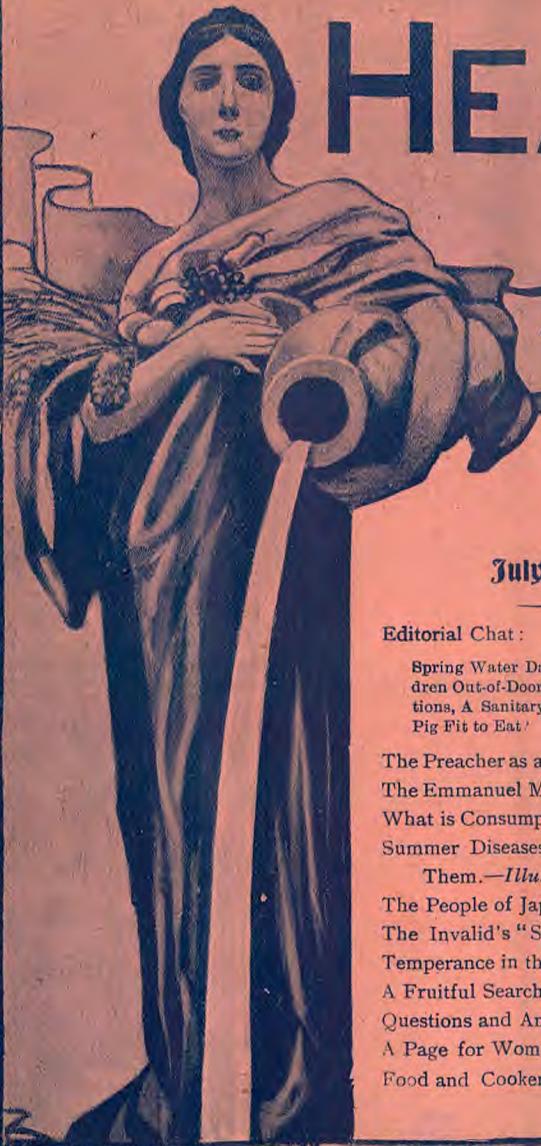


# GOOD HEALTH



MENS. SANA.

IN.  
CORPUS  
SANO.

July, 1909.

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No. 7.

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# THE PREACHER AS A TEACHER OF HEALTH.



"I wish above all things that thou mayest . . . be in health, even as thy soul prospereth."—3 John 2.

WE have often urged the importance of doctors regarding themselves in the light not only of curers of disease, but also of teachers of wholesome ways of living. We also believe it highly proper for clergymen to include in their preaching the principles of physical righteousness. Some are already doing this. One of our correspondents listened to a sermon the other day entitled: "Adam, the Son of God," which was an eloquent setting forth of the light in which every Christian should regard his body, and the care he should take to maintain its health and well-being.

"Is it nothing," the preacher asked, "to believe that the body came from the hands of God, that the great physical Adam—corporeal humanity—is the son of God? Is it nothing to know that the body of man is the temple of the Holy Spirit?"

## "Dirt Is a Sin."

"Believe me, we should be a better and a happier people if we believed that truth more firmly. Learn to reverence the body—your own body—the bodies of others. Learn that dirt is a sin, that unwholesome habits are a wickedness, that injurious trades are trades that should not be followed by ourselves or demanded of our brothers and sisters, that the man who can find amusement (amusement for-

sooth!) in the bodily danger or the bodily distortion of his fellows is a degraded being."

## The Body's Abuse.

"This body of man," the speaker went on to say, "is a holy thing, and yet we use it how? . . . We enslave it for our enrichment, exhaust and consume it by cruel labours, and when it serves us no longer, fling it aside as forgotten and useless lumber . . . We defile it by our lust, and fill the prisons, fill the asylums, by all kinds of social sins."

## A Clean Body for a Pure Soul.

"If you say that only the body comes from Adam and the soul comes from God, I reply that body and soul both come from God, that the body no less than the soul is God's, and that what we Christians above all other people have to learn is that, until the body is rightly revered, the soul will never grow to be of much account."

These earnest words require no comments

from us. They can hardly fail to impress thoughtful people as both very timely and very important.



NOTHING great was ever achieved without enthusiasm.—Emerson.

## Meat Melancholia.

We have recently received the following letter from one of our regular subscribers.

TO THE EDITOR OF GOOD HEALTH.

Dear Sir, For the past two or three years I have suffered from a severe internal irritation and lowness of spirits—melancholia. I tried various remedies, but all to no effect, until one day at dinner-time, for some reason or other, I ate but very little meat. I thought my health a little better the next day, and decided to go without meat for some time. After having tried the experiment for eight weeks, the lowness of spirits had left me, the nasty taste in my mouth, which the doctor accredited to the liver, was gone, and I was much better.

At Easter, however, my son paid us a visit, and my wife thought I might have some meat with my dinner, just for the sake of the company. I did so, and then said I would continue eating a little every day for a fortnight, just to see if it would make any difference.

I am sorry to say that I am not so well now as when abstaining from meat. The fourteen days' experiment expires shortly, when I shall again forego flesh meat, feeling confident that my health will be better for so doing.

Faithfully yours, J.D.



ROSES.

# Good Health

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

Entered at Stationers' Hall.

VOL. 7.

JULY, 1909.

NO. 7.

## Editorial Chat.

### Spring Water Dangerous.

IT is in the warm summer days that excursionists are most likely to satisfy their thirst at some attractive natural spring, water from such a source being generally taken for pure. But E. A. Martel, the celebrated French explorer of Caverns, raises a warning voice. Contrary to accepted opinion, he tells us, "the springs of apparently pure water are in many cases merely the outflow of surface waters which have disappeared through fissures, carrying with them pollution from the soil, and not purified in their passage through the rocks." One dislikes to have to warn people against what ought to be a most delightful source of the best and purest water; but so long as it continues to be customary to dispose of nameless filth in all sorts of unsanitary ways, springs and streams will continue to suffer from wholesale pollution, and water from unknown sources will be safe for use only after boiling.

### Keep Your Children Out-of-Doors.

WHATEVER else you do with your children in the summer, let them spend as much time as possible out-of-doors. Children are like plants in the ardent demand of their natures for sunlight and fresh air. Outdoor living will do more than any other one thing to increase the health and stamina of the delicate child; it will stimulate appetite and growth in the backward and ill-developed child; it will give poise and balance to the excitable child; and will strengthen

the lungs of the consumptively-inclined. In short, it is about the nearest thing to a cure-all for a large variety of children's weaknesses and ailments that anyone knows of.

### The Quarantine Regulations.

THE strict observance of quarantine regulations is of the greatest importance. It is now an established fact that the child who has diphtheria in a very mild form, so that he is able to be up and about, may nevertheless communicate the disease in a far severer form to another child, and perhaps start an epidemic. So also with all other diseases. We are all anxious that our neighbours shall obey the law; let us see to it that we obey it ourselves to the last letter. Carelessness or wilful evasion in such a matter is nothing less than criminal.

### A Sanitary Pigsty.

THE Pennsylvania Legislature has appropriated £1,200 for a "sanitary pigsty" at the Danville State hospital for the insane. This sumptuous domicile will be heated by steam and lighted by electricity. The inmates, we are told, will not wallow in mire, because there will be no mire. The ventilation is to be of the most improved type, and the food is to be cooked after modern fashion.

### Will It Make the Pig Fit to Eat?

NO doubt all this is a great improvement over the foul, ill-smelling, disease-breeding quarters which are usually considered suit-

able for pigs; but even a perfectly sanitary pigsty will not necessarily make the pig fit to eat. He is naturally a scavenger, and, left to his own resources, will ply his calling with commendable zeal. In the Orient and in certain southern villages, where the sanitary arrangements are not the most perfect, the pig plays a rôle of

real value, but it does not therefore follow that we must show our appreciation of his services by eating him. How much better to eat the wholesome cooked cereals, which under the new regime it is intended to give to the pig. Why spoil good corn by first feeding it through the body of such a creature?



### THE EMMANUEL MOVEMENT: A NEW BOSTON CULT OF HEALING.

BY M. ELLSWORTH OLSEN.

THE drowning man catches at straws, and the multitudes of sick and ailing people try one thing after another in the hope—often a vain one—of getting well. Wherever there is a Dowie, there are sure to be plenty of followers. Let a man but lay claim to be a healer, and he will not lack material to work upon.

#### Boston's New Craze.

Rather recently Boston, Mass., has been delivered of a new progeny—the Emmanuel Movement, so called from its originating in Emmanuel Church of that city. The founder, Elwood Worcester, D.D., Ph.D., claims for the movement both a religious and a scientific basis. In his book, "Religion and Medicine: the Moral Control of Nervous Disorders," he explains at some length the scope and main ideas of the work which has been undertaken. On the religious side, he represents

the movement as an attempt to recover for the church a form of social usefulness which in modern times has been lost sight of. The early church, he maintains, interested itself in the physical as well as the spiritual side of humanity. The apostles regarded it as their business to heal the sick as well as to preach the Gospel.

#### Scientific Claims.

On the scientific side, Mr. Worcester claims that there are a great many persons who suffer from mere functional derangements, the proper cure of which calls for the employment, not of medicine or any kind of physical treatment, but of direct psychological methods. In fact, he goes beyond ordinary psychological methods, and calls in the aid of hypnotism.

The movement has certainly struck a popular chord. Mr. Worcester and his assistant, Mr. Samuel McComb, have been

fairly thronged with eager seekers after health, and many apparently remarkable cures are reported. Moreover, centres are being started in other large cities, and quite an extensive literature is growing up. The new movement bids fair to prove a formidable rival to Christian Science.

#### Is the Movement of Permanent Value?

What shall we say of this new attempt to cure men's physical ills? Is it based on right principles? Does it offer the world something of permanent value? The answer to these questions must lie in an intelligent understanding of the movement.

Let us, then, examine it briefly in its religious aspect. It claims to be doing the work which the Saviour entrusted to the church when He commanded it to heal the sick, but with this important difference: it accepts for cure only cases of functional derangement, these to be referred to it by a regularly qualified physician. Here one feels inclined to ask, Why, if the physician has the professional skill and psychological insight to give a direct diagnosis in such cases, would he not be the best man to apply the psychological remedy?

#### Healing in the Early Church.

The early church never took upon itself to act the part of assistant to the medical fraternity. So far as it was a healing force, it made no fine distinctions between functional and organic cases. The early church resort-

ed to prayer in all cases of sickness, accompanied, we may be allowed to believe, by such simple remedies as men thought to be helpful.

The laws of hygiene were not so well known in those days as they are now, and some of the most important curative means were wholly unknown. But a quiet mind, resting in the assurance of the divine care, has always been a powerful aid to recovery from every kind of disease, and the prayer of faith supplied this. Moreover, there was direct miraculous intervention in many cases, though we are not given to understand that this was the invariable rule. In other words, those who prayed for the recovery of health did so always subject to the divine will, the language of their heart ever being: "Not my will, but Thine, be done."

But in all this there was no dividing of the patients into organic and functional groups, and appropriating the latter as the special field of the church. Moreover, there was no scientific application to them of psychological methods, and nothing so much as approaching hypnotism. So far, then, Mr. Worcester certainly is not following



HEALTH FOR THE BODY.



HEALTH FOR THE MIND.

in the footsteps of the early Christians. His work is fundamentally different, both in spirit and in method.

#### The Scientific Viewpoint.

Let us now look at it briefly from the scientific viewpoint. So far as hypnotic methods are employed, we have no hesitation in saying it is dangerous and vicious. The cure in such cases is probably worse than the malady, and as a rule the apparent change for the better is but superficial and temporary. We are the more free in condemning hypnotism because it has been thoroughly investigated by open-minded scientific men, and by them pronounced useless as a rational cure for disease. Moreover, it is also known to have an unwholesome physical effect, and morally it is even more damaging.

#### Psychology as a Means of Healing.

What shall we say, however, of the application of ordinary psychological methods at the Emmanuel clinic? Surely this is a legitimate mode of dealing with the sick, when one is sure that the disorder is only functional. Our reply is that, ac-

ording to the best authorities, there are extremely few, if any, cases of purely functional disturbance. The bodily organs and their various activities are closely related, and it is practically impossible to say of any patient: "He is perfectly well, only he thinks he is ill." But even if that could be done, we fail to see why such a patient should be handed over to Mr. Worcester or one of his assistants. Psychology is not so abstruse a subject but that it can be mastered by a medical man as well as by a preacher. As a matter of fact, the average physician probably knows a great deal more about it than the average clergyman.

But, it may be urged, the clergyman naturally deals with the soul, and is able by reason of his sacred calling, and the tremendous issues of the clerical world in which he is concerned, to make the more powerful impression upon his patient. This may be allowed; but is religion, because it has power over the minds of men, to be used as a mere tool in the hand of the psychologist? Is it to lend itself to a sort of sleight-of-hand performance, in order that preacher-psychologists may pose as healers?

#### An Odious Mixture.

It is this odious mixture of pseudo-science and religion which gives the movement the semblance of a fake. That many intelligent and well-meaning people are greatly impressed with it is undoubtedly true; that there have been numerous apparent cures may also be granted; but for all this, the movement in its essential spirit and underlying principles is at once foreign to science and to Christianity, and has more in common with Dowieism and Christian Science and similar cults than with any rational system of treating the sick.

Medical men, with very few exceptions, have seen its fallacy all the way along, the "British Medical Journal" being early in the field with a clear statement of the unsound scientific basis of the movement.

#### Religion as a Help.

In closing, it may be well to point out that there is nothing essentially new in the view that religion offers peculiar help to the nervous invalid, and, for that matter, to all invalids. We cannot too strongly urge upon all such to remember that there is One Who "forgiveth all thine iniquities, Who healeth all thy diseases." But divine help is not dependent on the ministrations of a psychologist-preacher, or, for that matter, any preacher whatever. Wherever a soul cries out after God, He is there to answer, with grace and power and healing. Many are the known instances of restored health and strength through the agency of prayer. In fact, once a right attitude is taken, and the invalid learns to trust the loving care of an all-powerful Father in heaven, the most painful and trying part of an illness is largely done away. Health is seen to be

a divine gift involving high responsibility in respect of its proper use. Then, when the desire to regain this gift is purged from selfishness, and springs from an earnest desire to do good in the world, this,

in itself, is a strong physical uplift to the patient. There is no elixir of health like the heart all afire for God and humanity, longing eagerly for strength only that it may spend the same in willing service for the Master.

"SOME experiments recently out," says the "Boston Bulletin," "tend to prove that while spices stimulate the motor functions of the stomach, they progressively impair the secretory functions, and in the long run inhibit the production of hydrochloric acid." It thinks that an exception may possibly be made "in respect of persons in whom slowness of digestion is due to a deficiency of muscular activity on the part of the stomach," and perhaps in a case of hyper-acidity. As a matter of fact, spices do harm rather than good in these latter cases also. They are always unnatural and unphysiological, disturbing the regular action of the secreting cells, and interfering with a due discrimination of those delicate natural flavours which are present in a greater or less degree in all wholesome foods, and which it is the business of the skilful chef to bring out.



PEACE AND REFRESHING TO THE SPIRITS.

## WHAT IS CONSUMPTION?

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

WHAT is this complaint which demands an annual toll of some 60,000 lives in our islands alone? Popular parlance has apparently given to the word "consumption" an interpretation somewhat vague in character, and the average person has consequently not a very clear and definite idea of its more precise meaning.

"Consumption" or pulmonary phthisis is, briefly, the most prevalent form of tuberculosis of the lungs, a disease which is due to the presence there of swarms of an exceedingly minute vegetable parasite. This parasite was discovered by Professor Koch in 1881, and is scientifically known as the tubercle bacillus; tubercle being the name now given to an overgrowth of the cells of the body in the particular spot affected, through their endeavours to resist the onslaught of the unwelcome visitors. For the latter to remain as conquerors the "ground" must be suited to them.

That consumption is hereditary is an exploded theory. Children may inherit a tendency, but not the disease germs themselves; and suitable attention in the early days, followed by hygienic methods of living through life, will render their systems more immune than those of children born of healthier parents, but who afterwards lack the necessary care.

The *lungs* become affected by breathing in the specific organisms of the disease, which may be present in the air or mingling with the dust when the floors of rooms, etc., are swept, arising from the expectorations of consumptives. Through the phlegm becoming dried, the germs are blown about in dust particles by the wind, and so get disseminated. A theory of recent date, and by no means an unlikely one, though it has not yet met with general

acceptance, is that the disease may be spread by *swallowing* the germs in tiny droplets present in the air in the immediate vicinity of sufferers otherwise most careful not to expectorate except into a suitable receptacle, being thrown up by sneezing, coughing, or even talking.

### Affects All Organs.

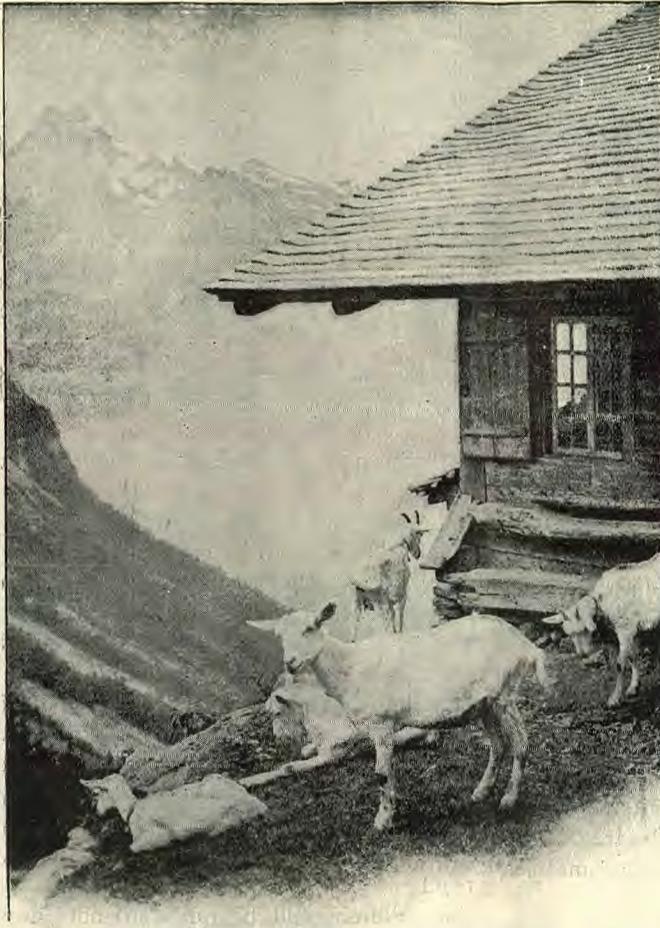
Before proceeding farther, this may, perhaps, be a suitable place to remark that practically every organ of the body may be affected by the presence of the bacilli of tuberculosis.

After the lungs, the *abdominal glands* in infants are principally affected. Milk from tubercular cows is responsible for this. Though the great majority of milch cows are sufferers from the disease, it seems to be becoming more generally accepted that, from the standpoint of the milk supply, only those animals which have tuberculosis of the udder need be looked upon as dangerous. If this be true, the extent of the risk of contracting the complaint is lessened, and the exclusion of the diseased animal facilitated. Still, we scarcely think any law for excluding animals so suffering from being milk-suppliers can be effectually carried out; hence the need for the exercise of care at home.

Though scarcely as suitable for an infant as its mother's milk, cow's milk is the most commonly used and one of the best of substitutes. (Goat's milk is probably more nutritious, and these animals are practically immune from tuberculosis.) Dangers arise, however, from the use of raw cow's milk. Besides tuberculosis, the organisms of diphtheria, typhoid or enteric fever, cholera, and summer diarrhoea, are milk-borne.

We have it on the authority of the late medical officer of health for Brighton, now Chief Medical Officer at the Local Govern-

\*Author of "Modern Sewage Disposal: A Popular Hand-Book," etc.



THE SOURCE OF THE BEST MILK.

ment Board, that in Brighton in 1905 the child fed on raw cow's milk incurred a risk of dying during the first year of life that was nearly *fifty times greater* than in the case of children fed on their mothers' milk. But all mothers cannot suckle their children, hence artificial feeding has to be resorted to, and the thinking members of the general public naturally inquire: "What can be done to ensure immunity from the risks mentioned?" It seems that existing and anticipated legislation can scarcely be relied upon entirely to give us a pure milk supply—certainly not for towns. Rural dwellers keeping a cow for

the purpose would do well to have her subjected to veterinary examination, and house her under sanitary conditions.

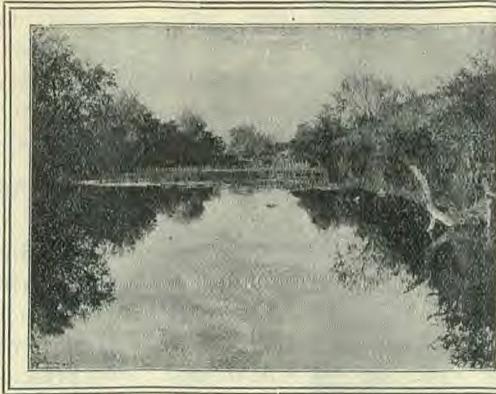
#### Scalding or Pasteurizing Milk.

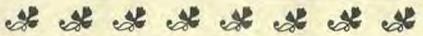
Subjecting the raw milk to heating will, if properly performed, reduce, if not entirely destroy, most of the disease germs present therein. Scalding or pasteurizing milk is believed to be preferable in every way to sterilization or boiling. A simple way to pasteurize milk is to place it in a vessel in a saucepan of water and keep the water boiling for some twenty minutes. By this means a temperature little short of boiling point—about 190° Fahr.—will be reached in the milk. If this process is well carried out the taste is unaltered, the physical changes which take place are almost negligible, and digestibility is increased.

In some children there may be a tendency for the heated milk, continuously taken, to disagree with them, and as a result they may not do well. In such cases it has been found useful to give a teaspoonful of fresh fruit juice, such as that of the grape or orange, daily.

Milk should be consumed a few hours after pasteurization, because that process causes the milk to putrefy: raw milk never does. It should be kept meanwhile in a suitable covered vessel, and in a cool place.

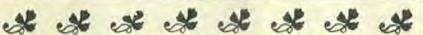
[There will be a further article on this subject in our next issue.]



  
*Summer Diseases and  
How to Avoid Them.*

.. BY ..

ALFRED B. OLSEN, M.D.



WHILE many diseases to which human beings are subject are likely to appear at any time of the year, still there are some that are more prevalent at one season than another. In this brief article we shall deal with a few diseases which are likely to occur in the warm season of the year.

**Measles.**

This is the only one of the infectious diseases that has two maxima during the year. The greatest maximum of incidence is in December, but there is a second maximum in June, so that it may come under the head of summer diseases.

It must be borne in mind that measles is a disease to which all are more or less subject, but particularly children. It is one of the most prevalent of all children's diseases, and perhaps for that reason is not regarded as seriously as it should be. Of all the various infectious fevers to which children are subject, measles, next after whooping-cough, causes most deaths; and together these two complaints cause more deaths among children under five than all other infectious diseases combined. Infants in the second year of life are most susceptible to measles of all classes, consequently they should receive the greatest protection. About ninety per cent of deaths from measles take place in children under five years of age.

But the prevention is not such a simple matter, because of the wide prevalence of

the disorder, and, further, because it is perhaps most contagious in the earliest stages, before the rash appears, and, consequently, before the nature of the disorder is apparent. Any child suffering from measles should be kept at home and isolated as strictly as possible, and, furthermore, children of the same household should also be kept from school.

Although we are all keenly in favour of our educational system, and wish to see it extended, still we cannot deny the fact that the school often serves as a distributing centre for many of the infectious fevers of childhood. For this reason, teachers should give careful attention to the children, and be quick to note any departures from the normal. A flushed face, a quick pulse, cold in the head with sneezing, discharge from the nose, watering of the eyes, and similar symptoms, ought to lead one to suspect measles, and to make careful inquiries. The affected child should be sent home with a note from the teacher to the parents, and it would be well to have a physician called in promptly to look after the child. After an epidemic of measles or other similar disorders, the children should not return to school until they have a certificate from the family physician saying that it will be perfectly safe for them to do so.

**Typhoid Fever.**

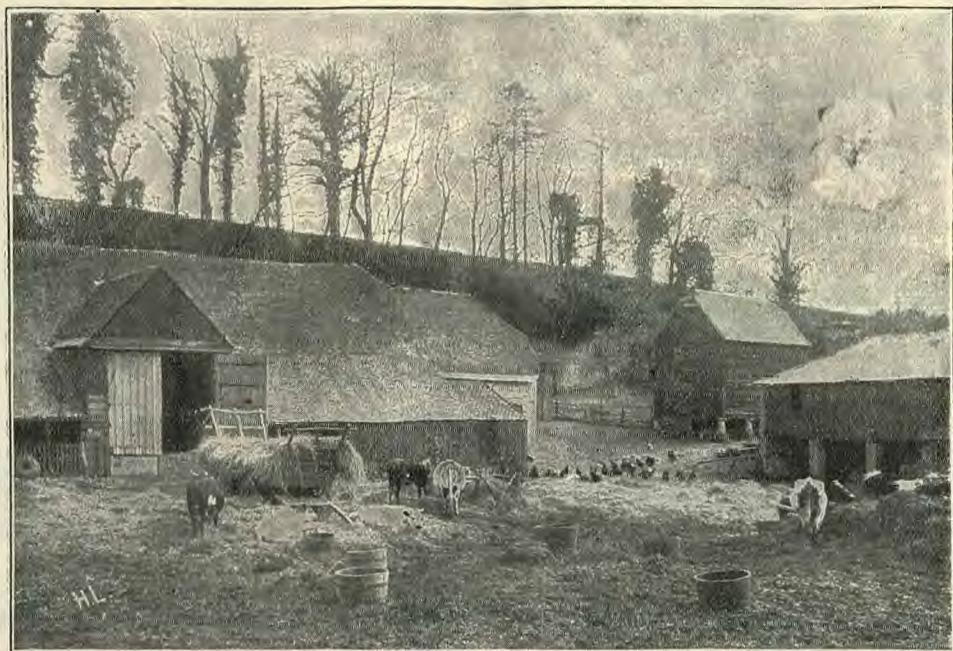
The month of the year in which typhoid

fever is most prevalent in London is October, while in New York it is September. But the rise in the death-rate is often noticed in August and September. If the same precautions were taken against typhoid that we shall suggest later on for diarrhœa, there would be much less danger of taking the disease. Typhoid fever is an example of those diseases that ought to be done away with completely, and

fifteen per cent of those who are bitten by dogs that have afterwards proved to have been suffering from hydrophobia become infected, and if the Pasteur treatment is resorted to at an early date, this percentage is reduced to a small fraction of one per cent.

#### Influenza.

An epidemic of influenza may occur at any season of the year, quite as likely in



WHERE THE FLIES BREED.

could be, we believe, by careful sanitation and hygiene.

#### Hydrophobia.

Rabies or hydrophobia possesses chiefly an historical interest in this country, for it is, fortunately, almost unknown at the present time. During the ten years from 1881 to 1890 the average yearly death-rate from hydrophobia was twenty-nine, but during the five years ending 1904, there were only two deaths, both in the year 1902. It is exceedingly rare nowadays to come across a case in this kingdom. It is well to bear in mind that only

summer time as in the cold weather. It is now well recognized to be a germ disease, the exciting cause being the bacillus of influenza. The disorder is distinctly infectious and contagious, and patients suffering from it ought to be isolated promptly and thoroughly, in order to prevent the spread of the infection. If these simple precautions were taken in all cases, we should soon have very much less influenza in the land.

#### Epidemic Diarrhœa.

Of all summer disorders, diarrhœa is the most important, as well as the most



GERM CULTURES ON GELATINE BEFORE THE FLY'S VISIT.

fatal, causing a large per cent of deaths during the hot season, particularly amongst infants and children. Epidemic diarrhœa is pre-eminently a summer disorder, and when we come to look into the matter carefully we shall see good reasons for this.

Diarrhœa, of course, affects the bowels, producing a more or less severe congestion or inflammation. The chief and most important cause is unsound food of one kind or another. Diarrhœa is distinctly a germ disease, but the disorder is brought on by several different germs, all of which may be conveyed through water or food.

#### Flies as Disseminators of Disease.

Far too little attention is given to the rôle that flies play in the dissemination of germ diseases. When we come to ascertain the full responsibility of the common house-fly in this respect, we shall find that it is one of the most common carriers of disease-producing germs. There can be no question but that the fly is a serious agent in the spread of diarrhœa.

Think for a moment of the breeding-places of flies. Dr. Henry E. Armstrong, in the course of a most instructive article on "House-Flies and Disease," gives, in a recent number of the "Medical Officer,"

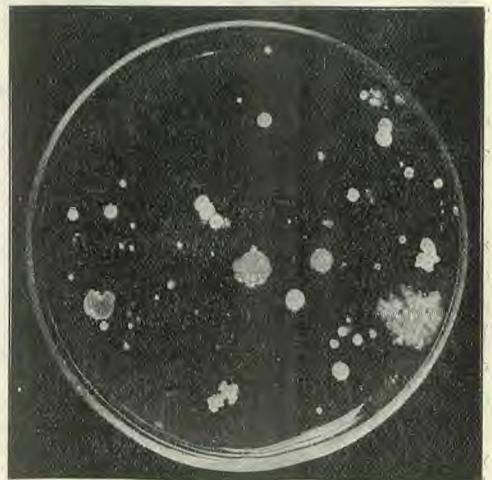
a list of the particular breeding-places for flies in the manufacturing towns, from which we quote a few as follows:—

Refuse heaps and "tips."  
Sewage pools.  
Slaughter-houses and butchers' shops.  
Farmyards.  
Pail-closets, privies, and ashpits.  
Domestic refuse receptacles (moveable).  
Knackers' yards.  
Poulterers' refuse and offal.  
Restaurant kitchens and basement cooking-places.  
Kitchens of tenement dwellings, etc.  
Jam factories.  
Confectioners' shops and manufactories.

In the same article Dr. Armstrong gives a list of the diseases which are believed to be spread by flies, which we also quote:—

Diarrhœa.	Dysentery.
Enteric fever.	Glanders.
Diphtheria.	Erysipelas.
Scarlet fever.	Ophthalmia.
Smallpox.	Sleeping sickness.
Measles.	Swine fever.
Whooping-cough.	Ringworm, eczema, and other skin diseases.
Plague.	Staphylococcal abscesses.
Cholera.	Any other infectious or bacterial disease.
Anthrax.	
Tuberculosis.	

We are fully convinced that this is not exaggeration, but rather that the half has not been told of the great evils caused by the common house-fly. It is scarcely necessary to mention their filthy habits,



GERM CULTURES ON THE SAME GELATINE AFTER THE FLY'S VISIT.

and when one associates in one's mind the presence of the ubiquitous fly in the dining-room at mealtimes, and in the kitchen when food is in preparation, with some of the breeding-places enumerated above, one can well realize the ample opportunity there is for them to spread disease. In the list of breeding-places, note the last four mentioned, and then associate them with the apartments mentioned above.

From this brief consideration of flies as a cause of disease, it would not seem necessary to urge the importance of excluding them from the house as far as possible. There are various means of keeping out flies. We think that wire window- and door-screens are well worth the small expense entailed, but even they are not essential. There are various fly-papers that can be used. But the most

important means of extermination is to prevent the accumulation of refuse of any kind, to keep the garbage-bin as far from the house as possible, and have it emptied regularly, at least twice a week, and in large cities daily, if possible. If the premises about the house are kept clean, and in a sanitary condition, there will be little opportunity for flies to find a breeding-place, and consequently they will be scarcer.

Another simple precaution is to cover food with some kind of screen, or to keep it in a ventilated food-box from which flies can be excluded. All these precautions, or similar ones, should be taken, and everything possible done to keep flies away from food, and out of the house.

[Dr. Olsen will give additional advice on this timely subject next month.]

## THE PEOPLE OF JAPAN.—(Continued.)

BY A. MARION CLARK.

IN Japan daily bathing is a national habit. Every household which can afford it has its own bathroom; and I think it will give a good idea of the general popularity of the bath to state that in Tokio alone, whose population is, or was when Mr. Chamberlain's book was written, about one and a half millions, there were over eight hundred public baths, in which it is calculated that four hundred thousand persons bathed daily. The cost of a bath for an adult is two and a half sen (a sen equals a farthing), for a child, two sen, for a baby, one and a half sen. Every jinricksha coolie, and every labourer, takes his bath as a matter of course; and delightful it is to see your "kurumaya," or jinricksha man, turning up fresh and clean, with spotless white knickers, which the faithful "oku sama" (wife) has washed at home.

In this land of volcanic action hot mineral springs abound, and these are taken the fullest advantage of for bathing pur-

poses—the water welling up hot and running through the bath, a constant and never-ending supply. Mr. Chamberlain says that at one such place he visited, the people of the inn apologized for being so dirty, for they said that in the busy summer season they could not find time to bathe more than twice a day, whereas in winter they liked to take five baths!

But to describe the domestic bathing! Most houses are built around a little courtyard—which, by the way, is really beautiful with some arrangement of rocks and water and growing things—and in a corner downstairs there is a little square, wooden room partitioned off, whose floor is sloped, that the water may drain away. In one corner of the room stands a big oval-shaped tub, very deep—so deep that the water covers an adult person right up to the neck when getting into it. At one side of the bottom of this tub there is a little chamber partitioned off, in which red-hot charcoal is placed, and this soon heats

the water to a famous temperature. The Japanese take their bath very hot, 110° Fahr. being about the usual temperature.

Five o'clock in the afternoon is about the hour when bathing starts, and if you are arriving at an inn after a long, dusty jinricksha ride, take my advice and be there by five; then make straight for the

Spartan ways of cold bathing, after a time usually fall a prey to rheumatic and other troubles, and take to the native custom with advantage. But whether this is so I cannot say; we were not long enough up country to put this to the test, and in the big towns one can get ordinary European bathroom accommodation in the hotels.



GEISHAS.

bath—unless you wish to succeed many other bathers, for all the household take their turn in the same water, beginning with the lord and master and all the men-kind, then the women, and last of all the servants. But do not hold up hands of pious horror at the thought; it is not nearly so bad as it sounds. No Japanese thinks of entering the bath without first washing himself thoroughly all over while standing beside it. This he does with a bran bag—and frequently nowadays with soap—and a plentiful sluicing with water. When thoroughly cleansed, he enters the bath for a good hot soak.

We, like all the rest of the foreign folk, protested at first against these extremely hot baths, but we heard that resident foreigners who commence their stay in Japan intending to keep to their own more

So much, then, for cleanliness. Now for kindness. Everywhere we went we were struck with the genial welcome we received, and the smiling faces we saw. The people were always very ready to serve us and make us comfortable. I was particularly struck with the jinricksha men and their willing service. When you hire a jinricksha, you and all your goods and chattels seem instantly to become your kurumaya's chief interest; and every time a halt is cried, before starting again he goes over everything to see that all is in proper order, and tucks you up comfortably with a rug to keep you snug.

Being rather tall, I always felt some compunction in letting these small coolies run with me, and so whenever we came to a small hill, I would wish to get out and walk (one is expected to walk up the big

hills). But I repeatedly found that my kurumaya would not let me get out, or if I had jumped out and walked a little, he would try to get me in again. Such willingness and kindness of spirit is very pleasant to meet.

(To be continued.)

## THE INVALID'S "SYSTEM."

BY W. M. SCOTT.

### What Are the Chances?

IT is a common error to suppose that health and strength depend on taking plenty of strong meat and drink, living in warm rooms, clothing snugly, and avoiding cold air and especially cold winds. The sooner the invalid gets his mind free from this, and makes a start toward hardening his body and accustoming himself to exercise the muscles in a healthful fashion, the better will the possibilities be for his recovery. The conditions which make for health and happiness are: a moderate diet of plain, wholesome food, a life of regularity, and, above all, healthful exercise in the open air. A patient may be very weak, and even confined to bed, but so long as there is no fever or existing inflammatory condition that might be aggravated by activity, nothing need hinder him from making a start in physical culture—cultivating the physique.

### To Begin With.

Even chronic invalids ought to be made to feel that they can do something for themselves. Where they have strength to move a limb—even a little finger—two or three times, they will strengthen that part by so doing, and by keeping on doing it from day to day. But systematic exercise of the whole body is what counts most in recovering lost strength. The best time for the exercises is in the middle of the forenoon, when the digestion of breakfast has been well established. If they have to be done in bed, see that most of the covering is taken off, or all, if the weather be warm, so that there may be freedom of movement. It is best, also, to dispense with the pillow while exercising.

1. First, bend the toes backwards and forwards, then the same with the feet, at the ankles. If weak, it will only be necessary to do each movement a few times and then rest.
2. Draw the heel of the left leg upwards towards the hip, bending the knee to an acute angle, and fully extend again.  
Do the same with the right leg.
3. Draw both knees up until the soles of the feet rest flat on the bed.  
Separate the knees wide apart, and then close two or three times.

Now you may rest the legs, and proceed to exercise the fingers:—

4. Bend them one at a time.  
Close and open the hand, and twist it on the wrist.
5. Bend the arm at the elbow, so as to bring the palm of the hand toward the shoulder.  
Repeat two or three times with each arm.

Now rest the arms, and take a few exercises for the neck, as follows:—

6. Raise the head off the bed and twist it well round to the left three times, then to the right three times.
7. Rest a second or two, and then bend the head until the chin touches the chest, extend, and repeat three times.
8. Now try to contract the muscles over the stomach and abdomen.
9. Try until you are able to do it, making a stronger effort each day.

These few simple movements will be sufficient for the first attempt at systematic exercise.

Do not feel alarmed if the heart is found to beat a little stronger and more rapidly. That is just what it ought to do, and it, too, will become stronger through the exercise it will get in pumping more blood through the parts that are being healthfully exercised.

### Increasing the Amount and Severity of the Exercises.

It will soon become evident when one can take more exercise, both in amount and

severity, and the following are exercises which can with advantage be added, one at a time, as strength returns:—

10. Raise the left leg, straight at the knee, upwards to the perpendicular. Allow it to fall back quickly and without strain. Repeat three times. Same with the right leg. Alternate left and right three times. (Fig. v.)
11. Turn on to the right side, legs extended straight in line with the body, and raise the left leg three or six times. Turn and do the same with the other leg. (Fig. vii.)
12. Lie on the bed, or on a soft rug, face downwards. Raise the left leg upwards, without bending at the

important muscles of the trunk. "Hay-tossing" will be found to give real pleasure, and it is highly beneficial. It is not a tiring or taxing exercise if done properly.

15. Stand with the feet apart and knees straight. Fig. i. Swing the arms round to the left for an impetus for the upward swing. They will be carried past the front of the body, upwards and overhead. One arm, it will be noticed, is bent at the elbow and falls over the chest, the hand resting upon the shoulder of the opposite arm; the other arm is carried straight upwards and slightly backwards, while the trunk is twisted round somewhat. Fig. ii. Now reverse the movement, bringing the arms to the sides and relaxing for a moment.

Then swing the arms a little to the right to get the impetus to carry them upwards to the opposite side.

Repeat the alternate movements until slightly tired, then rest and breathe regularly and fully for a few minutes.

[Make the hips firm and tense when the arms are thrown upwards overhead, and relax all the muscles as the third position is assumed. This is important

to get the most out of the exercise.]

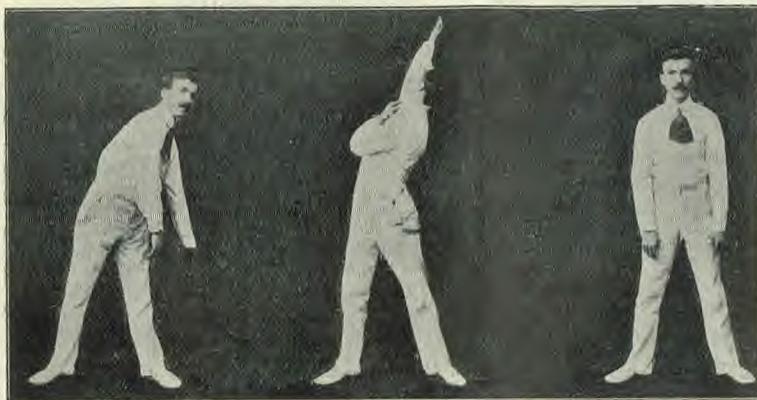


FIG. I.

FIG. II.

FIG. III.

HAY-TOSSING EXERCISE.

- knee, as high as possible, three or six times. Let it drop easily backwards. Do the same with the right leg.
13. Bear the weight of the body on the hands and knees, and lower and raise the chest by bending and extending the arms at the elbows. Repeat three times. Now rest on the back and take some deep breaths.

#### To Strengthen the Vital Organs.

The most important is deep, rhythmical breathing.

14. Lie flat on the back without a pillow. Take in a deep, full breath, noting that the abdomen ought to swell out first and then the chest. Hold for a second or two, and then allow the breath to be slowly exhaled. The abdomen will flatten first, chest last, in natural breathing.

We will now proceed to describe, briefly, some exercises for strengthening the im-

Of the other exercises illustrated, Fig. iv. shows what will be found the most difficult, we believe. Still it ought to be attempted, even if only a little movement can be made, as it produces mobility in the spine, and encourages a healthful flow of the vital fluid through the spinal cord. Relax and rest flat on the chest after each attempt.

In the following exercise (Fig. v.) only one leg at a time ought to be raised, although the illustration shows both legs raised. This will come later, after some considerable degree of muscular strength has been acquired in the trunk.

The next one (Fig. vi.) needs no remarks, except that we might urge the

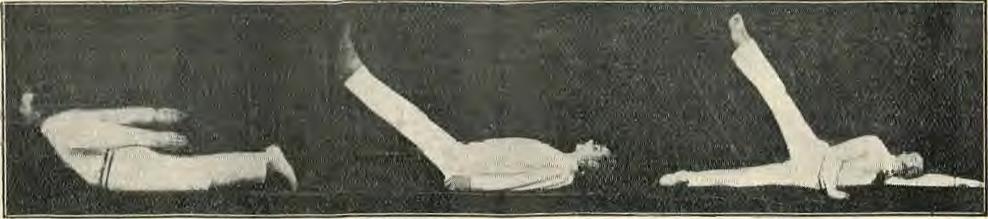


FIG. IV.

FIG. V.

FIG. VI.

necessity of raising the leg to as near the perpendicular as possible. The same applies to the last exercise. After these exercises again rest flat on the back and practise the deep breathing.

We depend upon healthful digestion and assimilation of the food, and full oxygenation of the vital fluid in the lungs, for any improvement in health and strength. The last exercises illustrated are designed to bring about a healthy condition of the digestive organs. (See Figs. vii., viii., ix.)

#### An All-Round Vitalizer.

We should fail in our duty to those we are seeking to help if we left out a factor in health-getting which does more than anything we know of to bring vitality and suppleness to the body the air bath with friction and exercise. A rough Turkish

towel or simply the palms of the hands may be used. Open wide the windows. Strip to the waist, or fully if the weather is warm enough—even in cold weather it will be surprising how little you feel the cold. Start by rubbing the arms from wrist to shoulder until they glow; now bend down and rub the legs from the ankles upwards, then the chest, sides, and back. A very fine system of rubbing exercises combined with massage is given in that excellent treatise by Lieut. J. P. Müller, "My System," and we would refer those of our readers who wish detailed instructions for same to that book. His "Fresh Air Book," just out, is also very interesting and instructive. Published by "Health & Strength, Ltd.," Burleigh St., Strand, W.C. (See p. 213.)

## TEMPERANCE WORK AT HOME.

BY MRS. E. G. WHITE.

OFTEN intemperance begins in the home. By the use of rich, unhealthful food the digestive organs are weakened, and a desire is created for food that is still more stimulating. Thus the appetite is educated to crave continually something

stronger. The demand for stimulants becomes more frequent and more difficult to resist. The system becomes more or less filled with poison, and the more debilitated it becomes, the greater is the desire for these things. One step in the wrong



FIG. VII.

FIG. VIII.

FIG. IX.

Lie on the back in the position shown in Fig. vii., draw in a deep breath, and then exhale, raising the hips as high as possible (Fig. viii.); remain thus for a moment, and then take a little breath, and firmly contract the abdominal muscles. Lower the hips, maintaining the contraction for a few seconds, exhale, and relax. Repeat a dozen times.

Next keep the same position as in Fig. vii., except that the arms are by the sides. Raise the head and shoulders by bending over the stomach, at the same time raising the arms and endeavouring to touch the sides of the knees with the finger-tips. Fig. ix. Drop easily back and relax thoroughly. Repeat six times.

direction prepares the way for another. Many who would not be guilty of placing on their table wine or liquor of any kind will load their table with food which creates such a thirst for strong drink that to resist the temptation is almost impossible. Wrong habits of eating and drinking destroy the health and prepare the way for drunkenness.

There would soon be little necessity for temperance crusades if in the youth, who form and fashion society, right principles in regard to temperance could be implanted. Let parents begin a crusade against intemperance at their own firesides, in the principles they teach their children to follow from infancy, and they may hope for success.

There is work for mothers in helping their children to form correct habits and pure tastes. Educate the appetite; teach the children to abhor stimulants. Bring your children up to have moral

stamina to resist the evil that surrounds them. Teach them that they are not to be swayed by others, that they are not to yield to strong influences, but to influence others for good.

Great efforts are made to put down intemperance; but there is much effort that is not directed to the right point. It must be kept before the people that the right balance of the mental and moral

\*Ada and Leslie, aged 5½ and 4 years, respectively, are strict health reformers, retire at 6 p.m., and have never had meat, tea, doctor's medicines or powders, or any children's ailments.

powers depends to a great degree on the right condition of the physical system. All narcotics and unnatural stimulants that enfeeble and degrade the physical nature tend to lower the tone of the intellect and morals. Intemperance lies at the foundation of the moral depravity of the world. By the indulgence of perverted appetite, man loses his power to resist temptation.

Temperance reformers have a work to do in educating the people in these lines.

Teach them that health, character, and even life, are endangered by the use of stimulants, which excite the exhausted energies to unnatural, spasmodic action.

In relation to tea, coffee, tobacco, and alcoholic drinks, the only safe course is to touch not, taste not, handle not. The tendency of tea, coffee, and similar drinks is in the same direction as that of alcoholic liquor and tobacco, and in some cases the habit is as difficult to break as



EXAMPLES OF HOME TEMPERANCE.\*

it is for the drunkard to give up intoxicants. Those who attempt to leave off these stimulants will for a time feel a loss, and will suffer without them. But by persistence they will overcome the craving and cease to feel the lack. Nature may require a little time to recover from the abuse she has suffered; but give her a chance, and she will again rally, and perform her work nobly and well.

COMMON sense in an uncommon degree is what the world calls wisdom.—Coleridge.

The  
Secret



of  
Long Life

### Motive Forces.

IDEAS go booming through the world louder than a cannon.

Thoughts are mightier than armies. Principles have achieved more victories than horsemen or chariots.—

W. M. Paxton.

If a man lives entirely on the physical plane, he can never be permanently satisfied, because the other sides of him are inactive. He may devour the finest dinners, but the best part of him remains *unfed*.—*Carlyle*.

MESSRS. SINCLAIR AND WILLIAMS.

## A FRUITFUL SEARCH FOR HEALTH.

A VERY interesting book has recently come from the pen of Mr. Upton Sinclair, whose collaborator is a well-known American writer, Mr. Michael Williams. It is entitled "The Art of Health, A Primer of the New Hygiene."\*

### What Started the Search.

Mr. Upton Sinclair is the well-known writer of "The Jungle," and he has the pen of a practised writer—a gift that is often lacking in authors of books on the subject of health. He gives an interesting account of the reasons which induced his own personal researches. He says:—

As Edward Carpenter and others have shown us, history can paint pictures of many races that have attained the luxuries and seeming securities of civilization, but history has yet to record the tale of a nation passing safely through civilization, of a nation which eventually has not been destroyed by the civilization it so arduously won. And why? Because when ancient races emerged from barbarism to civilization they changed all the habits of living of the human race. They adopted new customs of eating; they clothed themselves; they lived under roofs; they came together in towns; they devised ways of avoiding exposure to sun, wind and rain, but they never succeeded in devising ways of living that would keep them in health in their new environment. That is the problem we have to work out—to devise means of neutralizing the unnatural physical influences of civilization while profiting by its intellectual advances. Metchnikoff has stated this difficulty in a masterly manner in "The Nature of Man."

### Some Experiences.

One of the most interesting passages in the book is that wherein Mr. Sinclair records his visit to a doctor in the first illness that had overtaken him for fourteen years:—

"Was there anything the matter with you before the attack?"

"Nothing that I know of," I answered, "but I have often reflected that the way I am living cannot be perfect; and I want to get as much out of my body and mind as I can. I should like to know, for instance, what are the proper things for me to eat."

"Nonsense," he interrupted, "you go right on and live as you have been living, and don't think about your health."

And so I went away and dismissed the idea. It was one I had broached with great diffidence, so far as I know it was entirely original, and I was not sure how a doctor would receive it. All doctors I have heard of were people who cured you when you were sick; to ask one to take you when you were well and help you to stay well was to take an unfair advantage of the profession.

The authors give some very interesting particulars of their experiences in search of health. In their opinion there is no reason why everybody should not live to be a hundred, and they set forth in detail the way in which they believe this can be accomplished.

### The Discoveries Made.

The first part of the secret is our old friend, slow and careful mastication. The second is more complex, and deals with

\*"The Art of Health," published by "Health and Strength," 12 Burleigh Street, Strand, W.C., 5/-, net.

the general plan of life, and also with various forms of diet. The claim is made that as the result of the mode of living set out in their book the authors have increased enormously their power of endurance, and if this be true, then the system must be of considerable value. Enormous muscular development is essential to very few, and is not even desired by the majority. General power of endurance, on the other hand, is what we all need, and its importance cannot be too highly emphasized.

To show that this claim is not made on personal grounds alone, the authors give the results of a number of experiments performed by Professor Irving Fisher at Yale University. The experiments embraced a number of physical tests such as holding out the arms as long as possible, deep knee bending, and leg raising, with the subject lying on his back, and were

described in GOOD HEALTH in the July and September numbers of 1907.

Messrs. Sinclair and Williams have a good deal to say in support of their theories which must be of great interest to open-minded people, and particularly to readers of GOOD HEALTH. Their book carries us one step farther in the quest of reliable rules for the maintenance of perfect health, and we sincerely hope their ideas will receive the consideration to which they are entitled.

We are rapidly approaching the autumn season, when our Good Health Leagues resume their activities. It is time to be thinking of plans for promoting the cause, and we shall be glad to hear from any who have suggestions to offer, or who would like to receive such. We hope to get out some instructive and popular leaflets dealing with various points for general distribution. It is not necessary, however, to be a member of a League in order to have a place in the crusade. One enthusiastic worker is worth a host of nominal members, and if anyone in any place is willing to lend a hand, we shall be glad to hear from such, and to give any assistance in our power to make their efforts a success.

## FOR SALE: AN HONEST LIVING.



IN January, 1907, I started here a "Health Food Store" and vegetarian dining-rooms. Being without any experience of either grocery or catering, I was at a serious disadvantage, and my losses at first were heavy, £230 being thus absorbed in 1907.

During 1908 I turned the corner and cleared a net profit of £92.

During 1909 a further increase in profit is indicated.

The locality is well adapted for the business, there being no other vegetarian restaurant in South London. An immense traffic passes the door. The street, the great highway south from London Bridge, is surrounded by factories and warehouses, among whose large day population my venture has been well supported. Tube railways, trains, and buses give quick access to all parts of London, while the Bank and Mansion House are within a fifteen-minute walk.

Unfortunately, as my wife's health does not permit of our remaining in this country, I must close the business at Christmas (the earliest date possible under the tenancy), unless I find a new tenant to take it over. For the sake of the staff who have loyally helped me I should be sorry to close down, and it would also be cause for regret that many who have been assisted in following a reform diet would be seriously inconvenienced. If a few friends of the movement would provide a small capital, there should be little difficulty in finding a capable manager, with whose greater experience a more rapid increase would result than has been possible under my inexperienced control. To one who would work the business on his or her own account I can commend it as a good investment, and a most interesting and enjoyable occupation. The customers are of a class much superior to the average met with in London restaurants. The accounts have been carefully kept from the beginning. Enquiries from bona-fide purchasers should be addressed to the Proprietor,

CAMP'S RESTAURANT, 203 BOROUGH HIGH STREET, LONDON, S.E.

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

# “How to Live to a Hundred.”

## The Art of Health, A Primer New Hygiene.

By UPTON SINCLAIR and MICHAEL WILLIAMS. 5/- net.

This is one of the most valuable and fascinating books on the study of the Body and Its Functions ever published. It is written in a most entertaining fashion, and reveals an entirely new fund of experiences and knowledge on the subject.

### A SERIES OF NEW IDEAS.

The authors give the secrets of their Art of Health in two parts. To quote a reviewer:—

“The first part is just our old friend, slow and careful mastication. The second is more complex, but consists in an elaborate exposition of the best kinds of food. What these are, with the reasons for considering them the best kind and for eating with extreme slowness, is all set forth in this book, along with some account of the results which have been obtained by following the dietary methods recommended. It may be mentioned here that the two methods do not necessarily go together. In fact, Metchnikoff, who lays the greatest stress on the question of keeping the digestive organs—or rather, the large intestine—free from harmful microbes, has rather sharply criticized the Fletcherites for eating less than our digestive organs were adapted to deal with. However, Messrs. Sinclair and Williams combine the two methods, and perhaps they are right. Certainly their reasons sound convincing enough. To begin with, Fletcher and his supporters, who include some of the most eminent scientists in the United States, insist that we eat far too much, particularly of meat, fish, and eggs.”

#### Practical Results of the New Idea.

“Of course, it is the fate of all new movements, good or bad, to meet with ridicule and scepticism, and people will naturally demand to be told whether the system recommended by Messrs. Sinclair and Williams has actually done any practical good to anyone. Well, on that point the authors have their answer ready enough. They can not only point to their own cases, to the case of Mr. Fletcher himself, and to many others who have been redeemed from the condition of broken down invalids to that of strong, healthy men, but they are prepared to show that their system turns out better physical results all round than the ordinary diet and way of eating. They claim, in particular, that their system increases enormously a man's power of endurance. Professor Irving Fisher's experiments at Yale are very striking in their results. Professor Fisher took a group of Yale athletes—picked men, of course—and matched them against the flesh abstainers, chosen from among the nurses and physicians attached to the Battle Creek Sanitarium. The tests were—holding out the arms as long as possible, deep knee-bending, and leg-raising with the subject lying on his back. The result was in each case a smashing defeat for the ordinary college athletes, though they tried to set up Yale records. There was also a test made of nine students, who ate their ordinary food, but chewed it on the Fletcher principle, and in their case as well the power of endurance was greatly increased. On the whole, it seems that the authors have a great deal to say for their theories and practice, which must command the respectful attention of all fair and open-minded people. There is this to be added in their favour, besides, that their opponents—doctors like Sir James Crichton-Browne, for instance—have not been able to oppose them with anything stronger than counter-assertions and theoretical arguments. Until the many experiments which the ‘low-proteid’ school have made have been shown to be valueless or fallacious in their results, the theory advanced in this book undoubtedly holds the field.”

#### What is “Sufficient” Food?

“Up to the present, the standard considered a fair one for the ordinary healthy man was about 120 grammes of proteids per day, whereas it is now declared that fifty to sixty grammes are all that is required. To make that more intelligible to the unscientific reader, it is explained that fifty grammes is about equal to 1½ ounces, which would be represented in practice by about 9½ ounces of lean meat, or by seven eggs, or by twenty-seven ounces of white bread. Of course, few of us eat seven eggs in a day, but we consume much proteid stuff in other form than eggs or meat. One small chop a day, besides bread, potatoes, etc., is now considered amply sufficient, though no hard and fast rule is laid down, every person being left to satisfy his own appetite, provided that it is a natural and not an artificial appetite. The important thing is that the food, of whatever kind, should be perfectly masticated; if that be done the appetite will take care of itself and of the requirements of the body.”

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*In answering advertisements kindly mention “Good Health.”*

# 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.

**Sanitarium Hair Tonic.**—H.G.: "You have not told us the price of the Sanitarium Hair Tonic in the advertisement in GOOD HEALTH. 1. How much is it? 2. Do you use it in warm water, or rub it directly on the head?"

*Ans.*—1. 1/- a bottle, or 1/1½d., post free. 2. It can be used with warm water, half and half, or, better still, by moistening the finger-tips with the tonic and massaging it into the scalp.

**Tender Feet—Rash.**—N.A.M.: "The balls of my feet are very painful when walking, and the skin is so hard that I cannot feel the ordinary touch unless pressure is made. I am obliged to be on my feet the greater part of the day. 1. What treatment would you recommend? 2. What would you recommend for a rash on my back which I think might be eczema? I wear a woollen garment next to my skin, and have been advised by two doctors not to do so."

*Ans.*—1. Soak your feet alternately in hot and cold water, making the changes six or eight times, then dry them from the cold water and massage for twenty minutes, using a little coco-nut butter or olive oil. 2. Wear a silk or soft cotton undervest, and then your woollen vest, which should be of very light weight in the summer time. Wash the roughened part with oatmeal water morning and evening, drying gently by pressing the towel against the skin. In the morning dust with talcum powder. In the evening apply a very little zinc ointment. Avoid the use of irritating soaps, and never apply hard water to the affected parts.

**Enlarged Heart—Exercises for the Kidneys—B——Pills.**—"Art": "1. Can enlarged heart be reduced to normal size? 2. Does the heart wear out quicker through being enlarged? 3. Are there exercises whereby such a heart could be made strong and sound? 4. Are there any exercises for strengthening the kidneys? 5. What is your opinion of B—— pills? 6. Would a course of gymnastic exercises of a school such as Sandow's strengthen the organs of the body and tone up the system?"

*Ans.*—1. Yes, provided the enlargement is both recent and slight. 2. Yes, we should think so. 3. The Schott exercises are recommended for strengthening the heart. 4. Most exercises have a beneficent effect upon the kidneys, but there are none which seem to have a very direct or specific effect upon these organs. 5. That they and all

other advertised pills and medicines are to be strictly avoided. 6. Yes, provided the exercises are not too severe. We do not recommend competitive exercises.

**Nervousness.**—W.T.: "My daughter seems to be in fairly good health, although she has night sweats occasionally. For a month or more she has awakened every night and called out, and she seems to think that some one is in the house. She is very nervous. She is in the sixth standard, and goes to school regularly; she is also learning the pianoforte. What advice would you give in this case?"

*Ans.*—Your daughter is obviously in a nervous state, and we would recommend you to take her out of school for a few months, and also to let her drop the piano practice. Give her a long holiday out-of-doors in the fresh air, with plenty of plain, nourishing food. What she wants is rest, recreation, and relaxation.

**Tomatoes—Oatmeal Porridge.**—"Bashful": "1. When is fresh fruit best eaten, at the beginning or during the course of the meal? 2. Do you advise the use of tomatoes, onions, and rhubarb? 3. Do you recommend oatmeal porridge at breakfast? 4. What bathing can you recommend for flushing of the face and blushing?"

*Ans.*—1. Some recommend fresh fruit at the beginning of the meal, others at the close. In most cases it matters not, as long as you get the fruit. It is better taken at breakfast and supper rather than with vegetables. 2. Tomatoes are wholesome. Both rhubarb and onions do not seem to suit every one, the former containing an acid which is often not desirable. All of them contain but little food value. 3. Yes, if well cooked, oatmeal porridge makes an excellent breakfast dish. 4. Have a tepid or cool sponge bath followed by vigorous friction each morning, and a warm, full bath twice a week.

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## Looking Forward.

OUR next issue will deal with the timely subject of holidays, and how to get the most good out of these. A holiday of two or three weeks wisely spent, will do much toward restoring the energies that have been depleted through a long round of toil, but it is frequently the case that a holiday leaves a man in a worse condition than it found him.

## Do You Realize

that in your every-day experience you are not confronted with a much more vital question than that of

## WHAT YOU EAT

AND WHAT YOU DRINK?

### I. H. A. Health Foods

are foods that supply the actual and manifold needs of the human organism, so that muscle, bone, and nerve can be built up.

I. H. A. Health Foods contain no indigestible or undesirable elements. They are perfectly cooked, easily digested, and suitable alike for old and young, the sick and the healthy.

Send a post card for our new illustrated price list, which contains some very valuable suggestions on health, as well as a number of recipes and a list of all our products.

INTERNATIONAL HEALTH ASSN., Ltd.  
Dept. A7, Stanborough Park, Watford, Herts.

## Marmite.

(A Pure Vegetable Extract.)

To enrich all Soups,  
Sauces, Stews, Gravies, etc.

THE LANCET says: "This entirely vegetable Extract possesses the same nutrient value as a well-prepared meat extract."

THE HOSPITAL says: "We regard Marmite as likely to prove of great value in treatment of the sick."

PRICES: 1 oz. pots, 4½d.; 2 oz. pots, 7½d.; 4 oz. pots, 1/1½d.; 8 oz. pots, 2/-; 16 oz. pots, 3/4.

HIGHLY RECOMMENDED BY VEGETARIANS AND FOOD REFORMERS.

Obtainable from all Health Food Stores. For a free sample, write (mentioning "Good Health") to

**Marmite Food Extract Co., Ltd.,**

59 Eastcheap, London, E.C.

IS ANYTHING TOO GOOD  
for THAT BABY of YOURS?

The Ideal  
Food for  
Infants is



## Infantina

Prepared from Cow's Milk, Malt,  
and various highly glutinous  
grains, cane and milk sugar.

Read what the Medical Press says concern-  
ing Infantina and Hygiama.

So favourable was the first impression conveyed to us on a mere inspection of these Foods that we submitted them to careful examination and a somewhat extended analysis. They are both rich in carbohydrates, the greater proportion of which is soluble. These Foods are doubtless of a high dietetic value, and the ingredients of which they are composed are evidently derived from the best of materials. In addition the flavour of each is pleasant and calculated to stimulate even a feeble appetite. They are well suited for invalids and infants, or for general use.—*The Lancet.*

Infantina is obtained as a yellowish amorphous powder of pleasant smell and slightly sweet: the addition to it of water and milk in suitable proportions gives a food which differs only very slightly from human milk. It may be given to healthy children in addition to diluted cow's milk to remedy the deficiency in albumin and fat, and to make the milk more easily digestible; it is also a good form of food for underfed and anemic children.—*British Medical Journal.*

Published analyses corroborate our good opinion of Infantina and Hygiama. We cannot have too many of these foods when really good, for constant change is needed with capricious appetites, and half the battle often consists in suitable feeding. Since our notice two months ago we have had several opportunities of clinically testing these foods. With both we are, from the practical standpoint, thoroughly satisfied. They are readily taken, much liked, well retained and easily digested.—*British Homoeopathic Review.*

From Health Food Stores and Chemists. Send at once for 4½ oz. tin, with valuable book on the care of "Baby in Health and Sickness," post free for 7½d.

**Theinhardt's Food Co., Ltd.,**

6 Catherine Court, Seething Lane, E.C.

In answering advertisements kindly mention "Good Health."

# A Page for Women.\*

Conducted by Marie Blanche.

My correspondents are so numerous this month that if I am to answer their various questions at all satisfactorily, either to them or to myself, there will be very little space left for the discussion of any particular subject on this page. I should have liked to have a little chat with my readers at this season on life in the open air, for July is a month when the annual holiday is either in contemplation or an actual fact, and change of air, to say nothing of its quality and quantity, is what we all desire and, indeed, really need. For those whose holiday is still in anticipation, a few words, therefore, may not be inappropriate.

In the first place, let your holiday be a thorough change in every sense of the word. Change of scene, change of air, change of occupation, and in some cases even change of society, and not infrequently change of dietary. The holiday season is so lamentably abused by some people that instead of benefit to body and mind, it leaves only fatigue and unrest, quite devoid of that splendid physical and mental fitness that follows the really well-spent vacation. To the woman who is overworked, the business girl, or the tired housewife, I say, seek out some glorious spot on the coast or inland, and there live the simple life, getting in touch with all those charms of nature that make such sweet companions whenever we are wise enough to cultivate their society—the birds, the flowers, the trees, the moving clouds, the dancing sunlight, the merry, babbling stream, or the music of the incoming tide, the breaking waves, and the fresh, salt, bracing air. Go to some quaint, old-world village, with its quiet, sleepy life, no railway, no theatre, no pier, no niggers or sweet-stuff hawkers, no cabs or motors or anything that can interfere with the rusticity and unruffled calm of the little hamlet. Such a place lies, maybe, in some valley or on some hill-crest, on a moor, or perhaps on the bank of a broad-flowing river. What a heavenly place in which to spend a summer holiday! Here you can rise with the lark, go to bed at sundown, go hatless, gloveless, even stockingless, if you will. I don't recommend you to go shoeless, but you can with benefit replace the ordinary footwear with a pair of sandals. Here you will forget that the world holds such people as butchers, fishmongers, or bacon vendors, and you will just live on the fruits of the earth and the produce of the farmyard and the dairy. You will take delightful walks and rambles in the fields or on the quiet shore, you will let the sun bake out of you all evil microbes, and you will open wide your lungs, and fill them with nature's sovereign remedy, pure air. Then you will return to the daily round and common task with renewed vigour, better for your sojourn in a place where rest, tranquility, pure milk, and fresh, ripe, sun-kissed fruit have been amongst the good gifts the gods have bestowed upon you. Finally, I would say, Leave all your *cares* behind you, but

don't forget your *purse*! A happy, health-giving holiday I wish you all.

## Answers to Correspondents.

A.B.—Yes, there is a very charming and instructive little book on the hygienic care of the person, which I am sure you would find useful. Oh, yes, I could get it and send it to you by post. It is 1/-, but the cost of postage would make it 3d. more.

ALICIA.—Yes, certainly you could make elder flower water at home, but it is not as nice as what you would get from a chemist. You will need either distilled water or filtered rain water for the purpose, and plenty of the freshly gathered elder flowers without leaves or stems. You would simmer the flowers in the water for about twenty-four hours in a new enamelled pan, or in an earthenware jar in the oven. The flowers should, of course, be first fastened up in a very thin muslin bag, and pressed well from time to time during the process of making the wash. About the ointment for the face, I will send you the name and address from which you can procure it if you will forward me your own name and address on a stamped envelope. Your last letter was almost anonymous, as you only gave a nom-de-plume, which is not quite in accordance with the rules, otherwise I should have been able to answer your questions direct through the post and without delay.

X.Y.Z.—It is very gratifying to hear that you have experienced such good results from the use of the lip salve I recommended. Cracked, coarse lips are certainly very unsightly as well as uncomfortable.

G.J.—I do not know of any *harmless* preparation for the prevention of greyness. The restorer you name contains sulphur, I fancy, and I do not recommend it.

Mrs. K.B.—Write to the Good Health Supplies, Stanborough Park, Watford, Herts, for a list of their publications. I think you will find the information you seek amongst them.

J.M.S.—Your questions do not quite belong to my department, but I am anxious to help you. Any medical man could explain to you the gravity of the matter. It is a vice which makes its victim a physical, moral, and mental wreck. It affects directly the nervous system and the brain, and those who have become slaves to the habit frequently have to be put in an asylum. I need scarcely point out to you that apart from the physical aspect, it is in direct disobedience to the spirit of one of the ten commandments. It is an abuse of a power given to human beings for a purpose, and, like all secret vices, leads to excess. I advise you to take the matter very seriously, and to broach the subject to your child immediately. If I can help you any further, do not hesitate to write to me at any time. Your responsibility as a mother is very great, and it becomes a duty to instruct very plainly a child whom you suspect of this habit.

A.F.(OAKLANDS.)—I think if you fasten a stout strip of covered whalebone on each side of the front of the bodice you will not find it wrinkle up as you say. If necessary put two bones on each side.

CORA.—Yes, I knew you would find the skin cream cooling and nice for the face. Oh, yes, guaranteed free from animal fat, and beneficial to any complexion at any time of the year.

C.H.G.—Your mother should have proper advice and treatment for her finger; she should not neglect a trouble of the kind, or she may have serious consequences if there is so much inflammation.

MARY S.—Give your baby "Infantina." This is a special food for infants, and is prepared by Theinhardt's Food Co., 6 Catherine Court, Seething Lane, E.C. The Hygiama Tablets made by the same company are very convenient for travellers, as they are concentrated nourishment, and packed in flat tin boxes. You could send to the makers in Catherine Court for a sample box, mentioning "Good Health," and enclosing 3d. in stamps; then you will be able to try them for yourself. They are very pleasant to take, and, of course, most sustaining. Very convenient, too, for pedestrians where the minimum of bulk combined with the maximum of strengthening material is desired.

\*Correspondents should address Marie Blanche, Sunny View, Caterham Valley, Surrey, enclosing stamp.

# Advice to Ramblers.

Whether afoot or a wheel you don't want a cumbersome parcel of victuals. But you do want a good meal when you're hungry. No, we are not advertising some highly concentrated tablet food—healthy people like something they can chew and enjoy. Here's the thing—

## Wallaceite (reg.) Nutmeal Crisps.

These are made from pure nutmeals (no peanuts used) and entire wheatmeal of marvellous fineness, and are guaranteed free from cheap fats, chemicals, yeast, soda, etc. With the addition of some fresh fruit they form a compact, sustaining, and ideal outdoor meal. Four varieties—**Almond, Walnut, Hazel, and Coconut.** Obtainable of all Health Food Stores, price, 10d. per lb. Steadily refuse inferior substitutes.

Sample of all four kinds post free 2d. stamps. Or dainty box of 25 varieties of Wallaceite (reg.) Biscuits, post free, 1/3. Mention "Good Health."

THE WALLACE P.R. FOODS CO.,  
465 Battersea Park Road, London, S.W.

# YOU will never miss Meat

if you make nuts a regular item in your daily fare. We have established a wide reputation for supplying highest quality Nut Kernels all the year round on easy carriage paid terms. Our new 56-page Booklet, containing among much else

## 36 Simple Nut Recipes

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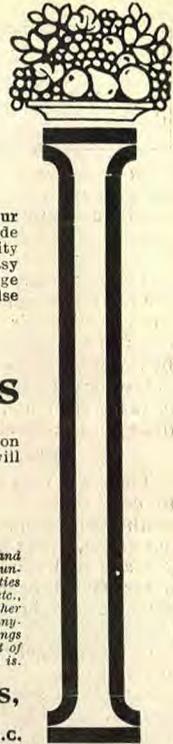
is yours for the asking if you mention "Good Health." Every applicant will receive

### FREE

samples of two excellent foods.

*We not only supply a great variety of pure and natural foods such as nuts, sun-dried fruits, unpolished rice, genuine olive oil, the finer varieties of pulse and cereals, finely ground wholemeal, etc., etc., but we also stock the I.H.A. and all other reliable Health Foods. And you can get anything, from 5/- worth upwards, of these things carriage paid to your door on whatever part of the U.K. you reside. See how convenient it is.*

G. Savage & Sons,  
Nut Experts,  
53 Aldersgate Street, London, E.C.



# DISEASE DEATH

RESULT FROM BAD WATER.

Clearness is not proof of purity.  
Minerals and germs abound.

## The . . . Gem Still



is the only perfect method of purifying water. ❀ ❀

Approved by "The Lancet," and all health reformers, including Your Editor. Booklet free.

THE GEM SUPPLIES CO., LTD.,  
Dept. G.H., 22 Peartree Street, London, E.C.

# EVERY WOMAN should own a MARVEL WHIRLING SPRAY.



The new Syringe. Best—Safest—Most Convenient.  
It Cleanses Instantly.

Ask your Chemist for the Marvel and accept no other. If he cannot supply send for Free Booklet giving full particulars and information invaluable to ladies.

MARVEL CO., Dpt. 17, 11 Queen Victoria St., London



## When in the City visit the FOOD REFORM RESTAURANT,

4 FURNIVAL STREET, HOLBORN, E.C.  
(Opposite Prudential Assurance Building.)

The Largest First-Class Vegetarian Restaurant in the City.

Exceptional value offered for teas after 3.30.  
Quiet, restful rooms. Moderate prices.

Rooms to Let for Evening Meetings.

## Food and Cookery

IN the hot summer months everybody gets along with the minimum of cookery, and perhaps, beans would constitute a rather solid food for warm weather. The following directions, however, can be preserved until they are required.

There is sometimes an undue tendency to drop the more nitrogenous foods in warm weather, but the system needs these for its re-building operations in summer as well as winter. Care should be taken to secure a balanced diet at all times. It is the starches and fats which supply heat, and it is these elements, therefore, which should be reduced in hot weather.

### How to Cook Beans.

There are very few cooks who really know how to cook beans. As ordinarily served, they are neither wholesome nor palatable. In nine cases out of ten, beans are placed upon the table in a dry and underdone condition. Those who have never tasted beans that were properly cooked have no idea how delicious and appetizing they may be.

In order to get the best possible results, proceed as follows:—

First of all select beans which are really good, and not too old. Look the beans over carefully, removing any dirt or foreign matter. Then put them over the fire to stew in a covered vessel containing cold water. Some prefer soaking the beans over-night. This is an excellent plan if they are old, or if there is need of haste in their preparation. As a general rule, the beans should be cooked in the same water in which they have been soaked. It is not necessary to measure the quantity of water in stewing beans. Simply see that they are kept well covered, *boiling* water being added from time to time if needed. Do not allow the beans to boil furiously, as gentle simmering produces better results. Set them at the back part of the stove where they will just boil and no more, and let them cook for a number of hours (the longer the better). This plan leaves the front part of the stove free for such foods as require rapid boiling.

The beans can be made more rich and savoury by adding about a tablespoonful of olive oil and an onion. These should be added early in the process of cooking. Even those who dislike olive oil would never recognize its taste when cooked with beans in this way. The onion may be removed just before serving. A moderate amount of salt should be added to the beans a short time before removing from the fire.

After the beans have been stewed for three or more hours, the broth will be rich, and quite as savoury as meat broth. Under no circumstances should this be drained off and thrown away. It should be served with the beans, unless a little of it can be spared for soup stock. Bean broth thus prepared may be of great value in the sick-room, as it is quite as palatable as and much more nourishing than meat broths.—*Good Health (Australian)*.



# H

# OW

**Simple  
it is to  
make a  
Blanc-  
mange**

if you follow the directions on each packet. Note especially

1. Use pure milk without water.
2. Have the proper proportion of Corn Flour to milk (see recipe).
- 3.—and very important—give 10 minutes brisk boiling, always stirring.
4. Use only and always

**Brown & Polson's**

**“Patent” Corn Flour**

*In answering advertisements kindly mention “Good Health.”*



## CATERHAM SANITARIUM AND SURREY HILLS HYDROPATHIC,

CATERHAM, SURREY.

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

BATHS OF EVERY DESCRIPTION, Including the Electric Light Bath.

MASSAGE AND MANUAL SWEDISH MOVEMENTS.

ELECTRICITY AND VIBRATORY MASSAGE.

DAILY DRILLS IN PHYSICAL CULTURE.

With a carefully regulated and classified dietary.

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

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

**THE SANITARIUM, CATERHAM, SURREY.**

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

# GOOD HEALTH.

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

Address business communications to  
**GOOD HEALTH, Stanborough Park, Watford, Herts.**  
Telegraphic Address: "Hygiene, Garston, Herts."

Address editorial correspondence to the Editor.  
GOOD HEALTH may be ordered through any newsdealer. Yearly Subscription, post free, 1/6.

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: 66 Roeland St., Cape Town, S. Africa.

## HINTS TO HEALTH-SEEKERS.

WE wonder if our readers generally make as much use of the advertisements in GOOD HEALTH as they might profitably do. Possibly all do not know that everything we advertise is subjected to the most careful investigation before being accepted, hence the very appearance of an article in our columns indicates that we approve of and recommend that article to our readers. There need, therefore, be no hesitation in dealing with our advertisers, many of whom, we are pleased to say, are enthusiastic health reformers. As such, they are in a much better position to cater for the wants of health-seekers than are those who work from a purely business standpoint. In brief, we aim at making our advertising pages serve the purpose of a reliable directory for those adopting health principles. Anent these remarks, we would draw attention to the following:—

**An Invalid Port.** No fruit contains so large a proportion of perfectly assimilable nutriment as does the grape. This has been recognized by the medical profession for years in their consistent recommendation of port wine as a tonic for invalids. But in taking this beverage the patient was also swallowing a very large percentage of the poison alcohol, whose ill effects are now too well known to need comment. Welch's Invalid Port, while containing, according to analysis, from two to three times the nutriment of the best port wine, is guaranteed absolutely free from alcohol. It is a most strengthening, digestible, and palatable tonic.

**A New Era in Food.** VEGETARIANS were at one time pitied as a deluded set of people who confined their dietary to potatoes and cabbage, sometimes ringing the changes by taking cabbage and potatoes. This idea has now been exploded, however, for no one could look at a price list such as that of Messrs. Savage & Sons, Ltd., without realizing that food reform has brought to light a multitudinous assortment of the most delightful foods. Besides handling a large number of nuts and dried fruits, always fresh, and of the finest quality, the above-mentioned firm manufactures specialities such as NRG, a nutritious nut paste, Cream o' Nuts, a health-giving sweetmeat, and Cocoa-Shell, a mild beverage which might well replace tea and coffee, as being far more healthful. The Dutch Honey cakes, of which they are the sole agents here, are much like ginger cakes, but they are milder in taste, and a sustaining food instead of an injurious sweet.



.. The ..  
**Most Delicious of Breakfast Beverages**

A truly delightful substitute for tea, coffee, etc., at the breakfast table. These are stimulants without the least food value. "Ovaltine" is all food—all digestible—all delicious. Composed of Cocoa (semi-digested), Malt Extract, Fresh Milk and Eggs, also active Lecithin—a builder-up of brain and nerve cells.

**OVALTINE**  
(THE NEW LIQUID FOOD)  
contains every dietic element essential to health, strength, and vitality.

**FREE SAMPLE.** Send 1d. stamp for free sample makes 4 cupsful to  
**A. L. WANDER, Ph.D.,**  
1 & 3 Leonard St., City  
Rd., London, E.C.

## "GOOD HEALTH" STORES.

19 Stroud Green Road, London, N.

Conducted by **MISS N. MUSSON.**

AGENT FOR

The International Health Association's foods and all other health foods.

ALSO FOR

**Musson's Wholemeal Specialities.**  
ALL HEALTH MAGAZINES.

## EYESIGHT RESTORED



**NO SPECTACLES.  
NO OPERATION.  
NO MEDICINE.**

Consultation and instruction for self-treatment at home **FREE.**  
Write (enclose stamp) or call. Address: H. G. Highwater Hygienic Inst., 9-119 Exchange Bldg., Southwark St., London.

## PLYMOUTH FOOD REFORM DEPOT, 8 Tavistock Road.

Thoroughly up-to-date stock of Health Foods. Sole Agents for International Health Foods, Pitman Specialities, etc. Visitors should not fail to call. Ladies should ask to see the Health Bodies.

In answering advertisements kindly mention "Good Health."

# TWO Standard Health Foods

## Granose

In a grain of wheat is found every element necessary for the building up of a healthy body.

In **GRANOSE** is found simply the whole-wheat berry, thoroughly dextrinized, and in the form of crisp, dainty flakes.

**GRANOSE** is easily digested, thus making a splendid food for babies, as well as adults and children; and it is fully twenty-five per cent richer in nutritive value than ordinary bread.

It should take the place of bread in every home.

Granose Flakes, 7½d. pkt.  
 " Biscuits, " "  
 Toasted Wheat Flakes,  
 8d. pkt. (sweetened with malt honey).

## Protose

IS THE ORIGINAL TRADE MARK  
STANDARD NUTMEAT

Its use makes the giving up of flesh foods not only easy, but desirable, inasmuch as it contains more nourishment than the best meats, and is free from all impurities. It is similar in taste to meat and can be used in any way in which meat is used.

**PROTOSE** is made up in three varieties and sizes:—

Original Protose.

Pine-Nut Protose.

Hazel-Nut Protose.

1½ lb. Tin, 1/4.  
 1 lb. Tin, 1/-.  
 ½ lb. Tin, 8d.

Send us your name and address and 3d. in stamps, and we will send you a liberal sample of each.

## International Health Association, Ltd.,

Dept. A 7, Stanborough Park, Watford, Herts.

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

**Infant Food.** OF course, under normal conditions the natural food is undoubtedly the best for infants, but there are very many cases where this supply fails. For such we would recommend Theinhardt's Infantina, which is practically a perfect substitute, is very completely soluble, and very easily digested. Write to the manufacturers at 6 Catherine Court, Seething Lane, London, E.C., for particulars, or better, send 7½d. for a sample tin.

**A Mainstay of Health Reform.** The mainstays of the health reform movement have been the sanitariums. In these institutions its principles have been demonstrated and practised under the best conditions, and their value fully vindicated. Take, for example, the Leicester Sanitarium. It has the most complete possible equipment of bath-rooms, stocked with all the most up-to-date apparatus for combating disease. The treatments applied by the trained attendants are a scientific elaboration of nature's own remedies; a wise selection and adaptation is made of the latest methods of physical culture; and in the matter of diet, all the knowledge that has resulted from the many years of constant experimentation and steady advance in food reform and scientific cooking is daily utilized. Those who have visited this institution are enthusiastic in their commendation and hearty in their recommendation. Write to the secretary for information.

COMFORTABLE lodgings with vegetarian couple in pretty country cottage near Skegness and sea. Also excellent ground for camping out. Bulley, Virginia Cottage, Winthorpe, Skegness.

**VEGETARIAN SUMMER SCHOOL**

at **SUTTON COLDFIELD, Warwickshire,**  
JULY 31st to AUGUST 28th.

Board-Residence, 26/- weekly. An ideal holiday with pure food amid lovely surroundings in congenial company. Write for Prospectus and full particulars of this happy place to the secretary: **A. W. J. Pearce, 13 Barrows Street, West Bromwich.**

**TO BE READY SHORTLY.**

**The Cause and Cure of Consumption**

is the title of a new 1/- book by H. Valentine Knaggs, L.R.C.P., etc., which entirely revolutionizes the present theories as to the cause of this dread disease, and explains how it is readily curable in its early stages by means of diet and hygiene. Of booksellers, or post free for 1/2 from **Jarrolds', 10 Warwick Lane, London, E.C.**

**London Boarding-House, 19 Norland Sq.,** Holland Park, W. The Misses Blackmore. Wallaceites. Conservative Cookery. References.

Certificated Nurse **Maternity Engagements,** Masseuse requires message cases, or daily visits—reform diet—well recommended. Nurse Peggram, 4 Upper Baker St., London, W.

**Health from Vital Sources.**

In virtue of the pure and vital fruitarian sources from which they are made

**the Vytalle Specialities**

exert a distinctly beneficial effect upon the system, and should be in daily use in every home where health is valued. Interesting descriptive pamphlet post free to G.H. readers.

**THE VYTALLE OIL CO., LTD.,**  
145 County Terrace Street, London, S.E.

Ask your store for Orange Flower Honey—the Health-Giving Honey.

Vytalle Oil.		Darlene.
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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."  
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Best position. Close to sea and promenade. 3 minutes from station. Large, airy rooms. Good cooking. Late dinner. Terms: from one guinea. Address:—  
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**VEGETARIAN SPECIALITIES.**

**NUTS, CEREALS, AND ALL HEALTH FOODS.**

To be obtained at the **WEST END DEPOT OF STALLWORTHY & CO.,**  
Agents for **WALLACE BREAD** and **MAPLETON'S BUTTERS,** etc. **81 High Street, Marylebone.**

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## Food

Assists Nature.

It is used mixed with fresh, new milk, and forms a delicate and nutritive cream which can be enjoyed and assimilated when other foods disagree. It is entirely free from the rough and indigestible particles which produce irritation in delicate stomachs.

Mothers and interested persons are requested to write for Booklet, "Benger's Food and How to Use It." This contains a "Concise Guide to the Rearing of Infants," and practical information on the care of Invalids, Convalescents, and the Aged. Post free on application to Benger's Food, Ltd., Otter Works, Manchester.

## Troubled with Catarrh?

SOME folks are never free, summer or winter. To all such our outfit for the home treatment of catarrh will come as a blessing. It contains, first, a Percussion Nasal Douche and medicine to go with the same, by means of which every part of the nasal passages can be thoroughly and quickly cleansed from mucus, dust, and other impurities. Then there is another instrument, known as the **Globe Hand Nebulizer**, 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. Here is an opportunity to apply scientific methods in treating a very common malady.



GOOD HEALTH SUPPLY DEPT.,  
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A necessity for

# The Food Reformer.

Invaluable for

## The Sick Room.

Used and prescribed by the entire Medical faculty in U.S.A. Supplied to over 1,000 hospitals, and purchased extensively by the Government during the late war. Highest Awards, Paris and Buffalo, 1901.

# WELCH'S INVALID PORT

NON-ALCOHOLIC  
STERILIZED

or Concentrated Grape Juice

IS THE VERY CREAM OF THE  
MOST LUSCIOUS GRAPES GROWN.

Read the Certificate of Analysis by the celebrated Chemist, F. Granville Sharpe, Esq., F.C.S.:-

I hereby certify that I have submitted to a very careful and searching chemical analysis samples of "Welch's Invalid Port," and from the analytical data obtained I find it to be an absolutely pure and natural wine, consisting of the unfermented juice of the very choicest Concord Grapes. It has been judiciously and scientifically prepared on the most approved scientific principles, and is altogether free from alcohol in any form; it has a high specific gravity, being especially rich in extractive matters, etc., total amounting to 170 grammes per litre, as compared with 70 to 80 grammes contained in the best Port Wine, and which constitutes it a beverage of high dietetic and nutritive value.

It possesses a unique delicacy of flavour and bouquet, which is particularly pleasant and inviting to the taste, and contains tonic, digestive and restorative properties of a high order.

I consider this Wine to be a production of most excellent qualities, and one that will prove of the greatest benefit in imparting a healthy tone and vigour to the system, both mentally and physically.

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

DR. WELCH,  
61-63 Farringdon Road, E.C.

In answering advertisements kindly mention "Good Health."

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**SPECIALIZE !!**

**MY  
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**Choice**

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Carriage paid on all  
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**SAVOY HEALTH  
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**Reliable Fats.** OILS and fats lend themselves very easily to adulteration, and this fact has not been ignored by unscrupulous manufacturers. But Vytalle Oil may be relied upon as a pure, digestible, and nutritious blend of vegetable oils. The Vytalle Oil Co. also manufacture a splendid fat for cooking purposes, called Darlene. Their Orange Flour Honey is a delicious appetizer and a good food. We have tried Brahmol Soap, and find that this vegetable soap makes a cool, creamy lather, which leaves the skin soft and smooth.

**A Good Opening.** A great boon has been conferred upon London health reformers by the opening of food reform restaurants in the City. We are sorry to hear that the proprietor of one of these, Camp's Health Food Store and Restaurant, of 203 Borough High Street, S.E., is obliged to go to California on account of his wife's health. This promising business offers a splendid opening for advancing the cause of health reform amongst City men, and in capable hands would, besides, prove a paying investment.

**Nursing Home.** The Margaret Nursing Home, of Bromley, Kent, is a well-adapted institution with all facilities for rest and quietude, providing the best medical and surgical treatment, together with fruitarian dietary and natural remedies. A sister institution at Broadstairs is similarly well provided, and has lately added an estate in the midst of the forest, where all kinds of fresh air treatment may be enjoyed.

**A Healthful Holiday.** POPULAR as it may be, the summer vacation is often a failure health-wise. Any who would like to learn how to spend a really healthful holiday would be wise if they took a course of instruction at the Summer School, conducted at Allerton High School, Lichfield Road, on the edge of Sutton Park. Write to the secretary, Mr. A. W. J. Pearse, 13 Barrows Street, West Bromwich.

#### The Glasgow Health Culture Society.

##### RAMBLES.

July 3rd: Short ramble to Walkmill Glen, Pollok Castle. Long ramble to "Douglas Muir."

July 31st: Short ramble to Mearns Castle. Long ramble to "Banks of the Luggie."

The short rambles are from six to ten miles, and the long ones from twelve to sixteen miles.

A copy of our summer programme and the pamphlet "How to Be Healthy," post free from Mrs. Crawford, 64 Woodlands Road, Glasgow, or John P. Macmillan, 12 Afton Street, Langside, Glasgow.

#### A New Health Society.

WE are glad to hear of the formation of a new health culture society in Glasgow, "The Southern Health Culture Society," which, in league with the "Glasgow Health Culture Society," will do much, we trust, to popularize the principles of healthful living in Scotland. A full programme of meetings and rambles has been arranged, and cruises on the Clyde and swimming will form other attractions. For information and summer programme, address the ladies' secretary, Miss A. Clyne, 205 Langside Road, Crosshill, Glasgow, or the general secretary, Mr. Geo. Irvine, 455 Paisley Road West, Ibrox, Glasgow.

#### The Birmingham Natural Health Society.

FROM the above-named society we have received a full summer programme which promises a most enjoyable time for the members, including numerous rambles and cycle runs. Arrangements have also been made for swimming and for holiday camps. The entrance fee is 1/-, and the special reduced yearly subscription (open only until September) is 2/6. The secretaries, Messrs. J. Belling, 103 Vivian Road, Harborne, and A. J. Morris, 28 Freeman Street, Birmingham, advise those who wish to join to "Do it now!"

The  
**Good  
Health  
Adjustable  
Bodice.**



**A Splendid  
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Corset.**

It gives the body all the necessary support without harmful pressure, thus affording to its wearers . . .

**Solid  
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There are no stays to break, and the price is reasonable.

For descriptive circular and prices write to

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Stanborough Park,  
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*In answering advertisements kindly mention "Good Health."*

**For Golfing and Hockey! the Gymnasia,  
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Gold Medal awarded, Health and Toilet Exhibition, London.

Mothers should see that their children wear the



**PORTIA** Combined Shoulder  
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which allows freest movement without pressure on the waist or leg arteries. Holds the stockings firmly and does not tear them. Approved by physicians and health culturists. Made in three sizes: Adult's, Maid's, Children's. Pink, Blue, or White. Rushed Silk Elastic, 4/-. Mercerized Frilled Elastic, 2/6. Special! with Brace Ends for Knickers, 2/11.

From all drapers, or direct from the  
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**Dainty Summer Dish**  
**F.R. NUTMEAT**  
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*Hydropathy. \* Sun and Air Baths.*

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

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

1/- Tins contain 22 ozs.;  
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If unable to obtain locally, either size sent post free on receipt of remittance.

**THE NATURAL FOOD CO., LTD.,  
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**CLEAN SOAP**

All Toilet Soaps are not clean.

Most of them are made with im-  
pure tuberculous fats and caustic  
soda.

**McCLINTON'S  
HIGH-CLASS TOILET AND  
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are absolutely pure, and contain  
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They are made with the ash of  
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and are the mildest and purest  
soaps it is possible to make.

**"IT IS NATURE'S SOAP."**

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Shaving Soaps and Shaving Cream, will  
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Mention "Good Health."**

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So many readers of "Good Health" appreciate "Artox" Wholemeal that we feel sure the "Artox" Biscuit is certain of a good reception at their hands. Made from finely-ground "Artox" Wholemeal. **IT IS THE BISCUIT** for all who value health, and yet appreciate delicious of **RYAN'S** Biscuits and **WALSH'S** Biscuits. The latter with butter or cheese is delightful for lunch or at dinner. Sold at Health Food Stores and high-class grocers at 8d. per lb.

**WE OFFER** to send a tinsy tin of either and a copy of our handsome booklet **post free for 5d.**

**REMEMBER!** If you would keep your body fit and clean, you should avoid the use of white flour in all your food, and use instead

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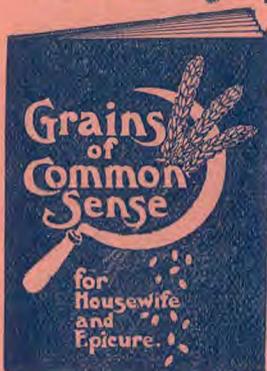
Sold in 3 lb., 7 lb., and 14 lb. sealed linen bags; or 28 lb. will be sent direct, carriage paid, for 5s.

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Write today for a copy of our handsome booklet, "Grains of Common Sense," full of recipes. Sent post free if you mention "Good Health."

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Send for prospectus to—  
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Is a Rational Method of Re-gaining Health, Promoting Happiness, Lengthening Life.

What all sick, weak, tired and nervous people need is "a change." Possibly a change of air or of environment is all that is needed, but in a great many cases nothing but a complete change of one's living conditions will suffice to restore the health. Just as dying plants revive when transplanted and given proper care, so chronic invalids recover when transferred to such favourable conditions as can be found in a thoroughly equipped Sanitarium.



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