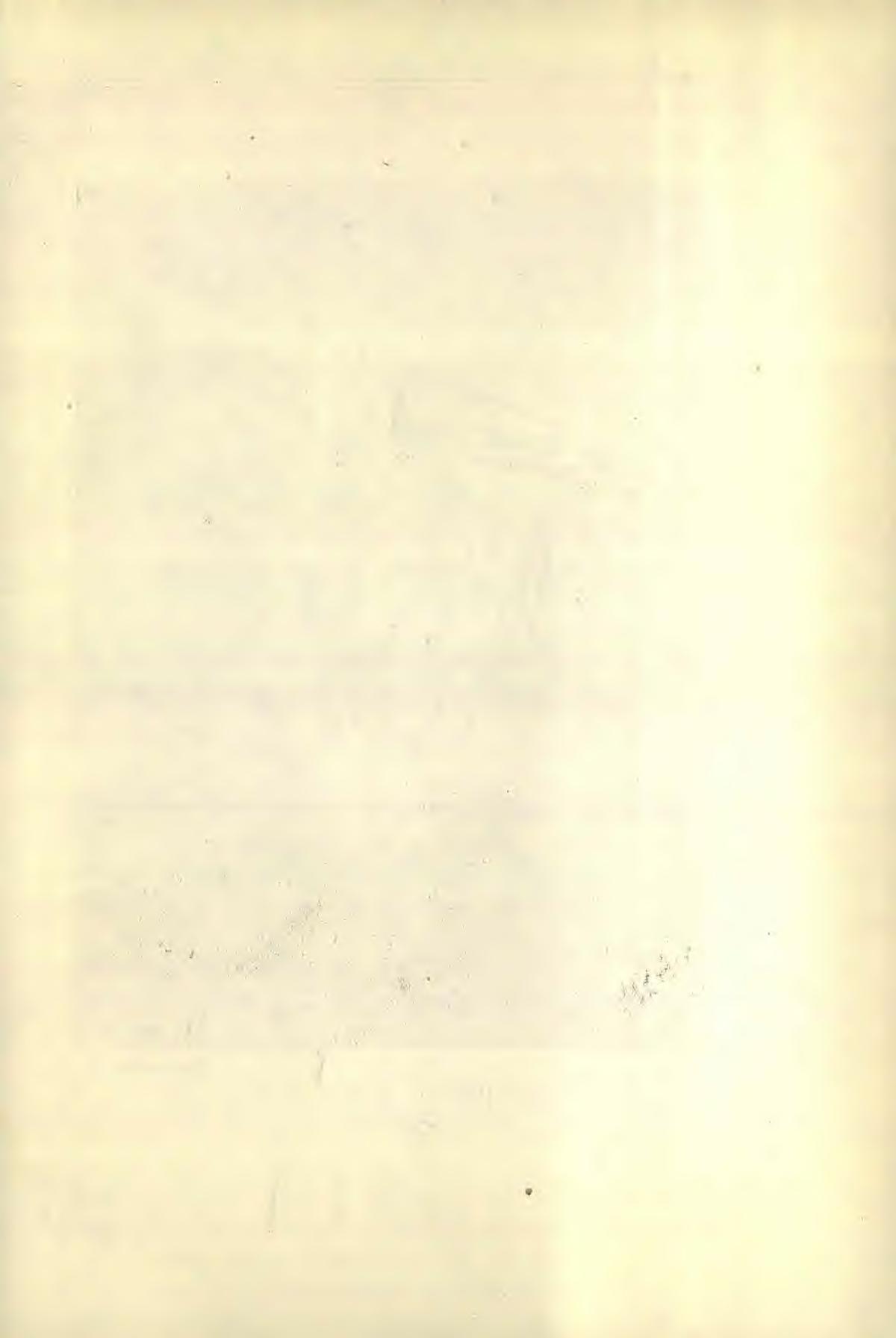




[See page 322.]

A Japanese Broom-Seller.





Good Health

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

Entered at Stationers' Hall.

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NO. 10.

Editorial Chat.

Labelling the Footpaths. THERE is no doubt that many a pretty footpath is lost to the walking fraternity because it is not well enough known. Middlesex is labelling its many delightful paths and by-ways, "This is a public way." The idea is a good one. Will not members of the Outdoor League and similar organizations interest themselves in getting suitable labels affixed to the less used footpaths with which they are acquainted. Now that our country roads are so largely monopolized by the motor car, it is all the more important that footpath privileges should be kept intact. The walking habit, cheerfully persisted in, would cure half our diseases.



Killed by Sweets. WILLIAM BEAUMONT, a seven-year-old boy of East Ham, was taken suddenly ill the other day and died within twenty-four hours. The post-mortem showed, says the "Daily Chronicle," that he "died of syncope, the result of gastro-enteritis, caused by eating too many sweets." There is no reason for supposing that the sweets contained anything particularly injurious. The fact is that parents are altogether too careless of what goes into their children's mouths. Johnnie or Mary gets a penny (and it's wonderful how even the very poorest parents can always spare pennies for sweets) and exchanges it for the brightest coloured or otherwise most attractive sweet that can be had, regardless of quality. Many children eat almost unlimited quantities of these unwholesome sweets, and pay the penalty in feeble digestion, bad teeth, and a physical degeneration even when immediate death does not intervene.

Good Words for Mothers. AT the late Congress of Mothers in Washington, President Roosevelt said some things about mothers which may well be laid to heart by men as well as women. We are glad to reproduce them here:—

"The mother is the one supreme asset of national life; she is more important by far than the successful statesman or business man or artist or scientist.

"I abhor and condemn the man who is brutal, thoughtless, careless, selfish, with women, and especially with the women of his own household. The birth pangs make all men the debtors of all women. The man is a poor creature who does not realize the infinite difficulty of the woman's task, who does not realize what is done by her who bears and rears the children; she who cannot even be sure, until the children are well grown, that any night will come which she can have entirely to herself to sleep in.

"I abhor and condemn the man who fails to recognize all his obligations to the woman who does her duty. But the woman who shirks her duty as wife and mother is just as heartily to be condemned. We despise her as we despise and condemn the soldier who flinches in battle."



Outdoor Club. WE are pleased to record the formation of a new branch of the Outdoor League, to be known as the Nottingham Health and Outdoor Club, with Mr. H. Halstead, 7 Exchange Walk, as secretary. The membership is already about fifty, and should grow rapidly. Nottingham has long needed an organization of this sort. Now that a start has been made, let all the friends fall to and help.

NUTS: THEIR QUALITIES AND USES.

BY M. ELLSWORTH OLSEN.

OF all the foods well adapted to nourish the human body, nuts have been the most neglected. In Dr. Robert Hutchison's standard work, "Food and the Principles of Dietetics," only about three pages are devoted to the consideration of nuts, nearly twice the amount of space being given to such comparatively useless foods as edible fungi. And Dr. Wynter Blyth, in his classical work on the composition of foods, does not even mention nuts.

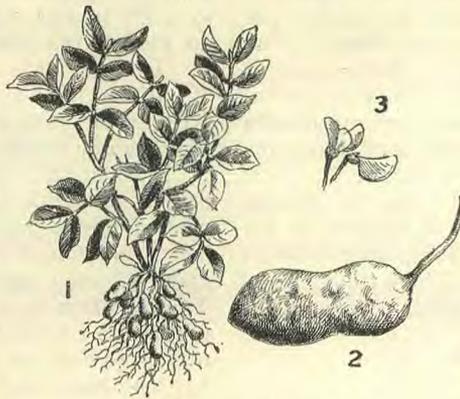
So much for the neglect of this valuable source of food by men of science. If we consider the popular view of nuts, we must admit that until very recently, chiefly as a result of the efforts of vegetarians, nuts have been regarded wholly in the light of rather questionable luxuries. Apples and nuts figured on the Christmas menu along with chocolates and bonbons; but to look upon either of these articles in the light of serious foods, was quite out of the question.

With some people—and their number is rapidly growing—all this has become changed. Almonds, walnuts, and Barcelonas now figure as staple commodities in a great many homes, and breakfasts of freshly-roasted pine kernels, and crisp toast with fruit, have most acceptably replaced the time-worn, but indigestion-breeding morning meal of fat bacon and eggs. Nuts are, as a matter of fact, peculiarly adapted to nourish and support the human system. Anatomically man is a frugiverous animal; nuts and fruits supply his dietetic needs perfectly, and require a comparatively small outlay of nervous energy for their digestion. The word fruitarian undoubtedly conveys the most correct impression of a person who is living on the diet which is at once natural and wholesome.

Dried nuts, as Hutchison tells us, are bulk for bulk "amongst the most nutritive foods which we possess." Their composition, according to the same authority, runs about as follows:—

Water,	4 to 5	per cent.
Proteid,	15 to 20	" "
Fat,	50 to 60	" "
Carbohydrates,	9 to 12	" "
Cellulose,	3 to 5	" "
Mineral matter,	1	" "

The total nutriment, it will be seen, runs to something like ninety per cent, a very high figure indeed. This must be taken into consideration when considering the economic value of nuts. Most people undoubtedly regard blanched sweet almonds as a decided luxury, and yet when one realizes that the nutriment afforded by a pound of almonds is fully three times that contained in a pound of the best beefsteak, the balance must be allowed to be in favour of the nuts,



SPANISH PEANUT.

as regards economic feeding.

"But," some reader may interpose, "I have always supposed that nuts were very indigestible." The impression is a widely prevalent one. Let us examine the grounds. First, nuts are hard and crisp, and do require thorough mastication. Not one person in twenty chews his food properly: some could not do so if they tried, owing to defective teeth. Under such circumstances hard foods are likely to give the most trouble. Nuts, moreover, require more chewing even than tough meat, because of the carbohydrates they contain.

Another reason why nuts disagree is that they are often taken between meals as dainty tit-bits, or after the stomach has already been overcharged with other foods requiring considerable work for their proper digestion. In dealing with such highly

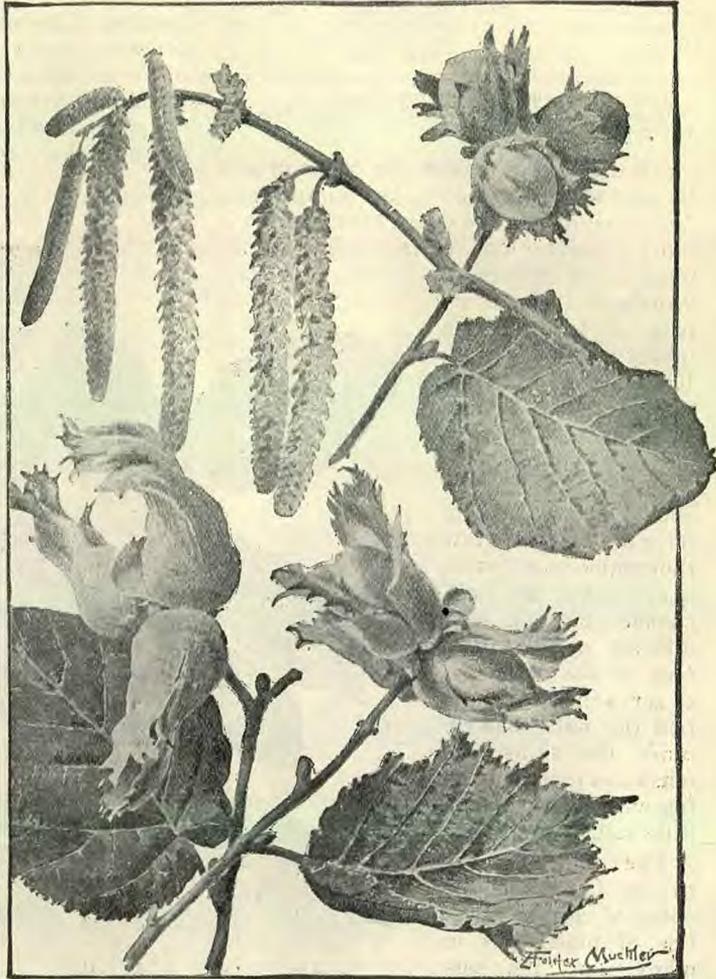
nutritive natural foods as nuts, one should of course make proper allowance for them on the bill of fare, and not consider them merely as an extra. As for eating them between meals, nothing could be more unsuitable, since not only are they solid, nourishing foods, containing very large percentages of all the important food elements, but they also combine beautifully with fruits of all kinds, cereals, vegetables, dairy products, and (if these articles are taken) with fish or meat. No other foods except cereals offer so many possible combinations. Of course, it is not wise to take nuts at a meal where such highly nitrogenous foods as meat or eggs figure largely on the bill of fare; neither should they be added to a meal containing much fat, not because they would give rise to digestive difficulty, but because they themselves contain proteids and fats in much larger proportion than the system requires.

Nuts, being so rich in proteids and fat, afford an ideal substitute for meat.* They contain all the nourishing qualities of the best beef with none of its poisonous wastes. Indeed, when prepared by prolonged cooking under pressure, they are not only very easy of digestion, even for those with a weak stomach, but they also approach very closely to the taste and consistency of flesh meats.

They may be made into a variety of butters, which to many persons are more palatable than ordinary cows' butter, as

*Persons of limited experience in using nuts will find the booklet of recipes issued by Messrs. Savage & Sons (53 Aldersgate St., London, E.C.) very helpful. GOOD HEALTH readers may have a copy free on application.

well as being free from the germs and impurities that form such an objectionable feature of all dairy products. Nut fats are undoubtedly largely replacing animal fats, and with real advantage on the score of health. If the various coco-nut butters



HAZEL NUTS.

continue to grow in popularity as they have been doing the last few years, the prospects are that the cow will be largely dispensed with in a not distant future.

It may be interesting to consider in detail the constituents of some of our most common nuts. The following table is taken chiefly from Dr. Hutchison's:—

COMPOSITION* OF NUTS.

	Water.	Proteid	Fat.	Carbo- hydrates	Cellu- lose.	Mineral materi.
Chestnuts.....	5.8	10.1	10.0	7.4	71.4	2.7
Walnuts.....	4.6	15.6	62.6	7.4	7.8	2.0
Filberts and Hazels...	3.7	14.0	6.4	9.7	3.2	1.8
Sweet Almonds.....	6.0	24.0	54.0	10.0	3.0	3.0
†Pine Kernels.....	6.4	33.9	49.4	6.9		3.4
Coco-nut.....	3.5	6.0	57.4	31.8		1.3
†Peanuts.....	9.2	25.8	38.6	24.4		2.0

*In all cases the figures refer to dried nuts.

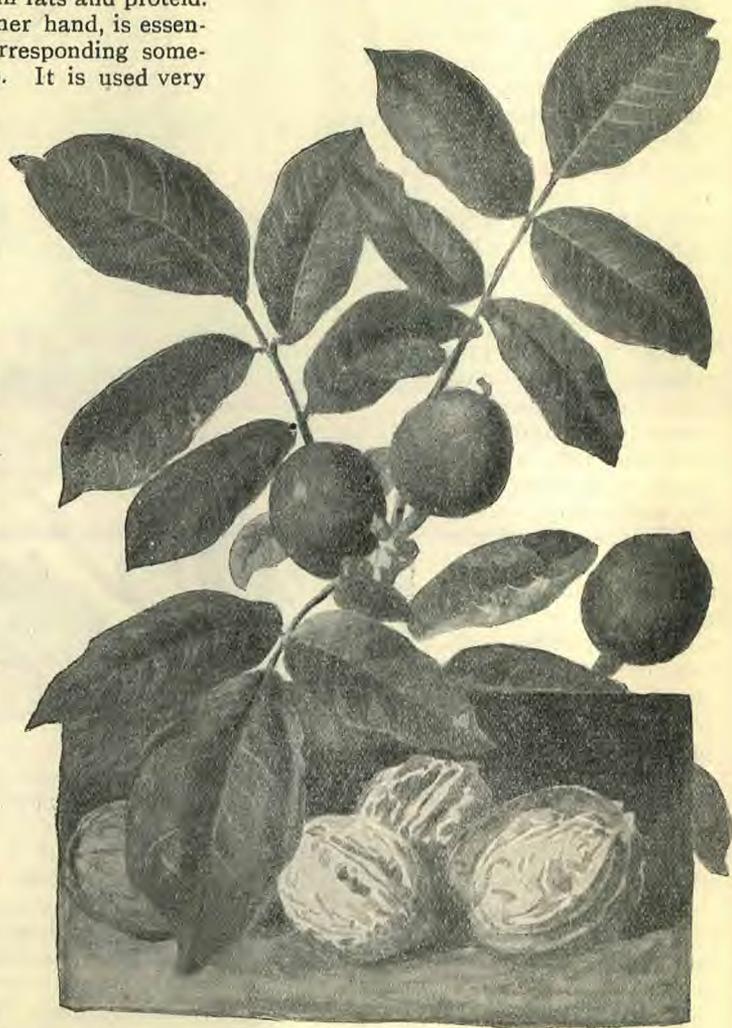
†Given in "Uncooked Foods and How to Use Them," by Eugene Christian.

All these nuts except the chestnut will be seen to be very rich in fats and proteid. The chestnut, on the other hand, is essentially a starchy food, corresponding somewhat to the Irish potato. It is used very largely as a staple article of food by the inhabitants of Italy. Either boiled or roasted it makes a very wholesome and palatable addition to the bill of fare. If roasted, pains should be taken to have the heat penetrate thoroughly to all parts, since raw or half-cooked starch is very difficult of digestion. One of the best ways to serve chestnuts is to boil the nuts, then remove the skins, and mash to a pulp, seasoning with cream and a little salt.

The pine kernels, to be found on the cones of certain varieties of pines, give in many ways the best value for the money, besides being very easy of digestion. As will be noticed in the table, they stand highest as proteid suppliers, thus lending themselves naturally to the making of nut roasts of various kinds, which may take the place of

flesh meat. Pine kernels may be taken raw, and perhaps most people prefer them thus. They may also be served lightly roasted, in which form they make a delicious breakfast dish.

A good deal has been said against the peanut, also known as the monkey nut, because of the slight trace of uric acid it contains; but peanuts, though hardly nuts in the ordinary sense, are really a valuable food, and, taken in moderate quantities, the same as all other high proteid foods, are not likely to do harm except in the



WALNUTS.

case of persons who have a special idiosyncrasy against them.

Walnuts are at a slight disadvantage for persons with very weak digestive organs, because of their rather tough though very thin skins, which cannot easily be removed. They are finely flavoured, however, and are most useful in the preparation of various wholesome dishes.

We can perhaps least afford to spare the almond, which for delicacy of flavour, nourishing qualities, and all-round desirability, cannot easily be equalled. It is a fact not generally known that if blanched almonds are lightly roasted in an oven till of a straw colour throughout, their tooth-someness and digestibility are greatly increased. Thorough chewing then reduces them to a most delicious cream—they almost seem to melt in the mouth. It pays to get a good quality of almonds. The cheap kind on sale in the ordinary shop contains a certain proportion of bitter almonds, which greatly interfere with the pleasure of eating the good nuts. Bitter almonds, it may be said in passing, are decidedly unwholesome, containing a slight amount of the well-known and deadly poison, prussic acid.

One very great advantage which nuts possess over most foods is their absolute freedom from adulteration. When you buy nuts, you always know what you are getting. Of course, those bought in the shell are also absolutely clean. And what a beautiful source they come from! How delightful to picture the trees upon which they grow, on the outermost leafy branches, dancing in the sunbeams.

If we used more nuts in our homes, there would be less need of preparing confections of various kinds. The teeth of growing children would be far better if nuts took the place of sweets and other tit-bits.

Nuts are, moreover, particularly adapted to the needs of sedentary people, in that they are rich in needful nourishment, and at the same time inimical to the growth of disease germs. Persons obliged to follow sedentary habits will find a daily ration composed largely of fruits, well-toasted cereals, and nuts, an ideal one in many ways. Such a diet makes but slight demands upon the digestive organs, thus

leaving the mind clear and the spirits buoyant. At the same time, it supplies the proper amount of nourishment.

There can be no doubt that with the increased attention now being given to scientific feeding, nuts are destined year by year to occupy a larger place on the tables of all rationally-minded people.

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Lumbago and Meat-Eating.

MANY believe that the change from a mixed diet to one from which fish, flesh, and fowl are excluded is a very difficult and dangerous undertaking. It is really nothing of the kind. In the great majority of cases health and strength are decidedly improved. Mr. Robert Blatchford gives his experience as follows:—

I was astonished to find how soon I lost the desire for flesh food. Nay, not only the desire, but grew to loathe the idea. So far was I from yearning for a "good beefsteak," when the cold weather set in, that the winter found me unable to sit at a table where cooked meat was served.

Six months after I had abandoned meat-eating, I could not bear to be in a restaurant where meat was served. I conquered the repugnance somewhat, but I still shudder at the smell of beef or mutton. Which, considering that I had eaten meat for half a century, is very curious, but I am stating facts as they are. A good steak! I shall never want another steak.

Always Wore a Belt.

My health has certainly been better—much better. And I have to score up one big red mark to the vegetarians: I have never had the lumbago since I gave up meat. The lumbago was with me becoming chronic. I was never secure from it. I dared not stoop quickly. If I wanted to stop a cricket ball, or put on a sock, I went down cautiously. And I always wore a belt. Now I never think about the lumbago. I bend at my ease. And I gave up my belt in the cold weather of last November, and never missed it. These are facts, I express no opinions and formulate no theories. I was fifty-four when I gave up eating meat. Such a change might be bad for some men of my age.

Better Health.

I don't know whether it would be good or bad for a young man. All I can say is that I have had better health since I turned vegetarian, and that nothing could induce me to return to a meat diet. Now, I thought myself that I should have some trouble at first. I thought I should find a vegetarian diet unsatisfactory, and that I should want meat. But I can only say that I never once missed meat, that I never regretted it, and that I found no difficulty at all about adapting myself to the change.

PROGRESS IN THE USE OF RATIONAL METHODS.

BY CHARLES CAVE, M.D.

OF all the various branches of science, that of medicine has been particularly characterized by a rigid conservatism. Not only was the knowledge of the working

that was a deviation from the orthodox, was certain to awaken opposition or censure. To the layman the attempt to delve into the secrets of medicine was to venture on forbidden ground—to enter into the realm of the mysterious. On the part of the physician, to advance some new method that favoured of revolutionizing those already in vogue was to hazard his reputation and destroy his influence with those of his professional circle. Some of the fundamental principles of modern medicine have developed under this crushing conservative spirit. Many of the pillars of this art—men whose names are to-day immortal in the halls of science were once stigmatized because they dared, out of a desire to emancipate the profession from narrow limitations, to advocate principles born of investigation, which were not in harmony with established opinion. Thus medicine, like religion, has had its martyrs.

To-day a more liberal spirit adorns the profession. The vast amount of scientific research has brought with it broader views and a more magnanimous disposition. The idea that to make the common people become conversant with medical topics is to detract from the dignity of the profes-



A SURREY LANE.*

of the human mechanism veiled in obscurity for the populace, but the propounding by one of the profession of some new idea

sion, has largely given place to the more philanthropic view which admits the people to participate in a share of the riches of science, so that they may become more intelligent regarding the care of the body.

*By courtesy of the editor of the "Caterham Weekly Press."

A feature of this progressive expansion is seen in the adoption of natural methods in treating disease, especially in the use of water. While the management of disease by the use of water is as old as disease itself, yet it is a feature of modern advancement that this element of nature has been espoused by many eminent men as a remedial agent, and been given a very important place in the category of medicinal remedies. And its potency in disease is become more and more enhanced with the progress of the science. A physician is no longer looked upon as introducing an innovation when he undertakes to apply water in case of fever. On the contrary, he bears testimony to the highest source of medical progress, and identifies himself with that large company of men who compose the vanguard of scientific march.

Massage and electricity have won for themselves a place hardly less renowned. What was formerly regarded as pertaining to the domain of quackery is now accorded a very conspicuous place in the field of medicine. It is true that there is yet a disposition on the part of not a few medical men to relegate the use of these natural agencies to a secondary place. But such an attitude only serves to demonstrate how difficult it is for men to relinquish ideas venerable only because antiquated, and to become stereotyped—a condition that is absolutely incompatible with development and inconsistent with professional men.

In view of the rapid strides which mark the present history of medicine, strides that are almost bewildering when one attempts to keep pace with them, we are justified in our hope that the near future may reveal the universal adoption of those ideals and methods to which this little journal is devoted.

❖

HAPPY he with such a mother!
Faith in womankind beats with his blood,
And trust in all things high
Comes easy to him.

—Tennyson.

SANITARIUM NOTES.

THE Rostrevor Hills Hydro, in the Mourne Mountains, is a very attractive place in these autumn days. Every attention is given to the comfort of guests and to put them in the way to speedy recovery.

THE new Indian Sanitarium, which has been opened at Mussoorie in the Himalaya Mountains, is enjoying excellent patronage, and is doubtless doing much good. The staff of nurses has recently been increased by two, one of these coming from the Caterham Sanitarium.

WHILE the Leicester Sanitarium is not located in the country, it has its advantages, the treatment-rooms being very well arranged and marvelously complete. Moreover, as Leicester is a



PHYSICAL CULTURE ON LAWN AT THE CATERHAM SANITARIUM.

comparatively small city, there is easy access to a very pretty countryside by carriage, cycle, or on foot.

WE also have encouraging reports from the Hastings Hydropathic, located at Hastings, Barbados, where patients can enjoy the cool Atlantic breezes and at the same time have a well-regulated dietary, with massage and other natural treatments at the hands of skilled nurses.

CATERHAM is beautiful at all seasons of the year, but it is never seen to better advantage than in October, when the rich autumn colouring of the woods lends a soft enchantment to the landscape. The view from Whitehill, extending over something like thirty miles of beautifully rolling country, is worth going a long way to see. Patients at the Hydro find walking most enjoyable, as well as physically helpful, because at every turn of the road new beauties meet the eye. In fact, one has only to ascend the hill at the back of the Hydro to see as pretty a bit of rural scenery as could be asked for.

JAPAN: SOME FIRST IMPRESSIONS.*

BY MARION A. CLARK.

I READ somewhere of a traveller whose visit to Japan had been such a striking event in his life that he dated every subsequent event as so many years "after Japan." My own enjoyment during my seven months' stay there was so keen, that I am going to tell a little about it, hoping that my fellow-readers of GOOD HEALTH may enjoy it too.

I shall never forget the curious sensation that possessed me on first arriving in the country. The men, women, and children seemed so small and were so quaintly and charmingly dressed, their houses looked so tiny, and their language sounded so strange, it was hard to realize that one was walking about among people who were living serious lives of toil and responsibility, with the cares of home and country upon them; and that it was not all a play or exhibition got up for one's amusement.

And yet a moment's reflection upon the terrible war then raging (for it was in 1905 I was there), and the character and determination shown by the men who had gone to the front, and the pluck and self-denial of the women left behind, brought home to one the reality of life all around.

I was travelling with my brother; and one of the first things we did on our arrival at Yokohama, was to make friends with a

sad-looking little Japanese woman, who haunted our hotel trying to sell post cards, and get her to take us to a Japanese house, that we might get our first glimpse of the daily home life and *menage*. But under what pretext to manage this, was the difficulty. Then came a brilliant thought.

Why not take a lesson in "flower arrangement?" (For we had heard that this little matter of the beautifying of the home, which we treat so casually in England, is quite a science to these extremely artistic people whom we westerners so lightly and ignorantly think of as only half-civilized. Our sad-faced friend brightened at once as we sallied forth.

No sooner were we outside the house than a whole row of eager jinricksha men, in loose indigo-coloured jackets and mushroom hats, were saluting us. Now for another curious sensation, for mixed with a natural aversion

to being pulled by a man so much smaller than oneself, was the feeling of becoming a baby once more, and being dropped into a perambulator, and whisked away, who knows where? But no; we must try everything, and evidently these strong runners had no fear of our solid proportions, and were only too eager for the job. In an instant three ugly though pleasant-looking men were across the road, and with the slender shafts of their little jinrickshas laid gently down upon



"SO CHARMINGLY DRESSED."

*The first of a series of bright, breezy articles.

the kerb, were helping us into their little vehicles, and in another instant we were being bowled gently away, much entertained at the back views of our sturdy and most picturesquely dressed steeds. The indigo cotton coat is of very loose Kimono make, with large, loose sleeves lined with pale blue, and being open in front, it shows a curious kind of apron with a large pocket, slipped on over the neck, with a hole to put the head through. Below this is seen a pair of sturdy brown legs, with short, white, loose knickers spotlessly clean, and a pair of straw sandals. There is often a large device in red or white between the shoulders. This, as well as the characters down the front of the coat, is the master's name in Japanese ideographs (or symbols); and is in itself quite beautiful as a design, as is all their writing and printing, for that matter.

The mushroom-shaped hat is a most sensible affair: a bamboo ring fits closely round the head, and attached to it by four little supports is the hat itself; so it affords shade from the sun, and at the same time allows an air space between the head and the hat, which nowhere touch each other.

To my dismay, off went the calvalcade with my brother being sped away in front.

How strange this seemed to a European mind, which takes for granted that the woman is protected and looked after by her men kind. Not so in Japan. There the master is of first importance, and his wife, who serves and obeys him, must be content to ride behind, and be of no importance at all in outward matters. But of course my brother was not going to make a Japanese



A JINRICKISHA.

wife of me, and after many gesticulations, he managed to make his "kurumaya" (the Japanese name for jinricksha coolie) drop behind me and our Japanese friend. So now our little cortège contentedly bowled away, passing at first through very ordinary looking Europeanized streets of the foreign portion of Yokohama, but very soon plunging into the intricacies of a maze of narrow and wholly Japanese streets.

MRS. S. T. RORER, the cooking expert, paused in the midst of a lecture on game to smile and say:

"And that reminds me of a young girl I used to know. She got married last year in London, and had only been keeping house a week or two when a cousin sent her a brace of pheasants.

"Some people like to 'hang' pheasants—to keep them a week or two, letting them get 'high,' on the ground that the fresh flesh is tough and stringy. The cook knew this, but her young mistress knew nothing, positively nothing, of cooking.

"Please ma'am," said the cook, when the pheasants arrived, 'do you like the birds 'igh?'

"The bird's eye?" said the mistress, puzzled.

"What I mean, mium," the cook explained, 'is that some folks likes their birds stale.'

"The tail?' repeated the mistress, more puzzled than ever.

"And then, in order not to appear ignorant in the cook's eyes, she said:—

"Prepare the birds, please, with the eyes and tail both.'"—*New York Herald.*



THE CALL OF THE ALPS.

BY ALBERT MORRELL.

"PEOPLE cannot die fast enough in England" says the cynic; "they must needs go abroad and fall off a mountain." The average man, who has but three short weeks, probably less, in which to rest from his business worries, can find plenty to interest him within his own borders. His short holiday is precious, and he will make the most of it if he is a wise man. He will not tempt fortune by breathlessly rushing about and as breathlessly "doing" as many peaks and places as he possibly can. He does not want to make his holiday a period of hard work, and come back to his business thoroughly exhausted. A hammock in a Surrey garden, along with one or two "jollie goode bookes," appeals to him more. Or, if it is not physical rest that he particularly needs, he knows that

it will take him years to exhaust the charms of his native land in the matter of hills and dales, mountains and rivers, moors and streams, foliage and flowers.

"Travelling Is Cheap."

And yet it is pleasant to see some one else's country now and again; to be surrounded by a different type of face, to hear a different tongue. "Home," after one returns to it, then comes to have a new and deeper meaning. It is a delightful experience, and all young men should seek to obtain it. Travelling is cheap. A little over £3, for instance, will take you from London to the heart of the Alps and back. Why not try it for your next holiday?

There is no need to fall off a mountain. There is no need to be a mountaineer.

The man who takes things steadily will find plenty of exhilarating walks amongst the mountains. The walk, for instance, from Nyon, on the shores of Lake Geneva, to the top of La Dôle (5,500 feet) and back, requires practically nothing beyond ordinary walking powers. On a moonlight night it is a delightful trip. Starting about 9.30, the summit is reached by about 3.30. And what a re-



ward! A vast panorama of mountains, rivers, lakes, snow, and even clouds; and Mont Blanc, though some forty miles distant, towering up to the skies in majestic splendour. But such a thing must be felt and seen; it is impossible to condense it into print. And this is but one of dozens of similar trips. It is perfectly possible even for the ordinary man to experience some of the thrills and delights that are felt by the true mountaineer—the man who approaches the mountains in a reverent spirit. Let the man who is tired of crowded seaside resorts try a holiday in the mountains. He will come to feel that the call of the Alps is a real one.

Beauties of Davos Platz.

Davos Platz, the part of Switzerland illustrated by the accompanying cuts, possesses great advantages in being a popular resort at all times of the year; but it is probably at its best in the winter, when the clear bright weather and excellent facilities for all kinds of wintry sports attract thousands of people from many different parts of the world. The place is, however, very beautiful in autumn, and the jaded



business man who wants a restful holiday, with opportunities for walking and other open-air exercise, will find a few days spent in this charming neighbourhood thoroughly satisfactory. For clear, bright weather, magnificent views, and bracing air, it would be hard to find the equal of Davos Platz. The hotels, moreover, are excellent, and the prices very reasonable.

“A FEW more smiles of silent sympathy, a few more tender words, a little more restraint in temper, may make all the difference between happiness and half-happiness to those I live with.”



OUR BEDS.

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

HAS it ever occurred to you, dear reader, that the bed upon which you sleep, on which, indeed, you spend about one-third of your life—the average person of forty-five has passed some fifteen years in bed—is a health factor worthy of consideration?

Unhealthy though Comfortable.

Feather beds have many advocates; they are comfortable, particularly in winter, but are not healthy, being decidedly "heating." In a feather bed ventilation is almost an impossibility, the vapours from the body have but few means of escape, hence the system must suffer, however unappreciable the effects may seem. Such beds will also harbour undesirable germs, which make their homes deep down in the interstices; and sometimes insects, too.

That bedding may be dangerous from such causes is instanced by the fact that typhoid fever was conveyed to a person who had slept in a bed which had been in disuse for twelve years, the last occupant having been a sufferer from that disease. It seems scarcely credible, but the case was well authenticated. This, by the way, shows the persistency of typhoid microbes.

Mattresses are undoubtedly healthier, and their use is increasing, but the material of which they are made is of primary importance. The class of material used in the make-up, and the general method of manufacture have received but little thought from the general public; the bedding has been purchased new from respectable firms, or second-hand by persons of the poorer classes without a moment's consideration.

Scientific Investigations.

Our thanks are due to Mr. Fyfe, the chief sanitary inspector of Glasgow, who has devoted a good deal of attention to bedding and its relation to the public health; his experiments and discoveries cannot be too widely known, for they re-

veal a condition of things which seems almost incredible.

Taking such a popular bed as the "mill puff," or flock mattress, three were purchased new on his behalf in the ordinary way from three different warehouses. Thus it may be accepted they form fair samples of the beds on the market of a kind on which many thousands of persons sleep nightly. Let us notice briefly what was discovered as the result of scientific investigation. We will deal with one bed only, a fair sample of the three.

First, to admit of the wool-flock being dealt with in an approved scientific manner for the purposes of the test, it was removed from the tick, and was found to contain all sorts of "odds and ends" other than the flock. The flock was then weighed and rinsed in pure (i.e., distilled) water at a temperature of 100° Fahr. On being dried and again put on the scales, its weight was 5½ lb. less—that is, it had lost that amount of *dirt!* Next, the dirty water was subjected to analysis, which showed that it was full of offensive organic matter, capable of undergoing more rapid putrefaction than crude sewage; that is to say, in a condition which the law would not allow of discharge into any of our rivers because of polluting the waters.

It will be at once apparent that such filthy material must harbour living germs of all kinds, as, indeed, bacteriological examination disclosed, some of the organisms being of the same species as are found in the human intestines.

Another Experiment.

A second bed was dealt with in quite a different way, by beating with two sticks for two minutes, and in connexion with this Mr. Fyfe said: "During the beating of the bed the air of the room was so polluted with the dust coming through the tick that, although our nostrils were plugged with cotton wool, we suffered both that day and the next from irritation of the air passages, my uvula being sore and much swollen."

What Should Be Used?

The question will doubtless be: What

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

is the most satisfactory bedding material? A horsehair mattress, of which the horsehair—thoroughly sterilized before being made up—can be easily removed and cleansed at any time, is perhaps the most hygienic; and if subjected occasionally to disinfection on the lines described by the writer in GOOD HEALTH for September, 1907, its healthiness would be improved; he also premises that local sanitary authorities will ultimately arrange for the disinfection by steam of bedding at their disinfecting stations, as is now done after cases of infectious disease; possibly making a small charge for so doing.

Bed-Making.

In connexion with the series of experiments which has called forth this article, visits were made to houses—described as “clean and bright,” and having beds of wool flock—for the purpose of scientifically noting what the “making” of these beds would show. It was found that the *mere making* of such beds caused a change in the atmosphere of the rooms, and a certain amount of dust causing variations from “disagreeable” to a very slight “musty” atmosphere.

This state of things ought to be avoidable, primarily by the use of more sanitary bedding; secondly, when the bed is vacated it should be thoroughly opened out, the coverings being spread on chairs; then the wide-open windows will admit air and sunshine, both of which can be relied upon for making the bed “sweet” and wholesome and fit for occupation when night comes round and calls once more for its use.

Since this article was written, the writer is pleased to add, a Government grant has been made for extended investigations into the materials and make up of flock bedding.

Proverbs.

WOULD you know what money is, go borrow some.

PLEASURE is most to be found in safe and pure ways, and the greatest happiness of life is to have a great many little happinesses.

Countryside Rambles Up-to-Date.

WE have much pleasure in quoting the following extract from a letter recently received from Mr. C. W. D. Conacher, Secretary of the Glasgow Health Culture Society.

Our rambles have been an unqualified success. Our average attendance is over ninety, and we have had as many as one hundred and twenty. Such a large number is not so difficult to manage as some people think. In addition to the guide we have somebody else who knows the country thoroughly to bring up the rear, and so prevent the laggards from going astray. The rest of the party naturally break up into groups. Some of the more energetic have skipping-ropes, bats, balls, etc., so that things are kept lively. We have a recorder for each ramble, and the record is read at the following meeting, and proves of interest not only to those who were present, but even more so to the others. Sometimes it makes their mouths water. The recorders are of each sex alternately, and it is the privilege of the last to nominate the next. Of course, it is very bad form to decline the honour. Our rambles secretary keeps all the records, which are bound into book form at the end of the year. He also has an album for photos and other pictorial mementoes of our outings. These rambles have been the means of bringing to the notice of many of us beauty spots and places of interest hitherto undreamt of, not to mention the healthy influence of fresh air and good company. We make a point of utilizing as many as possible of the rights of way, bypaths, and side-roads, thus avoiding the dusty, motor-pestered main roads. When desirable, we ask permission to go through private grounds, and this privilege has never been withheld.

We heartily congratulate this society on its admirable arrangements for rambles. Shall be pleased to hear from the other branches of the Outdoor League as to their methods of making these outings interesting and helpful. The Glasgow Society is certainly working on a large scale. We have no doubt that these up-to-date methods will continue rapidly to increase its membership. Certainly such an organization cannot but exert a strong influence for good in a large commercial centre like Glasgow.

PHYSICAL CULTURE MADE EASY.—IV.*

BY ALLAN RUSSELL.

Sleep.

AT the present day with most people the hours devoted to sleep have become too few.

Entertainments, visiting and receiving friends, and the like, keep them up late. Afterwards they often go to bed excited, and, instead of falling asleep, cannot help thinking about the events of the evening.

The extra sleep they may get on a Sunday morning or afternoon does not put matters right. Nature's accounts cannot be settled in this way.



WHERE THE PINES GROW.

Certain theorists, as you may have noticed, encourage people to have less sleep. They tell us we waste time in bed, and give examples of men like Edison, who, although having little sleep, are healthy.

After studying the facts, it seems to me that such men are exceptions to the general rule.

The question of sleep was discussed in "Household Words" some years ago. Many readers gave their own experiences, and as "an ounce of fact is worth a ton of theory," I purpose to summarize one letter.

*Previous articles in this series appeared in the March, May, and July issues.

One Man's Experience.

The writer, having to study hard, reduced his hours of sleep to six hours and a half. Soon he began to get "run down."

The rest of the letter had better be quoted in his own words:—

"One night, by accident, I slept nine hours—the first time for six months. During the ensuing day I felt unusually fresh; and as a result of cogitation I indulged in nine hours the next night. The result was I returned to eight hours' rest forthwith, being absolutely convinced that my six-and-a-half-hour experiment had failed miserably.

"For curiosity I weighed myself, and found that I was twelve pounds below my ordinary weight. . . . My return to 'good form' was rapid; and I found that one hour's study was now equal to two under the former conditions."

Clothing.

Tight clothing should be avoided.

It is necessary to mention now a practice which I hope you do not follow. In winter some

fellows—Paul Pretentious is one of them—instead of wearing overcoats, put on extra underclothing. Thus attired our friend Paul goes to theatres and other crowded, badly-ventilated places.

The atmosphere is often warm and close where many persons sit together in close proximity. On going outside into the fresh air they experience a great difference of temperature, and, naturally, feel chilled.

Paul, however, is in a worse state than the majority. Inside, on account of his extra underclothing, he is hotter than the others. Outside, because of his extra heat got while in the theatre, and because he has nothing extra to put on now he has reached the street, he becomes more

chilled than the others. He catches a cold.

Of course, if Paul were allowed to take off his underclothing, which I do not for a moment suggest he should do, the case might be different.

To the man who knows from experience he can do both without overcoat, and other extra clothing, these words do not apply.



NEAR THE HILLSIDE HOME.

In Nature's Lap.

WE have pleasure in reproducing here with one of the cuts in the prospectus of the Hillside Home, a nursing home carried forward on reform lines, with special attention to outdoor methods, and situated amid beautiful scenery in the garden county of England. The booklet itself, giving a number of other cuts, as well as further particulars of the Home, will be sent free of charge to any reader mentioning GOOD HEALTH.

The Irish Village.

WE trust that all readers of GOOD HEALTH who visit the Franco-British Exhibition will follow our advice given in the August number, and seize the first opportunity to visit the Irish Village. Not only is it a uniquely interesting place, but its proceeds are to be used for a most laudable purpose—to forward the national health and anti-tuberculosis campaign which is now being carried forward so vigorously in Ireland.

THE Pitman Stores held their annual outing in August, employes and friends to the number of fifty going by brake or cycle to Dodderhill Common, where a cold luncheon on food reform lines was served shortly after arrival. The menu included all manner of good things, and the occasion was a most delightful one. The proprietor announced that on that very morning the first sod was turned for their new premises.



MODEL AND FISHERMEN'S COTTAGES, IRISH VILLAGE.

Training the Child for Health. The Head as a Burden-Bearer.

BY ELLEN G. WHITE.

TOO much importance cannot be placed upon the early training of children. The lessons learned, the habits formed, during the years of infancy and childhood, have more to do with the formation of the character and the direction of the life than have all the instruction and training of after years.

Parents need to consider this. They should understand the principles that underlie the care and training of children. They should be capable of rearing them in physical, mental and moral health. Parents should study the laws of nature. They should become acquainted with the organism of the human body. They need to understand the functions of the various organs, and their relation and dependence. They should study the relation of the mental to the physical powers, and the conditions required for the healthy action of each. To assume the responsibilities of parenthood without such preparation is a sin.

Far too little thought is given to the causes underlying the mortality, the disease and degeneracy, that exist to-day even in the most civilized and favoured lands. The human race is deteriorating. More than one-third die in infancy; of those who reach manhood and womanhood, by far the greater number suffer from disease in some form, and but few reach the limit of human life.

Providence Not to Blame.

Most of the evils that are bringing misery and ruin to the race might be prevented, and the power to deal with them rests, to a great degree, with parents. It is not a "mysterious providence" that removes the little children. God does not desire their death. He gives them to the parents to be trained for usefulness here, and for heaven hereafter. Did fathers and mothers do what they might to give their children a good inheritance, and then by right management endeavour to remedy any wrong conditions of their birth, what a change for the better the world might see!

MOST of us are accustomed to regard the head as a mere thinking machine, unconscious of the fact that this bony superstructure seems to have been specially adapted by nature to the carrying of heavy weights.

The arms are usually considered as the means intended for the bearing of burdens, but the effect of carrying heavy articles in hands or on the arms is very injurious, and altogether destructive of an erect or graceful carriage. The shoulders are dragged forward, the back loses its natural curve, the lungs are compressed, and the internal organs displaced.

When the head bears the weight of the burden, as it is made to do among the peasant women of Italy, Mexico, and Spain, and the people of the Far East, there is great gain in both health and beauty. The muscles of the neck are strengthened, the spine held erect, the chest raised and expanded, so that breathing is full and deep, and the shoulders are held back in their natural position.

It is a good thing for children to be early accustomed to the carrying of various articles, gradually increasing in weight, balanced upon the head. In this way they may acquire an erect carriage and a free and graceful walk.—*Good Health (American)*.

The Best Blood Purifier.

SOME one has well said that the lungs are the only guaranteed blood purifiers; but in order to do this they must be used. You know how dust accumulates in the corners of a room when it is only swept in the middle. When you habitually breathe superficially there are large areas of your lungs which are scarcely ever swept out with a current of fresh air, thus giving the germs a splendid opportunity to hold a street fair or carnival or any other mischief they please.

No one has a "corner" on the air market. There is no air trust. You can breathe to your heart's content without robbing anyone else.

Furthermore, deep breathing is the best way to massage the liver. In every deep

breath the diaphragm squeezes the liver almost as your hand could squeeze a sponge, thus assisting in emptying it of the blood that may be congesting in it, and encouraging the inrush of a fresh supply when you are exhaling.

It would be impossible to enumerate all the good results from a few minutes spent several times a day in good, vigorous deep breathing. To get the best benefit from deep breathing it is necessary to keep the chest well raised. Some one has said the best way to raise the spirit is to raise the chest. Try it, and see whether you find it so in your personal experience.

Don't overlook the fact that God breathed into man's nostrils the breath of life. You may have forgotten that and have taken to mouth-breathing. But nasal breathing helps to disinfect the air and to prepare it for the lungs.—*David Paulson, M.D.*

"Nut Butters," Not "Margarine."

To the Editor of GOOD HEALTH.

Sir,

It is well that attention is being directed to the misapplication of the new "Margarine Act." Let us do all in our power to get an amendment of the law, exempting *all* exclusively vegetable butters from the operation of that Act, so far as regards their being described as "margarine." Whether blame for the recent decisions attaches to the law itself, or belongs to those charged with administering it, I cannot say. But the order that "nut butters" shall be labelled as "margarine" is a legal demand for a misleading and untrue description.

Purely vegetable butters are *not* "margarine"; they neither contain the products of flesh, nor are they imitations of cow butter, made to taste, smell, and otherwise appear as like it as possible.

Our respect and support are due to those nut butter makers and dealers who have shown the courage to stand for principle in this matter, and fight the question in Court. Indeed, that was the only right course to pursue, but we who are consumers must co-operate with them. Letters of protest to the Press—local and general—to Members of Parliament, to the Board of Agriculture (4 Whitehall Place, S.W.), will be helpful towards gaining a remedy. JOSEPH KNIGHT.

Frugaro, Broad Oak, Hereford.

[Our correspondent's point is well taken. The pure, wholesome, and delicious nut butters manufactured by various excellent firms have really nothing in common with "margarine," and it is a gross injustice that they should be so labelled.—EDITOR.]

Good Things to Eat.

THE preparation of the daily meals is a considerable task; but it need not be an unpleasant one. When the housewife realizes that the successful day's work depends primarily upon proper nutrition, the whole question of diet speedily takes on new meaning and importance. The following menus may prove suggestive:—

MENUS FOR ONE DAY.

♦ ♦

Breakfast.

Steamed Rice with Cream.
Sultana Bread and Butter. Bananas.
Wholemeal Biscuits.

♦ ♦

Dinner.

Cream of Tomato Soup with Croutons.
Browned Potatoes. Scarlet Runners.
Baked Eggs. Lettuce and Tomato Salad.
Rice Pudding.

♦ ♦

Supper (Early.)

Granose Biscuits. Fruit Wafers.
Stewed Apples and Sultanas.
Fresh Fruit.

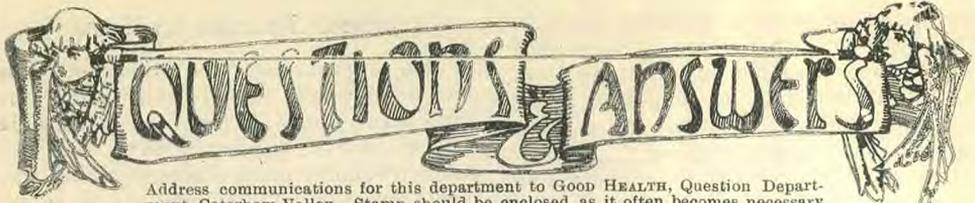
RECIPES.

Cream of Tomato Soup.—One onion, one turnip, one carrot, one ounce butter, one pint tomato juice, half a pint milk, a bay leaf and salt to taste. Melt butter in saucepan, stir in vegetables thinly sliced, and cook till butter is absorbed. Remove from fire and add tomato juice and milk (both cold), bay leaf, and salt. Bring to boil, then strain and serve.

Baked Eggs.—Prepare a white sauce, using teaspoonful pastry flour to half a pint of milk, and half an ounce of butter. Pour into a shallow pie-dish, break into it six eggs, sprinkle over top a little chopped parsley. Cover, and bake till eggs are cooked.

Baked Potatoes.—Partly steam large potatoes after removing parings, then put them on a well-oiled pan, and bake till brown.

Salad Dressing.—One-quarter cup lemon juice, two eggs, one-quarter teaspoonful celery salt, one-quarter teaspoonful table salt. Beat all together, turn into saucepan and stir over fire until mixture begins to thicken; remove and beat with a fork till cool.



QUESTIONS & ANSWERS

Address communications for this department to GOOD HEALTH, Question Department, Caterham Valley. Stamp should be enclosed, as it often becomes necessary to reply by post. No attention is paid to anonymous communications.

Morning Cold Bath.—G.G.A.: "Is a child [boy] eighteen months old too young for a morning cold bath?"

Ans.—It depends somewhat on the child. If he has been having a cold bath, and it in no way disagrees, by all means go on with it. In general, however, it is not advisable to give a child even of eighteen months a bath at a temperature lower than eighty-five degrees.

Thin Hair.—E.D.: "Up till about ten years ago I had a fine lot of hair. It came out then, however, and since it has been very thin. Will you please recommend some treatment?"

Ans.—Massage the head briskly for ten minutes morning and evening. To obtain the best possible effects the fingers should be liberally moistened with the Sanitarium Hair Tonic, which can be obtained of the Good Health Supply Dept. It is well also to shampoo the hair occasionally with soft water and a mild soap.

Meals Lacking in Nutriment—Water-Drinking.—A.W.S.: "1. Until recently I partook freely of animal flesh, but having the good fortune to purchase a copy of GOOD HEALTH, I have changed my diet considerably. However, I think sometimes that my meals are lacking in nutriment and strength-giving properties. For breakfast, I generally take ham and eggs, or poached eggs with bread and butter and tea; for dinner, small piece of butchers' meat, vegetables, and rice pudding; for tea, brown bread and butter, fish, and milk. Fruit I indulge in freely at all times. I seem to lack life and spring, and as my work entails a great deal of physical exercise, I would be glad if you would give me an idea of the most nourishing foods to take. 2. Is the drinking of say a pint of cold water beneficial between meals?"

Ans.—1. We do not think that your diet is lacking in nourishment. You are most likely eating too much rather than too little. We should advise you to "Fletcherize" your food, that is, masticate every morsel three or four times as long as you have been doing. This will probably result in taking a somewhat smaller quantity. You can take fruit freely at the morning and evening meals. For dinner it would be as well to confine yourself to well-cooked vegetables, breads, and nuts or nut preparations. You should rise from the table before there is any sense of undue fullness or repletion. Keep something of an appetite all the time, and be careful to avoid foods too rich in proteid. Peas, beans, and lentils should be used sparingly. Cut out tea and flesh meats.

2. Cold water may be drunk freely about an hour before each meal, the first thing in the morning, and the last thing at night.

Ulcerated Stomach.—E.R.: "Would you be so kind as to recommend which of the health foods would suit my daughter, who has an ulcerated stomach?"

Ans.—It is difficult to prescribe foods for an ulcerated stomach unless one knows whether the condition is active or passive. In an acute case, it is customary to allow no foods at all to be taken through the mouth, but to depend upon rectal feeding. But if the acute stage is past, it is well to confine the food almost exclusively to liquids. An egg beaten up alone or with milk, but without sugar, would be in order. Also gluten gruel made with milk, or strained granose gruel. Of the other foods manufactured by the International Health Association, we think malted nuts would be the best. They should be dissolved in hot water.

Affection of the Nose.—A.B. suffers from an affection of the nose, the symptoms of which resemble those of hay fever. The seat of the disease seems to be a portion of the mucous membrane of the upper part of the left nostril, and the difficulty seems to be caused by inhaling dust or by a low state of general health. He has tried snuff containing cocaine, prescribed by a doctor, and the naso-pharyngeal solids prepared by Burroughs and Welcome, but both often fail to give relief. Do we advise the use of the Globe Nebulizer?

Ans.—The Nebulizer might give relief in this case if used regularly, at least three times a day. It is also important, however, to build up the general health. Let the diet be plain and simple. Of course, alcohol and tobacco should be wholly avoided, also rich, unwholesome food of every kind. Let the patient confine himself to three meals a day, the third meal being very light, and taken not later than seven o'clock in the evening. Every morsel of food should be thoroughly masticated, and care should be taken not to overload the stomach. Sugar should be generally avoided, also free fats, and salt, if taken at all, should be used very sparingly.

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The Glasgow Health Culture Society.

Sept. 30th: "At Home." The Union Restaurant, 102 West Nile Street. Tickets, 1/- each.

Oct. 7th: "Physique and Efficiency: Why Systematic Physical Training Is Necessary" (with demonstration), by Lieut. A. G. A. Street, R.N.

Oct. 21st: "Air in Relation to Health" (with limelight illustrations), by Dr. A. Louise M'Ilroy.

Ladies' and gentlemen's exercise classes and swimming classes are just beginning. Write for full particulars and copy of winter programme of lectures, rambles, etc., to Mrs. Crawford, 64 Woodlands Road, Glasgow (ladies); Mr. Robt. Steel, 80 Murano Street, Glasgow (gentlemen).

Manchester Physical Health Culture Society.

For a most attractive autumn programme and full particulars of the Society, address the secretary, Mr. H. Julius Lunt, 27 Brazenose Street, Manchester.

Birmingham Natural Health Society.

Interested persons should address the secretary, Mr. A. J. Morris, 32 Denbigh Street, Bordesley Green, Birmingham.

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Professor Metchnikoff's assertion that life is shortened chiefly by the accumulation of poisonous waste matters in the alimentary canal is receiving a good deal of attention, and sensible people are taking care to bring about wholesome conditions in this much-neglected part of the body.

YOGURT is a harmless preparation, put up in tablet form, which has proved a most effective agent in treating all such cases.

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Visitors should not fail to call. Ladies should ask to see the Health Bodices.

In answering advertisements kindly mention "Good Health."

A Page for Women.*

Conducted by Marie Blanche.

A READER of this page writes: "Please give some hints on house furnishing." With pleasure, dear correspondent, and as you add to your request the stipulation that everything must be both economical and hygienic, the matter becomes delightfully simple and practical. "What carpets and wall-papers do you recommend?" is my reader's query. I am not going to recommend any at all; in fact, if I am to be overseer or merely adviser, I shall strictly forbid both. Without the shadow of a compromise, I say you are not to have a scrap of carpet nor an inch of wall-paper anywhere in your house. All walls are to be either painted or distempered, and all floors are to be either stained and polished (fine exercise polishing floors) or else covered with linoleum. All curtains are to be washable, and fastened to rings that run easily upon rods, so that they may be thrown back during the day and not allowed to obstruct the light and air from entering the house through open windows.

"What about bedding?" asks my correspondent. Well, only this, you must not have any *feather* beds. The proper thing is stuffed hard mattresses placed upon chains, and remember that *good* bedding is the most economical in the long run. Thoroughly good, woolly blankets, linen sheets and slips, and very light, porous counterpanes are what you want, and the better the material, the fewer will be required.

Choose unpolished furniture of simple design and good workmanship. Stained wood always looks well, and is less costly than oak or walnut. With the exception of the fair, white linen cloths for your dining-room or tea table, try to dispense altogether with table covers, they harbour dust and are never very ornamental, nor are they, so far as I have ever been able to see, of any practical use. I want you to consider the matter of house furnishing from the utilitarian point of view, regarding it at the same time from the idealist's altitude, and taking as your motto those potent words of William Morris, who, speaking of the home beautiful, said: "Have nothing in your house you do not know to be useful or believe to be beautiful." I know that ugliness is not (at any rate not in the world of art) considered a deadly sin, but I know also that one may mar the beauty and dignity of the prettiest room by the smallest breach of good taste in the matter of ornament and decoration, therefore beware of cheap ornaments and tawdry, useless knick-knacks.

Have as many plants in your house as you can find room for. There are some of the hardy variety that will flourish all the year round if kept in a well-ventilated room and properly attended to, and if you care for them well, tend them, and love them, they will never disappoint you. The common ivy is a splendid house plant; it can be grown very tall and leafy, and soon develops into

a handsome ornament. The best way to keep the leaves of a plant in good condition is to stand it out in the rain. In dry weather plants should be put out in the garden daily or in a bath, and the foliage thoroughly sprinkled with plenty of clean, tepid water.

But I have digressed. Let me return to furnishing matters. Don't buy your chairs and sofas at second-hand shops, for they are simply microbe dens; neither are they such bargain domains as some people imagine. As there are to be no carpets in this ideal dwelling-place, I must, I suppose—I do it grudgingly you will note—allow a few rugs or mats to give a look of warmth and comfort, and to keep out draughts from underneath the doors; but if you have any rugs you must take them out of doors and shake them daily. I hope you have not in your possession so evil a thing as a feather duster. If you have, then, in the name of all that is sanitary, I counsel you to burn this dangerous distributor of dust. I say *distributor* because it does not remove dust like an ordinary cloth which gets shaken after use, but merely displaces it, after which it resettles on the furniture.

Don't buy gas fittings for the living-rooms, but have instead good hanging lamps, which are both safe and cleanly, as well as being perfectly satisfactory from the lighting point of view and cooler than gas. Very much cheaper, too, let me add. With regard to the walls, choose artistic shades of colour, whether distemper or paint, and do not disfigure them with nails, but have rods fixed round the room, and hang your pictures from these. Don't be too generous with your pictures, two or three in each room are sufficient for beauty and decorative effect.

Let all your table napery and appointments be dainty, simple, and fresh-looking, and finally, let comfort reign supreme in every room, and don't allow mere conventionality to dictate how you shall arrange your furniture; don't, in short, imitate your neighbour's drawing-room, but study rather to show individuality, and, if you are blessed with it, a little originality in your own particular kingdom. I know one woman who, resenting the conventional position of beds placed against the wall, insisted upon putting hers in the very centre of the room, so that one could walk absolutely all round it. I believe she was mercilessly chaffed about it, but she stood her ground. I, for one, thought it a grand idea, and I know the little maid-of-all-work, who did the bed-making, regarded the arrangement with amazing satisfaction.

Answers to Correspondents.

A.D. (Bow).—Discontinue padding your hair. Strive to improve your general health, and try not to fret or worry. Local treatment is useless while you are bloodless and run down. I am very sorry for you. Rest, fresh air, and nourishing food are the things you need.

*Correspondents are requested to enclose a stamped envelope with the questions, as it is often necessary to answer by post. Address Marie Blanche, Sunny View, Caterham.

CONSTANT READER.—Certainly. Ask any question you like. You should address me, c/o GOOD HEALTH, Caterham Valley, Surrey, enclosing stamped envelope.



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