exalting as a love for nature in all her moods, and

acting on this idea, I have, in a humble way, given addresses on natural history and urged my hearers to get out into God's fair country, to take an interest in all His creations—animate and inanimate. The Club, may I suggest, could recommend or even cause the distribution of such outdoor books so refreshing in their style as those of Richard Jefferies, and 'Walden,' by Thoreau. It could also encourage the instituting of rambles with definite aims, even in winter when the weather was fit, as well as of lectures and social gatherings for instructional purposes on natural history, good living, etc."

### 44 Weeks under Canvas.

Mr. Norman McLean Myott, solicitor, of Hanley, writes: "I was pleased to read your notes entitled 'The Outdoor Club' in the November issue of GOOD HEALTH. I myself am very interested in outdoor life, having during the last two years lived under canvas for the space of forty-four weeks, so that perhaps I have a greater knowledge than most men of the effects of outdoor life, and of life in country districts. I am a councillor for the borough of Newcastle-under-Lyne, and shall be glad to assist you in every possible way in making your proposal a success."

Miss Amy K. Osborne, of Southend-on-Sea, thinks it might be useful if some kind of a reading circle were to be part of the Club, and suitable nature reading be recommended to the members. She suggests that it would be just as well not to have any definite pledge, but to have members agree with the objects of the Club.

These extracts will give the readers of GOOD HEALTH a good opportunity to understand how the Outdoor Club is developing. It is not the purpose to make the organisation too formal. It should be an outdoor movement in every sense of the word, and should have something of the delightful indefiniteness that we so much admire in nature. Summing up the ideas that have been suggested we may set down the following as essentials:—

### Principles of the Club.

1. Outdoor exercise to form a daily habit, recreation hours to be spent in the open as far as consistent.
2. Thorough ventilation of living- and bed-rooms.
3. Some interest in natural objects, such as birds, trees, flowers, and likewise in books treating of such subjects.
4. A desire to get in touch with persons of like aspirations and ideals.
5. A further desire to make these ideas

to prevail; in other words, to inspire in others a love for nature in all her moods, and a determination to adopt wholesome outdoor habits.

The Outdoor Club, in other words, is a community of minds interested in outdoor matters of all kinds, and thoroughly convinced of the uplifting, healing influences to be met with under the open heavens.

It is a pleasure to record the formation of the North London branch of the Outdoor Club with Mr. Clay O'Donnell as president and Mr. H. J. Stone, 25 Marriott Road, Tollington Park, London, N., as honorary secretary. The Club was organised the 22nd of November. The first ramble was held in the afternoon of December 2nd. This Club also meets for an evening gathering on the first Thursday of each month. Other local honorary secretaries have been appointed as follows:—

Mr. Stanley Andrews, Gillingham, Kent  
Miss Elsie Cole, Croydon.

Mr. Albert Morrell, Wandsworth, London, S.W.

Miss Osborne, Southend-on-Sea.

The movement has been definitely set on foot, the acorn has been planted, and no doubt the full-spreading oak will in time appear.

The initiation fee is 1/-. Persons already belonging to the Good Health League may become members without fee on simply declaring their sympathy with the objects of the Club. The matter of badges has not been fully settled. Persons who would like to become members may write in to the undersigned at 451 Holloway Rd., London, N., stating their agreement with the objects as set forth on this page and inclosing the initiation fee in stamps. They will then be placed on the list in the order in which the letters arrive. Further particulars will be given next month. We hope to hear from a large number of enthusiastic outdoor people.

M. ELLSWORTH OLSEN.

### Gathered Sunshine.



### Nuts and Other Natural Foods,

such as Protoben Figs, Unpolished Rice, Raisins, Currants, etc., represent so much gathered sunshine—the rich, flooding sunshine of semi-tropical countries. No wonder they are so vital and so nutritious! We are Nut Experts, and supply only the *choicest* Nuts and Fruits obtainable. We can also give you valuable hints on

#### HOW TO USE THEM.

Our new 32-page Booklet, containing 24 simple and original Nut Recipes, and quotations of all our goods, will be sent *Free* to any address: its varied contents will surprise you. With it we will send free sample of "Cream-o'-Nuts."

Pine Kernels, . . 10d. lb.	Pistachio Nuts, 1/- lb.
do. Roasted, 1/- lb.	Butternuts, . . 10d. lb.
Hazel Kernels, 10d. lb.	Pecan Walnuts, 8d. lb.
Cashew Kernels, 1/- lb.	Ital'n Chestnuts, 4d.
Peanut " " 4d. lb.	Seedless Raisins, 8d.
do. Roasted, 6d. lb.	Protoben Figs, 8d. lb.
Shelled Walnuts, 1/- lb.	Unpol. Car. Rice, 7lb. 2/-
Twin-Jordan Almonds, 1/4	do. Japan, 7 lbs. 1/6.

Above sent ground for 1d. per lb. extra.  
Orders value 5/- Carriage Paid anywhere. Cash with Order.

**GEO. SAVAGE & SONS, Nut Experts,**  
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## MAXWELL'S PURE FOOD STORES,

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

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

**Cooking Oils, Pure Olive Oils, Vegetable Soaps.**

### Maxwell's Pure Vegetable Coconut Butter

for the breakfast table, for pastry, and for all dishes where fat is required. As fine a flavour as any vegetable butter on the market, and second to none.

7d. per lb., if ordered with other goods.

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

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

In answering advertisements kindly mention "GOOD HEALTH."

# QUESTIONS & ANSWERS

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

**Ralston Breakfast Food.**—A.M.: "Is the Ralston breakfast food a pure article, free from chemicals?"

*Ans.*—Yes, it is one of the best breakfast foods of which we know.

**Rheumatism.**—P.: "Do you think the vapour bath a good thing for rheumatism?"

*Ans.*—Yes, this form of treatment is usually found very effective in relieving rheumatic conditions. Attention should also be given to the adoption of a suitable diet in order that the results may be permanent.

**Nasal Catarrh.**—E.A.E.: "I shall be glad if you will advise me what to do for running of the nose, to which I am frequently subject. It is sometimes accompanied by headache."

*Ans.*—We would recommend you to obtain, of the Good Health Supply Co., the complete outfit for the treatment of catarrh, and use it perseveringly. Adopt a simple diet, and use cold friction to improve the activity of the skin.

**Swelling in the Neck—Face Cream.**—R.M.: "1. Three months ago my jaw swelled, after having a tooth extracted. The swelling extends down into the neck, immediately underneath the jaw bone, and remains there. It is quite soft. What would you recommend? 2. What would you advise me to use to smoothe and soften the face?"

*Ans.*—1. Consult a physician and follow his counsel. 2. Bathe the face with tepid or cool soft water, using a mild soap such as McClinton's Colleen, and then rinse in cold water, to which a little lemon juice has been added, and dry well. A little Pompeian Cream may be rubbed in after drying, before retiring at night.

**Enlarged Tonsil.**—H.L.R.: "My left tonsil is enlarged, and there is a discharge of matter. Will it be necessary to undergo an operation, or is there any other way of having it put right?"

*Ans.*—You might use a gargle of one part of Listerine to three parts of water two or three times a day. If this is not successful, you should have some local treatment by a competent physician; on the other hand, if the tonsil is badly diseased, it would be better to have the diseased portion removed by an operation.

**Exercises.**—J.G.: "1. I am getting stout, and would like to know if there are any exercises that I could take to advantage? 2. I see plenty of patent medicines advertised for reducing flesh—would you recommend any of them?"

*Ans.*—1. Yes, you would do well to adopt a systematic course of exercises, and we would recom-

mend you to join the Good Health School of Physical Culture. 2. No. We consider all such medicines harmful, and many of them are dangerous. Have nothing to do with them at all. Besides exercise, you ought to regulate your diet, and avoid sugar, sweets, jam, marmalade, pastry, cakes, puddings, and similar flesh-forming foods. Be abstemious in your eating.

**Diet for Consumptives—Constipation.**—M.F.B.: "I am afflicted with tuberculosis of the lungs, and go in for open air and rest cure. 1. Will you please put me on a suitable diet? 2. In what way can I take milk? 3. Would any fruit suit me? 4. What can I do for constipation?"

*Ans.*—1. You should adopt a liberal diet of plain, wholesome food. If your stomach is very weak, you might take three or four meals per day, but they should, of course, be rather light. Dextrinised breads and well-cooked cereals, especially zwieback, with baked potatoes, tender greens, nuts, nut foods, fruit and the dairy products, will furnish you an ample variety. 2. Junket, butter milk, custards and milk puddings, also new milk which has been sterilised before using. 3. Steamed figs, dates, stewed prunes, raisins and sultanas, various dried fruits and fresh fruit, especially oranges, apples, bananas, peaches, plums, cherries and other small fruits, should all suit you. It is not well to combine fruit with milk or vegetables as a rule. 4. The free use of fruit will help to overcome the constipation. If necessary, you might use tepid water enemata to cleanse the bowels.

## The Good Health Adjustable Bodice



Affords ease, comfort and health. Retains the symmetry and grace of the natural form. Its use will add years of pleasure to a woman's life.

It does away with the corset. Supports all garments without harmful pressure. No stays to break. Thousands have been sold, and are giving excellent satisfaction.

Send for circular and prices to the Sole Agents: **Good Health Supply Dept.**, 451 Holloway Road, London, N.



## CATERHAM SANITARIUM AND SURREY HILLS HYDROPATHIC.

CATERHAM, SURREY.

**T**HE location is delightful, being about 450 feet above sea level, in the beautiful valley of Caterham, surrounded by the picturesque hills of Surrey; the air is pure and bracing, and the water excellent. Situated within five minutes' walk of the Caterham Station, on the S. E. Railway, with an hourly service of trains from Charing Cross, Waterloo, Cannon Street, and London Bridge, the Institution is remarkably easy of access, while it is sufficiently far from London to be out of range of the fogs and smoke of the metropolis. The treatments consist of

BATHS OF EVERY DESCRIPTION, Including the  
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MASSAGE AND MANUAL SWEDISH MOVEMENTS.

ELECTRICITY AND VIBRATORY MASSAGE.

DAILY DRILLS IN PHYSICAL CULTURE.

With a carefully regulated and classified Dietary.

Sound health of body and mind is the fruit of obedience to natural laws. Health is largely the result of physical right-doing and correct training. Experience has demonstrated that chronic invalids of all classes, many of which are considered incurable, can be trained back into health by scientific regimen combined with suitable hyriatic measures, electrotherapy, phototherapy, massage, Swedish movements, Swedish medical gymnastics, and in short, by the use of what has been aptly called Physiological Therapeutics. Incurable and offensive patients are not received. The establishment affords facilities for quiet and rest, with skilled nursing and medical care and everything an invalid needs.

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

**THE SANITARIUM, CATERHAM, SURREY.**

**In answering advertisements kindly mention "GOOD HEALTH."**

# GOOD HEALTH.

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

EDITED BY  
**ALFRED B. OLSEN, M.D.**  
**M. ELLSWORTH OLSEN.**

(Managing Editor.)

Address all business communications to  
**GOOD HEALTH, 451 Holloway Road, LONDON, N.,**  
and all editorial correspondence to the Editors, same address.  
Telegraphic address, "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, 3 cents per copy. West Indian Office: International Tract Society, Port of Spain, Trinidad; and Kingston, Jamaica.

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

WE are pleased to note the success of Messrs. Maxwell's Food Stores and Bakeries, 863 Forest Road, Walthamstow, London, N.E. Clean, well-baked bread and other products of the bakery are specially appreciated when so many bakers are unfortunately careless, both as to the condition under which the baking is done, and the ingredients that are used. On a recent busy day this firm supplied 2,300 customers. Mr. Maxwell sells all kinds of health foods, and will be pleased to send his price list to any of our readers who may apply.

WINTER'S waterweat biscuits seem to us unique in their sweet, nutty flavour and perfect crispness. Nothing could be better for the teeth. Eaten with a little fresh butter and apples or other fruit they make a satisfying meal, and one that will "stand by." The barleweat biscuits, slightly shortened, are also very nice. Both are excellent value for the money. For particulars see advertisement. Those who have not done so should apply for Mr. Winter's list.

**Rheumatism and Neuralgia** are often greatly relieved by the vapour bath. The Good Health Supply Co., 451 Holloway Road, London, N., can supply particulars of a very excellent cabinet to any interested persons.

## HUNTLY STUDIO

LARGEST PREMISES IN LONDON.  
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Life Size, 15/-

HIGH-CLASS WORK.

Never OFFERED to the PUBLIC Before.

## HOT CORN FLOUR SOUFFLES

Sweet and Savoury, easily made and dainty to eat.

Here is the Recipe:—

2½ oz. Brown & Polson's "Patent" Corn Flour. 3oz. butter. 3 large eggs. 3 oz. fine white sugar. 1 pint milk.

Just melt the butter in a saucepan, and add to it the Corn Flour and the sugar; mix them together, then add the milk heated to nearly boiling, stir well with a wooden spoon until it boils and thickens. Let it cool, and beat well into it the yolks of the eggs. Beat up the whites of the eggs to a stiff froth, and stir into the mixture. Add to it any flavouring you like. Slightly butter a dish, pour in the mixture, and bake in a slow oven. This is very light, and should be served quickly. Soufflés very soon fall.

This soufflé mixture will make any kind of soufflé. For instance, if you add to it vanilla it is a Vanilla Soufflé, add to it chocolate, it is a Chocolate Soufflé, and so on. You can put in sultanas, cherries, preserved fruits.

For Savoury Soufflés omit the sugar. Add seasoning and enough grated cheese to flavour, then you have a Cheese Soufflé. All the other savoury soufflés may be made by the addition of the necessary ingredients.

These soufflés require  
**Brown & Polson's**  
"Patent"  
**Corn Flour**

to give them the proper delicacy of flavour.

In answering advertisements kindly mention "GOOD HEALTH."

**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.O.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.**

## Winter's Woolley Scotch Wincey

The perfect material for Ladies' Blouses, Children's Dresses, Night Dresses, Sleeping Suits and every description of Ladies and Gents' underwear. It is



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 FLANNEL  
 of the  
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being unshrinkable, light and hygienic, lending itself with perfect facility to all purposes for which flannel could be employed.

In Cream, Pink or Blue, and a variety of pretty Stripes.

Send to-day for booklet and price list.

**JAMES WINTER,**  
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## NEWCASTLE On Tyne DEPOT.

"Good Health" Foods.

THE OLD, ESTABLISHED GROCERY.  
 26 CLOTH MARKET.

## 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.

## "Pitman" Stores are not only the

**Largest dealers in Health Foods in the British Islands,**  
 and pioneers in the manufacture of

**UNCOOKED FRUIT and NUT CAKES and BREADS in great variety. Ready to eat.**

They also supply the . . .

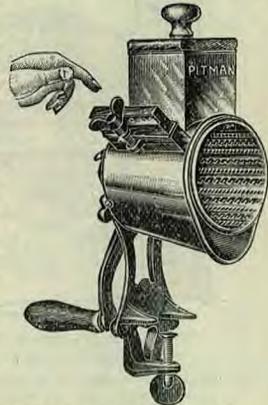
## Most Satisfactory Nut Mill ever offered.

For grinding or grating all kinds of nuts, cheese, dried breads, and all foods usually grated with an ordinary grater.

Fitted with Patent Regulating Attachment, as illustrated, so that all nuts are ground with equal fineness.

4/6 each, post free  
 Same size mill, old style, post free 3/6.

Smaller mills, post free, 1/10.



From "**PITMAN**" HEALTH FOOD STORES,  
 188 and 189 Corporation St., Birmingham.

Illustrated catalogue of health foods and all kinds of labour-saving cooking apparatus 88 pages, with copy of "Aids to a Simpler Diet," post free two stamps.

In answering advertisements kindly mention "GOOD HEALTH."

## PUBLISHERS NOTES.

MESSRS. PATTISON & SONS have favoured us with samples of bread baked with their banana flour and some other specialities. We find the bread of a pleasant banana flavour, and nutritious. It should form a pleasing addition to the bill of fare in many homes. Bananas are very nourishing as well as remarkably easy of digestion, and no doubt banana flour has a future before it.

CORNFLOUR is sometimes spoken of as of slight nutritive value, this is a mistake. It is really one of the most nourishing of foods, being composed practically of pure starch of which the body requires a larger quantity than of any other food element. Cornflour can be used to advantage in making many wholesome desserts. The brand supplied by Messrs. Brown & Polsen can be relied upon for uniform good quality, and will be found specially valuable in the homes of all food reformers.

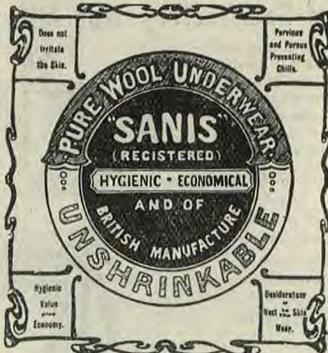
MESSRS. APLEYARDS, LTD., Ickles & Masbro' Mills, Rotherham, have favoured us with samples of their Artox flour, and also with bread of various kinds made with it. We find the bread nourishing and wholesome as well as of fine flavour. It seems to be free from the stickiness which one often finds in brown bread. It is interesting to note the difference in quality between brown bread made from a good quality of meal, and that which one often gets in the ordinary bakeries. Bread being one of the most important of all the daily foods, it is worth while to get a fine grade of meal.

## "Sanis" Underwear

[REGISTERED.]

*The Perfectly Healthful Underwear.*

Protective against chills.  
Remember prevention is better than cure.



The fabric is of the purest fine Colonial Wool. Porus, Pervious, and non-conductive of heat, allowing the noxious vapours to escape from the skin. It gives a sense of SAFETY and COMFORT during and after violent perspiration. Unshrinkable. Descriptive pamphlet sent free on application to

G.H., THE MANAGER,  
79 & 81 Fortess Road, London, N.W.

## 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 Combined Shoulder Brace & Stocking SUSPENDER,

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 Brace Ends for Knickers, 2/11. From all drapers, or direct from **Portia Suspender Co., 182 Norwood Road West Norwood, London, S.E.**

## REYNOLDS' Digestive WHEATMEAL BREAD.

Most wholesome and nutritious bread to be obtained from choice wheat.

Order Reynolds' wheat-meal bread from bakers and stores everywhere.

Or write: Reynolds & Co., Ltd.,  
Millers, Gloucester.

## Good Health School of PHYSICAL CULTURE.

From the members:—

- "I have much enjoyed the course and feel greatly benefited."
- "My circulation has much improved."
- "Your opening remarks and advice commend themselves to one's common sense."
- "I have become much stronger." (vert.)
- "The help received has made me a thorough con-

Full particulars for stamp.

451 Holloway Road, London, N.

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## THE HEALTH OF HIS MAJESTY THE BABY.

A baby's digestive powers are very limited, and it is one of the primary essentials of robust growth and development that the child should take food capable of easy assimilation.

### Dr. Allinson's Natural Food for Infants

Is a front-rank baby-builder, and contains every element of nourishment; it builds up the system and produces sound flesh, bone, and muscle. It puts a child into a first-class condition, and, what is more, keeps it there. Dr. Allinson's Food is purchasable from all the leading Cash Chemists, Grocers, Bakers, and Co-operative Stores.

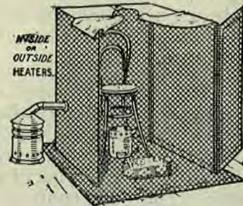
1/- Tins contain 22 ozs.;  
2/6 " " " 4 lbs.

If unable to obtain locally, either size sent post free on receipt of remittance.

**THE NATURAL FOOD CO., Ltd.,**  
Room No. 99, 305 Cambridge Road,  
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## The GEM TURKISH BATH CABINET.

THE  
SIMPLEST,  
MOST  
ECONOMICAL,  
MOST  
SATISFACTORY  
PORTABLE  
CABINET.



Folds into 1 in. space. Weighs about 11 lbs.

The system of heating is perfect. The chief feature absolute safety. Valuable Book Free.

A Natural Remedy for RHEUMATISM, GOUT, INFLUENZA, ASTHMA, CATARRH, NEURALGIC TROUBLES, ECZEMA, and all SKIN DISORDERS.

Used and recommended by the Editor of "Good Health." Prices from 50/-.

**THE GEM SUPPLIES CO., LTD.,**  
Dept. G.H., 22 Peartree Street, Goswell Road, E.C.



Plenty of healthy outdoor fun can be had with one of these motor cars, going rapidly down a slope. It is safe, too, for the brakes are good. Any boy wishing to have one free should send 3d. for postage on samples of McClinton's soaps, and ask for a booklet explaining how to get the car.

**McClinton's Soap** is made from pure vegetable oils and the ash of plants, and is therefore the mildest in the world. Send at once to **D. Brown & Son, Ltd., Donaghmore, Tyrone, Ireland.**

## The Oldest Health Food Stores in the United Kingdom.

### C. J. Bilson & Co.,

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

Importers of, and Dealers in  
**Dried Fruits, Nuts, & Colonial Produce.**

NEW CALIFORNIAN DRIED APRICOTS, PEACHES, PEARS.

All kinds of DATES, FIGS, Etc.

Nuts of every description, Shelled, and Nut Meals.

**BILSON'S COKERNUT BUTTER,** which is a splendid substitute for the ordinary Dairy Butter for cooking, is perfectly wholesome, and of a delicate flavour. **8d. per lb.,** carriage forward.

**SAMPLE TIN, 6d., post free.**

Agents for the **IDA NUT MILL,** which is the best Mill ever offered for grinding all kinds of Nuts, Cheese, etc. 1/6 and 3/6 each.

Agents for all health foods. Send for price list.

In answering advertisements kindly mention "GOOD HEALTH."

LITERARY NOTES.

**The Bible Temperance Educator** for the fourth quarter of 1906 is largely devoted to the life and work of the editor's recently deceased wife, Mrs. John Pyper, whose fine Christian character and loving assiduity in the work which she so ably shared with her husband, had endeared her to a wide circle of friends. We offer our heartfelt sympathy, and trust that the Rev. Mr. Pyper may be divinely strengthened to continue the great and important work he is doing in behalf of Bible Temperance.

THE friends of the temperance movement will be pleased to know that a **Jubilee Biograph** of the National Temperance League, instituted in 1856, has been compiled by William Gourlay, with introduction by John Turner Rae, secretary of the League. The book contains nearly 400 pages, is illustrated with some excellent half-tone engravings, and makes a very valuable work. We heartily commend it to our readers as one of the most interesting and enlightening works on the history of temperance movements that we have yet come across. Published by Richard J. James, Central Temperance Book Room, 3 & 4 London House Yard, Paternoster Row, London, E.C. Price 2/6, net.

**The Bound Volume of "Good Health"** makes a handsome book. Price, 2/6 each, post free. Address, Good Health Supply Dept., 451 Holloway Road, London, N.

## 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.

## Colds and Catarrh.

**T**HE 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.**

## 2/- INSURES YOUR COMPLEXION

Dr. HARLAN'S  
**BEAUTY-CUP MASSAGE**

For the Face, Neck,  
Arms and Body.

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

The simplicity of this scientific system of self-applied massage, and the speed with which it clears the complexion, are almost beyond belief. A single soothing application of the little Beauty-Cup produces remarkable results. Blackheads in many cases are banished in sixty seconds. It pumps impurities out of the blood by atmospheric pressure, rounds out the cheeks, arms and neck, and plumps the waste places in the body with wonderful rapidity. Acts directly on the circulation and feeds fresh pure blood to the tissues, making the flesh firm and fair, and the skin soft and satiny.

Dr. Harlan's Beauty-Cup sent by mail in plain wrapper—with our Beauty Book—to any address for 2/1 P.O. (abroad 2/6 M.O.) Address **H G HIGHWATER LABORATORY Co., 9-84 Exchange Building, Southwark, London.**



Hundreds of unsolicited testimonials.

## IXION INFANT FOOD

IS ONE OF FOUR  
GOOD THINGS.

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

**I**T 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 RESTAURANT

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

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

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

The finest Sixpenny Teas in London served after 3.30.  
(Oocoo 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.

**In answering advertisements kindly mention "GOOD HEALTH."**

## 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.

## "WATER-BORNE" DISEASES.

The expression "water-borne" has been generally applied to typhoid fever (enteric), cholera, dysentery and other acute disorders contracted by drinking polluted water containing disease germs; but it is now certain that a vast number of other bodily ailments is caused or aggravated by the *mineral impurities* nearly always present in ordinary water, viz., carbonates of lime and magnesia, sulphates of lime, soda, and magnesia. These mineral impurities constitute the "hardness" of water, and only some of them are removable by boiling. Typhoid kills quickly; the mineral-maiming of the body is slow but certain, and painful, as witness chronic rheumatism of the joints, gout, stone, gravel and other diseases of the eliminating organs (the kidneys, skin, etc.), dyspepsia and other disturbances of the digestive organs, involving results so dissimilar as constipation and diarrhoea, according to the kind of mineral impurities present in the water supply. So great is the damage done to health by impure water that whenever there is ill-health without apparent cause, the water supply should be inquired into. There is only one way of securing absolutely pure water—that is by distillation. *The Lancet* has noticed a "handy" and "effective" domestic apparatus for distilling water at home on any flame capable of boiling a kettle. It is known as the Gem Pure Water Still. Price, 41/-, carriage paid. Full particulars of it are sent free from the **GEM SUPPLIES Co., Ltd.**, (Dept. G.H.), 22 Peartree Street, Goswell Road, E.C., on mentioning **GOOD HEALTH**. Used by the Editor.

THE OLD-ESTABLISHED

# CEREAL & HEALTH FOOD STORES

THE FIRST AND BEST IN LONDON.

We have a specially fine selection of **NUTS, DRIED FRUITS, pulses,** and a host of packet and proprietary articles suitable for the **XMAS SEASON. PLEASE DO NOT FAIL TO WRITE FOR SPECIAL LIST, post free.**

**NUTS AS A FOOD.**—For many years we have studied the Nut Food Diet, and we know by our long experience, that unless nuts are really good, they are, as a food, absolutely worthless. It is by far the best policy to give a little more and have the best, than to pay a low price which only leads to disappointment.

We deliver to any part of the United Kingdom, **FREE, 5/-** worth and over of our Shelled Nuts.

	s. d.	s. d.
Shelled Walnuts (old) ... ..	1 0 per lb.	3 lbs. 2 9
" (new) ... ..	1 2 " "	3 " 3 3
Cashew Nuts, extra fine. ... ..	1 0 " "	3 " 2 9
Pea Nuts, Finest Spanish. ... ..	6 " "	3 " 1 4
" " African ... ..	4 " "	3 " 11
Hazel Nuts, new, very fine. ... ..	1 0 " "	3 " 2 9
Pine or Pignolia Kernels (new)....	1 0 " "	3 " 2 9
Mixed Shelled Nuts ... ..	10 " "	3 " 2 3
Extra fine Valencia Almonds. ... ..	1 6 " "	3 " 4 3
" " Jordan Dessert. ... ..	2 6 " "	3 " 7 0
Pistachio Kernels ... ..	3 6 " "	" " "
Roasted Pea Nuts. ... ..	6 " "	3 " 1 4
New Brazils. ... ..	9 " "	3 " 2 0

We grind any of these nuts for an additional 1d. per lb.

**NUT MILLS.** "THE IDA," 3/6 each, post free, 4/-; **SMALL MILLS,** 1/6 each, post free, 1/10.

THE NEW FOOD.

## Crush Nut.

Have you tried it yet? A real food sweetmeat, made from all the best nuts and blended with milk and pure cane sugar.

**1/2** per Can be ordered with nuts and de. lb. livered free. Give it a trial on our recommendation.

REMEMBER BAX'S FOODS ARE ALWAYS GOOD FOODS.

OUR ONLY ADDRESS:

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

35 Bishopsgate St. Without.  
LONDON, E.C.

In answering advertisements kindly mention "GOOD HEALTH."

LITERARY NOTES.

**"Women's Health, and How to Take Care of It,"** by Florence Stacpoole. A practical and helpful work dealing with a timely subject. It is doubtful whether there ever was a time when thoroughly sound, healthy women were more scarce than to-day. A good deal of this suffering is certainly caused by lack of knowledge of some of the simple truths told in this book. We think the author has been, perhaps, a little free in giving drug prescriptions. It is our own view that no drugs of any kind should be taken internally except under medical advice. On the whole the book is marked by good common sense, and should have a wide circulation. We are pleased to note the author's plain warnings against tight-lacing. Published by John Wright & Co., Bristol.

**"Health in Infancy,"** by T. M. Allison, M.D., honorary physician to the Hospital for Women, Newcastle-on-Tyne. There are some books which one cannot read without feeling an earnest desire to give them the widest possible circulation. This is one of them. The author is a firm believer in the absolute importance of mothers suckling their infants, and he has set forth the reasons for his faith with clearness and force. The book contains some admirable half-tone engravings which help to set off the text. It is one which parents should read. Published by Simpkin, Marshall, Hamilton, Kent & Co., Ltd., London. Price, 1/- net.

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