

CATERHAM SANITARIUM IN WINTER.



# Good Health

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

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NO. 19.

## Winter Coughs.

THE damp, cold air of winter often proves irritating to persons who have a relaxed throat or a weak chest. The outdoor air is most irritating and injurious to those who have just come from a warm, close, overheated room. The abrupt change is more than can be borne with impunity by the sensitive mucous membrane, and, as a result, a catarrhal inflammation is started, which often becomes chronic and most obstinate to deal with.

Persons inclined to bronchitis and asthma are often the greatest sufferers. In such the cough usually begins with the approach of winter, and is likely to persist until the warm weather of the coming summer.

Prevention is naturally the best of remedies, and a few hints in this direction may prove helpful to some of our readers.

The first precaution is to avoid hot, stuffy rooms. Begin at once to accustom yourself to the fresh air. Breathe it indoors as well as outdoors. Breathe it all the time, day and night. Then the change on going out will not be nearly so abrupt and marked.

Tepid or cold sponges each morning on rising help wonderfully in protecting the system against the cold, inclement weather of winter. Give special attention to the neck and chest. Wash the face first, then the neck, and then the chest. Rub the chest briskly with a suitable mitten dipped in cold water, and then dry quickly and thoroughly, leaving a rich red glow of the skin. Do this each morning.

Then take a few exercises to encourage deep breathing, spending five or ten minutes at them.

Dress according to the weather, but don't coddle yourself. If possible, avoid wearing scarfs and furs about the neck. They cause overheating, relax the skin, and decrease its resistive power to cold.

Keep the extremities dry and warm, especially the feet. Going with cold, wet feet is a common exciting cause of coughs.

Avoid going out in rough, stormy weather, if you are at all susceptible to coughs. But cultivate vitality by living out-of-doors as much as possible when the weather is favourable.

The outdoor life is the best preventive against colds, coughs, influenza, bronchitis, and other chest troubles.

A. B. O.

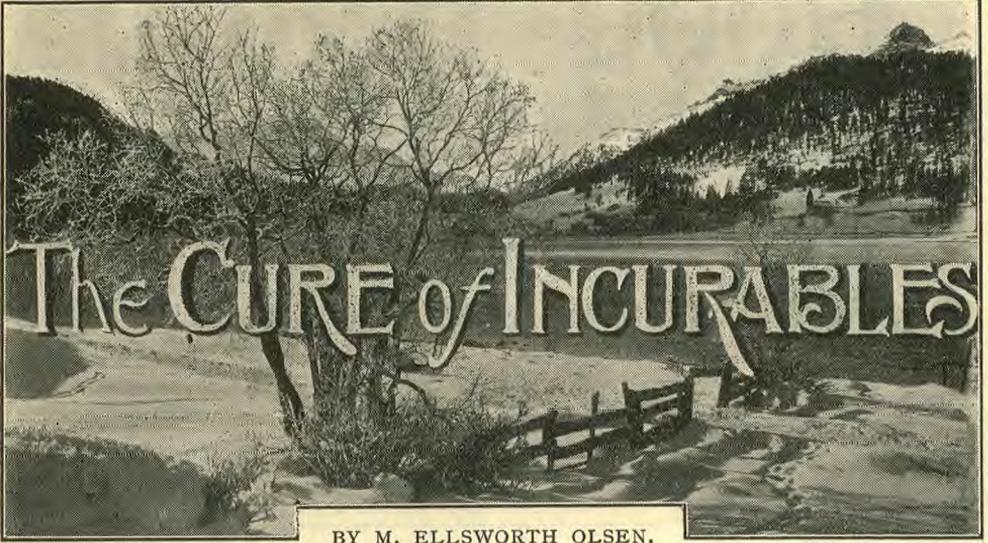
### Our Seventh Christmas.

THIS is the seventh time that GOOD HEALTH has had the pleasure of giving its readers a Christmas greeting. Our edition this month is 80,000 copies. Six years ago it was 15,000. To the friends and supporters who have done so much to secure this healthy growth we extend our hearty thanks.

Two new features will appear regularly beginning with the January number. There will be a "Ladies' Column," conducted by Marie Blanche, taking up questions relating to healthful dress, rational beauty culture, and many other things of great interest to women. Marie Blanche not only has an excellent knowledge of such matters, but a very interesting way of conveying it. Questions will also be answered.

Another new feature will be a department devoted to "Physical Culture," which will be conducted by Mr. William M. Scott, of the Leicester Sanitarium. Mr. Scott has specialized in this subject for years, and we know our readers will be pleased with his well-illustrated articles.

We are enlarging our list of contributors, and shall endeavour to cram the magazine month by month with all that is latest and best on the subject of health and hygiene. Will not each one of our readers endeavour to get at least one new reader before the new year. The editors are always glad to hear from those who will help us in this way. If GOOD HEALTH has done you good, pass it along.

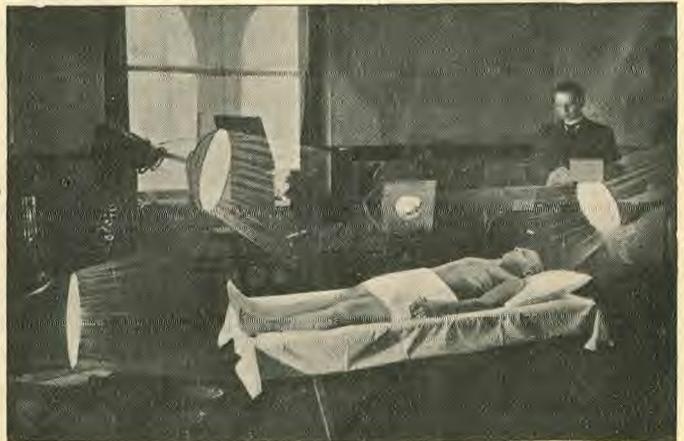


BY M. ELLSWORTH OLSEN.

SCATTERED throughout the cities and towns and country districts of Great Britain and in other parts of the world there are many thousands of confirmed invalids. They are not always confined to their beds; they may be up and around, but they are scarcely ever free from pain, and though they may go on their way without complaining, it is hard for them to see others enjoying exuberant health while their own lives are always under the shadow of bodily affliction. Many of these invalids have taken medicine enough to stock a small apothecary's shop, and they may still be trying the virtues of the latest nostrum, guaranteed to cure just such cases as theirs; but all to no avail.

They regard themselves as incurable; their friends agree with them, and so the matter ends. They may be incurable by ordinary methods, but it remains an interesting fact that the new natural methods have very greatly alleviated the condition of thousands of supposedly incurable cases, and restored them to useful, happy, and almost pain-free lives.

Natural methods of treating disease are most fully exemplified in a well-equipped sanitarium. Here every rational means which has proved its usefulness, is employed. The patient is treated individually; nothing is done by wholesale mechanical methods. The doctor is on the spot, and makes a careful study of each separate case with a view to providing just such treatment as will assist nature in effecting a perfect cure. Note, the patient is treated, not the disease. The plan is to study the patient, find out what nature is trying to do for him, and then provide an



TREATING PATIENT WITH THE PHOTOPHORE.

environment and suitable treatments which will assist nature. Disease is not simply an enemy to be kicked out the back door. It is in reality a natural process by which the body is trying to get rid of an accumulation of poisons. The sick man, it has been well said, is not after all in a class entirely by himself; he is not all wrong; he is simply a healthy man in a state of temporary embarrassment. His body will respond to intelligent treatment. It will only rebel against powerful drugs.

What are some of the methods used in an up-to-date sanitarium? First we have the baths, given by skilled nurses and attendants, and including all the various forms which have been found most effective in dealing with a great many different classes of invalids.

Baths are not given as a regular routine, all patients going through much the same programme; but they are carefully adapted to the individual case under treatment, and they are combined with massage (given by skilled masseurs and masseuses), oil rubs, and other tonic measures.

Among the baths which have been found most effective in dealing with a large class of invalids is the famous electric light or radiant heat bath, first devised and used in connexion with one of the sanitariums connected with the "Good Health" movement, and which is now almost universally recognized as a remedial agency of

high value. The advantage of the electric light bath over the Turkish and other vapour baths is that it supplies light as well as heat, and leaves the patient with a feeling of strength and vigour instead of weakness. The skin being transparent, the light penetrates to the tissues and does its healing work. An electric light bath, followed by a cool sponge and light massage, gives a feeling of physical comfort

and well-being which is little short of marvellous. It is this combination of various kinds with skilled massage which is one of the unique features of sanitarium methods. In the ordinary hydro special massage is regarded as an extra; in the sanitarium method it is a regular part of the treatment, and is so recognized.

The salt glow is another very agreeable tonic treatment, which is usually followed by the oil rub, leaving the skin delightfully soft and

smooth, and the whole body full of vigour.

Then there are the hot and cold pours, the sitz-baths, the wet sheet rubs, the packs of various kinds, and many more treatments which we shall not stop to name, each of which, however, has its proper place in the galaxy of natural remedies which are administered by skilful and sympathetic hands in a full-fledged sanitarium.

The electric treatments include the high frequency current, which has been found effective in treating many chronic disease



THE ELECTRIC LIGHT BATH (UPRIGHT).



THE ROSTREVOR HILLS SANITARIUM.

conditions; also the photophore, which has only very recently been adopted as a healing agent, and is proving its efficacy in a number of obscure disorders.

It is the policy of these sanitariums to make use of all the latest and best methods of treating disease, and at the same time to provide the most restful and pleasing environment for the invalid. This latter is by no means an unimportant matter. Early hours are the rule. The patients must have plenty of sleep, so lights are expected to be out by half-past nine. There is also a special rest hour immediately before dinner, when the building is kept quiet in order that a restful nap may be taken before the principal meal of the day.

The environment at a sanitarium is something more than restful. It is instinct with hope and good cheer. One might think that with a few dozen invalids about the atmosphere would be depressing; but it is nothing of the kind. The secret of this wonderful optimism lies in the fact that the sanitarium is a centre of reform. It is, if you

please, a sort of university of health. Its modes of treatment are founded upon natural laws, which the guests are expected to study and master. Like other universities, it has regular lectures, dealing with the body in health and disease, and the eager and intelligent questions asked by the guests at one of these lectures would do credit to any university.

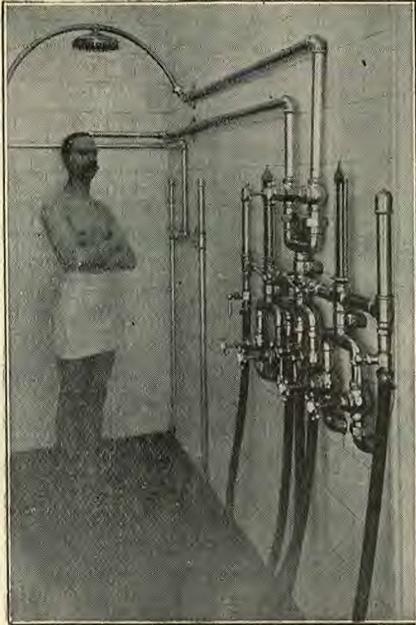
Not all the people at a sanitarium are invalids. Perfectly healthy people come to study the great laws of health and the methods of treatment, with a view to



making their own home life conform more nearly to the life-giving principles which these institutions represent. Friends of patients often come and stop with them for a while to see the progress they are making. Missionaries from India, China, South Africa, and other fields, come and spend a couple of weeks, to pick up knowledge which will be of use to them in their mission work, and at the same time to derive benefit from the pleasant tonic treatments which are given.



DRAWING-ROOM (LEICESTER).



THE SPRAY.

But even the patients who suffer most severely keep so busy at a sanitarium that they have little time to think about their pains, and no time to talk about them. Indeed, the conversation never turns on disease. It is so much more interesting and inspiring to talk about health.

Some idea of the busy life led in a sanitarium may be gathered from the following extracts from a little book of instructions which is supplied all the patients as a sort of vade-mecum in one of the largest and best of these institutions.

#### Hints to New Patients.

1. Make a business of getting well. Make every other consideration secondary.

2. If you have not left all worries, anxieties, and cares at home, send them back by the first mail. Worry and other depressing emotions are sinkers which must be cast off. In the race for health, the invalid "must lay aside every weight."

3. If you have had any bad habits which have not been abandoned, lay them aside at once. Every unnecessary expenditure of energy must be scrupulously avoided. All the vital resources of the body must be carefully husbanded to combat disease and rebuild the wasted tissues.

4. Do not talk about your ailments to anyone but your physician.

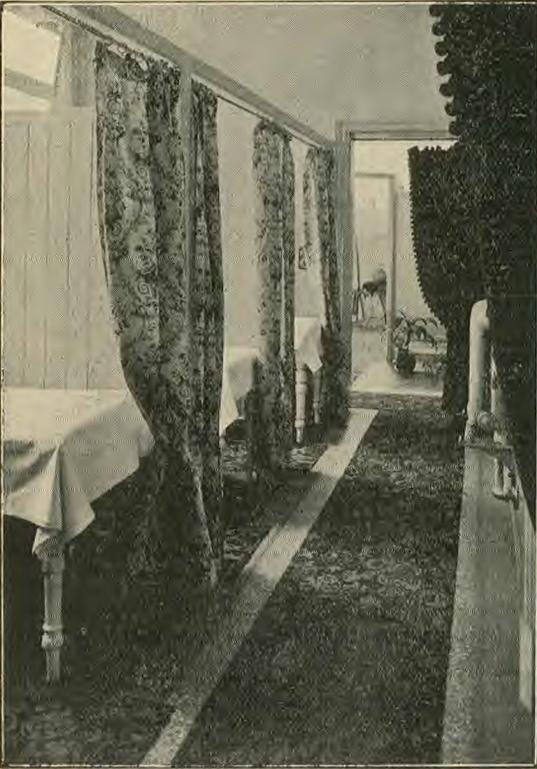
5. Be sure to keep in close touch with your physician, who expects to see you daily. Report exactly the facts of each day's treatment. If any unpleasant or apparently evil results are observed—report immediately.

6. Be careful to get specific directions respecting diet, exercise, and everything pertaining to your case. Then follow these directions religiously. These prescriptions will of course be changed at frequent intervals, as the Sanitarium system is in all respects progressive.

7. Be whole-hearted, earnest, conscientious, energetic, determined, and persevering in your efforts healthward. Such a spirit has saved many an invalid whose case had been pronounced hope-



THE ELECTRIC LIGHT BATH (RECLINING).



BATH- AND MASSAGE-ROOMS (LEICESTER).

less by eminent authorities. The physician can only do his best when he is conscious of the cordial and conscientious co-operation of his patient.

8. Get your physician to make out for you a programme which shall indicate how every waking hour shall be spent in such a way as to help you on toward recovery.

9. Spend every moment possible out-of-doors. Do not waste time loafing about indoors, reading books or newspapers, or talking business, gossip, or politics. If you have ten minutes to spare, go right out-of-doors and take a few turns upon the veranda or walk a quarter of a mile and back. There is no time to waste.

10. Do not forget to chew. Every morsel of food should be chewed five or six times as long as usual. Forty to sixty movements of the jaw are required for ordinary food—a baked potato, for example.

Is it any wonder that the patients are busy with programmes like this? Best of all, they are working intelligently. It is not blind experimentation, but well-directed rational effort to regain health and strength. The physician and the patient join hands in co-operating with nature to bring about a rational cure.

The patient sees daily new beauty in the great principles for which the institution stands, and is led to put forth more hearty efforts to conform to those divine physical laws which lie at the root of health and healing.

A word should be said of physical culture as practised at the sanitarium. Classes are conducted morning and evening, and all patients able to be about are expected to attend. Special attention is given to exercises which make for full, deep breathing. The classes are often held on the lawn.

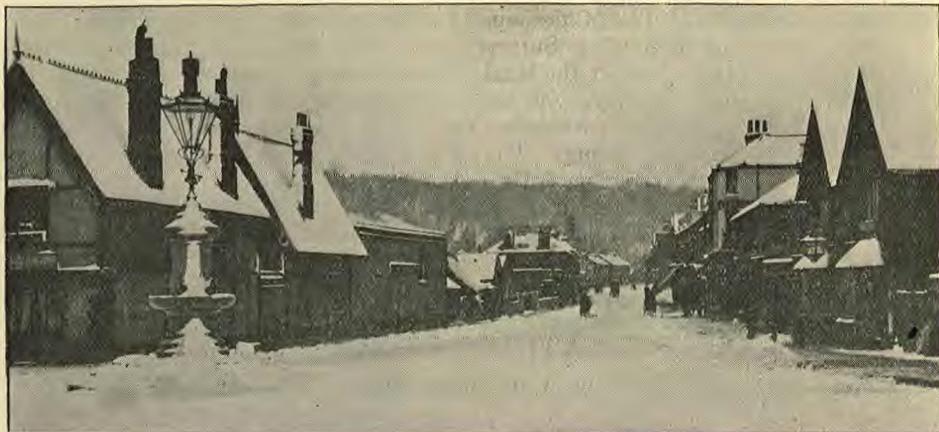
Walking, tennis, croquet, and other forms of outdoor recreation are encouraged, the patient in many cases standing more in need of exercise than of rest. The lovely natural surroundings of the sanitariums make these outdoor excursions very enjoyable occasions.

It would be a very long story to tell the history of the sanitarium movement; we should have to go back some forty years to a little American farmhouse, fitted out with the crudest appliances for giving baths, and manned by a doctor and

a couple of nurses. Now the sanitariums and branch institutions number something like sixty, being located in many different countries, and the magazines and books advocating the principles are read month



THE LEICESTER SANITARIUM.



CATERHAM VILLAGE IN WINTER.

by month in thousands of homes, not only in Great Britain and America, but in Germany, France, Switzerland, Scandinavia, Mexico, and India, as well as in the British Colonies.

All the sanitariums are manned by regularly qualified physicians; no secret remedies are employed, and no cures guaranteed. The general success of the sanitarium treatments in the case of chronic invalids often regarded as incurable, must be sought in the variety of rational treatments which in a sanitarium can be brought to bear upon the case.

Sanitarium methods have the hearty support and approval of many of the foremost physicians, and patients often come because they are advised to do so by the family doctor. The medical superintendents, it may be said in passing, are always pleased to receive suggestions from the patient's physician, and to carry out the same to the best of their ability. Needless to say,

physicians are always welcomed in these institutions, and the fullest information is given them as to the methods used.

The sanitariums connected with the "Good Health" movement (and they are in a sense the original sanitariums, the word having been coined for their use) are all carried on as self-supporting charities—that is, whatever profits arise beyond actual running expenses are used to enlarge and better the facilities of the institution, and to provide free treatment for the worthy poor. Thus no person or persons can make money out of any of these institutions. This being true, it is natural that a very fine class of helpers should be attracted to these institutions, especially as the nurses' training course which they provide is very thorough-going and complete, particularly as regards all natural methods of treatment.

There are in Great Britain at present three sanitariums directly connected with this



THE WET SHEET RUB.

world-wide movement. The Caterham Sanitarium, also known as the Surrey Hills Hydropathic, is located at the head of the lovely Caterham Valley, with an elevation of some 450 feet, and surrounded with scenery of entrancing beauty. The Rostrevor Hills Hydro, formerly of Belfast, lies in the midst of the Mourne mountains, and has ample grounds of its own, comprising some 130 acres; it raises

its own vegetables, and supplies its patients with milk from its own cows. The Leicester Sanitarium is located in the city of Leicester, near a pretty park, and like the others is well fitted out with all appliances for giving a very large variety of physiological treatments. A copy of the prospectus giving full particulars will be sent to all readers of GOOD HEALTH applying to the secretaries of any of these institutions.

## INFLAMMATORY RHEUMATISM.

BY A. B. OLSEN, M.D.

INFLAMMATORY rheumatism is also known as rheumatic fever and acute articular rheumatism. It is an acute constitutional disease, characterized by inflammation, especially of the large joints. Unfortunately it is rather a common disease, and often plays sad havoc with its victims.

### Causation.

The causes of rheumatic fever fall into two classes, predisposing or general, and exciting or direct. We know most about the predisposing causes, which include alcoholism, hereditary tendencies, exposure to storm, cold, and wet, and the excessive use of animal flesh. A severe chill often brings on an attack in those who are already predisposed and susceptible.

But the real and ultimate cause has not yet been recognized. Some consider it an infectious disease, like pneumonia, while others associate it with the nerves. Probably the most rational theory is the one that regards it as a nutritional disturbance, chiefly concerned with proteid metabolism. According to this theory, uric acid, a product of incomplete nitrogenous metabolism, and similar bodies, are the exciting causes.

One attack of inflammatory rheumatism predisposes to another.

### The Symptoms.

The onset of inflammatory rheumatism is usually sudden, and the large joints are most likely to be involved. There are fever and characteristic acid sweats. The affected joints swell, become hot and red, and there is intense pain and tenderness. The inflammation spreads gradually from one

joint to another. Any of the joints may undergo inflammation, but those most likely to be involved are the knees, elbows, wrists, and ankles. When new joints are affected, the old ones recover as a rule. The urine is dark and diminished in quantity. It often contains uric acid crystals as well as a brick-dust deposit. There are loss of appetite, a bad taste in the mouth, coated tongue, indigestion, and constipation.

### The Heart.

The worst feature of acute rheumatism is its great tendency to attack the heart and set up endocarditis. It appears that in about forty per cent of all cases of rheumatic fever the heart is affected. Inflammation of the heart is often a grave matter. One or more of the valves are usually involved, and organic disease is likely to be the result.

### The Duration and Outcome.

There is no set time for rheumatic fever. It may last only a few days, or several weeks may elapse before there is recovery.

The prognosis is good unless the heart is involved, and even then there is often a fair recovery, although the heart may be permanently injured. Sometimes the permanent effect upon the heart is so slight that it can almost be neglected.

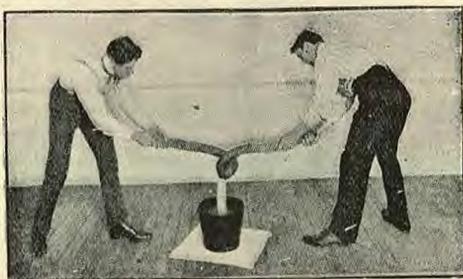
### The Treatment.

The first step is to put the patient to bed in a cheery, well-ventilated room in a quiet part of the house. The top floor is usually best.

Keep the patient warm. This is of the greatest importance if a rapid and favour-

able recovery is to be obtained. Avoid sheets, and use warm, soft blankets only. See that no draughts are allowed to reach the patient.

Most hot applications are both comforting to the patient and valuable in promoting recovery. Fomentations,\* hot packs,† hot water bottles, hot sponging, etc., are all useful. Blisters are often recommended, but we prefer fomentations. Various liniments are used, some of which appear to be useful, for example, chloroform liniment. The photophore and electric light bath are valuable.



1. Wringing out the Blanket. 2. Patient in the Pack.

### The Diet.

It is obvious that all alcoholic beverages must be interdicted. Flesh foods, too, should be entirely discarded, at least until there is complete convalescence. Fruit,

\* Fomentations are flannel cloths wrung out of very hot water.

† To give the hot blanket pack, lay two or three dry blankets across bed or couch; then lay over these a blanket wrung out of very hot water. Have the patient lie down on this, and bring the hot, moist blanket up over him, following with the dry ones. Add more blankets or other covers, together with hot water bottles, and leave the patient in the pack till he perspires freely. A hot bottle should always be put to the feet, and a cold cloth should be applied to the head.

both fresh and stewed, can usually be taken freely. Some recommend a milk diet, which is not bad. Generally speaking, the diet should be rather abstemious for several weeks, and should include only such foods as are free from uric acid compounds and also easy of digestion.

### Drinks.

Encourage the patient to drink water freely, either hot or cold. From two to four or even five pints can be taken daily to advantage. Lemonade, orangeade, limeade, and other fruit drinks are most valuable.

### The Care of Delicate Children in Winter.

THE delicate child needs a proper amount of wholesome and easily digested food. Pine kernels, blanched almonds, walnuts, and hazelnuts are very good for children. They supply proteids and fats in an easily digestible form, and they also encourage the child to masticate thoroughly, which is important. Wholemeal biscuits, well-made bread, cream, and well-ripened bananas, also apples, both fresh and baked, dates, raisins, figs, and sultanas are likewise in order. Fruits are valuable not only for the natural sugars they contain, but because of the aid they render in the assimilation of other foods.

The delicate child needs rather more than the usual amount of clothing, which should be evenly distributed. It is not well to clothe the chest with several thicknesses of warm material, and then leave the knees bare. Union suits of under-clothing are the best for children. Sanis underwear is very satisfactory.

Encourage the delicate child to be out-of-doors as much as possible. On no account allow him to overdo in the matter of school study. Children under fifteen years of age ought not to spend at the most more than five hours daily in mental work. Delicate children will do best as a rule, both mentally and physically, if not required to do any study till eight or nine years old, unless it be to learn to read.

THE United States consumed about one billion pounds of coffee last year.

## THE RATIONAL CURE OF CONSTIPATION.

BY J. J. BELL, M.D.

PERHAPS it is not too much to say that there is no more prevalent abnormal condition of the human system than constipation. And possibly for no condition is there so much useless and harmful drugging with patent medicines.

Constipation may be due to many causes, some of which are deficient tone in the muscles of the intestines, deficient intestinal secretion, weakness of the abdominal muscles, the use of corsets, sedentary habits, neglect to heed the calls of nature, hasty eating, the use of a too concentrated dietary, and the taking of too little fluid.

A large number of cases can be cured simply by a change of diet; often, by taking a few things of a laxative nature. In some cases it becomes necessary also to avoid all things which tend to constipation, while in others treatment may be necessary in addition to regulation of the diet. Some patients can do with a good deal of bulky food in the form of vegetables. Others may require a bland, laxative diet consisting largely of steamed fruits and nut preparations, and such cereal preparations as barley jelly. This is especially true of those who have irritable stomachs and cannot take coarse foods.

In general we may say that practically

all fruits are laxative, also all vegetables and all edible nuts with the exception, perhaps, of the chestnut, which contains little or no fat. Of the cereals in general use whole wheat, barley, and oats are perhaps the most laxative. Of dairy products cream and butter alone are laxative.

On the other hand, of foods in common use which tend to cause constipation, we might mention white flour and preparations made from it, rice, sago, tapioca, corn-flour, arrowroot, milk, flesh-meats, tea (because of the tannic acid it contains), eggs, and cheese. In these foods there is little or no residue, nearly all being absorbed. The most laxative of the fruits are figs, currants, raisins, gooseberries, strawberries, prunes, peaches, apricots, and apples.

A glass of pure cold water an hour before each meal will be found to be a useful remedy for constipation. At least two

pints of water should be taken daily.

Such exercise as gardening is especially good. Walking, horseback riding, hill climbing, and gymnastic exercises are all beneficial. Of gymnastic exercises the trunk movements are especially helpful.

Hot applications in the form of fomen-



A GOOD HEALTH BABY.\*

\*Master Jones, of Bristol.

tations to the liver and bowels, or the hot and cold douches to the abdomen, abdominal massage, the Faradic electrical current applied over the large bowel, and the moist abdominal compress worn during the night, are all useful forms of treatment.

The enema is often abused by persons suffering with constipation. It is not a good plan to take large injections of hot water daily. When such other measures as have been mentioned fail, it may be necessary for a time to use a small quantity of water in this way. But the temperature should be lowered each morning, and the quantity of water reduced. By this means the bowel will gradually regain its natural tone.

Immediately after breakfast each morning is a good time for this treatment.

Before making use of the water the patient should each time try to move the bowels without it. And after using it daily for a week it is a good plan to leave it off for a day or two, and thus try to get the bowels to move of their own accord. There should be no waiting for a natural call. The patient should try immediately after breakfast to evacuate the bowels. If this fails the enema may have to be continued for another week.

In some cases the injection of a small quantity of olive oil into the bowel after retiring at night does good. The oil should be warmed to body temperature and should be retained till the next morning. A little olive oil taken by the mouth before retiring will sometimes do good.

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## MIND CURE.

BY ELLEN G. WHITE.

THE relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces, and to invite decay and death.

Disease is sometimes produced, and is often greatly aggravated, by the imagination. Many are lifelong invalids who might be well if they only thought so. Many imagine that every slight exposure will cause illness, and the evil effect is produced because it is expected. Many die from disease, the cause of which is wholly imaginary.

Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul. "A merry [rejoicing] heart doeth good like a medicine."

In the treatment of the sick, the effect of mental influence should not be overlooked. Rightly used this influence affords one of the most effective agencies for combating disease.

There is, however, a form of mind-cure that is one of the most effective agencies for evil. Through this so-called science, one mind is brought under the control of another, so that the individuality of the weaker is merged in that of the stronger mind. One person acts out the will of another. Thus it is claimed that the tenor of the thoughts may be changed, that health-giving impulses may be imparted, and patients may be enabled to resist and overcome disease.

This method of cure has been employed by persons who were ignorant of its real nature and tendency, and who believed it to be a means of benefit to the sick. But the so-called science is based upon false principles. It is foreign to the nature and spirit of Christ. It does not lead to Him Who is life and salvation. The one who attracts minds to himself leads them to separate from the true Source of strength.

It is not God's purpose that any human being should yield his mind and will to the control of another, becoming a passive instrument in his hands. No one is to merge his individuality in that of another. He is not to look to any human being as the source of healing. His dependence must be in God. He is to be controlled by God Himself, not by any human intelligence.

## COLD HANDS AND FEET.

## SOME EXERCISES TO QUICKEN THE CIRCULATION.

BY WILLIAM M. SCOTT.

"I DREAD the winter; I suffer so much from the cold!" Often do we hear this plaint from thin, emaciated people, of both sexes, usually sufferers from indigestion or some form of mal-nutrition.

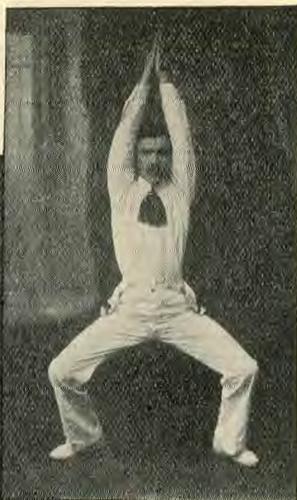
During the spring, summer, or autumn, would have been a good time for such to have commenced training for a higher degree of health and vigour, so that, when the cold season came, it would be hailed as a blessing, instead of being looked forward to with dread. Where can be had a better "tonic" or a finer "pick-me-up" than a clear crisp day in winter. It is one of the conditions which go toward the making of the "Hardy Norseman."

But, now that the summer is past, and winter upon us, we must endeavour to help these suffering ones out of their difficulties, or alleviate their sufferings to some extent. From the standpoint of health, as well as of comfort, it is essential that our bodies be maintained at an equable temperature. Cold hands and feet, and a more-than-healthy hue of the olfactory organ, usually indicate low vitality, nervousness and indigestion, and prompt measures ought to be taken to increase vitality, build up the nervous system, and cure the digestive disturbance, before permanent relief can be expected from the symptoms named. Much can be done by the individuals themselves at home, but if such an institution is within reach, they should avail themselves of a

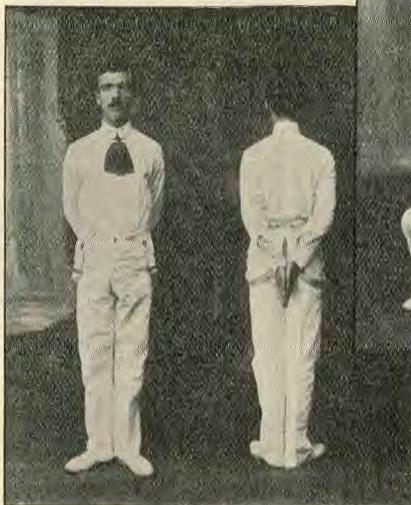
course of tonic treatment at a sanitarium.

Exercise of the teeth—in thorough mastication of the food—will oftentimes do more for such sufferers than a whole course of gymnastics. As a result of this, the only part of the digestive function over which we have complete control, the

food will be more easily and thoroughly digested and assimilated and the system will consequently be better nourished and a better circulation maintained. Deep-breathing is likewise a powerful aid in the same direction, and painstaking effort should be made to establish a habit of taking deep, full breaths all through the waking hours. Shallow breathing is the root of many diseases.



SECOND POSITION.



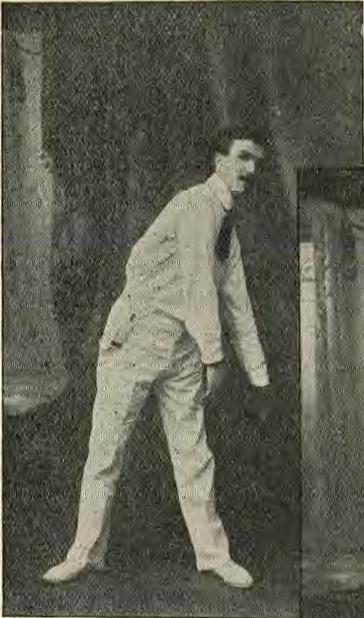
EX. I. FIRST POSITION, FRONT AND BACK.

Of supreme value, in quickening the circulation, is the "Morning Sprint for Health," recommended in the Special Outdoor Number of GOOD HEALTH. Every sufferer from defective circulation, as well as every good health aspirant, ought to give this vitalizing measure a prominent place in his daily programme, especially during the winter months. Begin now. Commence with a moderately long walk at a brisk pace, and go on increasing the distance and pace from time to time as you feel you are able.

Local exercises, such as opening and closing the hands, rising on the toes, shaking the hands loosely and vigorously from the wrists, etc., are helpful, but

movements which bring into action the larger and more central muscles of the body as well, especially those of the chest, are of much greater value. Skipping with a rope or, better still, the exercises illustrated on these pages, will give a good idea of what we mean.

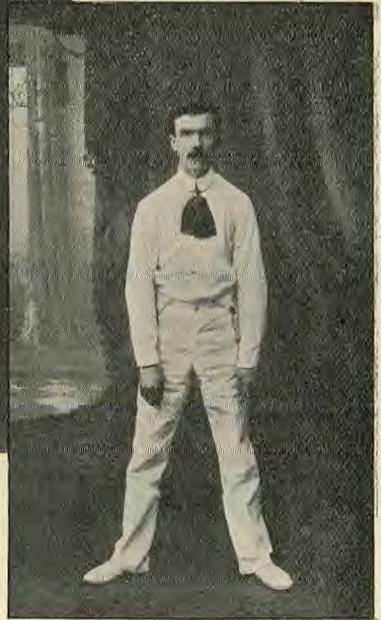
It will be well for those just starting out with physical culture to take the exercises in a gentle way. Do not be too enthusiastic and overdo to begin with, but expect to make steady progress. Put your mind into the work. Cultivate the play spirit. For instance, in Exercise No. II feel that you are tossing a forkful of hay up on to a waggon in the hay-field, or you might imagine that you were making a "splendid drive" at golf. Endeavour to add new and interesting exercises to your daily drill from time to time. Perhaps you can get other members of your family or circle of friends to join you. This adds considerably to the interest and benefit. In time the daily practice will become a part of your life; you will look forward to your exercises as you do to



EX. II. FIRST POSITION.



SECOND POSITION.



THIRD POSITION.

your bath—in fact they can with advantage be made to precede it, be it either hot or cold.

#### Exercises Described.

No. I. In this exercise the arms are carried outward and upward in a wide circular sweep at the same time that the legs are separated, the palms of the hands meeting overhead as the balls of the feet strike the floor. Reverse the movement, moving arms and legs simultaneously. Repeat the double movement until tired, then rest and breathe as directed in the "Morning Sprint for Health." In jumping back and forth, see that you spring from and alight upon the balls of the toes. Endeavour to keep the arms as straight as possible, and make the palms of the hands meet flat together with a loud report. No. II. With the feet firmly planted on the ground, legs apart, knees stiff, swing the arms upward and round over the right shoulder, the right arm being kept perfectly straight, the left following it across the chest bends at the elbow, and the fingers touch the right shoulder. In doing this, the upper part of the body is well twisted round and the right shoulder dipped toward the left hip, bringing about a vigorous contraction of the muscles of the upper back and loins. Reverse the movement and coming to the relaxed position shown in illustration clap the hands together, and repeat to the left. Repeat from twenty to one hundred times. Rest and deep-breathe as directed.



## BEAUTY AND THE CORSET.

BY MARIE BLANCHE.

IT is not only women who have tried to distort and throw out of proportion the beautiful outline which Nature has bestowed upon the human form. Corsets are worn nowadays also by men. I regard it as a sign of pure and ridiculous vanity when a man fixes himself up in a construction of coultle and whalebone. Women, on the other hand, have certain, though not always convincing, excuses for wearing this modern instrument of torture. It is claimed for them that a pair of corsets give comfortable and necessary support to a woman's figure. This is the only excuse that is at all worthy of serious consideration. Other lame reasons, such as giving a graceful outline, making a figure neat and pretty, and so on, will not hold good at all, because there are plenty of extremely graceful and elegant women in our midst to-day who are enthusiastic members of the "no corset league," and who wear nothing nearer a corset than what is known as an "adjustable bodice."

I am willing to admit that if you have been accustomed all your life to the support of a stay you will feel that it is a necessity, but while yielding this point, I must argue that it is a necessary only to the woman who has been brought up from girlhood to depend upon this fashionable prop. If girls were trained from youth to hold the figure erect, without the aid of steels and whalebones, the muscles of the back and chest would grow strong themselves, and very little would be said about "necessary support" in after years.

From the beauty point of view I will not yield one inch in favour of corset wearing. I say emphatically that the stay, as

we know it generally, does not in any sense make for beauty of outline.

I would recommend any woman who is a slave to the corset to remove, one at a time, the bones from the pair she is wearing. Say that she remove one bone each week till only the two broad side steels are left, and, of course, the busk. In about six months' time she will be wearing what is practically a boneless corset. She will not have missed the support of one bone or cane at a time, she will have reduced both weight and pressure, and she will gradually realize that she can get along very comfortably without.

None of us need be dowdy or out of fashion because we decide to abandon a building of hard, unyielding material. There is, in fact, a strong feeling at the present day for an effect that is at once supple and easy. Some of our grandmothers and great-grandmothers used to sleep in their corsets, and lace themselves within an inch of suffocation, with the result that they had hard, tight, board-like figures, and their health was such that they were quite incapable of any ordinary amount of physical exercise, because, I suppose, they could never dare to eat a proper meal, and so got no nourishment for their poor little squeezed-in bodies. A figure, to be beautiful, must be absolutely supple and free in its movements, there must be no angularity either in outline or gesture, there must be no protruding abdomen, no strained collar-bone, no tightness of effect anywhere. The ideal figure is that which, making allowance for some shapely curves, follows pretty closely a straight line drawn from the breast right

away to the instep, the chest is then expanded, the shoulders and neck are in perfect repose, and the arms are loose and easy. The weight of the body is well supported, and walking, as well as other exercise, becomes easy and graceful.

How, then, you ask, is this natural figure conformable to our modern ideas of dress, as set forth in the fashions displayed in the ladies' papers and the shop-windows? Well, if you will avoid extremes your pathway is easy enough. But if you crave for all the latest freaks in tight, narrowly-cut garments, and long to imitate the remarkably funny-looking people in some of the fashion plates, you will of course be forced to build up a nice, hard, firm foundation to display the mode upon.

But I take it that the readers of GOOD HEALTH are more rational beings, not to be blown about by every fancy of Dame Fashion. Some of our leading artists have done much to influence the public taste in matters of dress, and many a woman of artistic instinct can design her own gowns most successfully. Every woman should know something about dressmaking, and if she will study her own particular figure, she may well pay some deference to the fashions of to-day, and by choosing the good and refusing the bad, she can compare very favourably with her unhappy, tight-laced sister, because she will learn to value soft, flowing, artistic draperies, and all the comforts of a scheme of underclothing that, entirely

independent of the corset's aid, has its weight thrown mainly upon the shoulders.

That artists are unanimous in their pronounced disapproval of the artificial-looking figure, I need scarcely point out. One has only to look at the various ways in which they endeavour to render less aggressive the angularity of the corset's outline in

their portraiture of modern woman. A cunningly arranged drapery thrown across a stiffly set up figure, or a scarf of some gauzy, indefinite material to veil the hour-glass proportions of a tight-laced matron, are little subterfuges common and transparent enough.

Yet it is quite remarkable how some women labour under the delusion that a figure cultivated to the requirements of tight-lacing is one that must command admiration. Some of them will starve themselves to reduce the waist an inch, and many women will suffer gladly the disfigurement of a red nose, and the pains of indigestion cheerfully, if they have the doubtful comfort of knowing that they can boast a sixteen-inch waist.



"GOOD HEALTH."\*

Well, if they are satisfied, no matter; but let us who have at heart health and beauty cultivate the grace of nature, the charm of a well-poised figure, the queenly bearing of a body well proportioned and well kept. Let us grapple with the beauty culture question in deadly earnest, and let the world of corsetted femininity learn from us that coutille and cane, whalebone and steel, have no vocation whatever in our rational scheme of physical culture.



### NELLIE'S CHRISTMAS VISIT.

I WONDER if any of the boys and girls who read *GOOD HEALTH* think that they are too young to be of any use in the cause of health and temperance. Let me tell you the story of a girl, not more than twelve years old, who really did accomplish something simply by being true to her principles.

She had laughing eyes, and long flowing curls, and was what some people call "the picture of health." But you'd hardly have thought she was on her way to spend the Christmas with her cousins, for as she sat waiting for her train she looked as though something quite serious was on her mind, and so there was.

Nellie had been brought up on the principles taught in *GOOD HEALTH*, and she was going among people who not only ignored the principles of healthful living, but had little patience with those who practised them, and so she was wondering how she would get along. The two families did not live a great distance apart, but there

was something between them that did not bring them together very often. However, on this occasion Nellie's cousins had sent such a pressing invitation that her parents said she might go if she wanted to.

It was a very jolly party that met Nellie at the station, and gave her such a hearty welcome. Everything was in readiness when they reached home, and dinner would be ready in an hour. There were ever so many things to be inspected—presents, and puppies, the Christmas tree, just loaded down with all sorts of things, and before the children were ready mamma's voice was heard calling them to dinner.

And what a sight that long table was to Nellie, who had been used to things so much simpler. There were many things that she allowed to pass her, some of which she had been taught were really harmful. But there was such a variety that Nellie had no difficulty in making a very good dinner, and she was wondering how the others managed to accommodate some of

nearly everything when the pudding was announced by the rather noisy cheers from the smaller members of the family.

"I won't have any pudding, if you please," said Nellie, rather timidly, as she saw her plate coming round.

"Don't like Christmas pudding!" cried two of the boys almost together.

Poor Nellie was confused, she hardly knew what to say. It was so unexpected; she had not thought of temptation coming in this way. They had all been so good to her that she felt as though she could do anything rather than give them any trouble or cause them displeasure in any way. But on the other hand she had determined not to violate the principles which her father had taught her were worth standing up for, so she sat back in her chair as if prepared for battle.

"My dear," said her uncle, kindly, "you need not worry about the brandy, for the spirit has been taken out in the burning."

This sounded very reasonable, and everybody murmured, "Why, of course," and some said, "Isn't it silly to be so particular?" until I think there are not many boys and girls but that would have also thought the argument a good one.

But Nellie remained firm. Several of the older people smiled pityingly, and the pudding was passed on to some one else, while Harry, the eldest lad, thoughtfully passed a dish of fruit to Nellie, and they all chatted away merrily again.

The children had a high time that afternoon and evening. Nellie was the life of the party. She had any amount of ideas, original, too, some of them seemed, and above all she was so good-natured and unselfish that they forgot her "little fads," as some one had called them, and one and all declared her to be excellent company.

"Isn't she a jolly girl!" said Ned to his brother Harry when she was out of the room.

"Yes," answered Harry, "they say that health reformers are mean, miserable people, but that's all nonsense. Look here, Ned, I believe they are the most sensible of all people, for they only eat and drink what they know will do them good, while other people are guided by their perverted appetites. Now I've been reading that health magazine Nellie has been sending

so long, and which father always puts in the waste basket. The way he has laughed at its teachings has made me hold off, but when I see a girl with enough nerve to refuse Christmas pudding and mince-pies because they're not wholesome why, I reckon a chap like me ought to have grit enough to stand for what's right."

But "the smartest thing," as uncle afterwards called it, was when he had to pay a forfeit on one of the games, and Nellie had the naming of it.

"Open all the doors and windows in the room for five minutes," was the task imposed.

Everybody thought this was unreasonable, and said they would surely catch cold, but Nellie had been given the honour of naming the forfeits and she pleasantly insisted.

The windows were opened, and then several of the older people guessed the meaning of it, and laughed and said it was a treat to have "a change of air," for the truth was that the men had been smoking away in the usual thoughtless manner until the air in the room was positively harmful. This was Nellie's testimony against the tobacco habit, and it was not without effect.

Nellie spent several days with her cousins, and most enjoyable ones they were, too. When she got home she told her father about everything, and I think he was rather glad of the opportunity of sending his young representative to his brother's home, for he had many times tried to show him a better way of living.

One thing that puzzled Nellie was why those who smoked and used alcoholic liquors did not like fruit. This, her father explained, was very general, and the reason was because the natural palate had been destroyed by the use of unnatural things. Grapes, for instance, from which their wines were supposed to be made, were insipid to them. Upon this Nellie agreed with her father that they certainly missed one of the best things the earth produces.

Now, dear children, I've told you this story to show you how even little girls can be faithful to their principles without being disliked. Indeed, you need not be afraid of your principles, for if you are true to them people will learn to love and respect you for it.

E. H. M.



## The Prize Xmas Dinners.



THE menus and recipes sent in for the Prize Christmas Dinner Competition announced in the October issue, were in general of a high order of merit and very creditable to the competitors. The first prize, of fifteen shillings, was won by Mrs. J. W. Gillmour, of Belfast; the second prize (ten shillings) has been awarded to Mrs. Mary Briscoe, of Leeds, and the third prize (a copy of "Science in the Kitchen") to Mr. Joseph Brandt, of Newcastle. The committee (consisting of Mr.

C. Herman Senn, editor of "Food and Cookery," Miss Florence Nicholson, Secretary of the London Vegetarian Association, and the Editor of GOOD HEALTH) were greatly pleased with some of the other menus submitted, notably those sent in by Mrs. A. S. Gossling, of Bournemouth, and Mr. Harry Chadwick, of Ashton-under-Lyne.

We have pleasure in giving below the menus which won first and second prizes; also the recipes complete for menu taking first prize.

### First Prize Menu.

Tomato Soup.  
 Nut Roast or Savoury Roast.  
 Mashed Parsnips.     Green Peas.  
 Baked Potatoes.     Raw Celery (in glass).  
 Plain Crisp Wholemeal Rolls or Brown Bread.  
 (New Era) Christmas Pudding with Golden Sauce.  
 Frosted Rice Pudding with Cream.  
 Fresh Pears, Bananas, Apples, and Grapes.  
 (Uncooked) Fruit Cakes.  
 Raisin Barley Water.  
 Lemon Barley Water.     Grape Juice.  
 Mas de la Ville Wine.



### Second Prize Menu.

Carrot Soup.  
 Mock White Fish Cutlets.     Parsley Sauce.  
 Steamed Potatoes.  
 Mock Roast Duck.     Apple Sauce.  
 Steamed Potatoes Mashed.  
 Braised Leeks.     Beetroot Salad.  
 Christmas Pudding.  
 Clear Orange Sauce.  
 Fresh Fruit.

### RECIPES.

**Tomato Soup.**—*Ingredients*: One tin tomatoes, 1 pint water, six ozs. onions, one stick celery, three ozs. butter, one oz. rice vermicelli, salt to taste. Chop the onion and fry for five minutes in the butter, add tomato, water and celery and cook gently for twenty-five minutes. Strain, return to stew-pan, add rice vermicelli, and cook gently for at least thirty minutes. [If the vermicelli is steeped in a tablespoonful of boiling water for five minutes or less, it can be easily chopped up before putting into the soup.]

**Nut Roast.**—*Ingredients*: Five ozs. hazel kernels, five ozs. walnut kernels, four ozs. pine kernels, two eggs (to bind), eight ozs. brown bread crumbs, sweet thyme, grated rind and juice of half a lemon, salt, if desired, but not necessary, lemon juice taking its place, half gill tomato juice (or vegetable stock). Grind the nuts, mix with crumbs and seasonings, add tomato juice, bind with the eggs (unbeaten). If mixture is not quite stiff, add more crumbs, as the quantity of crumbs necessary depends upon the kind used. Bake or steam in a buttered bowl or mould for one hour at least. Before serving, turn out, dust over with very fine zwieback or bread crumbs and put in the oven for a few minutes to brown nicely. Serve with a rich brown gravy made from vegetable stock, nicely seasoned, and thickened with browned flour. The roast may be garnished with parsley

and cut lemon, or some gravy may be poured round it before sending to table.

**Savoury Roast.**—*Ingredients*: One lb. large haricot beans, six ozs. pine nut kernels, white of one egg; for the seasoning, four ozs. bread crumbs, three ozs. onion, two ozs. butter, two dessertspoonfuls powdered sage, yoke of one egg. Have the beans steeped overnight, skin them and steam till tender. (If boiled, use only as much water as will be absorbed—a little at first, and more as necessary). Mix the cooked beans with the pine kernels (previously ground) add the white of egg, just slightly beaten. Butter a plain mould or bowl, fill mixture into this, leaving space in the centre for seasoning, so that when the savoury is being cut in slices at table, each helping will have some seasoning in it. Bake in the oven for one hour at least, having dots of butter over top. Before serving turn out, sift fine crumbs over, etc., as in nut roast, and serve with brown gravy, white parsley sauce, or tomato sauce as preferred. [The haricot mixture may be made from haricot bean flour, this saves the trouble of skinning the beans. In this case, simply blend the desired quantity (one lb.) with a little cold water and stir into about one pint boiling water. Cook for about one and a half hours.]

**Mashed Parsnips.**—Steam parsnips, and mash, adding a little butter.

**Baked Potatoes.**—Bake potatoes of uniform

size, in hot oven. The potatoes should be prepared for baking by thoroughly scrubbing the skins and removing any imperfections.

**New Era Christmas Pudding.**—*Ingredients*: One breakfastcupful bread crumbs, one-half breakfastcupful pure cane sugar, one breakfastcupful Nu Era wholemeal flour, one-half cupful brazil nut kernels chopped fine, one-half cupful sultanas (chopped preferably), one-half cupful currants (chopped preferably), one cupful muscattels (stoned), one tablespoonful dessicated coco-nut if liked, two ozs. almonds (blanched and cut in three or four lengthwise), two ozs. walnuts (chopped), three eggs or two eggs and two tablespoonfuls milk, rind (grated) and juice of one lemon. Mix dry ingredients well, add eggs (beaten) and lemon juice. Butter a mould and steam for two hours at least.

**Golden Sauce.**—*Ingredients*: One dessert-spoonful cornflour, three tablespoonfuls best golden syrup (Lyle's), one pint boiling water. Blend cornflour with a spoonful of water, stir into boiling water, cook for ten minutes, add golden syrup, leave for five minutes, and serve.

**Frosted Rice Pudding.**—Cook one-quarter lb. (or as much as will be required) of unpolished Carolina rice in as much fresh sweet milk as will be absorbed. When quite soft, add the yoke of one egg (or two yokes if pudding is larger) mixed with 1 oz. ground almonds and 1 oz. sugar. Butter a pudding-dish, put this in, and cover with a frosting made by beating the whites of one or two eggs to a stiff froth and adding 1 oz. dessicated coco-nut, and 1 oz. icing sugar. Spread this over top and

bake till the icing is set—the time depending upon the heat of the oven. If decoration is desired, cut angelica in little leaf shapes and place half a preserved cherry on each leaf. If the icing is put on in tufts after a layer spread evenly over rice first of all, the angelica can be put on top of each little tuft or raised portion, and looks very pretty. This decoration is done after the pudding has been removed from the oven, of course. Pieces of bright-coloured jelly will do as well as cherries, etc., but then they melt quickly.

**Fruit Cakes (Uncooked).**—*Ingredients*: One and a half lb. dates, (weighed before being stoned), four ozs. dessicated coco-nut, two ozs. walnuts (chopped), two ozs. almonds (blanched and chopped). Wash and stone the dates, leave in the oven for a minute or two to soften them, then mix with nuts, etc. Mix well, and chop all together if necessary, sprinkle bake board with more coco-nut, turn out, sprinkle with coco-nut, roll, and cut into fancy strips. This may be put between rice paper, it is then not so sticky, or may be put sandwich-like between wafer biscuits. If rice paper is used, cut *after* it has been put between the sheets. Cut with a sharp knife, dipping it in and out of a jug of boiling water. Serve on a pretty paper doyley.

**Raisin Barley Water.**—Ordinary barley water, sweetened with raisin juice—made by boiling chopped muscattels in water for about two hours.

**Lemon Barley Water.**—Ordinary barley water, sweetened with pure cane sugar, and the juice of lemons added to taste.

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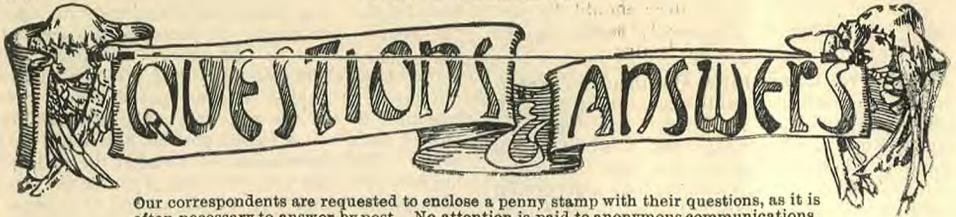
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## FRUIT LUNCHES.

WE tried to tell our readers in the October number of GOOD HEALTH about some delightful possibilities in a fruit luncheon. The other day we had the pleasure of enjoying a model meal of this kind in the restaurant conducted by Mr. Shearn at 234 Tottenham Court Road, London. There are two large dining-rooms, light and airy, and beautifully furnished. Not only fruits but a large variety of other delicious things are supplied. The fruit was well selected and daintily served. Mr. Shearn has been carrying on this restaurant for something like a year now, and is making a thorough success of it.

Fruit lunches are at once wholesome and dainty. For a person who takes dinner in the evening the best possible meal at one o'clock would be of fruit, with the addition, perhaps, of a few dainty wholemeal or granose biscuits. The natural sugars contained in the fruit require no digestion, but are ready for immediate assimilation. Thus the fruit luncheon supplies ready-made energy for the afternoon's work. It leaves the head clear, while at the same time supplying the needs of the body. Any readers of GOOD HEALTH who come to London should not fail to give Mr. Shearn a call.

The fifth volume of GOOD HEALTH, which contains nineteen numbers, ends with this issue. Indexes will be ready shortly, and will be supplied free of charge to all who apply inclosing half-penny stamp. Covers can be had for 1/-, post free. Complete bound volume, 2/6, post free.



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.

**Diseases of Women.**—A. B. L.: "What book would you recommend which deals with the ailments peculiar to women, their prevention and cure?"

*Ans.*—"The Ladies' Guide," by Dr. J. H. Kellogg. It is the best work of its kind that we know of, and you can obtain it from the Good Health Supply Dept., Sunny View, Caterham Valley, Surrey.

**Premature Baldness—Washing the Head.**—A. W.: "1. Can you tell me of a good treatment for premature baldness? 2. Does too much hot bathing affect the hair?"

*Ans.*—1. The best treatment that we know of for premature baldness is daily massage to the scalp. Apply this vigorously with the tips of the fingers. It may be continued for at least ten minutes at a time, and could be taken even two or three times a day to advantage. 2. No, we do not think hot bathing of the hair is harmful, although it is relaxing for the scalp generally. Shampoo the scalp once or twice a week with a mild soap and warm, soft water.

**Chilblains.**—E. A.: "Can you suggest a remedy for chilblains in the hands? I have been troubled with them for the last two or three winters."

*Ans.*—Take an alternate hot and cold hand bath morning and evening. Dip the hands in hot water as hot as you can bear for two or three minutes, and then dip them in very cold water for from twenty to thirty seconds. Repeat this process for five or six times, afterwards drying the hands gently from the cold bath. In the evening, massage the hands gently, using a little cold cream or vaseline. Another remedy is to sponge the hands with a preparation of one part water and two parts of methylated spirit, two or three times a day. The application of Newskin, which you can obtain from your chemist, will protect the chilblains from breaking, and thus help towards a speedy recovery.

**Bronchitis.**—W. M.: "My father is suffering from bronchitis. The complaint started in the winter with a bad cold, and has gradually become worse in spite of the treatment. He gets very little sleep now owing to violent fits of coughing during the night. I should be very much obliged to receive directions as to proper treatment."

*Ans.*—Put your father to bed for a week or two, and apply fomentations to the chest each morning and a chest pack in the afternoon. After removing the hot cloths or pack, bathe with cold water and dry gently. Give hot foot baths daily for from ten to fifteen minutes. See that the feet are always kept warm, by means of hot water bottles if necessary. See that your father has a plain but

nutritious diet, consisting largely of fruit and bread preparations. Let him sip a glass of hot water an hour before each meal, and also encourage him to sip hot water when the attacks of coughing come on. The best course for your father would be to go to the Leicester or Caterham Sanitarium for some tonic treatment.

**Numbness.**—J. T. R.: "Kindly advise me what to do for my wife. For about a month she has awakened during the night with the right arm feeling dead and stiff. It is only partially restored by rubbing, and then there is a sensation of pins and needles in the arm, and it aches for a considerable time."

*Ans.*—We would recommend massage or simple rubbing of the arm. Rub it upwards towards the shoulder, kneading the muscles well. In the evening, before retiring, apply alternate hot and cold cloths to the arm. Leave the hot application on for about three minutes, then apply the cold compress for about half a minute, repeating this process five or six times. After removing the cold compress the last time, dry well.

## FREE—A HANDSOME XMAS PRESENT.

THE managers of the Good Health School of Physical Culture have decided to present a copy of the new five-shilling book, "The School of Health," to the first fifty students who enter the course in the thirty days beginning November 20th.

If you have been thinking of taking a first-class course in physical culture, now is a good time to begin. The Good Health School does not aim to develop big, bulging muscles, but to give symmetry, grace, beauty, and genuine working ability. Every student is under personal supervision. Among those who can be greatly helped are such as suffer from poor circulation, indigestion, nervous exhaustion, the "tired feeling"; also those poorly developed, with round shoulders, and weak lungs. The school is conducted by correspondence only. Interested persons are invited to send a post card for particulars to—

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

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

In order to give a fairly full account of the Sanitarium movement we have found it necessary to leave over till next month a few of the things we intended to include in the present number.

WE have much pleasure in saying a good word for our advertisers. They are "good men and true"; and we are confident the goods they handle will give satisfaction. Of course no first-class magazine can exist without a certain amount of advertising matter, and it is always an advantage to **GOOD HEALTH** when our readers patronize the firms represented in our columns.

In the cold and wet weather which prevails generally during November, December, and January, it is of the highest importance to keep the feet warm and dry. The ordinary boot, even that made of very thick leather, does not do this entirely. A man walks to his place of business through muddy streets, and sits down in his office, and very likely experiences by-and-by a feeling of cold and damp on the soles of his feet. This difficulty is entirely obviated by the Good Health Boot, which is not only made of excellent leather, with hygienic lining throughout, but has a strip of cork worked into the sole which absolutely precludes damp. These boots are light and easy to walk in, and a very great improvement on the ordinary boot. Full particulars may be gained from our advertising pages. We can also heartily recommend the other footwear which is supplied by the makers, Messrs. Hall and Sons.

## CAMDEN TOWN DAIRY AND HEALTH STORES,

263 Great College Street, N.W.

Trams: Holborn to Hampstead Heath.

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

**R. J. DAVIES, Proprietor.**

# Between Meals,

When children so frequently require a little food, give hot milk soup made with

# Brown & Polson's

"patent"

**CORN FLOUR**  
and good sweet milk.

This is particularly light food, and the Corn Flour prevents the milk from curdling and makes it easier for digestion.

*In answering advertisements kindly mention "Good Health."*

# "UNCOOKED FOODS, AND HOW TO USE THEM," IS A NEW BOOK BY EUGENE CHRISTIAN.



HIS book contains all the information I have gained by ten years' study and scientific experimenting with foods in every conceivable way that promised to reveal the slightest knowledge in reference to how to select, combine, proportion, and prepare them, and their effects upon the human body.

My investigations were pursued without prejudice or preconceived opinions. They were honest efforts to ascertain facts concerning food, they were efforts to find why it is that over 90 per cent of all human diseases originate with the digestive, secretive, and excretory organs.

How to bring the human body to its highest state of development, how to change disease into ease, how to select and put together such material as would make the best blood, bone, and brain, I believe to be the most important study before the civilized world.

How do we profit by gaining vast knowledge that we cannot use, to master all the arts and sciences, and walk blindly into the shambles of disease, or furnish a fashionable funeral at forty? What use is it to know that science can combine a few chemicals that can rip to ribbons the mightiest plates of steel, and cannot tell us the chemistry of our own bodies nor the chemistry of the material from which they are made, and nothing whatever about the method of proportioning and combining these materials so as to produce the highest vitality and avoid disease, premature decrepitude, and mental dethronement.

It is these woefully neglected problems that this book solves.

It gives about 200 recipes for the selection, preparation, and combining of Natural Foods.

I have received more than one thousand commentaries on this book from the ablest minds in the various countries of the world. EUGENE CHRISTIAN.

The "Daily Mail" says: "'Uncooked Foods,' by Eugene Christian, is the most advanced work ever written on the food question. It may be disputed, but it cannot be answered."

The "New York Herald" says: "'Uncooked Foods,' by Eugene Christian, is a book 100 years ahead of the age. Every advanced thinker should read it."

"Your book, 'Uncooked Foods,' is an excellent addition to the health literature of the world. It is the best thing on the subject of Natural Foods yet written."

Ella Wheeler Wilcox.

Wu Ting Fang, the Great Chinese Diplomat, writes: "Your book, 'Uncooked Foods,' is a very great work. It will do a vast deal of good in opening the eyes of the benighted people to the value of Natural Foods."

THIS BOOK, CONTAINING 250 PAGES NEATLY  
BOUND IN CLOTH COVERS, SENT POST PAID FOR 2/6.

Address: EUGENE CHRISTIAN, 61 Farringdon Road,  
LONDON, E.C.

*In answering advertisements kindly mention "Good Health."*

**PUBLISHERS' NOTES.**

THE Health Food Supply Co., of 363 New City Road, Glasgow, is doing a thriving business in health foods of all sorts, including a superior quality of brown bread. Any GOOD HEALTH readers in Scotland who do not have the price list of this firm should secure a copy without delay. It not only contains a lot of information as to health foods, but also gives a very good general summary of the principles of correct feeding

A LITTLE girl of eight summers, after spending a pleasant half-hour with her mother, walked out into the kitchen, and said to the maid who was washing the dishes: "My mother has been writing a piece for the paper, and I have been correcting it, crossing the t's and dotting the i's. It was not in rhyme, though. It was only prose [prose]."

The International Health Association should feel highly complimented.

**BIRKBECK BANK**

ESTABLISHED 1851.

SOUTHAMPTON BLDs., HIGH HOLBORN, W.C.

**2½ per cent. INTEREST**

allowed on Deposit Accounts payable 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.

**A Merry Christmas.**

The merry season is often spoilt by eating indigestible unwholesome food. Instead of goose try F.R. Nutmeat; just as nice, and better for you. Ask your Store for our Genoa Nut Cream Cakes, Nut and Fruit Cakes, and Chocolate Dainties, and drink your best friend's health in "Sipit"—a healthy drink. Illustrated price list free.

THE LONDON NUT FOOD CO. (Dept. G.),  
465 Battersea Park Road, London, E.G.



**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.

Write for patterns to . . .

**JAMES WINTER, Linen Manufacturer,**  
Cortachy, Kirriemuir, N.B.

**THE IDEAL CONDIMENT FOR VEGETARIANS.**

**MAGGI'S ESSENCE.**



A highly concentrated liquid preparation, entirely free from any animal substance, a very few drops of which give strength, body, and flavour to any dish—soup, sauce, gravy, vegetables, etc.

**Economical in Use!**

**A Stimulus to Appetite!**

**An Aid to Digestion!**

Sold by all grocers in bottles at

**7d., 1/-, 1/6, 3/-,  
and 9/-.**

Pamphlets with full particulars on application to—

**COSENZA & CO.,**

95 Wigmore Street, London, W.

**The Drink of the Season.**

**Pure Wine Without Alcohol for the Invalid and the Connoisseur.**

The only Canadian Grape Juice Imported. Why drink inferior Continental or U.S. Goods?

**"PITMAN"**

**DELICIOUS**

**INVALID**

**GRAPE JUICE.**



**Unfermented, Unadulterated, Non-Alcoholic.**

Guaranteed to be the Pressed, Concentrated, Sterilized Juice of the Finest Grapes grown, the aroma and natural acids of the Fruit being unchanged.

Large Bottles, 2s. 6d. each; per dozen, 29s. 0d.  
Half " 1s. 6d. " " " 17s. 6d.  
Quarter " 10d. " " " 9s. 6d.

Sample Bottles, 6d., post free 8d.; per dozen, 5s. 6d.  
Orders of 5s. value, carriage paid.

**"PITMAN" HEALTH FOOD STORES,**

188-189 Corporation St., Birmingham.

The Largest Health Food Dealers in the World.

Xmas Illustrated Catalogue of Health Foods, etc., 88 pages, with copy of "Aids to a Simpler Diet," post free two stamps.

*In answering advertisements kindly mention "Good Health."*

# SHEARN'S XMAS OFFERS.

**Your Xmas Puddings, Mince, etc, will cost  
you less if you order your ingredients NOW**

... AND FROM ...

**SHEARN'S,** The Largest and Finest Health  
Food Stores in London.

Here are a few lines we specially recommend. Everything fresh and clean  
Satisfaction guaranteed.

Sultanas, 6d. lb., 3 lb., 1/4.  
Raisins, Australian, 6d. lb., 3 lb., 1/5.  
" Valencia, 5d. lb., 3 lb., 1/2.  
Seedless Raisins, 6d. lb., 3 lb., 1/4.  
Currants, Yostizza, finest, 6d. lb., 3 lb., 1/4.  
" best, 5d. lb., 3 lb., 1/1.  
Muscatels, 10d. lb., 5 1/2 lb. layer, 4/-.  
" 1/2 lb., " " 6/-.

Dates, choice Bussorah, 1 lb. cartons specially packed for us, 3/4. One dozen boxes, 3/3.

Almonds, Twin Jordans, 1/3 lb., 3 lb., 3/6.  
" Valencias, 1/4 lb., 3 lbs., 3/9.  
" Bitter, 10d. lb., 3 lbs., 2/3.  
Figs, 2 1/2d., 4 1/2d., and 6 1/2d. per box. Special line of cooking figs, 3d. lb., 3 lb., 11d.

#### OUR XMAS PUDDING PARCEL.

1 lb. Nut Suet.  
1 lb. Currants.  
1 lb. Sultanas.  
1 lb. Raisins.  
1 lb. Brazils.  
3 lb. Wholemeal Flour.  
1 lb. " Biscuits.  
1 lb. Almonds.  
2 Lemons.  
1 oz. Nutmegs.  
1 oz. Cinnamon.

Carriage paid in United Kingdom, 5/-.

#### OUR XMAS DESSERT PARCEL.

1/2 lb. Jordan Almonds.  
1 Box Bussorah Dates.  
1 Box Choice Layer Figs.  
1 lb. Finest Muscatels.  
1 lb. Brazil Nuts.  
1 lb. English Cobs.  
1 lb. English Hothouse Grapes.  
1 Pair of our celebrated Nut-cracks.

Carriage paid in the United Kingdom, 5/-.

Special wholesale prices quoted on application for boxes of  
Oranges, Apples, Almeria Grapes, Bunches of Bananas, etc.

Carriage paid in London and suburbs on 5/- parcels. For country  
terms see our complete list "A Guide to Good Things," sent post free if  
you mention "Good Health."

 **Hotels, Sanatoria, and Homes Supplied with Fresh  
Fruit, Vegetables, and Health Foods on Special Terms.**

Call or write . . .

**B. SHEARN & SON,** 231 & 234 Tottenham Court Rd.,  
LONDON, W., and Branches.

Phone: 6555 Gerrard.

When coming to London to do your 'Xmas shopping do not fail  
to visit our Fruit Saloon and Restaurant.

*In answering advertisements kindly mention "Good Health"*

## PUBLISHERS' NOTES.

GOOD HEALTH now has quite a circulation in South Africa, India, and the West Indies, and it would be well for our colonial readers to remember that when English firms advertise that they will send certain goods post free, this does not apply to places outside the United Kingdom. We mention this matter because some of our advertisers have had difficulty owing to readers' not sending the money to pay additional charges for carriage.

MR. WINTER'S "Nuxo" is a very valuable food to use in making palatable and nourishing sauces for vegetables. It could also be used to advantage in the preparation of gruels and other sustaining foods for the sick. "Butnut Suet," manufactured by the same firm, is a very satisfactory substitute for the ordinary suet. Mr. Winter's list should be in every home.

READERS are invited to send in lists of friends to whom they would like a copy of this number of GOOD HEALTH sent, enclosing 1½d. in stamps for each name.

## Colds and Catarrh.

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

The outfit complete, with full directions, and medicine for both instruments to last for a considerable time, is furnished at **7/6, post free**. We have reduced the price from 10/6 to make it accessible to a larger number of our readers, and have no doubt it will have a very large sale. **GOOD HEALTH SUPPLY CO.**, Sunny View, Caterham Valley, Surrey.

## 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. tin, 4/-; 14 lb. tin, 7/-; 28 lb. tin, 13/-, carriage paid.

#### IXION WHOLE WHEAT BISCUITS.

The finest for children, making good teeth, strong bones, healthy nerves, and good digestion. 7 lb. tin, 8/3; 14 lb. tin, 5/6; 28 lb. tin, 10/-, carriage paid.

#### IXION INFANT FOOD.

The best food for infants over 9 months. 1/- per sample tin, or 4/6 per half-dozen tins, carriage paid.

#### IXION WHOLE WHEAT FLOUR.

Millstone ground. Delicious for all purposes. At Stores in 7 lb. bags, or 30 lb. bag, 4/6; 60 lb. bag, 8/6; 120 lb. bag, 16/-, carriage paid.

#### KORNULES.

A grand breakfast and emergency food. At Stores in 14 lb. packets, or 3/6 per half-dozen packets, carriage paid.

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

**WRIGHT & CO., Vulcan St. Mills,  
LIVERPOOL.**

## 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.**

## 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 the n.

**MOULE'S PATENT EARTH CLOSET CO., LTD.,**  
5a Garrick Street, Covent Garden, London, W.C.

THE Pitman fruit and nut cakes are a welcome addition to the holiday fare. The other specialties of the firm are worth trying.

SIPIT, made by the London Nut Food Co., is a very pleasant and wholesome food-drink which will be found a very great improvement on tea and coffee.

DR. ALFRED B. OLSEN has recently given addresses before the Cardiff Good Health League, the Clifton Health Society, the Physical Health Societies of Edinburgh and Glasgow, and the Scottish Vegetarian Society. Everywhere he found a deep interest in the principles which GOOD HEALTH is endeavouring to promulgate.

WE have received from the Outdoor Club at Gillingham, Kent, the first numbers of "The O.C. magazine, printed in mimeographs, and full of delightful outdoor material, including brief notes on wild animals, plants, and flowers. The editor, Mr. Arthur Dobinson, has our hearty congratulations.

THE "Nature Cure Annual, and Health and Pleasure Guide," published by Macgregor Reid and Shaw, Ltd., 57 Fleet Street, London, E.C., has come to our table. It is attractively got up, and contains a number of excellent articles dealing with the different phases of healthful living. Among other features it contains a number of little poems by Watson Macgregor Reid which lovers of the simple life will read with pleasure. Price, one shilling net.

**HEATING**

CLARK'S PATENT HYGIENIC

**"SYPHON" STOVES**

PRODUCE

**PURE HEAT**

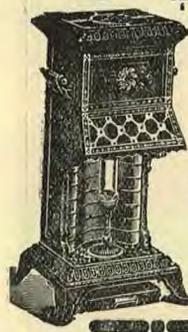
WITHOUT SMOKE OR SMELL.

The heat generated by the "SYPHON" STOVE is ABSOLUTELY PURE, and 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 Rd., High-bury, London, N.

Send postcard for Descriptive Book-let No. 90 FREE.



**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, 2/1<sup>1</sup>/<sub>2</sub>, post free. Address, **Good Health Supply Dept., Sunny View, Caterham Valley, Surrey.**

MR. S. GAMBELL, C/o Catholic Mission, Delaford, Tobago! B.W.I., a member of the Outdoor Club and of the Good Health League, desires to exchange view cards on subjects such as the illustrations in "Good Health," i.e., pictures of health resorts, campings, healthy people, etc., with members of the Good Health League and the Outdoor Club (stamps on view side, please). He will further send to each member twelve names and addresses of reliable picture postcard collectors of any twelve different countries he likes, on receipt of request and promise to send a copy of "Good Health" to each of them.

# COMMONPLACES

are often lost sight of. It is a commonplace of physiology that the human body gives out, *through the skin*, some three-ounces of matter per day, or about twice the average quantity breathed out by the lungs. Hence the skin is, on the authority of a great physiologist—

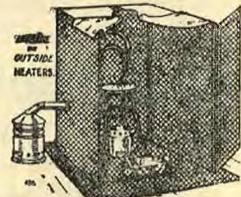
## The Most Important Theatre of that Substantial Change

which must be maintained if the body is to be kept healthy.

This commonplace explains why under-clothing becomes soiled and filthy; why a railway carriage or small room becomes foul and oppressive *in a short time* when full of people; it explains the horrors of the Black Hole of Calcutta.

The commonplace fact that the body is ventilated and cleansed and kept pure and healthy *through the skin* explains also the extraordinary power of the "Gem" Turkish Bath to maintain health and to cure disease as nothing else can.

The conditions of modern life render the skin to a great extent inactive; hence so much ill-health.



The "Gem" Bath, 30/-

But the delightful curative hot air and vapour baths, which you enjoy *in your own room* by means of the "Gem" Bath open the millions of pores all over the body, draw out the impurities of the blood—the waste matter of the system—and cleanse the body inwardly and outwardly, stimulating the internal organs, fortifying the skin, building up health, and banishing disease.

**Recommended by the Editor of "Good Health," and thousands of users, including eminent doctors and editors of the chief Health Magazines.**

Free book gives full particulars. Send for it now. The Bath may prove to be your physical salvation. It may save your life ere the winter is past, and in any event it will make you a healthier, stronger, and abler man or woman.

**THE GEM SUPPLIES Co., Ltd.,**  
Dept. G.H., 22 Peartree St., Goswell Rd.,  
LONDON, E.C.

*In answering advertisements kindly mention "Good Health."*

**Wholesome and Dainty**

GRANOSE flakes and granose biscuits, manufactured by the International Health Association, are winning fresh laurels from month to month. The biscuits when cut open and toasted in the oven for twenty or thirty minutes make one of the daintiest foods imaginable to take at breakfast or tea.

Poached eggs on granose biscuits are a most delicious dish. Delicate little children, invalids, and convalescents invariably find granose biscuits easy of digestion, and of incalculable value in nourishing the body and in building up the health. We hope that many of the readers of "Good Health" will accept the special offer of the International Health Association to send a sample box of their products for only sixpence. The offer is a specially generous one, and is not likely to be repeated.

**WORTHING—SUNNY WORTHING.**

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 8s. per week. Address the Manager.

**PARIS HYGIENIC RESTAURANT.**

ON FOOD REFORM PRINCIPLES.

Reasonable Prices. English Spoken.

Proprietress:

MISS WARREN, 4 Rue Desrenaudes, Ternes, Paris.

**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.**

**HOW TO SUCCEED WITH  
A VEGETARIAN DIET.**

**FAILURE** frequently results even with those who most earnestly desire to live on a fleshless diet simply because they select wrong foods to take the place of those they have given up. Failure never results if the proper foods are chosen, and there is not a man, woman or child alive at this moment who would not be healthier, happier, and more in pocket for living on the simple fruits of the earth properly prepared. This is a matter of vital importance and should be treated as such. The foods selected should be prepared with the most scrupulous care and cleanliness, and should have the nutrients properly balanced. Such are

**R. WINTER'S HEALTH FOODS.**

Every ingredient is cleaned and prepared in the most thorough manner: every food is compounded in such a way as to give the greatest possible amount of body and brain-building properties. If you use these foods you will find the fleshless diet a success, and you will never again be art and part in the horrors of the slaughter-house. Here are the names of these foods:—

**NUTTON.**—The best nut meats—made in six varieties: try No. 8, it is perfection.

**BUTNUT.**—The best nut cream butters—made in six varieties; Almond, Walnut, Cashew, Coco-nut, "Table," and also "Cooking" for kitchen use.

**BUTNUT SUET.**—A perfect vegetable suet for plum puddings, etc.

**PRUNUS, PRUNUS PERFECT FOOD, NUXO, NUTROGEN, etc.**

Ask your storekeeper for these foods, or write the sole manufacturer:—

**R. WINTER, Pure Food Factory, Birmingham.**

*In answering advertisements kindly mention "Good Health."*

# Monotony in diet tends to mal-nutrition.

*A variety of sustaining breakfast foods eaten on alternate mornings is, for most people, better than the same kind morning after morning.*

Buy a packet of each of the following, and try the plan suggested above, and you will be able to relish your food more, and will, from their valuable nutrient properties, build up a strong and healthy body. They are perfectly cooked, and ready to serve in two minutes.

**Granose Flakes and Granose Biscuits.** The best form of whole wheat extant. Should take a prominent place on every table. Delicious eaten dry and crisp, or with cream, milk, or fruit juice. 7½d. per packet.

**Toasted Wheat Flakes.** A unique food, sweetened with Malt Honey (Nature's Health Sweet). Makes a splendid breakfast dish with the addition of hot water or milk. Very nice with stewed fruit. About 20 oz. packet, 8d.

**Avenola.** A combination of cereals rightly proportioned to provide the best strength-giving materials. The best concentrated cereal food for winter mornings. Far superior in point of healthfulness to the so-called breakfast "nuts." Can be prepared in different ways in a few minutes. Recipes on packet. Per 1 lb. packet, 7d.

**Gluten Meal.** (I. H. A. Brand.) A concentration of the life element of wheat. Very nourishing, appetizing, and easy of digestion. Makes a fine gruel in one minute. 10d. per lb. packet.

❁ ❁ TRY THEM ALSO FOR SUPPER. ❁ ❁  
THEY ARE LIGHT AND EASILY DIGESTED.

Can be obtained from all Health Food Stores, or direct from the makers. In districts throughout the United Kingdom where we have no agents we will send, carriage paid, a packet of each of the above five foods, also a tin of our delicious Malted Nuts, and a ½ lb. tin of Protose (Nut Meat), together with "One Hundred Hygienic Recipes," for 5/-.

Sole Manufacturers:—

**The International Health Association, Ltd.,**  
Stanborough Park, Watford, Herts.

*In answering advertisements kindly mention "Good Health."*

THE Reynold's Gold Medal Wheatmeal Bread was again successful at the Bakers' and Confectioners' Annual exhibition in London last September, having been awarded first, second, and third prizes in class fifteen, the largest and most important open competition during the year. For four consecutive years Reynold's bread has achieved equally good results at the London Exhibition.

### Outdoor Club Appointments.

THE following are some of the principal appointments for the month:—

#### Birmingham.

For full particulars of a very interesting winter's programme apply to the secretary, Mr. A. J. Morris, 32 Denbigh Street, Bordesley Green, Birmingham. Gymnasium facilities, weekly health lectures, and pleasant social gatherings are among the privileges offered by this large and enthusiastic branch.

#### Bradford.

December 4th: "Physical Exercise as a Health Factor." Hector Munro, Esq., M.B., C.M.

December 11th: "Importance of a Correct Diet." Charles Hodgson, Esq.

December 18th: "A Cycle Tour Through Germany in 1907." Hector Munro, Esq., M.B., C.M. Chair to be taken at 8 o'clock each evening.

Lectures held at Eldon Place unless otherwise notified in the announcement in the "Yorkshire Daily Observer" of the same date.

A charge of 3d. is made for admission to cover the cost of advertising.

#### Manchester.

The Manchester Physical Health Culture Society (Branch of the Outdoor Club) will have the following programme for December.

December 3rd: "The Question of Social Purity." Lecture by Mrs. M. E. Crompton.

December 10th: Debate: "Should the Vaccination Acts Be Entirely Repealed?" Affirmative, Mr. J. P. Swan, of Liverpool. Negative, Dr. Arthur Drury, of Halifax.

Physical Drill Class on Thursday evenings at 8 o'clock—Library—Monthly Journal, GOOD HEALTH. Inclusive subscription, 2/6. Library open daily at 27 Brazennose Street. Meetings: Onward Buildings, 207 Deansgate.

## OATEN DIGESTIVE BISCUITS.

The Simple Life Food Co., Ltd., of 198 High Street, Camden Town, London, N.W., will send you, for 2/- P.O., 3 lbs of their new delicious oatn digestive biscuits, or for three stamps they will send you a tasting sample, together with full price list of their health foods.

## GOOD FOR YOUR COMPLEXION.

Dr. Harlan's  
**BEAUTY-CUP MASSAGE**  
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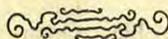
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# INDEX TO VOL. V. OF "GOOD HEALTH."

JUNE, 1906—DECEMBER, 1907.



	PAGE.		PAGE.
<b>Descriptive.</b>		Kidneys, Weak.....	241
A Growing Business.— <i>Illustrated</i> ....	500	Mental Healing.....	274, 303
An Ancient Industry.— <i>Illustrated</i> ....	335	Pain, How to Relieve by Fomenta- tion.— <i>Illustrated</i> .....	138
Autumn Holidays.— <i>Illustrated</i> .....	105	Piles.....	435
Cabin, Goat, and Fowls.— <i>Illustrated</i> ..	557	Rational Cure of Disease.— <i>Illus</i> ....	362
Caterham Sanitarium, My First Day at.....	141	Rheumatism, Inflammatory.— <i>Illus</i> ...	586
Children's Health Exhibition at Berlin.— <i>Illustrated</i> .....	233	Rheumatism, How the Japanese Avoid.....	137
Chinese Doctor.— <i>Illustrated</i> .....	426	Sick Child, Treating It in Time.....	146
Eating-Place, An Ideal.— <i>Illustrated</i> ..	179	Spotted Fever.....	368
Fijians at Dinner.— <i>Illustrated</i> .....	144	<b>Editorial Chat.</b>	
Good Health Children.....	211, 524	Alcohol and Pauperism.....	163
Japan, Shopping in.— <i>Illustrated</i> .....	43	Alcohol and the Medical Profession.	389
Leicester Sanitarium.....	558	Alcohol, Sir Victor Horsley and.....	163
March.— <i>Poetry</i> .....	292	Anti Corset League.....	5
Rostrevor Hills Hydro.— <i>Illus</i> ....	72, 460	Asthma, A Blood Disease.....	5
Sanitarium, A New.— <i>Illustrated</i> ....	559	Asthma, New Treatment for.....	165
Sanitarium as an Educational In- stitution, The.....	213	Baby Culture, The School of.....	452
Veteran Health Reformer, A.....	525	Bathe, Is It Natural to?.....	227
Voice of the Flowers.— <i>Poetry</i> .....	175	Baths, Warm.....	260
While the World Slept.— <i>Poetry</i> .....	195	Beer and Tea Consumption.....	35
<b>Diseases and Their Treatment.</b>		Beer, Harvest.....	68
Asthma.....	53	Beer, The Workingman's.....	163
Back, Pain in the.— <i>Illustrated</i> .....	553	Boys and Housekeeping.....	132
Cancer, Is It Curable?— <i>Illus</i> ....	168, 204	Butter, Adulterated.....	131
Cancer, Prevention and Treatment of.	232	Camping, The Delights of.....	483
Catarrh: Its Causes and Treatment... 264		Cancer, Conditions Which Favour... 101	
Children's Diseases, Common.— <i>Illustrated</i> .....	490	Cancer, The World-Wide Preva- lence of.....	101
Children's Diseases, Infectious.....	520	Centenarian, A.....	293
Common Diseases, Simple Home Remedies for.— <i>Illustrated</i> .....	230	Centenarians.....	3
Common Winter Ailments.— <i>Illus</i> ....	198	Carriages, Cold and Unventilated....	164
Constipation, The Rational Cure of.....	268, 588	Chicago the Scapegoat.....	131
Cough, Winter.....	579	Children, Don't Coddle the.....	547
Digestive Organs, Weak.— <i>Illus</i> ....	176	Children, The Cry of the.....	453
Disease, The Rational Cure of.....	293	Christian Science Delusion.....	356
Dyspeptic, Hope for the Discouraged.	305	Cigarettes, Boys and.....	292
Headaches.— <i>Illustrated</i> .....	298	Circulation, How to Improve the.....	259
Infectious Diseases, Notes on.— <i>Illustrated</i> .....	436, 498, 560	City of To-Morrow, The.....	37
Influenza: Causes and Treatment... 206		Cold Baths in Winter.....	259
		Consumption, Prevention of.....	3
		Consumptive, Hope for the.....	324
		Consumptives, Supervision of.....	3
		Cookery, Better.....	515
		Cremation.....	100

	PAGE.		PAGE.
Davos Platz.....	261	Nation's Health.....	164
Death Rate, Diminution of.....	133	Nature Our Birthright.....	323
Dentist, When to Visit.....	453	Nerves, On Strengthening the.....	228
Drink, What to.....	420	Neurasthenic, Reading for the.....	260
Drink, Why People.....	387	Nostrums, The "Hospital" on.....	291
Drown, How Not to.....	67	Old Age, Premature.....	452
Earthquake, Health Lessons from an.....	325	Open-Air Simplicity.....	355
Education, Common Sense in.....	228	Outdoor Principles.....	323
Education Reform.....	261	Oysters, Supposed Food Value of.	
Face Massage for Men.....	36	— <i>Illustrated</i> .....	547
Faddists, Who Are the?.....	547	Patent Medicine Delusion.....	356
Fast, A Forty-Five Days'.....	5	Patent Medicine Lies.....	99
Feet, Cold.....	259	Patent Medicines and Alcohol.....	3
Football Watching a Monomania.....	419	Patent Medicines Banned.....	547
Footwear, Healthful.....	355	Patent Medicines, How Placebos	
Fresh Air, Afraid of.....	323	Lead to.....	100
Fresh Air, A Spring Tonic.....	323	Patent Medicines Outlawed.....	259
Funeral Expenses, Should Physi-		Patent Medicines, Why They Are	
cians Pay?.....	452	Popular.....	291
Get Up and Get Out.....	387	People's Friend.....	261
Hair Foods.....	68	Pickles, Died of.....	163
Happy and Healthy at 101.....	131	Poisoning, Death by.....	35
Headache Powders, Death from.....	99	Poor, No Zeal for the.....	356
Health-Giving Sunshine.....	419	Popular Hygiene and the Physician.....	99
Holiday Board.....	67	Pork Pies, Poisonous.....	5
Holiday Exercise.....	67	Positions, How They Make People	
Holidays, Planning for.....	323	Old or Young.....	165
Home Life, Dangers of.....	355	Public Health, High Speed and.....	164
Hot Weather and Overeating.....	67	Public, The Medical Education of the.....	99
Housing Question, a Solution.....	37	Physical Deterioration.....	100
How to Live in Harness.....	484	Physician as Teacher.....	451
Husbands Wanted.....	67	Quack Medicine Frauds.....	227
Indigestion, Tea-Drinking and.....	292	Rest, Time to.....	291
Infant Mortality.....	132	Rheumatism and Vapour Baths.....	549
Infant Mortality, To Lessen.....	451	Roosevelt's Daily Exercise.....	324
Infants, A Salutory Law for.....	4	Sandow to Young Men.....	387
Infants, How to Regulate Their Diet.....	4	Sausage, A Standardized.....	483
Infants, Overfeeding of.....	4	School, Deformities Cultivated in.....	35
Infants, Too Frequent Feeding of....	4	Schools, Medical Inspection for the.....	37
Insanity, Alcoholism a Chief Cause.....	101	Sir James and the Sirloin.....	549
Insanity, Increase of.....	387	Sixty Thousand Little Graves.....	388
Insanity, Increase of in Cape Colony.....	101	Sleeplessness.....	4
Ireland, Insanity in.....	35	Sleep, Plenty of.....	67
Jam Manufacturers, Unscrupulous....	164	Sleep, Sound.....	387
Jam, Salicylic Acid in.....	35	Sleep, Where It Is Most Refreshing.....	4
June, A Morning in.....	5	Smokers and Non-Smokers.....	3
Juvenile Smoking.....	483	Smokers, Girls as.....	68
Lead Poisoning Increasing.....	515	Snails as Food.....	37
Living-Rooms, Stuffy.....	228	Sunstroke.....	420
London Growing Healthier.....	355	Sweets, Cheap and Injurious.....	515
Longevity, Simple Life Makes for....	131	Tea and Alcohol.....	36
Mastication, An Experiment in.....	259	Tea and Tobacco, Dr. Osler on.....	227
Medicine, Superfluous.....	451	Tea as a Source of Disease.....	36
Milk, Clean.....	419	Tears in the Wrong Place.....	68
Moss as an Article of Diet.....	132	Teeth, Better Care of Schoolchil-	
National Physical Improvement.....	451	dren's.....	452

	PAGE.		PAGE.
Tea Victims.....	36	Infants, Artificial Feeding of.....	12
Temperance Reformers, A Broader Platform for.....	36	Ironing, The Art of.....	110
Tight-Lacing, Pernicious Effects of.	132	Japanese Deep Breathers.....	171
Tobacco, Millions for.....	39	Let the Children Alone.— <i>Illustrated</i> .	148
Tobacco, Ministers and.....	131	Lungs, Food for.....	212
"Tribune" and the Children.....	389	Mastication and Digestion.....	400
Tuberculosis in Japan.....	3	Mind Cure.....	589
"Twelfth," 'Twas on the.....	515	Mind in Relation to Body.....	171
Unhygienic Custom.....	419	Milk We Drink.....	528
Vegetarians and Shoe-Leather.....	133	Mother's Health, The.....	396
Wanted—Hygienic Currency.....	291	Motherhood, The Art of.....	390
Weather, When It Is Warm.....	420	Motherhood, The Hygiene of.....	360
Weight, How to Reduce.....	163	Motherhood, The Responsibility of...	108
Wet Hand Rub.....	260	Parents, A Hint to.....	117
Window Boxes and Health.....	515	Permanent Health, A True Founda- tion for.....	197
Women, An Eight-Hour Day for.....	483	Rest as a Remedy.....	489
Worthing, Clean Milk for.....	261	Rice as a Food.....	177
Young, How to Keep.....	515	Sun-Baths.— <i>Illustrated</i> .....	497
Young Men, Victimized.....	163	Sunlight.....	17
Young, Think and Grow.....	5	Tonics, Best Heart.— <i>Illustrated</i> .....	45
<b>General Hygiene.</b>		Tuberculous Pork.....	17
Adulteration of Food.....	16	Uric Acid-Free Diet, The Medical Profession and.....	134
Alcohol and Motherhood.....	457, 488	What Makes Us Ill?.....	497
Baby, Making It Comfortable in Cold Weather.....	240	Where Ignorance Is Bliss.....	428
Beauty and the Corset.....	592	"Whisky-Pegs," Are They Un- wholesome?.....	116
Better Food for the Masses.....	468	Worry, Keep Sunny and Don't.....	140
Boy-Smoking.....	467	<b>Hygienic Cookery.</b>	
Breath-Poisoning.....	21	Breakfast, Dinner, and Supper.....	561
Cakes and Pies, Why I Have None on My Table.....	76	Breakfast Dishes.....	434
Children, Better Food for.....	530	Can We Live Without Cooks?.....	556
Children, Care of in Winter.— <i>Illus</i> ...	207	Christmas Dinners.....	210
Children, Delicate, The Care of in Winter.....	587	Christmas Dinners, The Prize.....	596
Children, Rearing of Healthy.....	562	Cookery Hints for Tired Mothers....	402
Children, What to Teach the.....	398	Eggs.....	15
Child, The Delicate.— <i>Illustrated</i> ....	395	Hot Weather Dinner.....	79
Doctor and Patient.....	167	Individual Menu for One Day.— <i>Illustrated</i> .....	306
Dietary, Some Results of an Un- natural.....	84	Mrs. Bryce's Nut Meat.....	337
Don't Stoop.— <i>Illustrated</i> .....	361	Seasonable Hints for the Kitchen....	371
Dress, Fundamentals in.....	370	Sick, Cooking for the.....	178
Care of the Teeth.— <i>Illustrated</i> .....	9	Simple Food Recipes.....	499
Eating-Place, An Ideal.....	179	Some New Dishes.....	—
Eyesight of Children.— <i>Illustrated</i> ...	392	Tasty Food Recipes.....	243
Feeding of Children.....	334	Vegetarian, A Day with a.....	466
Food or Poison—Which?.....	393	Vegetarian Dishes, Recipes for.....	111
Footwear, Comfortable.....	209	<b>Longer Editorial Articles on Gen- eral Subjects.</b>	
Girls, Gowns for Growing.— <i>Illus</i> ....	208	Are We Degenerating?.....	143
Hair, Hygiene of the.— <i>Illustrated</i> ...	550	Boys, On Saving the.....	136
Health a Habit.....	171	Cure of Incurables.— <i>Illustrated</i> .....	580
Housewives, A Dress for.....	174	Endurance and Food.....	492, 555
How to Sit.— <i>Illustrated</i> .....	304	Endurance, The Influence of Food on.	421
Infant Feeding.— <i>Illustrated</i> .....	403		

	PAGE.		PAGE.
Flies as Carriers of Disease.— <i>Illus.</i>	424	Outdoor Club.	102, 149, 180, 244, 271, 308, 340, 372, 404, 468, 500, 524, 525, 564.
Fruit as an Article of Diet.— <i>Illus.</i> ....	485	Out-of-Doors in February.....	270
Good Health Platform.— <i>Illustrated.</i>	516	Playground for Working Boys and Girls.— <i>Illustrated</i> .....	391
Holidays, Enjoyable and Health-Giving.— <i>Illustrated</i> .....	454	<b>Physical Culture.</b>	
Living-In System and the Nation's Health.— <i>Illustrated</i> ....	200, 238, 262	Beauty Culture Question, The.— <i>Illustrated</i> .....	526
Mother, Babe, and Public-House.....	328	Cold Hands and Feet.— <i>Illustrated.</i>	590
Popular Delusions.....	6	Exercise and the Blood.— <i>Illus.</i>	522, 554
Smoking, Moderate, Is It Harmful?	69	Girls, A Chat with.— <i>Illustrated.</i>	142, 172
Stomach: Its Needs and Abuses.....	357	Grace and Ease in Walking.— <i>Illus.</i>	336
Summer Confidences.....	40	Round Shoulders.— <i>Illustrated</i> .....	202
Uric-Acid-Free Diet.....	237	<b>Questions and Answers.</b>	
Young Man's Health, The.....	228	Anæmia, Burgundy for.....	86
<b>Miscellaneous.</b>		Ankle, Sprained.....	214
Blushing.....	73	Apple Peel, Is It Good to Eat?.....	310
Burning the Candle.— <i>Poetry</i> .....	85	Asthma.....	86, 470
Children, The.— <i>Poetry</i> .....	177	Avenola.....	470
Christmas Greetings.....	195	Back, Pains in the.....	347
Christmas, Our Seventh.....	579	Baking Powder.....	118
Criminals, Humane Treatment of.....	20	Baldness.....	182
Date, The, and Some New Ways to Use It.— <i>Illustrated</i> .....	14	Baldness, Premature.....	598
General Booth and the Simple Diet.	17	Biliousness.....	374
Good Health Gleanings.....	401	Biliousness, Diet for.....	22
Good Health League.....	242, 277, 308, 333, 404, 552	Blotchy Face.....	502
Good Health Propaganda.....	372	Blushing.....	406
Nellie's Christmas Visit.....	594	Boils.....	310
Review of Some Health Movements of Last Century.— <i>Illus.</i> ....	266, 300	Breath, Offensive.....	150
Serial: "One Summer-Time." 50, 82, 112		Bromose and Protose.....	374, 22
Sewage, and How It Is Disposed Of.— <i>Illustrated.</i>	169, 235, 272, 296	Bronchitis.....	598
Sneezing.....	104	Bust, Development of.....	22
Sneezing, How to Stop.....	139	Butter, Almond.....	86
Training, Difference in.....	148	Butter Milk.....	54
<b>Out-of-Doors.</b>		Capsuloids.....	182
Camping, Delights of.— <i>Illustrated</i> ...	326	Cartilage, Loose.....	438
Camping Holiday, A.— <i>Illustrated</i> ....	494	Catarrh, Chronic.....	470
Camping, Portable, Some Hints on.— <i>Illustrated</i> .....	430	Catarrh, Nasal,....	22, 246, 406, 310, 470
Camping, Some Practical Hints on.— <i>Illustrated</i> .....	365	Catarrh of the Bladder.....	118
Family Camping.— <i>Illustrated</i> .....	462	Cheese.....	342
Gardening for Health.— <i>Illustrated.</i>	338	Cheese, Home-Made.....	406
Good Health Picnics.....	38	Chilblains.....	598
Health Culture in Manchester.....	525	Children, Granose Flakes for.....	86
Holiday under Canvas.— <i>Illustrated.</i>	464	Colon, Flushing the.....	342
Morning Sunshine.— <i>Illustrated</i> .....	394	Constipation.....	246, 566
Morning Sprint for Health.— <i>Illus.</i> ...	332	Constipation, Obstinate.....	342
Outdoor Cure for Invalids.....	330	Consumptives, Diet for.....	246
		Cream.....	22
		Currants, Dried.....	374
		Dairy Butter v. Nut Butter.....	278
		Dandruff.....	22
		Deafness.....	150
		Deafness, Partial.....	534

	PAGE.		PAGE.
Dentifrice.....	182, 278	Numbness.....	598
Dentistry, Painless.....	342	Nuts.....	566
Diabetes, Sugar.....	22	Nuts, Fresh and Cooked.....	182
Diet, A Balanced.....	278	Nutter, Table.....	534
Diet, Fruit and Nut.....	150	Olive Oil.....	182, 310, 374, 566
Dieting, Book on.....	342	Perspiration, Excessive.....	566
Diet Tables.....	22	Phosphorus, Free.....	150
Dyspeptic, Diet of.....	374	Piles.....	150, 406, 566
Ear, Offensive Discharge from.....	406	Pills, Digestive.....	343
Ears, Sore.....	534	Pinworms.....	118
Enema, Temperature of Water.....	566	Plasmon and Roborat.....	438
Erysipelas.....	150	Pores, Enlarged.....	374
Exercise.....	246, 406	Protose.....	118
Face Cream.....	246	Ralston Breakfast Food.....	246
Fair Skin.....	54	Rheumatism.....	246, 310, 502
Falling Hair and Scurf.....	118	Rice, Puffed.....	470
Feeding, Artificial.....	470	Rickets.....	54, 214
Feet, Sore.....	470	Salt with Food.....	22
Feet, Sweating of.....	278	Skin, Irritation of.....	86
Feet, Tender.....	406	Smell and Taste, Loss of.....	54
Fingers, Sores on.....	214	Soap, Hygienic.....	556
Flatulence.....	86	Specks, Floating.....	118
Flesh, To Put on.....	214, 374, 534	Spinal Curvature.....	214
Food, Warmth-Giving.....	566	Sputum Analysis.....	54
Fruit, Acid.....	438	Steam Cooker.....	534
Fruit in Cold Weather.....	278	Stomach, Prolapse of the.....	502
Fruit, Raw or Cooked.....	342	Stomach, Troublesome.....	438
Gout.....	502	Strength, Declining.....	182
Graham Bread.....	118	Taste, Bad.....	438
Grey Hair, Premature.....	54	Tea, A Substitute for.....	214
Hair Dyes.....	54	Tea, Digestive.....	342
Hair Wash.....	22	Teeth, Decayed.....	150
Handbook, Medical.....	54	Thigh, Pain in the.....	534
Head, Washing the.....	598	Thin, How to Get.....	342
Hernia.....	150	Throat.....	118
Hovis Bread.....	182	Tongue, White.....	438
Hysteria.....	502	Tonic, Medicinal.....	54
Indigestion.....	534	Tonsil, Enlarged.....	246
Inflammation of Eyes and Cold Baths.....	342	Tooth Lotion.....	566
Insomnia and Gastritis.....	54	Tumour.....	343
Itching.....	22	Turkish Bath Cabinet.....	278, 502
Jam and Marmalade.....	182	Underwear, Linen Mesh.....	86
Knee Joint, Injured.....	406	Varicose Veins.....	182
Knee, Pain in the.....	310	"Viavi" Treatment.....	54
Koumiss.....	118	Vibrator.....	278
Laxatives.....	150	Women, Diseases of.....	598
Leg, Bruised.....	22	Writer's Cramp.....	150
Legumes.....	278		
Lemon Juice.....	502	<b>Simple Water Treatments.</b>	
Lips, Thick.....	502	Common Winter Ailments.— <i>Illus.</i> ....	198
Liver Sluggish.....	118	Hand and Sponge Baths.— <i>Illustrated.</i>	47
Lungs, Weak.....	566	Pain, How to Relieve by Fomenta-	
Milk Powder.....	86	tion.— <i>Illustrated.</i> .....	138
Miserable Feelings.....	438	Salt Glow and Mitten Frictions.— <i>Illus.</i>	18
Neck, Swelling in.....	246	Sore Throat and Pneumonia, The	
Nervousness.....	86	Heating Compress for.— <i>Illus.</i> ....	166
Nose Bleeding.....	406	Wet-Towel Rub.— <i>Illustrated.</i> .....	80, 114
Nose, Stoppage of the.....	374		

