



GEORGE IDE BUTLER



FRANK MORAN



IRVING BARNHART



DEMING EMERSON MUSSELMAN



GLADYS TAYLOR

GOOD HEALTH CHILDREN.

[See page 524.]

Good Health

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

Entered at Stationers' Hall.

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NO. 17.

Window Boxes and Health.

THE "Tribune" has placed every lover of children under obligation in starting its scheme of supplying window boxes to the poor boys and girls of Chelsea. There is nothing that gives children pure happiness like the culture of flowers, and to minister to a child's happiness is to minister to its health and vigour. All honour to the newspaper, which may truly be called the children's friend.

Lead-Poisoning Increasing.

THE number of cases of poisoning among women in white lead works is rapidly rising, according to Sir Charles Dilke. And the women are not the only victims. There is a very high infant and still-birth mortality as a result of employing married women in the earthenware and china works. Leadless glaze, even if it does not give quite such brilliant colour effects as that ordinarily used, is certainly far preferable on the score of health. No one can take any real pleasure in works of art which entail needless sacrifice of human lives.

Cheap and Injurious Sweets.

PARENTS may well employ the precept: "Touch not, taste not, handle not," in reference to the cheap sweets with which the market is flooded. According to evidence given in a law court a short time ago, the cheaper chocolates on the market have little or nothing to do with the cocoa bean proper. The husk is ground up, cheap sugar or glucose is mixed with it, along with some essential oil, sago, and bad butter or margarine, and this combination is placed on the market for the children to eat. Sometimes very injurious dyes are used.

Better Cookery.

WE are pleased to announce that the eighteenth Universal Cookery and Food Exhibition will be held in the Royal Horticultural Hall, Westminster, November 5th to 9th. The object of the exhibition is to spread a better knowledge of the various food substances, and of the best and most economical methods of cooking. Full particulars may be obtained of the Hon. Director, Mr. C. Herman Senn, 329 Vauxhall Bridge Road, London, S.W. The Food and Cookery Association is doing a most important work in the interests of public health, and we trust its exhibition this year may be all that its managers desire.

How to Keep Young.

ASKED the secret of her health and youthful freshness at an advanced age, a woman made the following reply:—

"I knew how to forget disagreeable things. I tried to master the art of saying pleasant things. I did not expect too much of my friends. I kept my nerves well in hand, and did not allow them to bore other people. I tried to find any work that came to hand congenial. I retained the illusions of my youth, and did not believe 'every man a liar,' and every woman spiteful."

'Twas on the "Twelfth."

A CITY man went shooting on the glorious "Twelfth." After he had banged away for some hours without success two boys who had been following him approached, and the older said:—

"Hey, mister, if you're out for sport and are no' afraid to pay for it, my brother'll let you shoot at him for two hours for a shilling."—*Selected.*

THE GOOD HEALTH PLATFORM.

BY M. ELLSWORTH OLSEN.

IT is not possible in a single number of GOOD HEALTH to give adequate consideration to all the various truths for which the magazine stands. This month the emphasis may be thrown on one thing, next month on another, and so on. But the platform as a whole is a broad health platform, containing a number of planks, each of which will be found to represent some physiological law.

We believe that health is the natural state of mankind, that the human body is an admirably constructed and finely adjusted piece of vital machinery, and when it goes wrong there must be something wrong with the treatment it is receiving. In other words, disease is the result of transgression of natural law, and the rational treatment of disease consists in discovering and removing the causes, and then by wise co-operation assisting nature in effecting a cure.

Headache Powders.

Unfortunately there is a widespread tendency to regard disease simply as a collection of unpleasant symptoms which must be stamped out at any cost, and, of course, the sooner the better. Thus the woman with the headache flies to headache powders for relief, and having stopped the pain, thinks she has cured the headache. As a matter of fact the disease is untouched, but the nerves, those faithful sentinels designed by a wise Providence to give due warning when things go wrong in the body, have been temporarily disabled by a powerful drug.

The Red Flag.

It is really as if one were to knock down the man waving the red flag instead of giving heed to his warning. Nothing could be more irrational, but then, men have not learned to use their reason in things pertaining to the care of the body. Blind impulse, appetite, and prejudice run riot in the realm of physical habits, because good health is regarded largely as a matter of good luck, and men have not learned to reason from cause to effect.

"Why don't the doctors teach health principles?" is sometimes asked. The

truth is that many doctors do give excellent hygienic advice to their patients; and by means of popular health literature, public lectures, and in other ways, the medical men of Great Britain have for years been educating the public on these vital themes. To mention a single name, the late Sir Benjamin Ward Richardson gave the best energies of an exceptionally fruitful life to this work.

The People's Faith in a Bottle.

But in the use of natural methods of treatment the average medical practitioner has his limitations, and must adapt himself to existing conditions. In the first place, he is limited by the prevailing popular ignorance of physiological laws. People can be trusted to administer the prescribed medicines, because that is a comparatively simple matter; but if the more effective natural treatments are to be applied, one requires specially trained nurses, or at least some one acquainted with health principles. Most people don't like to be bothered with such things. Even very simple instructions in hygiene and diet are often practically ignored. Very often the patient objects to hydropathic treatments, regarding them as new-fangled notions which are of little value, and pinning his faith entirely to something which comes out of a bottle.

Physical Sins.

As for inculcating the principles of hygiene, this is an extremely delicate matter. The average patient would rather be dosed than lectured; he is willing to *take* anything, he is willing to *do* nothing. It requires rare courage to tell a man his physical sins, and ask him to reform. It also requires a great deal of tact. But it is being done in an increasing degree from year to year, and with the growth of public knowledge of hygiene, medical men will be able more and more to take their patients, as it were, into their confidence, and explain to them in simple language the causes of their diseases, and how they can co-operate in bringing about a cure.

The Public Health Officers are already

doing this in a large way in their annual reports. England is fortunate, it may be said in passing, in her health officers. A more efficient and public-spirited body of men it would be difficult to find.

The public interest in health is growing, and medical men throughout the kingdom are helping to foster it. Sir Frederick Treves has made bold to inform the public that he looks for a time to come in which "people will leave off the extraordinary habit of taking medicine when they are sick." Physiology and hygiene are com-



BURNING THE ALCOHOL IN PATENT MEDICINES.*

ing to the front as important subjects of study in our schools. There has been organized under the auspices of our leading physicians and eminent men in other walks of life a National League of Physical Education and Improvement, which gives promise of accomplishing much in the reduction of our high infant mortality. The National Health Society has been doing a good work for years.

Perhaps the greatest anomaly of our present civilization is the extraordinary

*Many of the most popular proprietary nostrums contain large quantities of alcohol. It has been estimated that in America more alcohol is consumed in the form of patent medicines than in whisky, wines, brandy, and all other intoxicating liquors combined except beer.

vogue of patent medicines, with which must also be classed the much-advertised electric belts, and various magnetic appliances for wearing on the body. We believe there is urgent need of legislation with a view to bringing some very questionable concerns to book. Millions of pounds are obtained by systematic misrepresentation, and the victims will be found in every city and village throughout the kingdom. The flaming patent medicine advertisements are probably doing more than any other one agency to disseminate wrong notions of the body and the laws which govern its well-being. However, the nostrum craze cannot always last. The common sense of the people will in time assert itself. Lincoln was right when he said: "You can fool some of the people all the time, and you can fool all the people some of the time, but you cannot fool all the people all the time." The time is coming when no first-class newspaper will be willing to print the grossly misleading announcements which now offend every intelligent eye, and when no self-respecting chemist will lend himself to their sale.

The Alcohol Question.

But we must pass on to other planks in the Good Health platform, and there is hardly room for more than brief mention. We believe in total abstinence, because, judging from the best light we are able to get upon the subject, a healthy man or woman does not stand in need of alcohol; as for the use of the drug in connexion with the treatment of disease, we leave that with the doctor and his patient. While we advise against alcohol, we do so on the ground of its being a harmful narcotic, and to be consistent we cannot advocate the use of other narcotics having similar if less marked injurious effects. We know of no physiological need supplied by tobacco-smoke; it seems to us that a healthy man would prefer pure air to air which has been drugged with nicotine, and that he would thrive best on the former. But we cannot consistently stop with tobacco. Dr. William Osler, Regius Professor of Medicine at Oxford University, said not long ago that tea and coffee are entirely unnecessary, and that they tend to clog the vital machinery. This is also our position.

We have seen cases where the large use of tea was evidently having greater effect for harm upon a woman of nervous temperament than the moderate use of alcoholic drinks or tobacco upon men. It is our firm belief that the children now growing up will have stronger nervous systems, better digestion, and greater all-round vigour if narcotics of all kinds are excluded from their daily fare.

The Food Question.

We agree with most dietetic authorities when we hold that a diet composed of fruits, cereals, nuts, vegetables, and pure dairy products, properly selected and prepared, will amply nourish the body, and make for perfect physical fitness. But we recognize that radical changes in diet must be made slowly and judiciously. There are few homes among the middle and upper classes where the meat bill could not be materially cut down to advantage, and a similar reduction could be made in a great many workmen's homes; but until a better knowledge of cookery and food values has become general, it would be difficult to drop meat entirely from the average bill of fare without running some risk of impoverishing the diet. Although the system requires only a small amount of proteid, yet that little is of very great importance, and cannot be withdrawn without serious effects.

England and Roast Beef.

Proteid is to be had in better and cheaper forms than we find it in meat, and the working classes of some decades ago used little animal food. England is supposed by some to owe her greatness to roast beef, but it is only within recent years that the great bulk of her population have become large users of flesh; and as the nation's meat bill has gone up, so has also the mortality from cancer and other diseases connected with nutrition.

The Open Window.

GOOD HEALTH preaches the gospel of the open bedroom window. We know of no natural commodity so little valued as pure air. We deplore the fact that more than half the population of Great Britain sleep with tightly-closed windows almost

the year round, and have a superstitious dread of a current of fresh air.

Sedentary Tendencies.

We also deplore the sedentary tendencies of the age. Our industrial development has tended to deplete the countryside and fill the towns to overflowing. The brightest young men crowd into the already over-full ranks of clerks and shop-assistants, where they have long hours of close, confining work and little opportunity to cultivate health and vigour out-of-doors. Athletics are indulged in by most young men only by proxy, and there is great lack of open-air activity. We are glad to note the efforts of Lord Roberts and others to stir up the young men of the country to cultivate active, wholesome habits, and endeavour to make the most of themselves physically. The Outdoor Club is also doing something in this direction.

One-Sided Education.

The education system of the country seems to us very one-sided. Tiny little boys and girls are compelled to spend four or five hours in close confinement at school, and are then sent home to pore over their books for another hour or two till nearly bed-time. Children of tender age ought not to have more than three hours' mental work at the outside, and the rest of the time they should be developing strong, healthy bodies. Education should mean more than cramming the brain with a whole medley of ill-assorted facts, and tapping it now and then by means of examinations to see how far the process has been carried. If half the time now spent in so-called mind-training were devoted to body-training, the result would be more satisfactory from every possible point of view. We are glad to say that public opinion is being aroused on this subject, and the recently held Congress of School Hygiene showed the earnest desire of leading medical men and educationists to introduce needed reforms.

Housing Reform.

Housing reform is another matter in which GOOD HEALTH feels a very deep interest. Here also progress is being made, though slowly. London's excellent

tramway system is doing much to encourage the labouring man to live in the outskirts, where the air is purer, and the housing accommodations better than in congested districts. Bournemouth, Port Sunlight, and the new Garden City at Hitchin, are omens of good, showing that beauty and healthfulness need not be divorced from the dwellings of the working classes, and that it really pays manufacturers to provide generously for their employés.

The Public Health Bill, which seems to stand a fair chance of passing into law

become more intelligent in regard to the feeding and care of their little ones, as well as in the preservation of their own health and strength. And the young men and young women should learn to regard their youthful vigour as a sacred trust, to be used for the glory of God and the good of their fellow-men. Thoughtless dissipation and careless disregard of physical laws must come to be regarded by all right-minded persons as nothing less than criminal. A passion for physical self-improvement needs to be universally culti-



A GROUP OF MEMBERS OF THE MANCHESTER OUTDOOR CLUB. [See page 525.]

during this session of Parliament, will do something to diminish the present anomalies in the system of food inspection, and enable the Local Government Board to proceed to its work with a free hand.

The Health Conscience.

These are some of the aspects of public health. Let us say in closing that there is room for great advancement in what we may call personal health culture. The individual health conscience needs to be thoroughly aroused. Men and women must learn to reverence their bodies, and yield cheerful obedience to the laws governing their well-being. Mothers need to

vated. Instead of waiting till one is ill before going to a doctor, why not go and ask him what habits should be cultivated in order to keep from getting ill? When this attitude is taken, and medical men are allowed to exercise their true vocation as teachers of hygiene, then we shall be fighting disease at long range, and with far better results than now.

Mary's Little Waist.

MARY had a little waist,
Where waists were meant to grow,
And everywhere the fashions went
Her waist was sure to go.

—New York Sun.

INFECTIOUS DISEASES OF CHILDREN.

BY A. B. OLSEN, M.D.

THERE are a considerable number of acute infectious diseases to which children are especially subject, but we only propose to deal with four or five of the more common ones. Most of the infectious diseases are contagious. By this we mean that an unprotected person coming into the presence of the disease is liable to an attack.

Common Symptoms.

There is always more or less fever, that is, a distinct rise of temperature, causing a dry, hot, flushed skin, loss of appetite, confinement of the bowels, and a general sense of ill-being, with more or less headache. Breathing is accelerated, the heart beats faster, the tongue is coated, there is a bad taste, and the urine is dark and diminished in quantity. If the fever is prolonged there is a gradual but steady wasting of the body.

Causation.

The exciting cause of most infectious diseases is probably some specific microbe or the poison it generates. In the case of typhoid or enteric fever this germ has been isolated, and can be carefully studied. But in the case of measles, mumps, scarlatina, whooping-cough, chicken-pox, and others, the specific poison, whatever it be, has not yet been found. Exposure to any of these fevers is likely to be followed by an attack, which, however, is usually preceded by an interval of a few days or weeks, called the period of incubation. This period is fairly constant for each of the different diseases.

Protection from Further Attacks.

Some of the infectious diseases confer a certain degree of immunity. A second attack of scarlet fever is rare, and as a rule people do not have mumps, measles, whooping-cough, chicken-pox, or small-pox more than once. Others, again, predispose to succeeding attacks. Relapses are to be expected in typhoid fever, as well as further attacks of the fever. An attack of influenza is very likely to be followed by others.

Measles.

The period of incubation for measles is about two weeks, after which the disease begins with a chill, nasal catarrh, and often a cough. Since measles is contagious, the patient should be isolated or quarantined at the first sign of the disease, so as to prevent its spreading to others. Children are especially susceptible.

On about the fourth day an eruption of small, red spots appears in the face, and extends over the rest of the body.

The prospects for recovery from measles are usually good, but there is a malignant form accompanied by hæmorrhages, which is not unlikely to be fatal.

Put the patient to bed in a well-ventilated room which can be isolated from the rest of the house. As the eyes are attacked by the catarrhal affection, the windows should be darkened to prevent irritation.

Little treatment is required other than tepid and cold sponges to relieve the fever, and baths. Drugs are rarely required in dealing with measles.

Fomentations may be applied to the neck and chest to loosen and thus relieve the catarrh. Hot foot- and leg-baths may also be given to advantage. If the bowels do not act freely, use enemas.

The diet should consist chiefly of liquids, such as gluten and barley gruels, plain egg-nog, junkets, well-baked custards, and various fruit juices, especially unfermented grape wine. Stewed prune puree and other stewed fruits would be advantageous.

A physician should be called to attend the case.

Mumps.

Parotitis or mumps is an acute, contagious inflammation of the parotid glands of the face. Again children are most susceptible, particularly boys.

The incubation period is rather uncertain, varying from seven to fourteen days. Like most febrile diseases, mumps begins with a chill and fever, with swelling of one of the glands, accompanied by pain. The swelling interferes very materially with mastication and all other movements of

the jaw. Improvement on one side is usually followed by swelling of the other gland.

The prognosis is, of course, good, and the treatment most simple. Isolate the patient, and give complete rest in bed. Sponge the body with cold water to lower the temperature. Sponging with half spirit and half water is a valuable measure; one can also use vinegar and water. Medicines are not necessary.

Use enemas to clear the bowels.

Give a light diet with plenty of fresh or stewed fruit.

Whooping-Cough.

The characteristic symptom of whooping-cough is the peculiar cough, which is often very violent. It is a contagious disease, and quickly spreads amongst persons who are not protected by a previous attack. Children again are the most common victims, but adults do not necessarily escape.

Whooping-cough begins much like a common cold, with sneezing, fever, acute catarrh of the nose, and a cough. A week or two later the characteristic cough develops, becoming paroxysmal. Nose-bleed may follow a violent paroxysm.

The disease is liable to persist for weeks or even months, but the usual duration is two to four months.

As a rule the outlook is good, and the patient makes a satisfactory recovery.

Isolation is of course necessary. Keep the child in bed as long as there is fever. Dress him warmly in woollen underclothing.

Good nursing with warm baths is about all that is required. Tepid and cold sponging will reduce fever and refresh the patient.

Give a light diet, with plenty of fruit. Keep the bowels open.

Chicken-Pox.

In spite of the name there is no connexion between chicken-pox and small-pox. Chicken-pox is one of the mildest diseases to which children are liable. It is an acute contagious disease, and likely to spread throughout the community unless prompt measures are taken to isolate those who have been infected.

The period of incubation lasts from one to two weeks, after which the disease manifests itself by a moderate rise of temperature and a characteristic eruption of vesicles, which in rare cases contain pus. This rash disappears in a few days, and the fever rarely lasts more than a week.

The recovery prospects are good, and the treatment consists of rest in bed, careful dieting, and warm baths. Alkaline baths relieve the itching.

Scarlet Fever.

Another acute contagious disease is scarlet fever, or scarlatina, which is characterized by a high fever and a scarlet rash. Children are most susceptible, ninety per cent of the fatal cases being under ten years, according to Dr. Osler. There is an incubation period of one to seven days, after which the onset is rapid, usually beginning with vomiting, and a quick rise of temperature. Among children convulsions are not uncommon.

The temperature rises to 104° or 105° on the first or second day, and then "the rash appears in the form of scattered red points." Commencing on the chest and neck, it quickly spreads over the whole body, disappearing in the course of a week. There is usually some itching, and as the rash fades it becomes rougher, like "goose skin."

Sore throat and tonsillitis are common in scarlet fever, and there may be ulceration of the throat in severe cases. The tongue is coated and furred at first, but when desquamation takes place presents a mottled red appearance, from which it has been called the "strawberry tongue."

The pulse becomes very rapid, respiration is greatly increased, there is great prostration, and the patient often becomes delirious. There is no appetite for food, and the bowels are confined. The urine is dark, scanty, and may contain albumin.

There is also headache and sleeplessness, and the patient becomes very restless and nervous.

Taken altogether, the symptoms indicate a very sick child.

The first step is obviously to call a physician and put the patient in his charge. Isolation is absolutely demanded, and if

inconvenient and impossible at home, the patient must be sent to a hospital at once, where he can receive the necessary attention and proper treatment. Complete rest in bed and a plain, fluid diet are required. Milk, either fresh or malted, junket, thin gruels, fruit juices, and fresh fruit make the best diet. Lemonade and other simple refreshing drinks are permissible.

Cold sponges and cold baths will reduce the temperature. Ice bags relieve the intense headache. Oil rubs are useful in

most cases. Warm and neutral baths are helpful.

Give a cleansing enema to relieve the bowels, and repeat as often as necessary.

Recovery is slow after a severe attack, and serious complications are likely to occur unless guarded against. The patient should not be permitted to leave the bed until the temperature has been normal for at least ten or twelve days, and even then great care should be taken to prevent taking cold or getting a chill or other set back.

EXERCISE AND THE BLOOD.

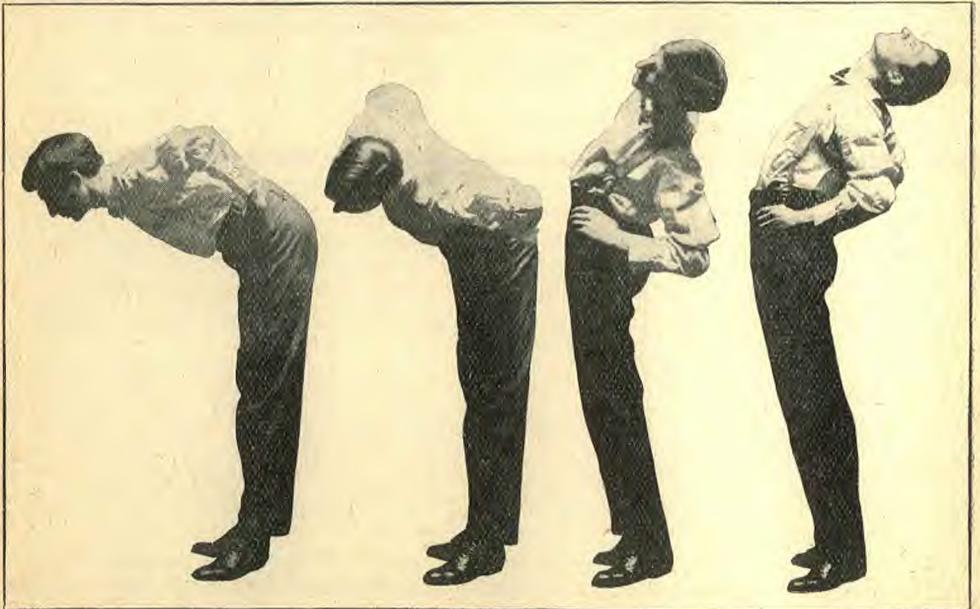
How Bodily Activity and Systematic Training Assist in Forwarding the Important Functions of the Circulatory System.

BY BENTON N. COLVER, M.D.

THIS is a day of panaceas and specifics. Man's search after the water of life is not ended. The wonderful patent medicines which claim to relieve and cure an endless list of symptoms and diseases have, by their boasts, won the name "cure-all." Those quack specialists who with a single device or healing trick hold forth hope to

all classes of sufferers are panacea fakes.

Again, the drug company which makes a specific for each ache and organ imposes on human credulity with its specious promises. Number Something will seek out the groaning nerve, and there expend all its beneficence, while totally ignoring the rest of the man. Number Something



TRUNK ROTATION.

First Position: Bending forward with chest expanded and back straight.

Second Position: Head describing large circle, beginning at the left.

Third Position: Continuing the rotation. Legs straight.

Fourth Position: One-half rotation complete. Continue to front by circling right.

Else will overwhelm one organ of the body, and the rest never know this dynamite dose has been taken. The powers of intelligent selection attributed to these elixirs are as astounding as absurd.

Depending upon these mysterious drops from the black bottle, or the square tabule after dinner and the round pellet upon retiring, thousands of trusting victims are sinking each year into helpless invalidism.

Just as illogical is the theory that electricity alone, a week's soak in a hot spring, a mere change of food, or an unassisted course of exercise will "cure them all." The root of these fallacies lies in the false notions of the causation of disease. Physical disorders are the result of many disturbing factors constantly at work on the body.

Conversely, health must be regained by the combined effect of a number of restorative agencies, and until these simple but foundation facts are known and practised by the common people, the ranks of invalidism will be joined by thousands each year.

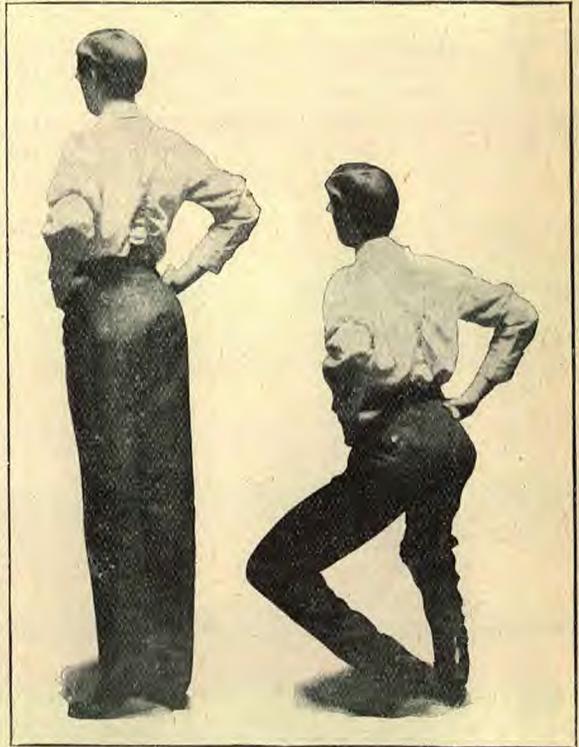
The hope of this class lies not in the mystery of a patent poison. Their hope and protection against these frauds is knowledge—knowledge of the basic causes ever at work tending to disease, knowledge of the ordinary rules of prevention, knowledge of the natural forces active in restoring health.

Among the most common causes of disease, such as dietetic errors, worry, overwork, exposure, sedentary habits are prominent—brain work without muscle work.

So among the beneficent things, as fresh air, sunshine, and simple food, muscular exercise occupies an important place. It is not a panacea for all ills. It is not a specific for the disorders of any particular organ. It alone does not constitute a perfect system of cure, but it is an important factor in the rational all-round treatment of disease.

Human blood is one of the most complex and wonderful substances in the world. It

is made in the interior of the long bones of the limb—in the bone marrow. It is buried in the spleen and liver. In its life it does the most menial tasks for the body—yet without it the human economy is lifeless. It first supplies to the digestive organs the powerful juices which dissolve and change the potato, the peach, the pecan, the olive, into acceptable food for the tissue. Then it carries this food to



EXERCISE FOR THE MUSCLES OF THE THIGH AND LEG.

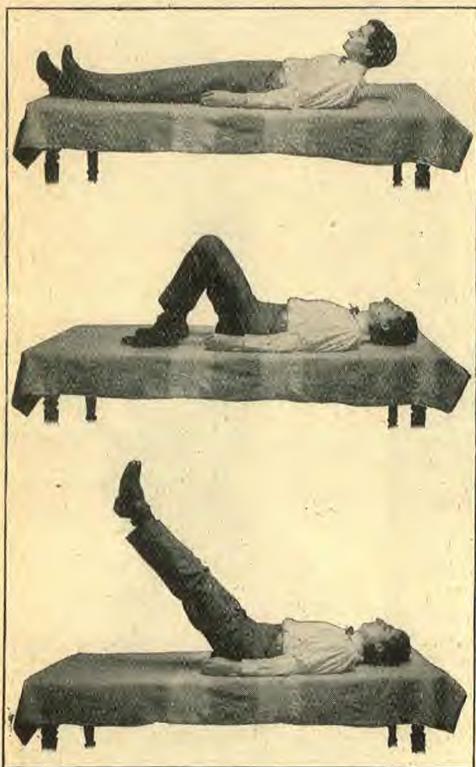
First Position: Heel raising high on tiptoe.

Second Position: Knee-bending, chest expanded, back straight. Return to first position. Then lower heels and repeat.

every nook and corner of the body—depositing just the kinds and quantities needed. In order for this food to be used, a free supply of air, oxygen, is essential. This, too, the blood provides. Spreading over 2,000 square feet of lung membrane, the blood absorbs oxygen freely. With this stored-up gas, it hastens to the active tissues, and as freely gives it up to the hungry cells.

With all the activities of this little world

of cells, an immense amount of waste is produced. In spite of the fact that the body is the most economical engine in existence, there is a large by-product of poison which would soon overwhelm the acting organs unless constantly removed. This house-cleaning and scavenger work also falls largely to the blood. After depositing its store of food and oxygen, it



First Exercise: Head raising and lowering.

Second Exercise: (First position.) Bring the feet toward the body by knee-bending.

(Second position.) Extend the legs without moving the thighs, and return to position.

Third Exercise is raising the feet to position shown in second exercise, second position, beginning with the legs straight from position shown in exercise one.

loads up for the return trip with these poisons. Hastening again to the lungs, kidneys, and other outlet organs, it casts off these wastes, and thus effectually rids the body of this ever-present menace. Another homely task of the blood is the heating system of the body. Activity produces heat. Evaporation dissipates heat. So without a balance, the active organs would have an ever-increasing temperature.

Some of them normally are six to eight degrees hotter than the mouth. On the other hand, the skin, the fingers, the tip of the nose, would tend to become cooler and cooler, until the temperature of the outside air would be reached. This is not so, because the blood is a regular hot-water heating system, taking from the too hot, and carrying to the ever-cooling parts.

All of the above is as it should be, but not as it always is. In disease the blood is of inferior quality, and does but poorly the work outlined. The digestive juices produced are weak; the appetite lacking—the food carried to the tissues is not adequate. The oxygen supply is cut down—the poisons accumulate within the body. The poor sufferer has aches and pains in many nerves—cold extremities, insomnia, and bad attacks of the “blues.”

[In the concluding part of this article, which will appear next month, Dr. Colver will plainly point out the part which systematic muscular exercise plays in the restoration of health.—Ed.]

The Manchester Outdoor Club.

Tuesday, 1st. Social evening.

Tuesday, 22nd. Lecture by Dr. A. W. Martinson, Medical Officer of Health for Gorton. Subject: “The Evolution of a Higher Race.” 8 p.m.

Tuesday, 29th. Ladies’ meeting. Subject: “Dress Reform.”

The meetings are held at the Onward Buildings, 207 Deansgate. The library is open daily. Drill class on Thursday evenings.

Good Health Children.

WE give this month a selection of “American Cousins” who are being brought up on GOOD HEALTH principles. None of these children use meat, tea, or coffee. They are fed on the cereals, nuts, fruits, and vegetables, with pure dairy products, and are not only fully up to the average in size and development, but have been remarkably free from common children’s complaints. Children do not take naturally to flesh foods, and it is a fact worth knowing that natural foods properly combined will afford the growing boy or girl every element needed for the building of a healthy body.

THE GOOD HEALTH SCHOOL OF PHYSICAL CULTURE

[Conducted by Correspondence].

Teaches a System of exercise that can be carried out in any home.

It Strengthens the Nerves,
Invigorates the Heart,
Brings Refreshing Sleep,
Gives Strength and Endurance,
Relieves Indigestion and Constipation, and Promotes
Sound Health of Body and Mind.

Full particulars for stamp.

Good Health School, Sunny View, Caterham, Surrey.

A Veteran Health Reformer.

AN unusually healthy and vigorous old man was once asked how he retained, at his advanced age, such a large share of youthful vigour. The reply was: "By being old when I was young, I find myself young in body now that I am getting old in years." Young men may well take a leaf from the life journal of Mr. Joseph Wilson, of Bradford, whose likeness we have pleasure in introducing on this page.

Mr. Wilson is a manufacturer of worsted stuff goods and may be seen at his desk any day; but he is also interested in health and temperance work, and other social reforms.

He conducted for many years a very large Sunday-school, in connexion with which he would often write seven or eight hundred personal birthday letters yearly, and he is at the present time conducting a very successful temperance mission. His habits are regular and simple. He has never smoked. He signed the total abstinence pledge fifty-nine years ago, and two years later gave up the use of flesh foods in every form, feeling that to kill animals would be at war with the highest instincts of his nature, and that he had no right to ask others to do for him what he could not conscientiously do himself. He finds that a natural diet gives him ample strength for his strenuous life, and keeps him withal well and cheerful. Hydropathy may be said to be one of his hobbies—cold water within and without.

Fifty-three years ago he inaugurated

(Concluded on page 532.)

Health Culture in Manchester.

THE Manchester Physical Health Culture Society, as announced last month, has been affiliated with the Outdoor Club, and will form the official branch in that important city. The Society was founded January 10, 1902, by Bernarr MacFadden, and has a present membership of nearly 200. Its objects include the cultivation of the highest possible degree of physical health by the holding of—

(a) Public meetings, as well as gatherings of the members for lectures, discussions, and pleasant, informal social evenings.

(b) Extension lectures.

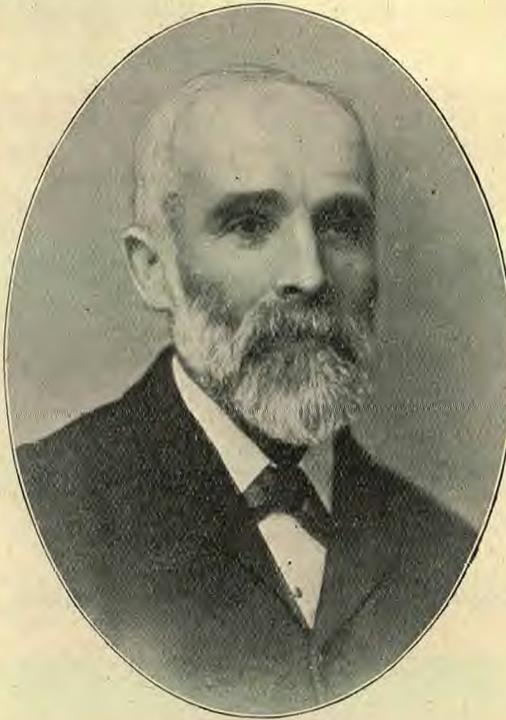
(c) Exercise classes and outdoor excursions.

(d) By the formation of a library of suitable health literature, and by other means.

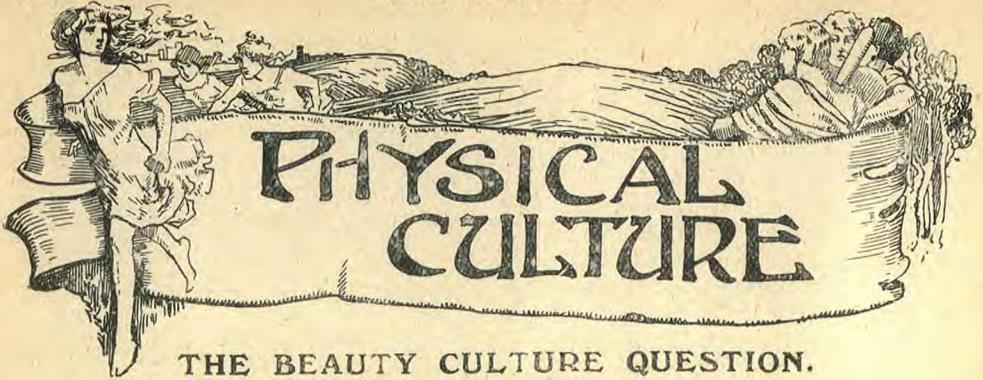
The Society aims at making common property of all important knowledge regarding the value of fresh air, pure food, and pure water, and natural methods of living in general.

The Society is honoured in having Lord Avebury as its president. Mr. Julius Lunt, the honorary secretary, has filled the position since October, 1902, and his enthusiasm and devotion to health principles have done much to ensure the success of the organization. George North, Esq., Chairman of the Executive Committee, is another officer whose services have been most valuable.

We have watched the progress of the Society with interest for years, and are pleased to welcome it into our sisterhood of clubs. As the object of GOOD HEALTH is to foster and encourage, and not in any sense to manage, this Society will continue to go on with its work of spreading health principles in Manchester, and will have our hearty support and co-operation. We hope that many readers of GOOD HEALTH in that city will wish to become members. It is always helpful to become associated with those who are working for the advancement of humanity. For full particulars address the honorary secretary, 27 Brazenose Street. On the previous page there is a partial announcement of the doings of the Society for the month of October.



Joseph Wilson



THE BEAUTY CULTURE QUESTION.

BY MARIE BLANCHE.

THE desire to be beautiful is planted in the heart of every woman. It is a desire that none of my sisters need to be ashamed of. It is in fact no small part of a woman's duty in this life to make the best of the personal charms which Dame Nature has bestowed upon her, and to do whatever she can to make herself altogether comely. Nobody nowadays needs to be told that to cultivate a soft, fair skin, a pair of clear and radiant eyes, and a head of strong, luxuriant hair they must above all else use common sense and observe all the rules of hygiene and healthful living; yet judging from the reckless manner in which so many women thoughtlessly neglect these things, one would imagine they had not a grain of common sense in their composition, and that having no ears to hear, nor eyes to see all the facts which study and investigation enable qualified persons to put before them, they benefit not at all, but just go on in a happy-go-lucky fashion, dabbling on some skin lotion they take a fancy to, and expect that in so doing they will acquire a beautiful complexion. A delightful theory, of course, and one which would be gladly welcomed if satisfactory results could thus so easily

be obtained, but it is not so, it never has been, and I don't think it ever will be.

Experience has shown that the only way to cultivate good looks is by sedulously caring for them all your life. "Vanity of vanities!" I hear some croaker expostulate, yet even this Puritanical objector would, I warrant, prefer to look upon a pretty rather than upon a plain face. I know, of course, that there are women whom Nature has blessed with glorious skins, milky, rosy, and velvety, but to these envied sisters I am not speaking, though it is, perhaps, not altogether out of place to utter to these richly endowed beauties a word of timely warning, for the most lovely complexion can be lost and ruined by neglect, wrong living, or ill-health. My readers, you will quickly perceive what I am driving at, and so I will come to



THE OUTDOOR GYMNASIUM.

the point at once. Health, robust and flourishing, is the winning post. You must aim directly at it. Not for a few weeks, not for a month or two, not even for twelve months, but always and all your life living out in the open air as much as possible, and in thoroughly ventilated rooms, keeping reasonable hours, taking regular exercise, and eating and drinking a liberal supply of clean, pure, wholesome and nourishing food.

Very simple that, you will say. Exactly so, and therefore you have no valid excuse for setting the matter aside. The sickly, willowy beauty of the past, who was supposed to show "bad form" if she took any interest in food, who ate with the appetite of a sparrow, who looked pale and weary, and who felt as she looked, is not by any means our modern idea of beauty. No, our present day girls and women must be strong and healthy, bubbling over with good spirits and mirth, strapping along with a free gait in a short skirt, a rational being with a very rational knowledge of hunger, and free from the affectations of her somewhat simpering and consumptive sister of the past. If you wish to be one of these jolly, bright-eyed, rosy-cheeked, up-to-date girls, you must train yourself. The editor of GOOD HEALTH is always glad to answer any questions and give advice upon hygienic matters in the "Questions and Answers" department, and there you could get advice as to the best foods for the blood, and for the general health.

We women do tear and race about so in these busy times, bolt a scrap of food and a cup of tea, and call it a lunch; then we dash off to some "at home," reception, wedding, or anything in the way of a fashionable function or crush, or we spend the hours of an afternoon shopping—most exhausting of all occupations—or do a

series of wearisome calls on uninteresting people, and sip stale, stewed tea and nibble hot, indigestible muffins while we talk and talk our very heads off in stuffy, heated drawing-rooms. Ruinous, I say, both to health and beauty. Social duties, I am fully aware, have to be attended to, but the baneful effects of some of them can be, in a sense, counteracted. Every woman should take at the very least one hour's exercise daily in the open air, and this is putting the amount of fresh air very

low indeed. For your complexion's sake take this exercise not in dry, fine weather only, but every day, and in all weathers. You need not get wet or even damp feet if you wear proper boots and shoes, and take other precautions as to umbrella, etc. This regular exercise daily will do you a world of good, and in a few weeks you will get into walking trim and condition, and will soon be able to do your five or six miles without turning a hair. Don't potter, but take your exercise with a definite object, going forth with a destination in your mind.

For conclusion, let me advise you; do not be persuaded to drink either beer or stout, and look with extreme horror upon

spirits. All three are the deadly enemies of beauty culture. You may drink milk by the pint *if you can procure it pure and clean*, and you might drink it to advantage in place of tea or coffee at breakfast, taking tea only at the tea hour if at all. Very hard that, I know, to the woman who keeps herself "going" on constant doses of strong tea, but I can agree to no compromise, so you must take yourself in hand, dear tea-lover, and in the name of beauty and in the cause of its cultivation, bid those strong and plenteous supplies of your favourite beverage begone. In recommending a vegetarian, nut and fruit



diet for the woman in search of beauty, I am pointing out to her a safe, healthy, and economical method of improving her appearance, and one which I need scarcely say is quite opposed to the practices in-

dulged in by those unwise women who let themselves fall into the clutches of the so-called "beauty-doctor." Of the doings of these unprincipled persons I could write columns. I have interviewed many of them.

THE MILK WE DRINK.

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

THE message of the medical officer of health for Gloucester to GOOD HEALTH readers in the July issue, with reference to "Clean Milk," may, it is to be hoped, have interested many readers, and awakened a desire to learn a little more upon the subject with which it is here purposed briefly to deal.

Milk and Death.

The apathy of the general public in regard to a pure milk supply is appalling. It does not seem to be sufficiently recognized what an important part milk plays in our daily food, what quantities of it are consumed in a raw state, and that its purity is a matter of life and death. Extravagant words? What said the "British Medical Journal" recently?—"The British public is phlegmatic, but about the milk question it shows a callousness which can only come from wilful ignorance. It must be realized that the milk question is one literally of life and death."

Some Diseases.

Too much emphasis cannot be laid upon the fact that typhoid, scarlet fever, diphtheria, and diarrhoea are in a great many cases due to drinking impure milk. It is one of the causes of the very high rate of infantile mortality, constituting as it does the food of many babies in the first months of their lives.

Consumption, too, is conveyed through the medium of milk, a fact which has recently been proved without a doubt by the Royal Commission upon Tuberculosis. For this reason milk must come under suspicion as being a medium for the conveyance of the germs of this "white plague" from the animal to the human system; and, bearing in mind that it is asserted

that about *three in every ten cows are tuberculous*, this fact cannot be too frequently brought under the notice of every member of the community.

The Control of the Milk Supply.

The production and distribution of milk is exceedingly difficult to control. The legislature has given local sanitary authorities certain powers, some of which are compulsory on the authority, others optional. Really, in a matter having such an important bearing upon the health of the community, the same conditions of control ought to be generally applicable. If not, there is, of course, a tendency for unscrupulous dairy farmers to send doubtful milk, which would run the risk of being "sampled" in one district, into another where supervision was much more lax.

Sampling.

At the present time, in most of our larger towns all the powers of control which Parliament has given to the local authority are exercised, but as regards the milk itself (except where there are several cases of infectious diseases in the same neighbourhood, and the milk supply is regarded as a possible cause of infection) these powers only enable samples to be taken in the course of delivery to the purchaser or consignee, for the purpose of ascertaining if the milk is adulterated, or does not come up to a standard which has been laid down by the Board of Agriculture. A householder, by the way, may, if he suspects adulteration, have the milk he buys "sampled" *as it is being delivered*. He should see the sanitary inspector of the district upon the subject.

Cows and Their Surroundings.

In reference to milking-cows, and their surroundings, the general law authorizes

* Author of "The Sanitary Inspector's Guide," etc.

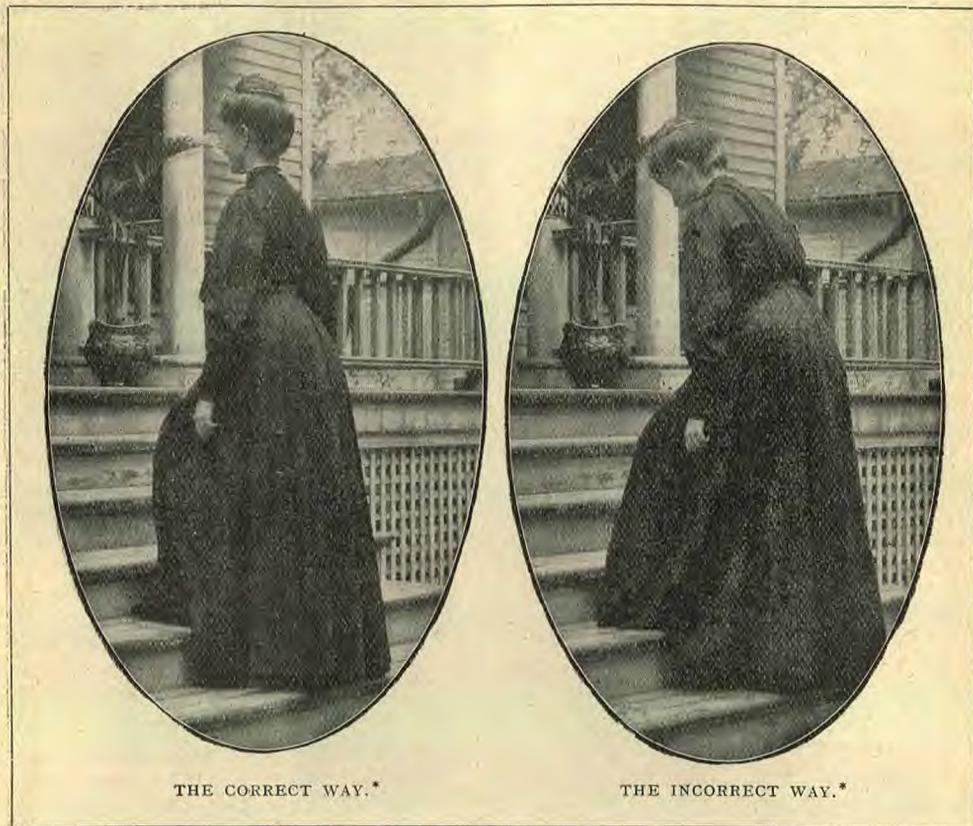
local sanitary authorities to make regulations dealing with *local* cowsheds, dairies, milk stores, and milk shops; and most town authorities have done so. These provide for the inspection of cows, that cowsheds, dairies, etc., should be suitably constructed, ventilated, and lighted, and kept in a cleanly condition; that the cows should be milked with clean hands, and the milk-vessels thoroughly cleansed with steam or clean

of milk until all danger of infection has ceased.

Doubtful Safeguards.

It will be seen that, although these regulations are some safeguard, the sanitary officers, in districts where they are in operation cannot be everywhere; and in places where there are none the danger to consumers is great.

But despite any local precautions, with



THE CORRECT WAY.*

THE INCORRECT WAY.*

boiling water; also, with a view to protecting milk from infection or contamination, certain precautions have to be taken by which milk intended for sale is not to be deposited in a sleeping- or living-room on the milk-dealer's premises; and no person who is suffering from an infectious disease, or has been in contact with a person so suffering, is to be allowed to have anything to do with the sale or distribution

*A good figure is developed, not by the wearing of corsets, but by the cultivation of correct postures in sitting and walking and while at work.

the exception of one or two towns whose authorities have obtained special parliamentary powers, no local sanitary authority has power to inspect the cattle and farms or other places *outside* their district from which milk may be sent, by rail or otherwise, thereto. This is a very weak spot in the system. Naturally farmers having "doubtful" cows, or insanitary cowsheds or surroundings, would at once cease to supply milk to a town whose sanitary

(Concluded on page 532.)



BETTER FOOD FOR THE CHILDREN.

BY MRS. BRAMWELL BOOTH.*

No one will hesitate to say that the question of feeding is of the utmost importance to children; the quality and quantity of the food should be carefully studied. The idea that quantity is the most important point to be considered seems to me to prevail largely everywhere; indeed, until I began to study the question, it certainly did so in my own mind. I thought it was only necessary to provide so many times a day as much plain food as a child could eat. At present, far from feeling that it is all right if a child only has enough, I realize that the quality of the food claims the more earnest attention, and that when this is secured, then, perhaps, it is as important to be sure the child has not *too much* as that it has enough.

The most common mistake seems to me to be the use of white instead of wholemeal bread, and the neglect of fruit as an article of diet. In a perfect diet, *fruit* would be synonymous with *food*. But the majority of people nowadays seem to look upon fruit as a luxury, to be used sparingly after the appetite has been otherwise satisfied. Wholemeal bread (made

if possible at home with water, without yeast or baking-powder), and such fruit as the purse-strings can allow, will keep children healthy and strong, and certainly be, with very rare exceptions, appreciated by them. For nineteen years we have dispensed altogether with meat at home, and with the exception of contracting the measles and whooping-cough, the children have had a perfect bill of health. I do not for one moment expect my readers to follow our example in abstaining from meat, but I do most certainly affirm that it is quite possible to live healthily and happily without it, and, what is important to many people, more economically.

A word or two in the first place about the food of the very little ones. Did the right state of things



A GOOD HEALTH BABY.†

†The father, Mr. Herbert H. Shatford, of Grimsby, writes: "I am enclosing herewith a photo of my little girl, a genuine GOOD HEALTH baby, taken when she was just six months old. All who see her say she is a beauty. She wears the GOOD HEALTH badge, and is acting as a good advertisement for the League. I cannot tell how glad I am that I ever met with the GOOD HEALTH. It has been a great blessing to me and to others of the household I represent."

*Reprinted by permission from "All the World."

exist, there would be no possible question about the best kind of food for baby during the first year of its life. Nature's own provision would be forthcoming, and the most inexperienced mother could hardly go far wrong. I fear there is a tendency nowadays for mothers to under-estimate the importance of nursing their babies. There are so many foods for infants, and, were the advertisements of these to be believed, one might be pardoned for thinking it were better to bring up babies upon them rather than upon their natural food; but the very reverse is the actual fact, and to deprive the baby of its mother's milk for anything but the most urgent necessity, is, I believe, grievously wrong.

Mistaken Kindness.

The best and most easily obtained substitute for human milk is diluted cow's milk. For children under three months old, it must be nearly half water, and a third water should be added up to the age of nine months. No starch food of any kind should be given to a baby under nine months old. It is astonishing how the idea prevails that babies will be fatter and stronger if their food is thickened, and many little ones are absolutely killed by the mistaken kindness of those who add tapioca, oatmeal, white bread, etc., to their milk.

Only a few months ago a baby came under my notice whose mother had died when it was born, and the aunt, although a married woman with children of her own, had fed it upon Quaker Oats. The poor little thing, though a healthy baby, died before it was six months old. Until the child has some teeth, it is not prepared to digest anything solid. As soon as it has some teeth, it will enjoy a little wholemeal bread, a baked apple, or a ripe apple thoroughly scraped, stewed prunes, or raisins without stones and skin, skinned tomatoes, or any kind of milder fruits.

Fruit for Breakfast.

Fruit of all kinds, with the cereals, should form the staple of the older children's diet. For breakfast, a portion of porridge or mush of various kinds with fruit. In summer these can be made over night in a mould, and eaten cold. Crushed

wheatmeal and oats, maizemeal, barley, or semolina are excellent for this purpose, and are all easily obtained, except, perhaps, maizemeal, which is not much known in this country. These are all economical foods; seven pounds of either can be obtained for a shilling and under. All through the year a supply of fruit can be purchased at very reasonable prices. Mat dates at 2d. a pound, or stewing-figs at 2½d. or 3d., prunes, apple-rings, or fresh apples and oranges, with wholemeal bread and biscuits, make a breakfast that children will delight in. When such articles are used as food, they can be bought by those who would never dream of spending so much upon mere luxuries. One of our officers, visiting in the month of May in Wood Green, observed a large supply of beautiful fruit being delivered at a very poor little house. Some of the apples attracted her attention, as just at that time they were dear, and the good people noticing her astonishment, explained: "Fruit takes the place of meat with us, and this is how we are able to go in for it so largely."* What delight there would be in many households amongst the young folk if the same arrangement were in force.

Do You Want a Guide?

PERSONS who are beginning to carry out health principles often feel the need of knowledge on many matters. There is the question of diet. What foods nourish the body best? What are the respective values of fruits, cereals, nuts, and vegetables? How may they be scientifically combined? How do they compare in nourishing qualities with animal products? Healthful cookery is a live subject nowadays, because people are beginning to realize that all the energy that we are able to put into our work must come from the food we eat. How, then, can mothers prepare food in the most scientific and economical fashion? What methods of cooking make food indigestible, or at least very difficult of digestion? What methods,

*It is hardly correct to speak of fruit as *taking the place of* meat, because the chemical constituents of the two are quite different, fruit giving us carbohydrates, and meat proteids. Nuts and nut foods are rich in proteids and may under proper circumstances replace meat. It is also true that there is a tendency to take too much proteid. So fruit might very largely replace meat in a great many homes.—EDROR.

again, make for easy digestion and palatability? What are the principles governing balance in the bill of fare? There is also the matter of infant feeding. When the mother cannot nurse her child, it becomes necessary to resort to artificial feeding, and here many questions arise which need to be carefully answered. Lack on the part of the mothers of proper knowledge on this very important subject is the cause of an enormous number of deaths every year. The proper food for schoolchildren is another subject concerning which many parents are inquiring. Invalids often require some special attention in the way of food. What are the general principles underlying successful invalid cookery? and how may they be practically applied in the average kitchen?

These questions refer to only one section, embracing half a dozen chapters, in the the new book, "School of Health," which contains in all twenty-five chapters, and gives a comprehensive survey, not only of the food question, but also of a great many other important subjects having to do with the proper care of the body in health and disease.

Following are a few general heads:—

The Most Common Diseases and Their Hygienic Treatment.

Physical Development. (*Fully illustrated.*)

Healthful and Artistic Dress.

Beauty Culture.

Alcoholic Drinks, and other Popular Beverages.

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Accidents and Emergencies.

The "School of Health" is a reliable guide in these and many other things. The book is fairly packed with useful information, dealing with over five hundred topics of timely interest. It is liberally illustrated with half-tone engravings and line blocks, and is well bound in cloth, with a gilt cover design. Plain edges, 5/-; gilt edges, 6/6. It is sold by subscription, but if no agent is selling it in your neighbourhood, you may send the price to the Good Health Supply Dept., 451 Holloway Road, London, N., and the book will be forwarded you, post free, by return.

THE MILK WE DRINK.

(*Concluded from page 529.*)

authorities have power to inspect his animals and premises, and find some other market—not a very difficult business.

It is well for the community at large that many scientific persons have made a special study of tuberculosis in cattle, with a view to finding both an antidote and also a preventive. Professor Koch is the discoverer of a tubercular test which has proved very successful in practice. When engaged in the culture of tubercle bacilli, he sterilized and filtered the liquid in which these organisms had been grown. The product in certain doses is used for injection under the animal's skin by means of a hypodermic syringe. If the animal subjected reacts in a particular way, the germs of the disease are present in some part of its body. Only in advanced stages does the animal's condition indicate outwardly that it is tuberculous.

Like human beings, if the affected animals receive suitable treatment in the early stages of the complaint a cure may be effected.

A VETERAN HEALTH REFORMER.

(*Concluded from page 525.*)

the Great Horton Band of Hope and Temperance Society, which had a splendid record of good work. Thirteen years ago he commenced on his own responsibility the Gospel Temperance Mission, which he is carrying on at present. The meetings were at first held in one of the Board Schools; but about a year ago an iron church, with seating accommodation for 550 persons, was bought and furnished for mission purposes.

Mr. Wilson takes a personal interest in the welfare of the 220 employes in his establishment, and his "at homes" for work-people are extremely interesting occasions. On the occasion of his total abstinence jubilee, nine years ago, he had a re-union of past and present Sunday-school scholars, when 540 attended from all parts of the country.

He celebrates his seventy-fourth birthday on the nineteenth of this month. We offer him our heartiest congratulations and wish him many happy returns.

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to
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together with free samples of "Cream o' Nuts"—a nut food ready to eat—if you mention **GOOD HEALTH**. It would be a pity to miss this opportunity, for even if you are not yet interested in Nuts, there are many things in the Booklet you will like to know of. Send a post card NOW.

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It is with pleasure that we announce our removal from Birmingham, where we have for some time been working under the disadvantages of limited facilities, a smoke-laden atmosphere, and the general unhealthful conditions which appertain to large cities, into a beautiful country location, where we shall be able to manufacture Health Foods under genuinely healthful conditions.

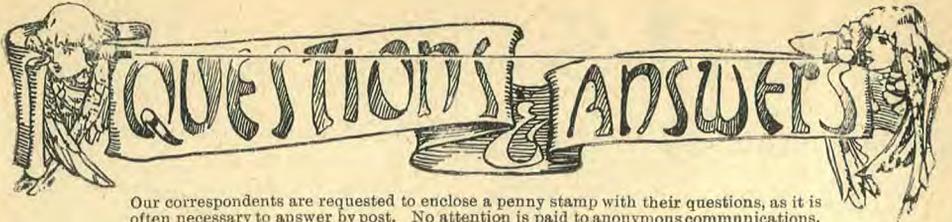
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The International Health Association, Limited,
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QUESTIONS & ANSWERS

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

Sore Ears.—C.M.: "My ears are very sore, and the skin keeps peeling off. I can scarcely lay my head on the pillow because of the pain and burning. What treatment would you recommend?"

Ans.—Apply alternate hot and cold compresses to the ears for ten or fifteen minutes once a day, and after finishing off with the cold compress, dry well but gently. Massage the ears gently for ten minutes morning and evening, using a little olive oil.

Partial Deafness.—H.M.S.: "A lady friend has been suffering for a number of years from partial deafness, and so we are anxious to hear of any treatment that will improve this condition. She has continual noises in her head. 1. Do you think a low state of health might cause the deafness? 2. Can you recommend any of the advertised artificial ear-drums? 3. My friend says that when she inserts a pin or a match into the ear she cannot feel any drum. Is this a safe thing to do? 4. What would you recommend?"

Ans.—1. Yes, it is not impossible. 2. No. 3. No, you should caution her not to introduce anything of the kind into the ears, for there is danger of aggravating the deafness and of doing great injury. 4. You should consult a competent ear specialist as soon as possible, and we would strongly advise her to avoid all advertised remedies and quack doctors.

To Put on Flesh.—F.D.: "I am very thin and have hollow cheeks, but otherwise I am in fairly good health. 1. Will you please recommend a diet for the purpose of putting on flesh? 2. Should I exercise?"

Ans.—1. *Breakfast*, a well-cooked porridge such as oatmeal, or avenola, with cream; a soft-boiled egg; toasted granose biscuits with butter, and three or four tablets of bromose. *Dinner*, a vegetable soup; some nutmeat such as protose or nuttolene; baked potatoes; greens, such as spinach, and a liberal helping of rice or tapioca pudding. *Supper*, bread and butter with fruit and especially bananas, dates, figs stewed raisins and prunes, etc. You should also take fruit for your breakfast. 2. Yes, a moderate amount of exercise is necessary.

Indigestion.—"Checkweighman": "I have been troubled with indigestion the last fourteen years, and swelling at the centre of the stomach. 1. Can you tell me why I stand cold so badly? 2. Why is the upper part of my body, including arms and face, so thin? 3. Tell me if smoking a quarter of a pound of tobacco weekly will cause sluggishness and dullness of the brain."

Ans.—1. You are probably suffering from malnutrition and poor circulation. Get out-of-doors and take more exercise, and also regulate your diet so as to relieve the indigestion. Let your diet be just as simple and wholesome as possible. 2. This is also probably due to lack of nutrition and exercise, and by improving your diet and taking the exercise required, you ought to fill out in the upper part of the body. 3. Tobacco is in no sense necessary, and in our opinion has a detrimental effect upon the digestive organs as well as upon the brain. You will do well to discard it entirely.

Steam Cooker—Table Nutter—Pain in the Thigh.—M.H.: "I want to obtain a steamer that will cook several varieties of food at one time. 1. Can you recommend one, and where could I get the same? 2. How does Mapleton's Table Nutter compare in nutrition and fat with dairy butter? 3. Do you recommend it? 4. I suffer from great pain in my right thigh. What can I do to get relief?"

Ans.—1. We can recommend the "Gem" cooker, which can be obtained from the Good Health Supply Dept., 451 Holloway Road, London, N. 2. Table Nutter is quite as nutritious as dairy butter, the nutrient portion consisting almost entirely of fat. 3. Yes, certainly, it is one of the best table nut butters on the market. 4. Apply fomentations, or, better still, alternate hot and cold compresses to the affected part. A hot foot bath would also be helpful.

FOR SLOW DIGESTION.

Persons suffering from slow digestion, fermentation, flatulence, and other similar digestive disorders, often obtain considerable relief from the use of **Antiseptic Charcoal Tablets**. These can be obtained either with or without sulphur. A sample box will be sent post free on receipt of 1/1. Full-size box 2/11, post free. Address **Good Health Supply Dept.**, 451 Holloway Rd., London, N.

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PORTLAND HOUSE, 46 Marine Parade, Worthing.
A high-class boarding establishment, situated in the best position of the Marine Parade. Vegetarian diet when required. Terms, 30/- to £3 3s. per Week. Address the Manager.

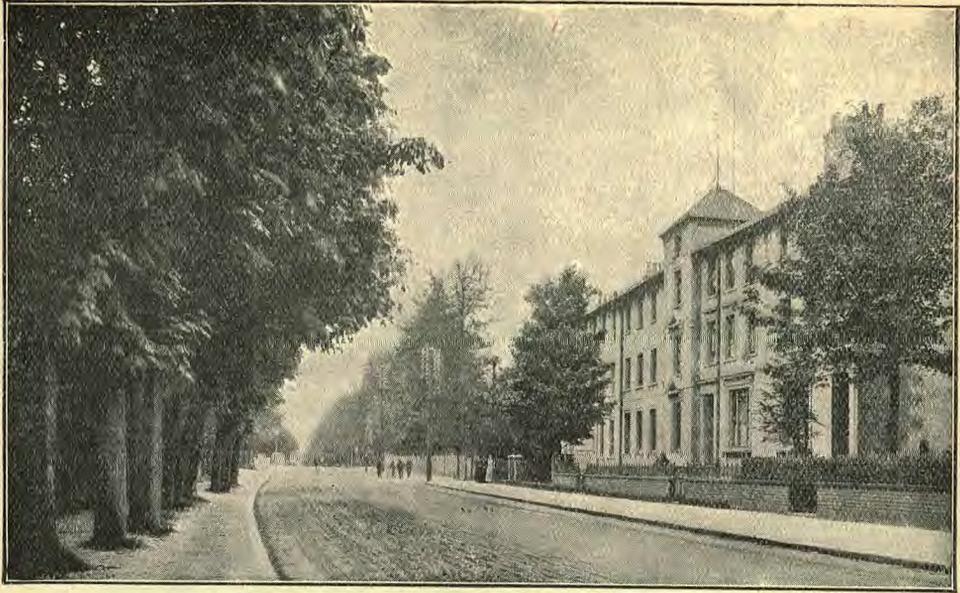
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Reasonable Prices. English Spoken.

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CATERHAM, SURREY.

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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

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and all editorial correspondence to the Editors, same address.
Telegraphic address: "Uprising, London."

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Indian Edition: Yearly subscription, post free, Rs. 2/8. 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: 86 Roeland St., Cape Town, S. Africa.

OUR readers will be pleased to note the announcement in our advertising columns of the removal into the country of the International Health Association. The location secured is an admirable one in every way, and with new and enlarged premises this well-known firm, which has been a pioneer in the health food business of Great Britain, will be in a much better condition to supply to a growing list of customers the unique and valuable products which it manufactures.

THE Vegetarian Society's Summer Holiday schools in Filey and at Crieff are well filled with guests, who are having no end of enjoyable experiences. The Society celebrates its 60th anniversary this month. The diamond jubilee of an organization which has exerted all these years a strong influence in behalf of simple living is indeed an occasion of importance, and we have no doubt the International Congress, which is to be held in connexion with the celebration, will be most interesting and helpful. Full details may be obtained of the Secretary, Mr. Albert Broadbent, Deansgate, Manchester.

CLAREMONT SCHOOL, CHELTENHAM.
PRINCIPALS—THE MISSES MANLEY.

Diet based upon Food Reform Principles. Modern educational advantages. Outdoor classes in suitable weather. Individual attention. Swedish drill. Healthful surroundings. Moderate fees. Prospectus on application.

MAPLETON'S NUT FOODS

Are Now Manufactured in the Country

away from the grime and disease germs of towns. A new booklet with many additions and recipes is just ready, post free. Write for it to-day, naming "Good Health," to

Mapleton's Nut Food Co., Ltd.,
WARDLE, LANCASHIRE.

Mrs. Beeton says:

"In pastry making, the quality to be desired is lightness."

For plain pastry lightness can always be secured by using

**"Paisley
Flour"**

Trade
Mark.

*The
Sure Raising Powder.*

Take one dessert-spoonful of "Paisley Flour" to a quarter-pound of flour, and mix well dry before making the dough. Bake as usual, and you will have crisp, light, very digestible pastry, which will not get doughy when cold.

"Paisley Flour" is made by Brown and Polson.

In answering advertisements kindly mention "GOOD HEALTH."

NEAVE'S FOOD

SOLD IN 1/- & 2/6 TINS,
AND 4d. PACKETS,

BY ALL CHEMISTS, GROCERS, and
STORES.

"An excellent Food, admirably adapted to the wants of infants and young persons."—Sir Chas. A. Cameron, C.B., M.D., Professor of Chemistry, R.C.S.I., Medical Officer of Health for Dublin, City and County Analyst.

The Medical Magazine says:—"Remarkable nutritive value in many cases of debilitated digestion amongst adults, especially during convalescence from acute diseases, . . . readily assimilable, easy of digestion, and acceptable to the taste of the most fastidious.

Health says:—"Well fitted for the delicate stomachs of children, invalids, and the aged.

GOLD MEDALS, LONDON,
1900 and 1906.

Over 80 Years' Established Reputation.

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

COOKING WITHOUT FIRE.

The most wonderful money, food, time and labour saving invention of the twentieth century. More than pays for itself in a few weeks. Five to thirty minutes of actual fire cooking is all that is necessary to thoroughly cook fish, flesh, fowl, stews, vegetables, soups, cereals, legumes, puddings, fruits, etc. Then transfer to one of the

"PITMAN" FIRELESS COOKERS



for one to eighteen hours, and you have the richest, the most easily digested, and the most delicious food you ever ate. You will say you never knew what delicious flavours they possessed before. Saves 75 per cent to 95 per cent of fuel. **NO HEAT—NO DIRT—NO ODOUR.** Nothing to watch, no fear of burning, no over-cooking, no under-done food, no Sunday labour, no loss of flavour, nutriment or goodness in cooking. You can set your dinner to cook on Saturday night, and find it steaming hot, done to perfection, ready to eat, on Sunday dinner-time.

With 10 pt. Food Container, 8 $\frac{3}{4}$ by 5 $\frac{3}{8}$, each, 18/6.
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Carriage paid, with full instructions, from the inventors and sole manufacturers:—

"PITMAN" HEALTH FOOD STORES,
188 & 199 Corporation Street, Birmingham.

Illustrated Catalogue of labour-saving cooking appliances, etc., with copy of "Scientific Cookery and Aids to Its Adoption," post free, two stamps.

WINTER'S WOOLLEY WINCEY.

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

THE FLANNEL OF THE FUTURE,

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.

SNOWY-WHITE LINENS.

Table-cloths, Sheetings, Towels, etc., made on the handloom. Perfect in workmanship, of splendid wearing quality, and sure to please. The coarser makes excellent for camping.

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I can also supply wool blankets of natural brown colour, light, warm, and porous.

Write for particulars to . . .

JAMES WINTER, Linen
Manufacturer,
CORTACHY, KIRRIEMUIR, N.B.

PURE HEAT

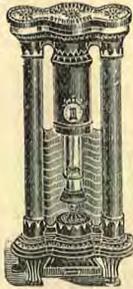
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HYGIENIC

'Syphon' Stoves

Emit No Smoke or Smell.

The heat generated by the "Syphon" Stove is absolutely pure. No fumes or smell can pass into the apartment.

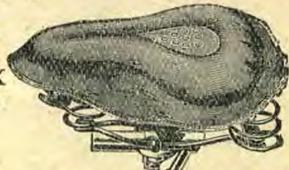
Supplied to H. M. THE KING.
Of all Ironmongers, Stores, Gas Co.'s, or of S. Clark & Co., Makers, Compton Works, Canonbury Road, London, N. Send post card for Descriptive Booklet, No. 90, Free.



To Cyclists who are fond of a comfortable ride.

There is nothing to equal

A BIRKBECK
PNEUMATIC
SADDLE
COVER.



Recommended by "Good Health." Send for free, illustrated booklet, for prices and sizes.

Sole Manufacturers: The Birkbeck Pneumatic Saddle Cover Co., Birkbeck Works, Birkbeck Road, Dalston, N.E.

PUBLISHERS' NOTES.

THE Natural Food Company, Bethnal Green, London, E., have sent us a sample of Dr. Allinson's wholemeal, which they are successfully introducing. The meal contains the nourishment of the complete wheat kernel. It inclines to be a little coarser in grain than some of the whole-meals on the market; but may on that very account be desirable in cases of constipation. A free booklet giving particulars will be sent to all readers of GOOD HEALTH who apply.

As the weather gets cooler, and the demand arises for light, warm clothing, it may be well to remind GOOD HEALTH readers that Winter's Woolley Wincey is excellent material for ladies' blouses, children's nightdresses, and for underwear. It is light and unshrinkable, and is supplied in several delicate colours.

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ESTABLISHED 1851.

SOUTHAMPTON BLDGS., HIGH HOLBORN, W.C.

2½ per cent. INTEREST

allowed on Deposit Accounts Repayable on Demand.

2 per cent. INTEREST

allowed on Drawing Accounts with Cheque Book.

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

ALMANACK, with full particulars, POST FREE on application. C. F. RAVENSCROFT, Secretary.

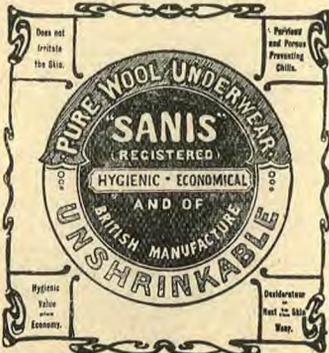
"Sanis" Underwear.

[REGISTERED.]

The Perfectly Healthful Underwear.

Protective against chills.

Remember prevention is better than cure.



The fabric is of the purest fine Colonial Wool. Porous, 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.

Ladies are advising their Friends to get the . . .

"Nurse Ina" LAYETTE
For Health! Economy!! and easy to dress.

Nun's Veiling Day Gowns, Hand-tucked Skirts, Yokes trimmed Soft Lace; Soft Saxony Flannel Blankets and Night Gowns, Fine Silk and Wool Vests, Turkish Napkins.

58 GARMENTS FOR 58/-



Special! for Short Clothing. Fine Cashmere Frocks, yokes arranged to allow for growing, "Hand made," 7/6 each, or in Nun's Veiling, 4/11 each.

Booklet free from "NURSE INA,"
182 Nerwood Road, LONDON. S.E.

"GOOD HEALTH" STORES,

19 Stroud Green Rd., London, N.

Conducted by MISS N. MUSSON.

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

... ALSO FOR ...

Musson's Wholemeal Specialities.
All Health Magazines.

THE RESTAURANT

4 Furnival Street, 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 Menu.

1/- ORDINARY, Three Courses and Lemonade.

The finest Sixpenny Teas in London served after 3.30 p.m. [Cocoa or Brunak served instead of tea if desired.]

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

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. Support all garments with out harmful pressure. No stays to break. Thousand have been sold, and are giving excellent satisfaction.

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

In answering advertisements kindly mention "GOOD HEALTH."

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.

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.

GERM-FREE AND WATER-FREE MILK.



THE WEST SURREY CENTRAL DAIRY COMPANY, after an extended use of the Just-Hatmaker Process, whereby fresh liquid milk is instantaneously deprived of both its Water and its Germs, are satisfied that the **Sterile Dry Milk** thus obtained by them is superior for practically all purposes to Liquid Milk, and they have accordingly installed the said Process in their Dairies, and are prepared to supply **Germ-Free and Water-Free Fresh English Milk** in packages, by post or rail.

The Medical Profession, Health Officers, and all well-informed persons know that it is practically impossible to obtain perfectly safe liquid Milk in cities and large towns. Even the harmless germs which are always present in liquid milk, live in it and vitiate it, and reduce its nutritive value, whereas disease germs often render such milk positively dangerous. These facts have caused the West Surrey Central Dairy Company to adopt the new scientific process above mentioned, for by such process Milk is robbed of its dangers and inconveniences, and made a stable and perfectly safe food.

A sample box of these milks will be sent to any address, by post, upon receipt of 6d.

The different qualities are supplied, postage or rail paid with full particulars and recipe book, as follows:—

- A 10 lb. tin of **Full-Cream Dry Milk** (Cow and Gate Brand)—equivalent to about 32 quarts of liquid full-cream milk, **10/6** each. 5 lb. Tins, **5/10**. Packets, **1/6** and **10½d.** each.
- A 10 lb. tin of **Half-Cream Dry Milk** (Cow and Gate Brand)—equivalent to about 36 quarts of liquid half-cream milk, **8/6** each. 5 lb. Tins, **4/10**. Packets, **1/3** and **8½d.** each.
- A 10 lb. tin of **Dry Separated Milk** (Cow and Gate Brand)—equivalent to about 40 quarts of liquid separated milk, **4/6** each. 5 lb. Tins, **2/10**. Packets, **8d.** and **5½d.** each.

ADDRESS:

THE WEST SURREY CENTRAL DAIRY CO., GUILDFORD, SURREY.

Telegraphic Address: "GATES, GUILDFORD." Telephone No. 17.

Dr. Robert Hutchinsson, in the last edition of his work on "Food and the Principles of Dietetics," 1905-6 (Arnold), speaks (page 119) of the Dry Milk produced by the Just-Hatmaker Process as follows:—

"The Just-Hatmaker Process consists in drying the milk by passing it in a thin layer between two heated rollers in such a way that it is immediately desiccated, and requires the addition of water to bring it back again to the condition of ordinary milk. The Powder so prepared contains all the solids of the original milk in a sterile and soluble form and is therefore of the highest nutritive value. There can be no doubt that desiccated milk will come into large use in the immediate future."

PUBLISHERS' NOTES.

If you are passing through Nottingham, and want a good wholesome dinner at reasonable cost, call at the Savoy Café, just off Exchange Walk. You will not be disappointed.

THE sterile dry milk supplied by the West Surrey Central Dairy Co., Guildford, is of uniform good quality, and can be used to excellent advantage in place of liquid milk. The full-cream and half-cream varieties are of course the best because of the fat they contain; but the dry separated milk is also an excellent food, furnishing a rich supply of proteids at an extremely reasonable price.

MR. R. WINTER'S Café in City Arcades, Birmingham, has recently had to be enlarged to accommodate the growing patronage. A representative of GOOD HEALTH called the other day at the noon hour, and was surprised and pleased to note the throngs who were dining very happily off natural foods. One distinctive feature of this café is the excellent china used, and the elegant surroundings generally, Mr. Winter having the knack of doing things up in style. The open-air effect is also a great boon, and doubtless helps to give zest to the appetite.

For Holiday or Health. At breezy, bracing Seacroft, near Skegness, Lincs., there is a homely REST COTTAGE, close to the sea and golf links. South rooms, lawn, and tent, good views of open country. Any wishing to live the simple, or outdoor life will be welcomed. Also invalids needing quiet rest and care. Terms moderate. Apply to Rosa F. Broughton, Rest Cottage, Seacroft, etc.

The Ideal Summer Meal.



Summer food should be light, yet sustaining. Nut Cream Rolls, with fresh fruit, are a sufficient and delightful summer meal, a meal, too, that needs no preparation. There are ten kinds of these delicious biscuits. Send 6d. in stamps for samples (four kinds). Illustrated price list **free**.

London Nut Food Co., (Dept. G.),
465 Battersea Pk. Rd., London, S.W.

WE OFFER POST FREE

recipes, etc., entitled—

"A GUIDE TO GOOD THINGS,"

and a card of invitation to a **Free Fruit Luncheon** in the finest room in London. Write to-day, naming "Good Health," to

Shearn's Health Food Stores,
234 Tottenham Court Rd., & Branches
Telephone: 6555 Gerrard.

R. Winter's "Mainstay" Biscuits

take the premier place amongst food reform specialities. They are made without chemicals, yeast, or adulterants of any sort, the ingredients being pure whole-cereal meals, and R. Winter's own Cooking "Butnut" (guaranteed absolutely pure nut butter), and, in the case of the sweetened sorts, pure cane sugar. These biscuits have now been **IMPROVED** in many respects, and are as near perfection as you can wish.

They are stocked by practically every Health Food Store in the United Kingdom,

And Now Supplied in 1/2 lb. Sealed Packets.

In this way they are kept free from dust and dirt of all sorts, being wrapped and sealed as soon as they have cooled after baking. The principal sorts are:—

ALWEAT (Plain or Sweet).	} 3d. per 1/2 lb. Sealed Pkt.	WATERWEAT, 2d. per 1/2 lb. Sealed Pkt.
OATWEAT, " " " "		WATEROAT, (new) 2 1/2d. " "
BRANWEAT (Laxative).		
MALTWEAT (Digestive).		

All the above are made in the shape of a W, and every packet bears the trade mark signature, R. Winter.

R. Winter's Cream Butnuts are the most perfect nut cream butters ever produced. Ask your storekeeper for them.

R. WINTER, PURE FOOD FACTORY, BIRMINGHAM.

Maker of "NUTTON," "PRUNUS," "NUXO," "NUTROGEN," etc., etc.

In answering advertisements kindly mention "GOOD HEALTH."

Moule's Patent Earth Closet Co., Ltd.

Established Nearly 50 Years.

The Original Inventors of Sanitary Earth Closets.

GOLD AND SILVER MEDALLISTS.

No Fouled Water. No Cesspits.

No Pernicious Gases.

No Drains.

No Water Wasted

in Flushing.

The Garden

Enriched.

Moule's Earth Closets.
1905 PATENT.

The Perfection of Sanitation for Hospitals, the Sick-Room, and Dwelling-House.

Moule's Earth System follows Nature's method of dealing with putrescible matter.

Perfect in Principle. Simple in Action. Altogether Reliable.

All Moule's Closets are tested and guaranteed. See that Moule's name is on them.

Send for particulars, or call and see them.

MOULE'S PATENT EARTH CLOSET CO., LTD.,

5a Garrick Street, Covent Garden, London, W.C.

Marlboro' House Health Home, CANVEY-ON-SEA.

VEGETARIAN CATERING.
GRAND BRACING AIR. FINE BATHING.
TENNIS, Etc. MODERATE TERMS.

Run in connection with the Health Food Stores,
High Street, Marylebone.

NEAREST SEA-SIDE TO LONDON.

Day return tickets to Benfleet, nearest station,
only 2/6, thence by wagonette.

Proprietress: Mrs. C. Harding.

A Seaside Home

Conducted on Food Reform principles.

Delightful location, near the chimes, pleasure gardens,
and town.

Highest recommendations.

Accommodations exceptional, including facilities for
the electric light bath, Russian and shower
baths and skilled massage.

Charges—moderate.

Write for terms, mentioning GOOD HEALTH.

Mrs. Hutteman-Hume, Loughtonhurst,
West Cliff Gardens, Bournemouth.

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.

THE SOUTH SIDE

Store for All Health
Foods Is At ..

Camp's Cafe 205 Borough
High Street,
S.E.

Five minutes from London Bridge. Price List free.
Depot for Arpax Tooth Powder.

CAMDEN TOWN DAIRY AND HEALTH STORES,

265 Great College Street, N.W.

Trams: Holborn to Hampstead Heath.

Agent for . . . From
NUT BUTTERS, NUT CAKES, Allinson Food Co.
FRUIT CAKES, BISCUITS, Wallace Bakery.
WHOLEMEAL BREAD, ETC., Hugh Mapleton.
VEGETARIAN LITERATURE, London Nut
Food Co., International Health Association.

R. T. DAVIES, Proprietor.

In answering advertisements kindly mention 'GOOD HEALTH.'

"**Fresh Air**," by Percy S. Barber. Published by Richard J. James, 3 and 4 London House Yard, Paternoster Row, E.C. Price threepence. A helpful booklet dealing with a subject of great importance, and one concerning which there is a lamentable amount of popular ignorance. The writer takes pains to indicate quite exactly the difference between pure air and the air which one ordinarily breathes in crowded living-rooms, lecture halls, etc.

HAYES'S PATENT VENTILATOR

Air purifier and draught preventer guarantees

Perfect Ventilation. No Draughts. No Dust Laden with Poisonous Microbes. No Flies or Wasps. Immunity from Contagious Diseases. Health without Discomfort. Further particulars from patentee, Michael Hayes, 22 Thomas St., Limerick.

NEWCASTLE On Tyne DEPOT.

"Good Health" Foods.

THE OLD, ESTABLISHED GROCERY,
26 CLOTH MARKET.

Dyspepsia CAN Be Cured.

Pure Food is the greatest of remedies for Dyspepsia, and thousands are finding health in the

IXION HEALTH FOODS.

They are suited for all ages and states of health, and are the most economical Foods on the market.

May be had at your Stores in small quantities, or order direct.

IXION SHORT BREAD BISCUITS.

Easy to masticate. Direct prices, 7 lb., 3/9, 14 lb., 6/6, 28 lb., 12/-, carriage paid.

IXION WHOLE WHEAT BISCUITS.

The finest for children, making good teeth, strong bones, healthy nerves and good digestion. 7 lb., 3/-, 14 lb., 5/-, 28 lb., 9/-, carriage paid.

IXION INFANT FOOD.

The best food for infants over 9 months. 1/- per sample tin, or 9/- per dozen, carriage paid.

IXION WHOLE WHEAT FLOUR.

Millstone ground. Delicious for all purposes. At Stores, 7 lb. bag, 1/-, 28 lb. bag, 4/-, 60 lb., 7/6, carriage paid.

KORNULES.

A grand breakfast and emergency food. At Stores, 6d. per packet, or 6/- per dozen pkts., carriage paid.

Send 4d. stamps for samples of above and full explanatory booklet (mention "Good Health") to

WRIGHT & CO., Vulcan St., LIVERPOOL.

Used and prescribed by the entire
Medical faculty in U.S.A.
Supplied to over 1,000 Hospitals,

INVALUABLE FOR THE SICK-ROOM.

A NECESSITY FOR THE FOOD REFORMER.

and purchased extensively by the Government during the late war. Highest Awards, Paris and Buffalo, 1901.

WELCH'S NON-ALCOHOLIC STERILISED INVALID PORT,

Or CONCENTRATED GRAPE JUICE, is the very Cream of the most Luscious Grapes grown.

PINT BOTTLES, 2/6, each representing the juice from upwards of 5 lbs. of grapes, guaranteed to be free from alcohol, acid, sugar, water, colour, or flavouring matter; it is thus not only a Wholesome, Luscious Beverage, but a great tonic—Nature's Medicine—invaluable for invalids, or where nutriment is required; a blood builder, thirst quencher, and appetiser.

WELCH'S Non-Alcoholic INVALID PORT, being simply the pure juice of the grape, is a valuable Restorative that can be given to invalids with perfect safety. A Sample Pint Bottle, with full particulars, sent post free on receipt of 2/6.

Dr. WELCH, 61-63 Farringdon Road, E.C. London Offices:

In answering advertisements kindly mention "GOOD HEALTH."

THE DIET QUESTION.

The Natural Food Products of the Earth

when properly prepared are undoubtedly best adapted to the development of a clear mind and a healthy body, the possession of which is essential to real success in life.

WHEAT takes the first place because it contains an almost perfect proportion of the various food elements required by the body. Raw wheat, however, is not digestible; the more thoroughly it is cooked the more easy it is of digestion and assimilation. For this reason, such foods as Granose Flakes, Granose Biscuits, and Toasted Wheat Flakes have been produced. They consist of super-cooked kernels of choice wheat in the form of delicate, crisp flakes, and constitute the ideal foods for all. The weakest infant and the feeblest invalid, as well as robust people, thrive better on Granose Flakes and Biscuits than on any other cereal food extant. Toasted Wheat Flakes, which are sweetened with Malt Honey, make a delicious and nutritious breakfast dish.

GLUTEN MEAL is another wheat food of great value. It is sometimes described as "Wheat Extract" because the gluten, which is the life element of wheat, has been extracted from the grain. Gluten Meal is practically a necessity for invalids (it ought to be in every sick-room), is a luxury for the well and an excellent food for young and growing children.

AVENOLA consists of wheat and several other grains combined in the proper proportion to secure perfect nourishment. It is in the form of "nuts," but is a better food in point of nutriment and digestibility than any of the much-advertised breakfast "nuts." It is the best concentrated cereal food. Try it.

Under this heading Caramel Cereal, though not actually a food, ought to be mentioned because it is made from wheat and other grains so blended as to produce a fragrant, healthful, and refreshing beverage designed to take the place of tea and coffee, which are injurious to the nerves on account of the poisonous principles they contain.

NUTS are of very high nutritive value. Bulk for bulk, indeed, dry nuts are amongst the most nutritious foods which nature provides. They are more nutritious than meat, containing the same elements, proteid and fat, but in larger proportion, and are now being largely substituted for meat in the every-day diet.

A close resemblance to meat is obtained in the following prepared nut meats:—Protose, Nuttose, Nuttolene, the former, which is made in three varieties, being especially remarkable for its similarity. These nut meats are packed in tins in three sizes, the tins being lined with grease-proof paper. They may be eaten cold, as taken from the tin, or cooked and served in any way like flesh meats.

MALTED NUTS are in the form of a fine, granular powder, and are very digestible and nourishing. May be served dry, sprinkled over Granose Flakes or stewed fruit, or taken as a liquid with the addition of hot water or milk. In this form they are far superior to any meat extract on the market.

A similar food to the above is Bromose, but this is packed in tablet form, 30 tablets to the box. It is a concentrated nut food especially valuable to those suffering from anæmia, and persons in an emaciated condition from consumption or other causes, and is also highly advantageous to cyclists, athletes, and brain workers.

All of the foods mentioned above are manufactured by the International Health Association, Ltd., of Stanborough Park, Watford, Herts, who for many years have been giving careful scientific study to the diet question. They will send you a package of assorted samples, price list, and cookery book for 1/-, or a price list post free on application.

In answering advertisements kindly mention "GOOD HEALTH."

PRIZE COMPETITION.

GOOD HEALTH would like to get some new ideas on the subject of Christmas cookery, and offers the following prizes for a model Christmas dinner menu with recipes:—

First Prize, 15/-.

Second Prize, 10/-.

Third Prize, a copy of "Science in the Kitchen," by Mrs. E. E. Kellogg (value, 8/-).

All the menus and recipes must reach the GOOD HEALTH office not later than the first post on Monday morning, October 21st. The principles to be kept in mind are nourishing value, wholesomeness, and palatability. It must be a dinner which will not cause indigestion. We also want a menu which will make a strong æsthetic appeal; hence we should advise competitors to avoid flesh foods. Let us see how good a meal can be prepared without causing suffering to any of God's creatures, thus making Christmas a time of peace on earth, good will toward men and animals.

Mr. C. Herman Senn, editor of "Food and Cookery," Miss Florence Nicholson, secretary of the Vegetarian Federal Union, and the editor of GOOD HEALTH will form the committee of judges. Menus and recipes should be written plainly on one side of the paper, and addressed: GOOD HEALTH (Cookery competition), Sunny View, Caterham, Surrey.



MR. BILSON'S coco-nut butter is an article of sterling value. Anyone calling at the Health Food Stores, 88 Gray's Inn Road, London, W.C., will find there a very excellent assortment of all the best foods to be had. We can heartily recommend the place to our readers.

EUGENE CHRISTIAN'S book on "Uncooked Foods" is calculated to make people think. We are glad it is being introduced into Great Britain, and trust many of our readers will accept the special offer. A full review will be given next month.

OUR list of secretaries of branches of the Good Health League will be given next month.



NOTICE.

THE GOOD HEALTH editorial office and the Good Health Supply Department will henceforth be located at Sunny View, Caterham, Surrey.

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