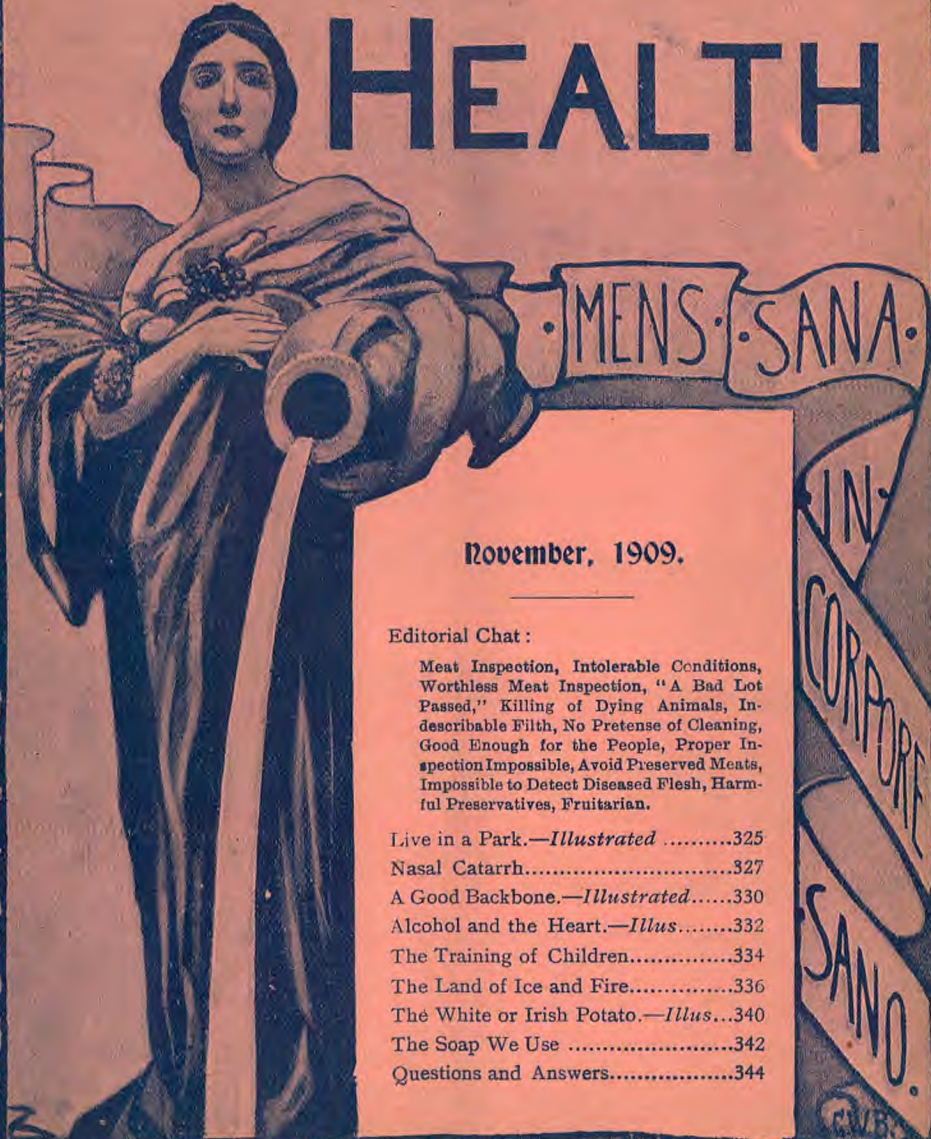


GOOD HEALTH



November, 1909.

Editorial Chat :

Meat Inspection, Intolerable Conditions, Worthless Meat Inspection, "A Bad Lot Passed," Killing of Dying Animals, Indescribable Filth, No Pretense of Cleaning, Good Enough for the People, Proper Inspection Impossible, Avoid Preserved Meats, Impossible to Detect Diseased Flesh, Harmful Preservatives, Fruitarian.

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Vol. 7.

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CURRENT HEALTH LITERATURE.

ONE of the brightest and most attractive journals that comes to our office is the "Vegetarian," a monthly advocate of pure diet and right living. The September number was replete with instructive information, most of which pertained to problems of nutrition. The magazine contains a series of thoughtful articles dealing with "Disease, Drunkenness, Crimes and Cruelties Connected with Flesh Eating." Another article, entitled "Vegetarian Cycling and the Athletic Club," by A. H. Paul, gives some of the successes attained by vegetarians in running, walking, cycling, swimming, and rowing tests. As our readers are well aware, the vegetarian athlete generally leads the van when it comes to sports and feats of strength. "Chat with Our Readers" always contains many helpful hints.

The "Vegetarian" is the organ of the Vegetarian Federal Union and can be obtained at the newsdealers for a penny, or post free for one year for 1/6 from the Vegetarian Federal Union, Memorial Hall, Farringdon Street, London, E. C.

"The Children's Realm" is a "journal to teach the higher way of living to the young." It is not only a bright, attractive journal but thoroughly wholesome, and no one would hesitate to place it in the hands of any child. The August number contains an instructive article on "H.M. the Baby" by James H. Cook. The writer shows that plain fare and simple living bring health and happiness in the case of infants as well as adults. The same number also contains a very interesting account of a monkey and its pranks, and numerous other articles. "The Children's Realm" is published by the Vegetarian Federal Union of Memorial Hall, Farringdon Street, London, E. C., and can be obtained at all newsdealers for a half-penny monthly. The annual subscription is 1/- post free.

"THE only true panacea for the complexion consists in absolute cleanliness, and plenty of fresh air. The pores are supplied with a natural oil stored under the skin, which is constantly undergoing the processes of reproduction and decay. Consequently, the outer skin is being continually thrown off in the shape of minute scales. These mingle with the oil, and unless removed by washing and friction they choke the channels of perspiration and prevent the absorption of air. Clearly, then, the remedy lies in removing what is deleterious, not in piling it up."

These sound words of advice we can heartily endorse. They are taken from a most sensible and interesting article by Mrs. Humphrey ("Madge" of "Truth"), dealing with "Beauty and Fresh Air," in the September number of the "British Health Review." In the same number Mrs. Hodgkinson deals with "Infant Life and the Education of Women," an article that ought to be read by every mother. The writer believes that "girls should be familiarized with the laws of health and the necessities of the body as regards food, air, exercise, and cleanliness." Among other instructive articles in the same number is one dealing with "The Importance of Correct Breathing."

The "British Health Review" can be obtained from all newsagents for 3d. per copy, or direct from the publishers, The British Health Review Co., 21 Paternoster Square, for 4d., post free.



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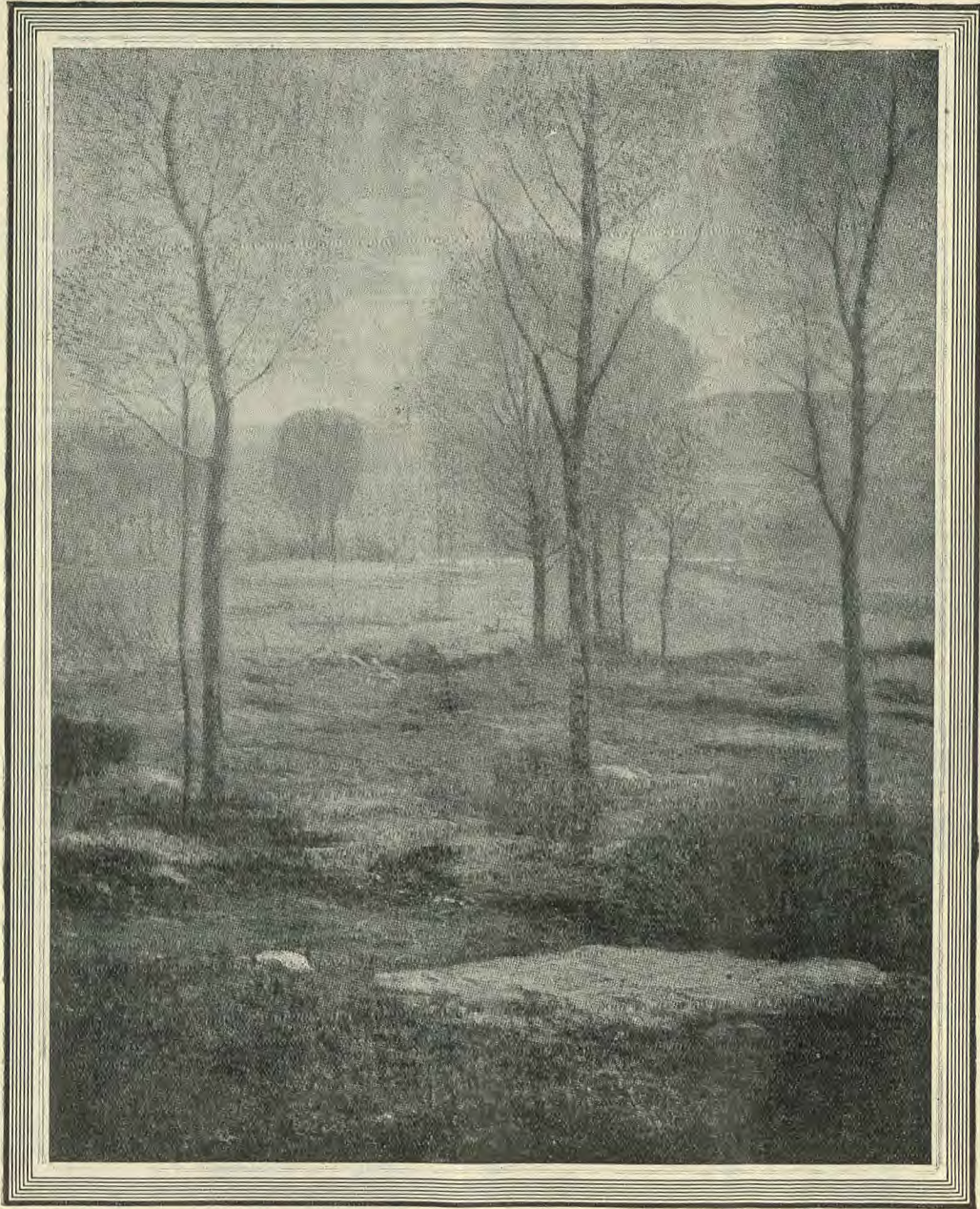


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AN AUTUMN MIST.

Good Health

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

Entered at Stationers' Hall,

VOL. 7.

NOVEMBER, 1909.

NO. 11.

Editorial Chat.

Meat Inspection. THE medical inspection of meat by the Government is certainly an advance over the old-fashioned method of leaving the matter entirely in the hands of the slaughter-houses. But unfortunately such inspection is oftentimes of comparatively small value, as will be seen from some extracts which we give below from a letter to the Secretary of Agriculture of the United States. This letter was written by Mr. J. F. Harms, who was a meat inspector of one of the large American cities for a period of eighteen months.

Intolerable Conditions. MR. HARMS, who appears to have put more conscience into his work than the average inspector, was finally obliged to resign his position because, as he puts it, he could not tolerate the conditions which he describes in his letter. He makes some very strong statements, as will be seen from the following paragraph:—

Worthless Meat Inspection. "THE inspection at the National Stock-Yards, Illinois, is costing the people approximately \$100,000 (£20,000) a year, and it is not actually worth \$1 to them. For when the word is passed from the inspector in charge to the inspectors actually doing the work on the floors that they are getting too many condemned animals, and to change the grading, it means that the whole thing is a farce. Mr. Secretary, the packers are getting to-day from 70 to 80 per cent of what ought to be condemned or destroyed."

"Sewer" Lard. AGAIN we quote as follows: "I have seen from 1,200 to

1,500 pounds of lard spill and run into an open sewer in the floor, the sewer outlet quickly blocked, and said lard taken up from the floor and out of the sewer, both of which were unclean and unsanitary. And your doctors passed same to the packers over the protest of the inspector on that floor, and it went to the public marked 'U.S. inspected and passed.'"

"A Bad Lot" Passed. IN the following paragraph Mr. Harms gave an illustration of the lax methods of inspection:—

"To illustrate, on April 1, 1909, Drs. —and— retained and condemned eleven beef carcasses for emaciation. On April 2nd, Drs. —and— released six of the said carcasses to the packers. The remaining five were tanked and destroyed. On the morning of April 2nd I was in a cooler, and a packing company superintendent came in. When his attention was called to the eleven carcasses, he said: 'Yes, they are a bad lot, and had I been on the floor last evening I would not have let them come down, but would have sent them to the tank.'"

Killing of Dying Animals. THE temptation to pass diseased and dying animals is doubtless very great, and we do not have difficulty in believing that the conditions described in the following paragraph are altogether too common in the large slaughter-houses: "Men holding good positions with the packers see and know these things, and acknowledge they are wrong. I have seen animals in a dying condition dragged into the killing beds, and marked 'U.S. inspected and passed.'"

Indescribable Filth. BUT the passing of dying and diseased animals is not the only objection to the methods of modern slaughter-houses that are run on commercial lines rather than for the benefit of the public health. The dirty and filthy things practised by the workmen are beyond description. We have all heard of the proverbial sausage, and doubtless many people are inclined to think that if it is free from cat's and dog's meat it is sure to be quite sound and wholesome. That this is not necessarily the case will be seen from the following excerpt from the same letter:—

No Pretence of Cleaning. "SOME of the filthiest things imaginable were practised in the sausage departments, such as using bladders for casings without thorough washing or cleaning, the use of filthy tripe in sausage, the use of slimy hogs' stomachs for casings or containers, the using of meats that have fallen on the floor and are taken up and used without any pretence of cleaning. These are all permitted by those in charge."

Good Enough for the People. "IF an inspector calls their attention to any of the wrong, he is told, as I was, that the people who eat such stuff are too lazy to prepare anything for themselves, and ought to have such stuff. I will give you another instance that happened elsewhere. The meat inspector in the department held some 6,000 or 7,000 pounds of cured meats for being sour, and, mind you, four or five other inspectors were called in, and they all pronounced the meat sour. Your Dr.—released it to the packer."

Proper Inspection Impossible. NOT many years ago we visited a large packing- and slaughter-house in Chicago, and interviewed one of the medical inspectors. While talking with the doctor, the carcasses of the animals were passing him at such a rate that it was practically impossible to inspect them properly. When we called his attention to the fact he quite

agreed, and said that too close inspection was not desired. When we stop to realize that from fifteen to twenty per cent of the cattle suffer from one disease alone, namely tuberculosis, we get a little inkling of the great frequency of disease amongst the animals commonly slaughtered for food supply.

Avoid Preserved Meats. TO our flesh-eating readers, who doubtless form the vast majority, we would urge the danger of using canned or preserved meats, sausages, and similar preparations. They are undoubtedly the most unwholesome form in which flesh meat can be taken, and often give rise to illnesses of one kind or another, which are many times overlooked or ascribed to some other cause.

Impossible to Detect Diseased Flesh. WHEN the flesh of animals is prepared in any of these ways, it is often impossible even for an expert to detect the presence of disease, and consequently the only plan is to avoid their use entirely if one wishes to ensure flesh foods free from disease.

Harmful Preservatives. FURTHERMORE, all canned, potted, and preserved meats, as well as sausages, contain as a rule preservatives of one kind or another which in themselves are unwholesome to the human system. There is another reason why meats put up with preservatives are dangerous, and that is, because the preservative enables the manufacturer to use stale and more or less decomposed flesh, which without the preservative would be impossible.

Fruitarian. THE vegetarian, the fruitarian, the food reformer, and all those who live on a non-flesh diet, may count themselves most happy in not having to depend upon such questionable products of the slaughter-house. Their solution of the problem is most simple, that is, total abstinence from flesh, fowl, and fish.



LIVE IN A PARK.

IN spite of a pure water supply and good sanitary conveniences, life in the crowded districts of any of our great cities can never be wholesome or joyful. The crowding together of human beings anywhere is in itself both unnatural and unhygienic, and this is particularly true of our children.

Provision of Parks.

Our city councils are beginning to recognize the importance of providing some playground for the children outside of the dirty streets, and this is laudable enough and deserves commendation. We hold that children cannot grow up straight, strong, and robust unless they have ample opportunity for recreation outdoors in the fresh air.

Recently President Taft, in giving an address at the unveiling of a drinking-fountain in Battery Park, Pittsburg, (U.S.A.) emphasized the importance of the playground for the children in the following words:—

"The thing of all others that makes me glad is to be able to look upon that hill and see those children swinging in those swings. If there is one thing that the people and the government of a city owe to those whom they tempt into close quarters

in a great manufacturing city like this, it is to expend money and every effort to make parks like this, where the children of the poor may have as ample playground as the children of the rich. Nothing so dwarfs a people, nothing so increases disease, nothing so takes the life out of the rising generation, as the inability to get out on to the playground and swell their lungs and develop their courage, their manly and womanly strength, by feats in games and play, and we must not deny to the children of any man an opportunity to have that developing strength."

These are earnest words of counsel, and we can heartily endorse them. But why not go a step farther, and transfer the people of the slums to the country? Here land is far cheaper than in the city, so it is possible to get even better homes with only eight to twelve houses most to an acre, lower rates, and able to make provision for the p



A BIT OF HAMPSTEAD

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travelling expense to and from the city for the worker, and thus obtain far more wholesome conditions of life.

We hold that the expense for travelling, which ought not to amount to more than a few pence a day, will be neutralized by the cheapness of the land and the lower rates of the country. In other words, such living ought not to be financially more expensive than the crowded slums of a great city, and from the health standpoint it would certainly be far cheaper.

Garden Cities.

This problem is not a new one, and we

early date. To all interested in this problem—and there can be few who are not interested—we would recommend a little booklet called "Co-partnership in Housing," which can be obtained from the Co-partnership Publishers, Ltd., 6 Bloomsbury Square, London, W.C. The book is beautifully illustrated and very neatly got up, and the price is 3d., or 4d. post free.

In the pages of this magazine we give a few illustrations of scenes taken in the Garden City of Hampstead. We are in full sympathy with this movement, and trust that it will spread rapidly and widely throughout the kingdom.

♦ ♦

The Curse of Consumption.

SOME months ago Mr. John Burns, President of the Local Government Board, who has been aptly styled the "Minister of Health," spoke in Whitechapel on the "Prevention of Consumption."

We know of no one who recognizes more thoroughly the serious and grave nature of the terrible scourge of consumption. Tuberculosis is to a large extent a

preventable disease, and we believe it is the duty of every one who is interested in the welfare of our land and people to assist in driving out this insidious enemy which is far more deadly than war. According to Mr. Burns, there are more deaths from tuberculosis in Great Britain annually than the entire population of York. 300,000 persons in England and Wales alone are suffering a lingering and distressing illness from tuberculosis. In London alone there are more deaths from tuberculosis in a single year than the entire number of officers and men killed in the three years' Boer war.



AROUND THE MAYPOLE.

are glad to say that it has already been solved many times. Perhaps the most striking illustration is that of the Garden City of Hampstead, where the people live in a large, beautiful park under ideal conditions. The houses are not only warm, comfortable, and substantial, but also artistic in their appearance. Doubtless many of our readers have visited the Garden City of Hampstead or some other garden city, and are thus acquainted with the conditions which are obtainable at this place. To those who have not visited one of these garden cities we would extend a cordial invitation to do so at an

Mr. Burns recognizes that consumption is to a large extent a product of overcrowding, darkness, foul air, and filth. He described consumption as the child of poverty, the daughter of ignorance, and

the offspring of carelessness. To combat and mitigate this terrible scourge, Mr. Burns advocates pure and abundant food, better housing, more sobriety, and a living wage for the workingman.

NASAL CATARRH.

BY ALFRED B. OLSEN, M.D., D.P.H.

THE most common term for nasal catarrh is a cold in the head, but it is also known as coryza. Nasal catarrh may be either acute or chronic. In the following brief article we propose to deal with the acute variety only.

Causation.

There are many medical men who believe that the direct and exciting cause of nasal catarrh is some form, or possibly several forms, of microbes, the same as in the case of influenza. However this may be, one of the most common causes of a cold in the head is overheating of the body, foul air, and a sudden chill later. It is not the cold that causes the catarrh so much as the relaxed state of the skin, which is produced by overheating the body. A close, hot room has the effect of lowering the resistive forces of the body generally, and if a change is made suddenly into the cold, open air, and especially into damp, cold air, there is always great risk of getting a chill, which, if mild, may result only in coryza; but, if more severe, may produce bronchitis, pneumonia, or some other form of inflammation. Draughts must be strictly avoided, but our readers must bear in mind that this does not mean closing the windows and shutting out the fresh air, for this would be the very best way to bring on a cold.

Treatment.

We need not stop to say anything about the symptoms, which are altogether too well known to our readers. In a word, a cold may be described as a very mild form of influenza, and influenza is a very severe, hard cold affecting the body generally.

Obviously, the first thing to do is to equalize the circulation and bring warmth to the body. A person in the first stages of a cold is sneezing almost constantly, and suffers from cold extremities, and perhaps general chilling of the body. A

warm full bath, a hot vapour bath, or hot foot bath, are all useful means of warming the body and also exciting the skin to activity. A hot foot bath combined with the vapour bath is one of the best means of dealing with a cold in the earliest stages. There are many forms of bath cabinets which are useful for this purpose, but one of the best that we know of is that furnished by the Gem Supply Company. They give a remarkably good cabinet at a very reasonable price.

The After Treatment.

After giving the warm treatment the patient is promptly put to bed in a well-ventilated room, with a hot bottle to the feet. If there is fever, tepid and cool sponges may be resorted to at frequent intervals, and a cold enema may be given at a temperature of 70° to 80° Fabr. Cold compresses should be frequently applied to the head, and will be found very comforting.

Backache may be relieved by fomentations to the spine. It is often desirable to repeat the vapour bath or hot foot bath in the course of a few hours, or the next day, and in most cases this will be sufficient. As soon as the circulation is equalized and the patient feels warm and comfortable, he may dress and begin to get about again, taking great care to avoid further chilling.

Some Important Measures.

One of the first procedures to take in the case of cold, is to cleanse the bowels by a full plain water or soap enema. For an adult, two or three pints may be taken to advantage. Constipation is the rule with those coming down with a cold, and it is important to attend to this matter promptly.

Another important point is rest. If a person attacked by a cold would take

a few hour's rest, perhaps a day or two, and have suitable treatment, he would get over his cold very much sooner, and the recovery would also be far more complete. If the eyes are sensitive and also affected by the inflammation, it is well to darken the room so as to prevent irritating them.

The Diet.

In the early stages it is well to take but little food, and then chiefly fruit, such as fruit juices or stewed fruit, fruit *purées*, baked apples, and similar preparations. There is no objection to taking fresh fruit, and ripe, mellow pears, apples, and grapes are particularly refreshing. On the second day one can begin to take bread and butter, biscuits, zwieback, and a mealy baked potato. Gruels are also useful, and may be made from oatmeal, maizemeal, rice, barley, or gluten.

"Catching Cold."

The phrase "catching cold" is frequently referred to in getting an acute nasal catarrh, and it is really truthful and means more than many people are aware. Most colds, if not all, are distinctly contagious, and frequently if one member of the family gets a cold the other members take their turn at it, and it runs through the entire household. Every reasonable precaution ought to be taken to prevent the cold from spreading. If nasal catarrh is a germ disease, as we are strongly inclined to believe, then this contagion is easily explained, and patients suffering from colds ought to be isolated as far as possible. A cold is most infective in the early stages, and for this reason it is wise to keep the patient confined to the room for two or three days, until he is over the worst of it. Such a procedure is not only good treatment for the patient, but also the best means to prevent the cold from spreading throughout the family or community.

Prevention of Cold.

Besides isolation of the patient and avoiding direct contact with those suffering from acute nasal catarrh, every one subject to colds ought to endeavour to strengthen the resistive forces of the body, and particularly those of the skin. This may be done by taking a tepid, cool, or even cold sponge bath, followed by vigorous

friction, on rising each morning. If the chest is particularly sensitive, it is well to give it an oil rub after drying the skin, using coco-nut butter or olive oil. As a rule it is not desirable to wear chest protectors or chest pads of any kind, for their effect is to overheat the skin and make it more sensitive to cold.

Another important item is to avoid hot rooms and hugging the fire. If the feet are cold, take a brisk walk until they get nicely warmed, first taking the precaution of changing the boots and the hose if they are damp or wet. No one can expect to have warm feet if the boots and hose are damp.

Those who suffer from habitual cold feet should take an alternate hot and cold foot bath morning and evening. Soak the feet in hot water at a temperature of about 108° or 110° for two or three minutes, then dip them in cold water for half a minute, then back into the hot water for another two or three minutes, and continue alternating five or six times, finally drying the feet from the cold water. This will stimulate the circulation and produce a glow of warmth in the feet that will be maintained for hours afterward.

Another excellent means of warming the feet, or for that matter any part of the body, is that of taking a brisk walk. When one feels cold, the internal fires of the body require stirring and also more draught. This is readily supplied by some form of brisk exercise outdoors in the fresh air. The warmth obtained in this way is natural. It is also more persistent, and is a splendid safeguard against taking cold.

The Clothing.

Persons subject to colds are frequently best clad in loose, porous, woollen clothing, especially in a damp climate like ours. But there are those who undoubtedly do better by using linen mesh or Deimel-mesh next to the skin, with an outside thin, loose woollen garment. Cotton-mesh and Aertex clothing is also suitable for many persons, but it is not wise to overheat the body by putting on too much clothing. Coddling oneself is one of the surest means of bringing on colds.

Next month we will deal with nasal catarrh in its chronic form.

Simple Fare.

FOR some few years past the general trend has been towards moderation in the matter of eating and drinking, the length of dinners being notably shortened. On the other hand, in certain circles there has been a good deal of ostentatious luxury displayed in the matter of accessories, and the "freak" dinner of transatlantic fame is not unknown over here. This season, however, there is already a notable simplification of social functions. It appears that fashion's decree is for a decided leaning to further economy. Parties of all kinds, from little luncheons to formal dinners and wedding breakfasts, are to be on a smaller scale. Fewer guests will be the rule, and by no means overloaded menus. Then, again, light dishes, and many of them of the semi-vegetarian description, are in demand. Of course, this does not entail a neglect of *la cuisine*, merely a change, greater art than formerly being demanded in preparing light fare than in making the grand dishes.—*Food and Cookery*.



A NATURAL ARCADE.

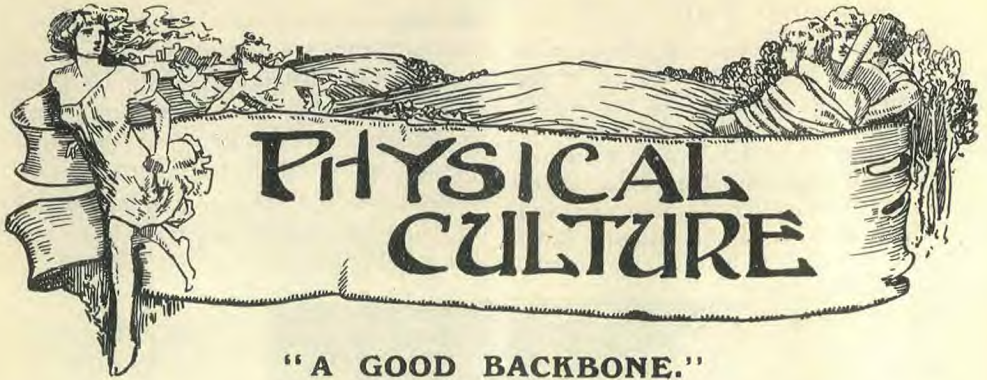
The Dangers of Spring Water.

AT a fortnightly meeting of the Oldham Corporation Health Committee, the medical officer (Dr. J. B. Wilkinson) said he would like the Press to draw attention to the danger of holiday-makers going into the country districts and drinking water from springs. It was, he said, not an uncommon practice for people to drink water from springs when the water looked practically clear. Two cases of typhoid fever

had been reported that very week, which were probably due to drinking water from a spring in the Saddleworth district. Both cases were from one house, and both children had drunk water from the same spring. It was labelled as unfit for drinking purposes, but the children did not see the label until after they had drunk the water.—*Medical Officer*.

Following Up the Beggars.

THE housewife who has a conscience, and a soft heart, constantly asks: "What shall I do with the beggar who comes to my door?" To her it seems a confused question. But is it? The time was when applicants for aid used to be divided by most people into two classes, the deserving and the undeserving. It was our duty to question them in order to find out to which of these classes they belonged. If they answered well, we were to give them bread and meat, with a cup of coffee, our third best coat, and money to pay their rent or transportation. If they answered ill, we were to give them nothing but cold advice. Unhappily, the judgment whereby we thus consigned them to the right hand or to the left depended upon us quite as much as on them. If we asked simple questions, and listened with sympathy and confidence to their replies, the applicant was easily pronounced deserving. If, on the other hand, we not only asked questions but followed up the answers, we found—shall we say, in nine cases out of ten?—that the beggar was an untruthful and undeserving rascal."—*The Ladies' Home Journal*.



"A GOOD BACKBONE."

BY WM. SCOTT.

It is quite impossible to over-estimate the importance of a correct sitting, standing, walking, or even running posture. Nor is it too much to say that those who fail to maintain a correct, natural posture are simply coquetting with disease, because practically all the vital organs are so constructed as only to be able to functionate normally in this position.

The vertebral column serves as a pillar of support for the body, and gives to man that erect and dignified bearing so charac-

teristic of true manliness and independence. We speak of a man who is lacking in these qualities as one having no "backbone." As the column is composed of thirty-three different bones, with as many joints and ties or ligaments to keep them together, and depends for its vertical position upon the large mass of muscles on each side of the back, called the *erector spinae*, the importance of having these muscles well developed and healthy will at once be recognized. The fact is, the condition

of these muscles is not only a good index of the bodily health of a man, but of all the other muscles of his body.

While we would lay stress upon the development of a good degree of muscular strength, we desire that our readers may not overlook a factor of

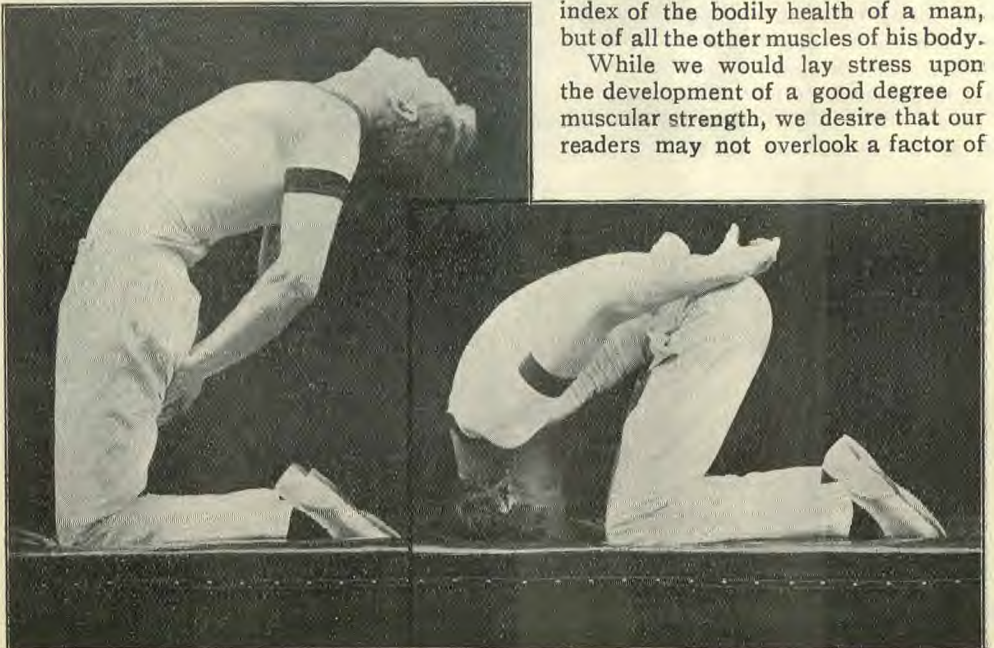


FIG. 1.

FIG. 2.

greater importance to health, viz., ease and rapidity of response to nerve stimulus or control. What we set before us as our ideal is a graceful, lissome body, correctly poised, and capable of being used as an ever-ready, responsive instrument of the

While, primarily, the accompanying exercises are for the purposes named, they are also excellent for bringing about healthful activity of the abdominal organs of digestion and excretion, and benefits in that direction will certainly accrue from their daily practice. It is essential that little or no clothing be worn while performing the movements. They can be performed either on a firm, flat couch, or on a thick carpet or mattress on the floor. It is also an advantage to drink a glass

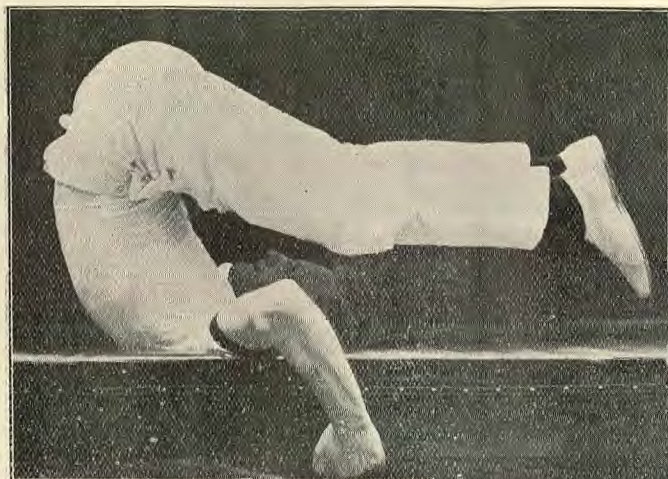


FIG. 3

mind. Stiffness or weakness of the spine, and lack of muscular strength and tonicity of the muscles of the back, hamper us tremendously in life's journey. It is therefore of profound importance so to exercise those muscles that they are not only capable of vigorous contraction, but likewise retain their elasticity, and so contribute to the flexibility of the spinal column.

A most vital factor in the maintenance of the erect posture is the retention of the forward-inward curve of the spinal column in that part which is called the "small of the back." Standing in a slouching position, or sitting with the legs crossed and the shoulders bent forward, are responsible for straightening out this curve and so destroying the graceful symmetry of the whole spine. Hence the necessity for strengthening the back muscles by suitable exercises, and these exercises should also be such as will tend to bring about free movement in all the vertebral connections.

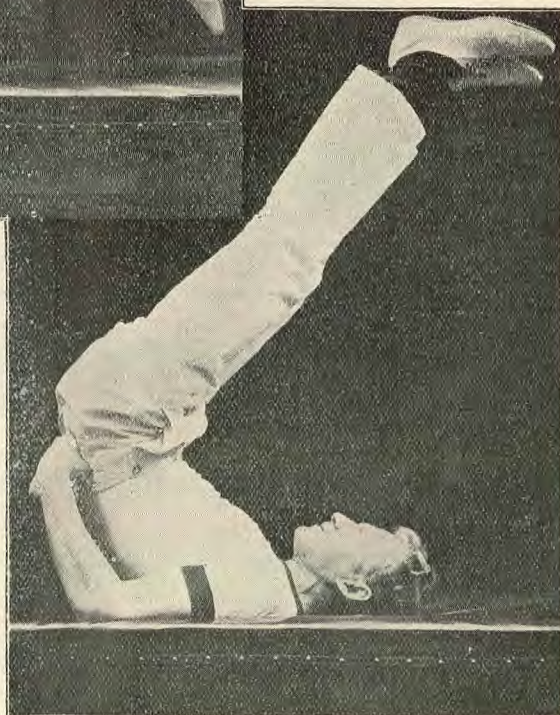


FIG. 4.

or two of water, warm or cold, before commencing. Begin carefully with but a few movements, but increase from day to day both the severity and number of the exercises.

Exercises Described.

No. 1, first part.—Kneel on a cushion, folded, or a roll of small carpet, knees six inches apart, fingers interlaced behind the back, now arch the

spine backwards, making sure that there is a definite *arching* movement occurring from the nape of the neck to the small of the back, and not only a *bending* in the latter place. (Fig. 1.)

No. 1, *second part*.—Now straighten to ordinary kneeling position, relax for a moment, and then bend forward, endeavouring to bring the forehead down to and between the knees. (Fig. 2.)

Be very careful not to do either of the movements hastily or with a jerk, but slowly and deliberately, so as to obviate strain. Repeat the double movement half a dozen times.

No. 2, *first part*.—Recline flat on the back without a pillow. Raise the straight legs up to the perpendicular, then backward over the head horizontally as far as possible, as illustrated. Many on first trial can bring the toes in contact with the floor far behind the head. Raise them to the perpendicular position again, and repeat from there backwards from three to six times, then allow the legs to go back to the prone position. (Fig. 3.)

No. 2, *second part*.—Raise the legs, straight at knees, to the position shown in illustration, and place the hands, firmly clenched, as far up on either side of the spine as you can reach. Now extend the legs upwards to and beyond the perpendicular, which will cause the weight of the spine to fall upon the knuckles. Repeat, each time bringing the knuckles one division lower down the spinal column and endeavouring to place them between the vertebrae, virtually giving massage to the sides of the spine. (Fig. 4.)

These exercises will healthily exercise all the important muscles of the back, and will also limber up the spinal vertebrae and open the way for a free circulation of blood through its entire length. It may also, and will, break up the "adhesions," of which much is made by the osteopathic school of curative exercises and massage.

ALCOHOL AND THE HEART.

BY T. D. CROTHERS, M.D.

NARCOMANIA is a new term which describes a craze for relief from pain and discomfort. It is a craze for narcotics to cover up and drown this suffering and pain. The man who overeats and is poisoned by toxins in the blood, and the one who overworks and neglects to sleep properly, are its victims. Or perhaps it is one who is harassed continually by care and worry in the frantic effort to attain wealth and secure position, and who works his body to its utmost limit, saying that he will rest by and by. Such persons suffer from exhaustion, weariness, discomfort, insomnia, indigestion, and a great variety of pains and aches that are simply signal flags of danger. By accident they find relief in a patent medicine, or in a prescription from a physician, or possibly in the thoughtless advice of an associate; alcohol is the basis of all these medicines; it covers up the pain signals, deceiving the victims with the thought that they are achieving health.

Later, spirits fail or are required in such large doses that their danger is recognized; then come opium, morphia, cocaine, chloral and other narcotics, each one covering up the danger and again deluding the mind with false promises of health.

Only the heart is not deceived. The good or ill results of these drugs fall most heavily

on it. In health it should beat from seventy to eighty times a minute, but under the influence of spirits, it goes up to one hundred and then drops down to sixty or less. Alcohol whips up the heart to the highest speed. Like forcing a horse into a run until he is exhausted and falls back to the slowest walk, this continued stimulation of the heart's action, forcing the blood current to its highest speed, is followed by exhaustion and slowing up to a minimum degree. This continuous driving of the heart to its highest speed and then allowing it to fall down to the lowest pace, can be registered and shown on paper. A little instrument called the sphygmograph traces this action on a blackened paper, and shows every pulsation and beat of the heart. It is not a new instrument; it has been used a great many years, but has never been very popular with physicians because of the time and skill required to handle it. It is comprised of a delicate spring held in a frame and pressed down over the arteries of the wrist. Attached to the spring is a needle moving up and down, and a little clock-work driving blackened paper under the touch of the needle. The needle records every impulse of the heart, and tells whether it is moving too slowly or too rapidly, or whether the current is feeble and with little force.

I select some tracings showing conditions that are very common and should approximately be the same in health. This is the heart's record of a healthy man who does not use tobacco or spirits, and who lives outdoors a good deal of the time and takes proper exercise:—



Following this is the tracing of a man who, when weary from overwork in the middle of the day, took a large glass of whisky. This was taken twenty minutes after. Note the rapid heart-beat and the quivering motion as the blood dashes through the valves. It is probably beating over one hundred times a minute:—



Three hours later another tracing was made. Note how feebly the current is driven; consider how imperfectly the heart must be nourished from the fact that the blood is forced so languidly. Suppose another glass be taken, the heart starts off again at a rapid pace, then finally falls down and is more exhausted. This is the record of that condition:—



After a time the doors between the two cavities of the heart become thickened and diseased, and the blood current is not shut off, but flows back again, giving these strange double curves. Note how feeble and weak the movement is. This is called valvular disease, from which the patient dies suddenly:—



Should the patient resort to opium to cover up the pain and exhaustion, the following would be a record of the heart's action. There is a certain uniformity in the movements, but the tension is low, and the curves are feeble:—



Later the person makes a great effort to abandon the drug, and it is finally taken away, and this is the record of the heart in the feebleness and exhaustion which follow from its removal:—



Note how weak and slow the impulse is ; like a tottering old man, it barely moves. The story of its exhaustion and debility is seen at a glance. Later it recovers, but it is doubtful if the heart ever is the same in its uniform action. The great monster engines on the railroads are kept at a uniform pace, and when pushed to their extreme limit, and then slowed up, the

strain is so great that the machinery is quickly destroyed. How dangerous it is to treat the heart in this way! The spirit-drinker and the drug-taker are destroying their hearts, and this little instrument gives a permanent record of the damage done. Heart disease, heart failure, heart collapses, and apoplexies are direct results.

THE TRAINING OF CHILDREN.

BY MRS. E. G. WHITE.

HOME should be to the children the most attractive place in the world, and the mother's presence should be its greatest attraction. Children have sensitive, loving natures. They are easily pleased, and easily made unhappy. By gentle discipline, in loving words and acts, mothers may bind their children to their hearts.

Young children love companionship, and can seldom enjoy themselves alone. They yearn for sympathy and tenderness. That which they enjoy, they think will please mother also ; and it is natural for them to go to her with their little joys and sorrows. The mother should not wound their sensitive hearts by treating with indifference matters that, though trifling to her, are of great importance to them. Her sympathy and approval are precious. An approving glance, a word of encouragement or commendation, will be like sunshine in their hearts, often making the whole day happy.

Instead of sending her children from her, that she may not be annoyed by their noise or troubled by their little wants, let the mother plan amusement or light work to employ the active hands and minds.

By entering into their feelings, and directing their amusements and employments, the mother will gain the confidence of her children, and she can the more effectually correct wrong habits, or check the manifestations of selfishness or passion. A word of caution or reproof spoken at the right time will be of great value. By

patient, watchful love, she can turn the minds of the children in the right direction, cultivating in them beautiful and attractive traits of character.

Mothers should guard against training their children to be dependent and self absorbed. Never lead them to think that they are the centre, and that everything must revolve around them. Some parents give much time and attention to amusing their children, but children should be trained to amuse themselves, to exercise their own ingenuity and skill. Thus they will learn to be content with very simple pleasures. They should be taught to bear bravely their little disappointments and trials. Instead of calling attention to every trifling pain or hurt, divert their minds, teach them to pass lightly over little annoyances or discomforts. Study to suggest ways by which the children may learn to be thoughtful for others.

But let not the children be neglected. Burdened with many cares, mothers sometimes feel that they cannot take time patiently to instruct their little ones, and give them love and sympathy. But they should remember that if the children do not find in their parents and in their home that which will satisfy their desire for sympathy and companionship, they will look to other sources, where both mind and character may be endangered.

For lack of time and thought, many a mother refuses her children some innocent

pleasure, while busy fingers and weary eyes are diligently engaged on work designed only for adornment, something that, at best, will serve only to encourage vanity and extravagance in their young hearts. As the children approach manhood and womanhood, these lessons bear fruit in pride and moral worthlessness. The mother grieves over her children's faults, but does not realize that the harvest she is reaping is from seed which she herself planted.

Some mothers are not uniform in the treatment of their children. At times they indulge them to their injury; and again they refuse some innocent gratification that would make the childish heart very happy. In this they do not imitate Christ; He loved the children; He comprehended their feelings, and sympathized with them in their pleasures and their trials.

The husband and father is the head of the household. The wife looks to him for love and sympathy, and for aid in the training of the children; and this is right. The children are his as well as hers, and he is equally interested in their welfare. The children look to the father for support and guidance; he needs to have a right conception of life and of the influences and associations that should surround his family; above all, he should be controlled by the love and fear of God and by the teaching of His Word, that he may guide the feet of his children in the right way.

The father is the lawmaker of the household; and, like Abraham, he should make the law of God the rule of his home. God said of Abraham: "I know him, that he will command his children and his household." There would be no sinful neglect to restrain evil, no weak, unwise, indulgent

favouritism; no yielding of his conviction of duty to the claims of mistaken affection. Abraham would not only give right instruction, but he would maintain the authority of just and righteous laws. God has given rules for our guidance. Children should not be left to wander away from the safe path marked out in God's Word into ways leading to danger, which are open on every side. Kindly but firmly, with persevering, prayerful effort, their wrong desires should be restrained, their inclinations denied.

The father should enforce in his family the sterner virtues—energy, integrity,



GOOD HEALTH BABIES.*

honesty, patience, courage, diligence, and practical usefulness. And what he requires of his children he himself should practise, illustrating these virtues in his own manly bearing.

But, fathers, do not discourage your children. Combine affection with authority, kindness and sympathy with firm restraint. Give some of your leisure hours to your children; become acquainted with them; associate with them in their work and in their sports, and win their confidence. Cultivate friendship with them, especially with your sons. In this way you will be a strong influence for good.

The father should do his part toward making home happy. Whatever his cares

*See page 346.

and business perplexities, they should not be permitted to overshadow his family; he should enter his home with smiles and pleasant words.

In a sense the father is the priest of the household, laying upon the family altar the morning and evening sacrifice. But the wife and children should unite in prayer, and join in the song of praise. In the morning, before he leaves home for his daily labour, let the father gather his children about him, and, bowing before God, commit them to the care of the Father in heaven. When the cares of the day are past, let the family unite in offering grateful prayer and raising the song of praise, in acknowledgment of divine care during the day.

Fathers and mothers, however pressing

your business, do not fail to gather your family around God's altar. Ask for the guardianship of holy angels in your home. Remember that your dear ones are exposed to temptations. Daily annoyances beset the path of young and old. Those who would live patient, loving, cheerful lives must pray. Only by receiving constant help from God can we gain the victory over self.

Home should be a place where cheerfulness, courtesy, and love abide; and where these graces dwell, there will abide happiness and peace. Troubles may invade, but these are the lot of humanity. Let patience, gratitude, and love keep sunshine in the heart, though the day may be ever so cloudy. In such homes angels of God abide.

THE LAND OF ICE AND FIRE.

BY DAVID OSTLUND.

JUST bordering on the arctic circle, five hundred miles north-west of the northern coast of Scotland, lies the large island of Iceland. It has an area of 39,200 square miles, that is, about 7,000 square miles more than that of Ireland, and three times as great as that of Denmark, of which it is a dependency.

Fourteen-fifteenths of the island consists of mountains and elevated plateaux, with an average height of two thousand

feet. Most of this highland interior is covered perpetually with ice and snow, the ice-hills rising to a great height, especially in the south-east, where the vast ice-field of Vatnajökull spreads over an area of about four thousand square miles, and contains some of the loftiest peaks on the island, among which the giant Oræfajokull lifts its head 6,466 feet above sea-level. Vatnajökull is the largest ice region in Europe.



REYKJAVIK.

With the whole of its centre thus held in the iron grip of the ice-king, this country well merits its title of Iceland. Throughout the vast highlands of the interior the climate is, of course, very severe, and consequently the population is scattered around the coast, where the warm embrace of the Gulf Stream tempers the severity of the climate so far that in many places sheep can graze out in the open the whole year round. The air is wonderfully clear and pure, and mountains may be distinctly seen at a distance of a hundred miles.

Icelandic poets sing of their country as "The land of ice and fire."

A strange combination surely, but none the less true, for nearly all of those ice-mountains are extinct volcanoes, and some of them break out even now, at irregular intervals, in terrible, disastrous eruptions, Mount Hecla being one of the world's most

famous volcanoes. Volcanic activity is now chiefly manifested in the hundreds of hot springs, which pour forth large quantities of pure, boiling water. Many of these take the form of geysers, the largest of which is called the Great Geyser; its eruptions occur once a day, when a huge column of boiling water spouts from the shaft, nine feet in diameter, to a height of 120 feet.

As yet, no enterprising hydro or sanitarium has attempted to utilize these gigantic hot water supplies, or the great natural hot baths formed by the ponds which surround them, but in the neighbourhood of Reykjavik, the capital, the hot springs serve the prosaic purpose of public wash-tubs. A horse-car service even has been instituted between the city

and the springs, by means of which the clothes of the city are carried out to the "laugars," or washerwomen, beside the springs, and returned later when clean. These economical women also cook their food and heat their coffee by means of the boiling water of the springs.

Lonely Iceland is as far removed from the rest of Europe in customs and conditions of living as it is by geography. The climate permits of very little vegetation. There are no trees, no fruit, and no grain of any kind, for the summer is both short and cold, averaging only about 13 deg. Fahr. above freezing point. A short



WASHING CLOTHES AT THE HOT SPRINGS.

species of grass is the most flourishing form of vegetation, and the people subsist largely by raising sheep and fishing.

Isolated as they are from the rest of the world, the Icelander's bill of fare is confined almost exclusively to an animal dietary, and fresh fruit is out of the question. The effects of this large use of fish and flesh are not so bad as they might be in another country, owing to the physical activity necessitated by the cold climate, and in no small degree to the healthy condition of the animals.

The people are naturally intelligent, and while there is as yet no system of compulsory education, yet it would be hard to find in all the country one child of fourteen years of age who could not read and write and count. The parents themselves

attend to the education of their children, and they are well fitted for the undertaking; the farmers frequently spend the greater portion of the long, dark winters in study.

Morality is on a very high plane, and there is only one jail amongst all the eighty thousand inhabitants of the island. This prison is in Reykjavik, and generally contains three or four prisoners. The capital is the only town of considerable size, containing about ten thousand inhabitants, and with the exception of a few small towns with populations of from 500

while to get a reply to such a letter would necessitate a wait of from five to seven weeks.

The cause of temperance finds warm support in Iceland, and about nine per cent of the population are Good Templars. This society has had a great influence on the whole community. In September, 1908, a general vote was taken on the prohibition of the importation of alcoholic drinks into the island (the manufacture of such beverages had already been forbidden by law in 1899). The adherents of prohibition, whose ballot totalled 4,591,

carried the day by a majority of 1,474. This puts Iceland at the head of all other European countries in the battle against intemperance.



A Temperance Story.

DURING a certain voyage, the mate of the vessel, who usually kept the log, became intoxicated

one day and was unable to attend to his duty. As the man very rarely committed the offence, the captain excused him and attended to the log himself, concluding with this: "The mate has been drunk all day."

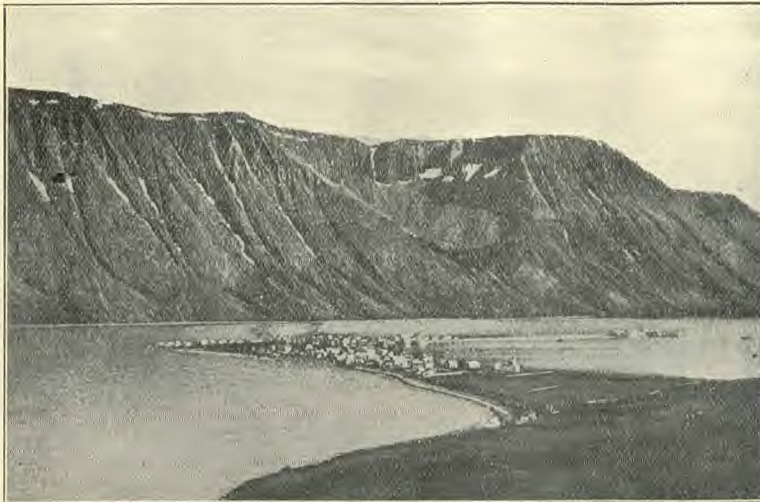
Next day the mate was on deck and resumed his duties. Looking at the log, he discovered the entry the captain had made, and ventured to remonstrate with his superior.

"What was the need, sir," he asked, "of putting that down on the log?"

"Wasn't it true?" asked the captain.

"Yes, sir; but it doesn't seem necessary to enter it."

"Well," said the captain, "since it was true, it had better stand."



ISAFJORDUR (FIRTH OF THE ISLES).

to 1,400, all the rest of the population live in the country along the seacoast.

Travelling in Iceland is quite different from what it is in England. There are no railways, no electric cars, no motor-cars, and but a very few miles of roads. Most of the journeying has to be done on horseback, and, of course, all transportation of goods has to be effected in the same manner. When a peasant finds it necessary to go to town to replenish his household stock, he has to collect a troop of twenty or thirty horses for the expedition, which may require a week or two. The mails are also carried on horseback, and it often takes two or three weeks for a letter to go from one side of the island to the opposite (a distance of some three hundred miles),

The next day the captain had occasion to look at the log, and at the end of the entry the mate made was this item: "The captain has been sober all day."

The captain summoned the mate and thundered: "What did you mean by that entry? Am I not sober every day?"

"Yes, sir; but wasn't it true?"

"Why, of course it was true!"

"Well, then, sir," said the mate, "since it was true, I think it had better stand."

How Disease is Spread.

A TYPICAL case was recently heard at Exeter Police Court, when a widow was summoned for exposing without previous disinfection, wearing apparel which had been liable to contact with scarlet fever. Evidence showed that the defendant, who had been nursing a child suffering with scarlet fever, went home each day without changing or disinfecting her clothes. There were at her house a boy who was employed at a drapery business, a daughter who took in washing for a public institution, and another daughter employed as a servant, who came home for two hours every day. The bench of magistrates fined the woman 10/- and expressed the hope that it would be a warning to the neighbourhood.—*The Medical Officer.*

The Health of Paris and London.

IN the course of the discussion of the Housing and Town-Planning Bill in the House of Commons last week, an interesting comparison between the sanitary conditions of Paris and London was presented by Mr. John Burns. He clearly proved by statistics the superiority of London. The test of good sanitary administration, and of the condition of the mass of the people, is, of course, the death-rate; and the absence of consumption is equally significant. The death-rate of Paris ranges between 18, 19, and 20; the death-rate of London, which is twice the size of Paris, is 13.8, from 20 to 30 per cent lower than that of Paris. The deaths from consumption in Paris for a year were 9,500, whilst only 9,176 died in

London, in spite of its vastly greater population, from that disease. No less than 8,000 of the total deaths from consumption in Paris occurred in one area of contaminated houses. Paris is the most magnificent city in Europe from the æsthetic point of view. Every Parisian is willing to make any sacrifice to preserve and enhance the artistic qualities of his beloved city; but up to late years the inhabitants and their representatives, the municipal authorities, have been singularly lax regarding all those things to which the practical (and Philistine) Londoner has given most thought. In the housing of the people, imperfect as this may still be in many respects, in drainage, in water supply, in hospital isolation, accommodation for infectious diseases, and in measures for dealing with consumption, London is far in advance of *la ville lumière*. Beneath its outward show of beauty, Paris conceals a vast number of foul plague-spots such as are not to be discovered in anything like such a quantity behind the ignoble architecture of the meanest and most ill-looking of London streets.—*Medical Press and Circular.*

Lincoln's Rules for Living.

DO not worry, eat three square meals a day, say your prayers, be courteous to your creditors, keep your digestion good, steer clear of biliousness, exercise, go slow and go easy. Maybe there are other things that your special case requires to make you happy, but, my friend, these, I reckon, will give you a good lift.—*Abraham Lincoln.*

When You Wait for a Doctor.

A BUSY man some time ago had occasion to visit a noted physician, and was compelled for many weary minutes to cool his heels in an anteroom. Finally, his patience becoming exhausted, he summoned an attendant, to whom he said:—

"Present my compliments to the doctor, and tell him if I am not admitted in five minutes I shall get well again."

The man was at once admitted.—*Selected.*



THE WHITE OR IRISH POTATO.

THE common potato is a native of the Andes Mountains of South America, and was first introduced into Europe by the Spaniards in the middle of the sixteenth century. But it was fully two hundred years later before the value of the potato as a food was generally recognized. At the present time it is almost universally used throughout the civilized world, growing everywhere in temperate climates, and being, perhaps, the most widely distributed of all tubers.

The potato is perennial, belonging to the solanaceous family, and its botanical name is *solanum tuberosum*. Although the herbage has a slightly narcotic odour, still in some countries the tender tops are used as greens, but such usage is comparatively rare. The tubers are the only really valuable part of the plant.

The principal food substance of the potato is starch, but it also contains a fair proportion of salts. Its composition as revealed by analysis is as follows:—

Water	76.7
Proteid	1.2
Starch	19.1
Extract	1.4
Fibre	0.6
Mineral matter	0.9
Fat	0.5

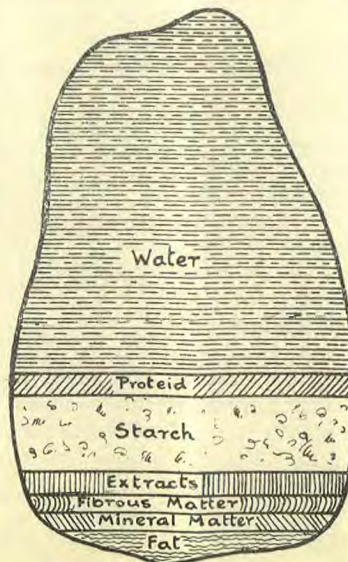
From this analysis we note that fully 95% of the potato consists of water and starch.

Potato starch is one of the most wholesome and

easily digested of all the starches, and consequently a mealy baked potato makes a wholesome dish for practically all persons including invalids, except those suffering from diabetes. On account of the large amount of starch which potatoes contain, they are widely used in making various farinaceous articles, and especially dextrine and "British arrowroot." Starch, when examined by the microscope, is shown to consist of a large number of little grain-like particles all varying in size but uniform in appearance. Those of the potato are large, and possess but a very slight covering of cellulose, hence the starch grains after proper cooking are easily acted upon by the various digestive juices, and so quickly prepared for assimilation.

Potash salts are the most abundant as well as the most important of the mineral matter which we find in the potato, and, indeed, it is our chief source of these salts. It is interesting to note in passing that some of these salts of potash are combined with citric acid, the acid which is often found so abundantly in lemons, limes, and oranges.

In order to conserve the salts of the potato, it is necessary to bake them in their jackets or to cook them by steaming. By boiling in water, with or without skins, there is a large loss of these salts,



WHAT A POTATO CONTAINS.

which cannot be looked upon otherwise than as undesirable.

As already intimated, the potato starch is comparatively easy of digestion, but this is true only of a dry, mealy potato, and not of a watery, soggy, or waxy po-



STARCH GRAINS IN A POTATO.

tato, although the latter contains more proteid matter.

According to Dr. Hutchison, "two medium size potatoes (weighing together five and one-third ounces) when boiled and eaten in the usual way, remain for about two to two and a half hours in the stomach—that is, a shorter time than a similar weight of bread." A mealy baked or steamed potato is not only readily digested, but also very completely absorbed from the intestinal canal, so that the unabsorbed material remaining contains but a very slight amount of nutrition.

We quote the following paragraph from Mr. Beard's excellent "Guide Book to Hygienic Diet" :—

Potatoes should be cooked in their jackets. To boil them properly, the water in the saucepan should be thrown away when they have been boiled for five minutes, and cold water should be substituted. This plan equalizes the cooking of the interior and exterior of the potatoes. When cooked they should be drained dry, a clean cloth should be placed over the pan, and they should stand on the hot plate to dry. They should be lifted out separately, and should be unbroken and floury. Sodden and heavy potatoes are very objectionable, and ought to be regarded as evidence of incompetency on the part of the cook. Potatoes baked in their jackets are considered by many to be preferable, and, as it is almost impossible to spoil them if this plan is adopted, it should be employed when the cook is inexperienced.

Below we give some wholesome recipes, the first two from "Science in the Kitchen,"

and the others from "Life and Health Cookery" :—

Velvet Soup.—Pour three pints of hot potato soup, seasoned to taste, slowly over the well-beaten yolks of two eggs, stirring briskly to mix the egg perfectly with the soup. It must not be reheated after adding the egg. Plain rice or barley soup may be used in place of potato soup, if preferred.

Potato Soup.—For each quart of soup required, cook a pint of sliced potatoes in sufficient water to cover them. When tender, rub through a colander. Return to the fire, and add enough rich, sweet milk, part cream if it can be afforded, to make a quart in all, and a little salt. Let the soup come to a boil, and add a teaspoonful of flour or cornstarch, rubbed to a paste with a little water; boil a few minutes, and serve. A cup and a half of cold mashed potato, or a pint of sliced baked potato, can be used instead of fresh material; in which case add the milk and heat before rubbing through the colander. A slice of onion or a stalk of celery may be simmered in the soup for a few minutes to flavour it, and then removed with a skimmer or spoon.

Baked Potatoes.—Select uniform-sized potatoes, wash well, and dry. Place in a moderate oven. Bake one hour. Just before serving press them to allow the steam to escape, and they will be quite ready. Serve with brown sauce.

Mashed Potatoes.—Wash, wipe dry, and pare good potatoes. Put into a steamer to boil in a small quantity of water. If boiled, they should be lifted from time to time with a fork so that they will boil evenly. No water will be left to drain away. Mash and season with a half cup of nut cream, or for variety one cup of ground, browned Brazil nuts may be added to each quart of mashed potato.

Stuffed Potatoes.—Bake in their jackets nice large potatoes until well done. Cut off one end, remove the pulp, and mix with one-third mashed nuttose, and a little chopped onion, if desired. Fill the jackets with this mixture, and serve at once.

Scalloped Potato.—Pare the potatoes and slice thin. Put them in layers in an earthen baking-dish or granite bowl, and sprinkle each layer with a little meal. Pour over all enough hot water to cover, in which two tablespoonfuls of nut butter have been stirred. Cover and bake rather slowly till tender, removing the cover just long enough for the potatoes to brown in the same way.

His Real Beginning.

"I UNDERSTAND you began life as a newsboy," observed a friend to a "captain of industry."

"No," replied the millionaire. "Someone has been fooling you. I began life as an infant."

A Page for Women.*

Conducted by Marie Blanche.

The Soap We Use.

I WONDER how many of us ask ourselves before using a piece of soap the question—is this clean? Is this pure? Is this harmless? And again, I wonder how many people—or how few—go so far as to inquire, either of the makers or from books written on the subject, what ingredients are used in manufacturing the particular soaps we use daily for the bath and other toilet purposes. It need scarcely be pointed out that it is almost an impossibility for each housewife to be her own soap-boiler, though I do know one enterprising woman who even went as far as that, but the most obnoxious odours resulting therefrom very nearly wrecked the domestic peace of her home, and the experiment, though fairly successful in other respects, was never again repeated.

The Gauls are said to be the inventors of the art of soap-making, and according to Pliny, the great Roman historian, they used a combination of goat's fat and the ashes of the beech-tree. Now-a-days lard or fat of hogs is extensively used for soap-making, especially in France. What we know as London mottled soap is generally made from melted kitchen stuff, bone-grease, cheap tallow, and, in fact, any inferior fatty matter that will prove serviceable. The lyes are made from crude soda ash, termed black ash, the impurities in which give the mottled appearance, and those soaps that have an odour of bitter almonds are generally speaking to be avoided, as nitro-benzol has most probably been employed to hide the bad smell of certain unclean fats used in making the soap. Nitro-benzol is an extremely powerful perfume, and is used frequently for cheap toilet soaps.

One of the principal things to avoid in the choice of a soap is an excess of alkali. To test for this excess, dissolve a small piece of the soap in water and then drop in a strip of litmus (red) paper. If the soap is too alkaline, the litmus paper will turn blue.

To test the qualities of the fat used in the composition of any soap, put a piece in a hot oven for about ten minutes, and then cut the soap in half, when a horrible smell of bad, rancid fat will be detected, which would in the case of a pure, clean soap be absent.

Sugar is sometimes used to adulterate transparent soaps, but this rather inclines the soap to waste and to wear badly and to dissolve quickly. You can test for sugar by holding a piece to a light when a smell of burning sugar will be detected if present.

Potato flour is frequently used in making soap, and, of course, glycerine is a well-known ingredient. The cheaper soaps very often contain silicate of soda, or soluble glass, and are not good for toilet purposes, certainly not advisable for washing the face and hands if you wish to keep the skin soft, supple, and comfortable.

The safest, cleanest, and purest, and therefore

the most hygienic, soaps for toilet use are those made from vegetable or palm oil and plant ash. Palm oil comes from the fruit of palm-trees growing on the West Coast of Africa, and when it arrives in this country it is a deep, orange red, and has to be bleached by chromic acid to whiten it. Some soaps are made with castor oil as a basis, but I never feel sure that this is a desirable ingredient for a toilet soap, because it is an undoubted fact that castor oil encourages the growth of hair, and so cannot be good for a face soap. This oil, which comes from the seeds of a plant grown extensively in the West Indies and North America, is supposed to contain three fatty acids, but what these acids are I do not know. However, the use of castor oil on the face, even when disguised under the form of soap, is to be discouraged, because we none of us wish to be confronted with the terrors of moustached femininity. Of course, no matter how perfect the quality of the soap we use, it should always be very thoroughly rinsed off the face with plenty of clear water before drying, rain water being preferable.

Answers to Correspondents.

E.C.—I cannot tell you anything at all about the preparation you name in your letter. I know nothing about it beyond what the inventors say in their advertisements. No, I don't think it is inconsistent with any form of Christianity to wish to improve your appearance by any natural means. At the same time, I confess that anything in the shape of "make-up"—rouge, or hair-dye—is, to say the least of it, a little out of keeping with true religious life. No, the Sanitarium Hair Tonic, does not claim to restore grey hair to its original colour, nor to produce hair after the roots have either died or been destroyed, but as a reliable tonic, with marked powers of invigorating and improving the general condition of hair and scalp, you may thoroughly depend upon it. It does not claim to do the miraculous things some of the quack lotions so daringly promise and yet so infrequently, if ever, perform.

Miss A.M.—Thank you for your letter. I am sure you mean kindly, but it is quite contrary to rules to reveal either name or address of any correspondent. All letters are treated as strictly confidential, and it would be a serious breach of honour to make known to a third person the private name or address of anyone whose questions are answered in this column. I am sorry, therefore, that I cannot do as you suggest. With reference to the subject of your letter, there are plenty of books dealing with the matter, but all are not to be recommended. There are bad as well as good ones, you know.

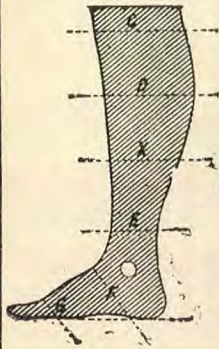
E.N.—It is quite evident that you are in bad health, and the complaint from which you say you have suffered for eighteen months would account for your nervous condition and mental depression. Yes, I will willingly and gladly do what I can to help you to regain your health, but you must give me your confidence. The symptoms you name all point to one thing, and I think you need a fresh start on the road to health and happiness. I wonder if you have told me everything. You know there are certain habits of life that might bring about a state of broken health, and unless these are overcome and entirely given up it is quite hopeless to expect recovery. Write to me again.

W.G.A.—Yes, certainly you can greatly increase the length and thickness of your eyelashes and eyebrows by the use of a proper preparation, but be careful, as you might injure the sight if you use a wrong thing and it gets into the eye. No, do not cut them, it only makes the lashes stiff and brushy, the very reverse of what is pretty. They should be long, sweeping, and slightly curved upwards, and if rightly treated and cultivated would grow darker and glossy, or, as you say, "silky."

F.Q.—Very many thanks for your most kind letter and interesting little book on the subject of voice cultivation. I have read both with great pleasure and appreciation.

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

Are Your Legs Worth 2/6?



OUTLAY OF 2/6 ONLY, BRINGS
RELIEF TO SUFFERERS FROM

VARICOSE VEINS

The method employed by Walton & Curtis is to fit to the affected limb a special type of Knitted Elastic Stocking known as the "WALCUR." It is made without a seam, and fits like a skin. Never wrinkles, rubs, or cuts the limb. No laces to fasten, no eyelets to irritate, but an equal and even pressure throughout. Offered to readers of "Good Health" at 2/6. Send measurements with P.O. to

2/6

WALTON & CURTIS, Orthopædic Specialists,
190 Broadhurst Gardens, West Hampstead, N.W.

THE TURKISH BATH MAN RHEUMATISM.

Of all the troubles flesh is heir to, none is more prevalent than Rheumatism. Almost every other man or woman I meet suffers in greater or lesser degree from Rheumatism. In summer rheumatic pains often disappear, but excruciating torture is felt on the approach of cold or damp weather. The reason is simple. Heat relaxes the pores, and wear-and-tear particles are carried out of the body. Cold and damp close the pores, elimination is imperfect, and rheumatism becomes manifest. This explains why physicians and hygienists are unanimous in recommending the 30/- Gem Turkish Bath as the only satisfactory method of treating rheumatism and kindred complaints. In extreme cases, where no cure could ever be promised or expected, the treatment never fails to soothe the pains immediately. And repetition does not decrease its efficacy.

Let me earnestly entreat you to send for my 100-page book, and carefully digest what is there clearly put as the case for Home Turkish Bathing. Better still, send me your money order, or cheque (you can post-date it ten days if you like), and I will forward you a No. 1 30/- Cabinet on the understanding that you can return it within ten days if you do not realize some relief from pain, some pleasure in undreamt-of cleanliness, and have your money refunded. Money orders and cheques should be made payable to my Company, **The Gem Supplies Co., Ltd.**, Dept. G.H., 27 Peartree Street, Goswell Road, London, E.C. Your Editor uses and recommends this Cabinet.

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. 1, 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.

In answering advertisements kindly mention "Good Health."

QUESTIONS AND 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.

Syrup of Figs—Pastry—Cakes—Oatmeal Porridge—Tomatoes.—A.K.: "1. Please give recipe for making 'Syrup of Figs.' 2. Why do ordinary pastry and cakes cause indigestion? 3. Can you tell me a way of making wholesome pastry that would agree with anyone? 4. How are nut and fruit cakes prepared? 5. Is ordinary oatmeal porridge good for constipation? 6. Are tomatoes wholesome?"

Ans.—1. See Household Department in October GOOD HEALTH. 2. Pastry is often soggy, heavy, and pasty, these conditions rendering it difficult of digestion. Cakes usually contain too much butter or other fat, sugar, and condiments to allow them to be wholesome. 3. Use avenola or toasted bread-crumbs, binding them together with a well-beaten egg or a little cream. By this means a wholesome pastry can be prepared which is serviceable for making tarts and various other articles. 4. Use ground nuts, and mix them up with equal parts of chopped, well-washed figs, dates, bananas, or some other fruit by mincing. The preparation may be pressed together in little squares or rolls. 5. Yes, provided it is well cooked. 6. Yes.

Sciatica—Turkish Baths—Cellular Underclothing.—W.G.: "While on my holiday I was taken with what appeared to be a sharp attack of sciatica. I had severe pain in my thigh and the small of my back, which left me with a dull, aching pain. 1. Would you advise me to stop the morning tepid bath? 2. How would Turkish baths suit me? 3. Owing to my skin being so sensitive I cannot wear wool, and I use cellular underclothing. Is this sufficient?"

Ans.—1. No, providing you get a good reaction and are able to take it in a room free from draughts.

It should be exceedingly brief, not requiring more than two or three minutes. 2. Two or three a week would suit you, or, better still, take electric light baths, which are even more efficient. 3. Yes, if you keep warm. If not, wear thin, light, woollen clothing outside your cellular garments during the cold weather.

Sanitarium Hair Tonic.—L.C.M.: "I noticed an advertisement in your magazine respecting a hair dye, but cannot put my hand on it, so I am sending for information. 1. Do you guarantee the Sanitarium Hair Tonic as perfectly harmless? 2. Does it stop falling hair and promote growth?"

Ans.—1. Yes. We do not hesitate to say that the Sanitarium Hair Tonic is perfectly harmless. But please note that it is in no sense a dye. 2. The tonic promotes healthy growth of the hair, and also helps to prevent it from falling out.

Functional Heart Disease.—T.H.: "I am suffering from functional heart disease. The pulse is accentuated and accelerated, and often more pronounced after meals. I have been recommended to take peppermint and carsoda. What would you advise?"

Ans.—Take a plain, wholesome, and nourishing diet. Lead a regular life. Avoid hot, depressing baths. Live in the fresh air as much as possible, and do a reasonable amount of physical culture exercises daily. You will do well to follow a systematic course of exercises. It will be necessary for you to give special attention to your diet, for indigestion is probably one of the chief causes of the ailment. Avoid drinking with your meals, and chew your food well. Peppermint, carsoda, and similar preparations are both undesirable and unnecessary. If you have not already done so, you would do well to be examined by a heart specialist.

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, 1¼s.; 8 oz. pots, 2/-; 16 oz. pots, 3/4.

HIGHLY RECOMMENDED BY VEGETARIANS AND FOOD REFORMERS.

From all Health Food Stores. Free sample on receipt of 1d. stamp for postage by mentioning "Good Health."

THE MARMITE FOOD EXTRACT CO., LTD., 59 EASTCHEAP, LONDON, E.C.

In answering advertisements kindly mention "Good Health."

Long Life.

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

YOGURT

is a harmless preparation, put up in capsule form, which has proved a most effective agent in treating all such cases. For full particulars address—

GOOD HEALTH SUPPLY DEPT.,
Stanborough Park,
Watford, Herts.

The Hair.

A RELIABLE HAIR TONIC.

Removes scurf or dandruff and stimulates the growth of the hair without inflicting the least injury.

3-Ounce Bottle, Post Free, 1/1½.

GOOD HEALTH SUPPLY DEPT.,
Stanborough Park,
Watford, Herts.

Malted Nuts—Cottage Cheese—Diet for Biliousness.—McB.: "1. Kindly tell me how much malted nuts should be taken with lunch, sprinkled over barley or rice. 2. I made some cottage cheese according to the recipe in the September 1908, issue of GOOD HEALTH, but the result was not very satisfactory. Is there any special precaution to take? Was the half-cup of lemon juice there recommended to be measured in a breakfastcup or a teacup? 3. Are ordinary dairy butter, porridge made with a little milk, and fresh, boiled eggs suitable foods for a person subject to bilious turns?"

Ans.—1. From one to three ounces, according to the kind and variety of other foods taken at the same meal. You can take it dry, just as it is, or stirred up with some hot milk in the form of a gruel, or, again, it may be sprinkled over some cereal, such as barley or rice. 2. See the September, 1909, issue of "Good Health" about the cottage cheese, as it gives some further particulars. The cup should be of medium size, a small breakfastcup or a large teacup. 3. Pure dairy butter, taken in moderation, ought to agree with you, probably even better than cream. Coco-nut butter would also suit you. Well-cooked porridge and boiled eggs in moderation are also wholesome, but do not fail to chew the porridge well.

Nasal Catarrh.—H.P.B.: "I am frequently troubled with nasal catarrh, and in the past have suffered much from the evil after effects of a cocaine spray used in treatment thereof. 1. Does the medicine supplied with the Globe Hand Nebulizer contain any such drug? 2. Do you supply the formula of this medicine?"

Ans.—1. No, none whatever. We are not surprised that you should sustain unwholesome effects from the use of a spray containing even a trace of cocaine, for it is a most harmful and poisonous drug, and ought not to be used in a routine way. 2. Yes, you can obtain the formula when you order the medicine by asking for it.

IF R.M. will read the directions at the head of this page he will see that no attention is paid to anonymous communications. The name given need not be published.

WESTCLIFF-ON-SEA. Health Home and Board Residence on food reform lines. Best position. Close to sea and promenade. Three minutes from station. Large, airy rooms. Good cooking. Late dinner. Terms: from 2l/-. Address: Proprietress, "Evanston," Cobham Road, Westcliff-on-Sea.

Ladies are advising their Friends to get the . . .

"Nurse Ina" LAYETTE
For Health! Economy!! and easy dressing.

Nun's Veiling Day Gowns. Hand-tucked Skirts. Yokes trimmed Soft Lace. Soft Saxony Flannel Blankets and Night Gowns. Fine Silk and Wool Vests, Turkish Napkins.
58 GARMENTS FOR 58/-.

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

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



The Ideal Food-Beverage is HYGIAMA.

Hygiama is not a stimulating beverage like tea or coffee, but is

A Real Food Highest Value,

containing the necessary proteids, fats, soluble carbohydrates, and essential salts in a highly digestible and economical form, and in proportions exactly suited to the physiological needs of the body.

There's nothing better in cold, damp weather than a cup of Hygiama.

Comforting, Sustaining, Highly Nourishing.

You can test it for yourself by sending 3 red stamps for a liberal sample.

Address:—
THEINHARDT'S FOOD CO.,
6 h Catherine Court, Seething Lane, E.C.

In answering advertisements kindly mention "Good Health."

GOOD HEALTH.

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

Editor: ALFRED B. OLSEN, M.D., D.P.H.
Address editorial matter to the Editor, St. Albans, Caterham Valley.

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

GOOD HEALTH may be ordered through any newsdealer. Yearly Subscription, post free, 1/6.

Indian Edition: Yearly subscription, post free, Rs. 2/6. 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.

Good Health Babies.

THE older of the "Good Health" babies lacks two months of one year. She has been nursed by her mother until recently, and is now fed upon granose and milk. Her parents are both abstainers, and follow the "Good Health" diet, which excludes tea, coffee, and condiments, as well as flesh foods. The younger child is seven months old, and was nursed by her mother for three months, after which it was necessary to resort to artificial feeding, and milk modified with Infantina has been used. She doubled her weight by the end of the twenty-fourth week. Her parents, too, are fully-fledged food reformers, following the principles of diet advocated in **GOOD HEALTH**.

Teaching Hygiene.

WE are glad to notice that health authorities generally are giving more and more attention to the education of the public concerning the prevention of disease. This is done, not only by means of public lectures and demonstrations, but also by holding exhibitions, such as the Tuberculosis Exhibition which was recently held in Whitechapel, London, and is now being held in various provincial cities, and health vans which are driven about from place to place.

But we believe the California State Board of Health was the first one to fit out a railway-car, and then send it about from town to town for the purpose of health educational work. From a recent number of "Hygiene and Physical Education," we take the following description of this important campaign:—

"A large Pullman car is fitted up with maps, charts, models, and specimens for illustrating the lectures which two experts give every hour. The car is side-tracked at each station, and remains from one hour to one week, according to the interest shown. First they deal with the prevention of tuberculosis. An electric bell which strikes every three minutes is attached to a chart stating: 'Each time this bell rings some one in the United States has died from tuberculosis.' Other charts give in diagram a clear comparison of the ravages of this disease as to age, sex, employment, locality, race, etc. Then follow models of open-air sleeping-porches, tents, tent-houses and window tents, and microscopic demonstration of the germ,

(Concluded on page 348.)

Better be sure than sorry.

Mothers can only be **sure** of absolute freshness and cleanliness by both mixing and making the family cakes and pastry at home.

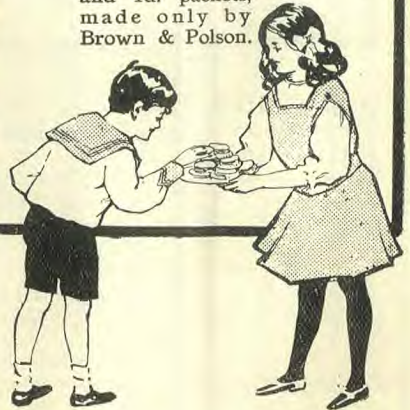
Wholesome and reliable scones, cakes and pastry can be made at home easily and at little cost with

"PAISLEY FLOUR"

The **SURE** raising powder, so light and digestible that the little ones can safely have "Just one more."

The making is easy and quick, and the method is simply to mix dry one part 'Paisley Flour' to 8 parts ordinary flour, and proceed as usual.

Paisley Flour is sold in 7d., 3½d., and 1d. packets, made only by Brown & Polson.



In answering advertisements kindly mention "Good Health."

Have You Tried These

Two Standard Health Foods.

THE FOOD REFORMER'S BREAD AND MEAT.

GRANOSE IS THE IDEAL STAFF OF LIFE.

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

Granose is 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. Granose is fully twenty-five per cent richer in nutritive value than ordinary bread.

**Granose Flakes, or in Biscuit form, 7½d. pkt.,
Toasted Wheat Flakes** (sweetened with malt honey), 8d.

PROTOSE IS THE ORIGINAL 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 impurities.

Protose is similar in taste to meat, and can be used in any way in which meat is used. It is made up in three varieties and sizes, viz. :—

ORIGINAL, PINE-NUT, and HAZEL-NUT.

1½ lb. tin, 1/4; 1 lb. tin, 1/-; ½ lb. tin, 8d.

LIBERAL SAMPLE sent post free on receipt of 3d. in stamps. ♣ ♣

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

You need

food that builds all the tissues. Many advertised foods are one-sided, lop-sided: the perfect balance of health doesn't come that way.

"P.R." Stamina Food

contains all that the body needs and nothing that will do it harm. Invaluable alike for tiny toddlers and for greybeards—for busy men and busier women—for every age from nine months to ninety years. Makes delicious porridge, puddings, pancakes, etc., and is most economical. Thoroughly cooked (the starch is dextrinized). Takes five min. to prepare.

LARGE

Sample
Tin,
POST FREE,

3^d.

Stamps.

The Wallace
P.R. Foods Co.,
465 Battersea Park
Road, London, S.W.

Ask your Health Food Store
for "P.R." Stamina Food.

(Concluded from page 346.)

and graphic representations of its mode of contagion, and the points of danger to others from contact with the patient.

"Next comes typhoid fever, with a representation of its loss in money and health as well as life. A beautiful *papier maché* model of the hillside camping party infecting the near-by stream, of the farm out-house infecting the well, and of the village infecting another with its sewerage, is shown, and over all appears the legend: 'All this may be absolutely prevented by ordinary knowledge and care.'

"Then comes a chart showing the slaughter of the infants from impure milk, and models showing how milk becomes infected both in the private and public dairy.

"The necessity of hygienic care in the prevention of other contagious diseases is similarly set forth to the eye, while the clear, logical explanations and lectures by the accompanying experts make a lesson that all should learn, and as impressed by this display, can never forget."

Why cannot the same be done in this kingdom? A hundred or more such cars ought to be fitted out for the purpose of health exhibitions, and then furnished with lecturers and demonstrators. The amount of good resulting from such a campaign would, we believe, far exceed the expense connected with it in the tangible benefit that would come to our nation.

WRITING of the Glasgow Good Health Culture Society, the Honorary Secretary, Mr. C. W. Conacher says: "Altogether, we feel that we are in a splendid position to show the people of Glasgow—especially the grown-ups—what 'Exercise for Health' really is. It is surprising the amount of ignorance there still is on this subject. It is thought that gymnasium work is only for the young and active; it used to be so, but modern Swedish gymnastics can be adapted to benefit everybody, no matter how long their youth has been left behind, or how unaccustomed they are to exercise. Probably the latter derive the greatest good.

"We make a feature of giving exercises suitable for home practice, graduated to the pupil's progress. Each one gets a note of them, so that the class work is backed up by regular home practice—a most important point. It is not the couple of hours once or twice a week that count, but the ten or twenty minutes once a day."

We are personally acquainted with the practical work that is being done by the Glasgow Health Culture Society, and are glad to recommend all our readers in that vicinity to join the Society. Copies of their programme of lectures, rambles, swimming, life-saving, and ambulance classes, can be obtained by sending a penny stamp to Mrs. Crawford, 64 Woodlands Road, Glasgow.

The Birmingham Natural Health Society.

MEMBERS of the Good Health League and all interested are cordially invited to the following meetings:—

November 3rd: Hygienic Dress League Quarterly Meeting. "Practical Eugenics." Miss F. Kerry (Swedish teacher, Anstey College).

November 17th: Readings from favourite authors.

Full particulars of the Society may be obtained on application to the Hon. Secretary, Mr. J. Belling, 103 Vivian Road, Harborne; Mr. A. J. Morris, 28 Freeman Street, Birmingham.

Nuts

Nuts should be 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, as well as a great variety of other pure and natural foods, such as sun-dried fruits, unpolished rice, genuine olive oil, the finer varieties of pulse, cereals, macaroni, etc., and we also stock the I.H.A. and all other reliable Health Foods.

You can get anything, from 5/- worth upwards, of these things carriage paid to your door in whatever part of the United Kingdom you reside. See how convenient it is!

Our New 64-page Booklet

POST FREE,

with two Free Samples.



George
Savage & Sons,

NUT EXPERTS,

53 Aldersgate
Street,

LONDON, E.C.

Mention "Good Health."

In answering advertisements kindly mention "Good Health."



For COMFORT and HEALTH visit the
CATERHAM SANITARIUM AND
SURREY HILLS HYDROPATHIC,
CATERHAM, SURREY.

THE location is delightful, being about 450 feet above sea-level, and surrounded by the picturesque hills of Surrey; the air is pure and bracing, and the water soft and exquisitely pure. 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.

The house is lighted throughout by electricity, and heated by low pressure hot water radiators, which makes the building warm and comfortable in winter.

Incurable and offensive patients are not received.

The establishment affords facilities for quiet and rest, skilled nursing, 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."

The Government and Quack Medicines.

UNDER the above title a recent number of the "Medical Press and Circular" contains an interesting note dealing with this subject. We consider medical quackery one of the serious evils of the day, and we believe it ought to be dealt with by the legislature. No one can begin to estimate the immense amount of harm that is done by the free use of the various quack nostrums and medicines that are so persistently advertised in the public press. Oftentimes the evil is done not so much through the taking of medicine, which in itself may be quite simple and even harmless, but by the failure to deal properly with the serious disease that is encroaching upon the system. There is danger in delay, and the time soon comes when even efficient and proper treatment is too late and a fatal termination results.

The note referred to deals with the question which Captain Craig asked in the House recently concerning the medicine stamp duty paid by the patent medicine trade.

We quite agree that "it is abominable that the national income should be augmented by sharing the profits of an iniquitous traffic; and it is certainly true that the purchasers of quack medicines—as Captain Craig suggested—do take the stamp to imply that the contents have the Government approval. The vast majority of the victims of coarse quackery are ignorant, and to most of them the stamp means that the stuff they are relying upon is at least a genuine article; they cannot, at any rate, be made to believe that the Government would put its apparent sanction upon what is really a worthless, if not a harmful, imposture."

As autumn and winter come on, it is wise to give more attention to nuts as an article of diet. We are fortunate in having a large variety to select from, and the price is most reasonable, averaging from 1/- to 1/6 per lb. for the best grades of shelled nuts. With the passing of the summer season there is less choice of fresh fruits, and hence it becomes necessary to rely more upon preserved fruits. Not many people recognize the great value of sun-dried fruits of various kinds, such as apricots, peaches, pears, apples, prunes, sultanas, and similar varieties. The Savoy Health Food Stores, of 7 Exchange Walk, Nottingham, make a speciality of both nuts and sun-dried fruits, and for 5/-, they will send to any railway station, carriage paid, a splendid assortment of both.

It is a rare thing to find an adult in the possession of a full set (thirty-two) of sound, healthy, strong teeth. Nature intended the teeth to be the strongest, hardest and most resistant tissue in the body, and this is true of the enamel when it is sound and free from decay. But decayed teeth are far more common than sound ones, and many people may wonder why this is the case. The chief reason is, we believe, a neglect of the proper use of the teeth. Their chief purpose is to chew food, but if people are content with slops and soft, mushy articles of diet, the teeth get no exercise in their proper vocation. Is it a wonder, then, that they soften and decay, and hence have to be stopped or drawn? If everyone would make it a rule to eat some form of hard food at each meal, such as biscuits or zwieback, we believe there

(Concluded on page 352.)



Vital Health from Vital Sources.

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

Vytalle Specialities

exert a vitalizing influence on all the life processes of the body. The following should be used by all who desire buoyant health.

Vytalle Oil

A delicately flavoured blend of pure fruit and vegetable oils, easily digested and most beneficial in raising the tone of the system. Fruitarians should take a dessertspoonful twice a day.

1/- per bottle.
Postage 4d.

Orange Flower Honey.

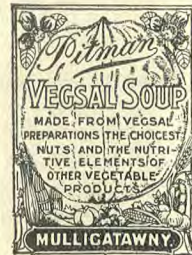
This is honey as it should be—rich, ripe, bouquet-laden—and matured by a special process which eliminates all acidity. Fruitarians should take at least one pound a week.

1/- per jar.
Postage 4d.

Send a post card for dainty descriptive price list, and mention "Good Health." The Vytalle Foods and Specialities are sold by all Health Food Stores.

The Vytalle Oil Co., Ltd., 145 County Terrace Street, London, S.E.

HAVE YOU TRIED



"the soups that are more tasty and nutritious than meat soups and are made in a moment"?

Easily digested, and superior to all others both for mental and physical workers, and in all cases of nervous debility, consumption, and overwork.

DESICCATED.
CONCENTRATED.
COMPLETE.

For making the most delicious and nourishing

SOUPS, WHITE or BROWN GRAVIES, SAUCES, HASHES, STEWS, AND OTHER SAVOURY DISHES.

MADE IN 12 VARIETIES:—

Asparagus, Brown Haricot, Celery, Green Pea, Lentil, Mulligatawny, Mushroom, Nuto, Nuto Cream, Spinach, Nutmarto, Vigar.

Per 2 oz. tin, 3d., to make 1 pt. soup; 1 doz. assorted box, 3/-; 1 lb. tins, 1/8, with full instructions. Ask your Stores for them, or sample tin sent post free, 4d.; 1 doz. box, 3/6; 2 boxes, 8/6, carriage paid.

"PITMAN" HEALTH FOOD CO.,

147 Aston Brook Street, Birmingham.

Full catalogue of Health Foods, 88pp., with Diet Guide and "Aids to a Simpler Diet," post free, two stamps.

In answering advertisements kindly mention "Good Health."

McCLINTON'S

Made from the ash of plants (the way soap was made 100 years ago) and pure vegetable oils only. Free samples on receipt of 2d. to cover postage. McClinton's, Donaghmore, Ireland. ❧ ❧

"It is Nature's Soap"—vide Prof. Kirk.

SOAPS.

"Mildest in the World."

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.

True satisfaction and happiness in life can only be had by living in simplicity. You should drink

I. CRIPP'S PURE FRUIT COFFEE.

A Delicious Beverage, free from all substances that make ordinary beverages harmful. The best substitute for tea and coffee. Good for the nerves, brain, chest, stomach, and digestion. In air lid boxes, 4 lb. 4/6; 4 lb. 5/6; 1 lb. 1/6; 7 lb. and upwards car. paid. Send for 3d. sample to I. CRIPP, 50 Carisbrook Rd., Liverpool.

A Seaside Home

Conducted on Food Reform principles. Delightful location, near the chimes, pleasure gardens, and town. Highest recommendations. Accommodations exceptional, including facilities for the electric light bath, Russian and shower baths, and skilled massage. Charges—moderate.

Write for terms, mentioning "Good Health."
Mrs. Hutteman-Hume, Loughtonhurst,
West Cliff Gardens, Bournemouth.

NOW OPEN.

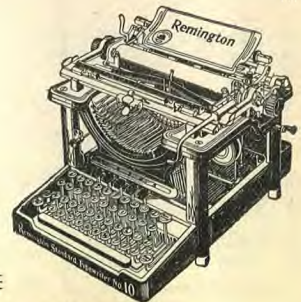
LIVERPOOL
Reform Food Stores
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IN STOCK. ❧ ❧
Call or write for Price List.

Remington.

THE NAME THAT MEANS
TYPEWRITER EFFICIENCY.
See the New Models 10 and 11.

Remington Typewriter Company,
100 Gracechurch Street, London, E.C.



In answering advertisements kindly mention "Good Health."

WE HAVE
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SPECIAL OFFER

FOR ONE
MONTH MORE



To enable you
to try

The Extra Quality of Our Goods

we will send as
follows:—

- 1 lb. Extra Walnut Halves.
- 1 lb. Hazel Kernels.
- 1 lb. Finest Pale Peanuts.
- 1 lb. Fancy Cal. Sun-Dried Peaches.
- 1 lb. Extra Choice Cal. Sun-Dried Apricots.
- 1 lb. Extra Choice Cal. Sun-Dried Pears.
- 1 lb. High Grade Cal. Sun-Dried Plums.

5/- carriage
paid to any
Railway
Station.

SAVOY
HEALTH FOOD
STORES,

7 Exchange Walk,
NOTTINGHAM.

(Concluded from page 350.)

would soon be a distinct improvement in the quality of the teeth. For this purpose we can recommend the P.R. Malt Biscuits, which are not only exceedingly wholesome and nourishing, but equally tasty. A person suffering from a mild attack of indigestion or dyspepsia would speedily recover if the diet were confined to such Malt Biscuits, combined with a variety of fresh, ripe fruit. Simplicity of diet is of the greatest importance in dealing with any form of digestive disorder. Readers of "Good Health" can obtain a booklet giving full particulars of the P.R. Malt Biscuits and a large variety of other wholesome and attractive foods, and also a sample, by addressing the Wallace P.R. Foods Company, 465 Battersea Park Road, S.W.

WITH the advent of colder weather it is necessary for one and all to give attention to their clothing, and particularly to their underclothing. In a cold, moist climate, such as is found in the British Isles, most people find it advisable to use woollen underclothing, in order to prevent getting chilled, taking cold, or having an attack of rheumatism. There are many varieties, but one of the best with which we are personally acquainted is "Sanis" pure woollen underwear. All "Sanis" goods are wholly of British manufacture. These undergarments are made from the finest colonial wool. The texture is soft and pleasant to the skin, and is quite pervious and porous, as it should be. Closely woven woollen goods are not nearly so warm nor wholesome as the looser goods, which are more successful in conserving the natural heat of the body, but at the same time allow the unpleasant emanations to escape from the skin. Through personal use we are able to recommend "Sanis" underwear as being thoroughly hygienic and wholesome, and at the same time most reasonable in price. The very fact that it is prepared by the Salvation Army is a sufficient guarantee of its high standard. "Sanis" underwear can be obtained in separate pieces, or in combination suits, with long or short sleeves, and with long or short legs, as desired. Descriptive pamphlets and patterns may be obtained free on application to the Manager, 79 Fortess Road, London, N.W.

Glasgow Health Culture Society.

LECTURES:—

November 3rd: "The Problem of Pure Air." With lime-light illustrations. Ex-Baillie William Martin, J.P.

November 17th: "The Sub-Conscious Mind." Professor R. Latta, M.A., D.Ph., The University, Glasgow.

These lectures will be delivered in the High School Hall, 71 Holland Street, off Sauchiehall Street, and any Glasgow readers of GOOD HEALTH who are interested are cordially invited.

November 18th, 19th: Demonstration by Lieut. Müller in the St. Andrews Hall (Berkeley Hall). This distinguished Danish athlete will pay a return visit to Glasgow on Nov. 18th and 19th. Tickets, 6d., 1/-, and 2/-, may be obtained at our meetings on and after Oct. 20th, at John Smith & Sons, Ltd., booksellers, 19 Renfield Street, 225 Ingram Street, and 195 George Street, or from J. M. Fisher, 19 Renfield St.

RAMBLES:—

November 6th: "Garscadden Potholes." Meet at Anniesland at 3.15 p.m.

November 20th: "Waterfoot and Mearns." Meet at Eastwood Toll at 3.15 p.m.

A copy of our winter 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.

The
Good
Health
Adjustable
Bodice.



A Splendid
Substitute
for the
Conventional
Corset.

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

Solid
Comfort
Good
Health.

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

For descriptive circular and prices write to

GOOD HEALTH
SUPPLY DEPT.,
Stanborough Park,
Watford, Herts.

In answering advertisements kindly mention "Good Health."

HEALTH FOODS

Write for new
PRICE LIST

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Fredk. Bax & Son,
35 Bishopsgate Street, E.C.

OLDEST ESTABLISHED
FIRM IN ENGLAND.

“Our Speciality”:

CHOICE CEREALS & PULSES.
SHELLED NUTS, CREAM OLIVE
OILS, MAPLE SYRUP, Etc.

New Important Rates for Free Delivery.

THE HEALTH OF HIS MAJESTY THE BABY.

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

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

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

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

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

THE NATURAL FOOD CO., Ltd.,
Room No. 99, 305 Cambridge Road,
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I.H.A. Health Biscuits.

NUT ROLLS.—Made from wholemeal flour in thin rolls. 1 lb. box, 5d.
WHOLEMEAL BISCUITS.—Sweetened or unsweetened. 1 lb. 5d.; 7 lb. tin, 2/11.
OATMEAL BISCUITS.—Best Scotch oatmeal and wheat flour. 1 lb. 6d.; 7 lb. tin, 3/6.
RYE BISCUITS.—Finest rye flour. Very nutritious. 1 lb. 5d.; 7 lb. tin, 2/11.
COCOANUT BISCUITS.—Similar to Wholemeal with coco-nut. 1 lb. 6d.; 7 lb. tin, 3/6.
BARLEY BISCUITS.—Barley flour sweetened with malt honey. 1 lb. 6d.; 7 lb. tin, 3/6.
FRUIT WAFERS.—Best materials only. A delicacy. 1 lb. 8d.; 7 lb. tin, 4/8.
WATFORD WAFERS.—Wheat flour and special blend of fruit. 1 lb. 8d.; 7 lb. tin, 4/8.
NUT-FRUIT WAFERS.—Very nutritious. Children enjoy them. 1 lb. 8d.; 7 lb. tin, 4/8.
GRANOSE BISCUITS.—The flakes pressed into biscuit form. ... Large box, 7½d.

These Biscuits Are Absolutely Pure & Nourishing.

They are palatable, digestible, and sustaining, free from baking-powder, soda, and other chemicals generally used to impart crispness. Send 1/- for package of Assorted Samples to

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STANBOROUGH PARK, WATFORD, HERTS.

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THE RIGHT SORT OF RECIPES.

"ARTOX" is better than anyone knows. It not only makes the finest possible wholemeal bread, but also the most delicious and nutritious puddings, pies, tarts, cakes, biscuits, scones, pancakes, etc., etc. We intend publishing a recipe in this paper every month. Try one or two of them, and you will give up white flour and use

"ARTOX" WHOLEMEAL,

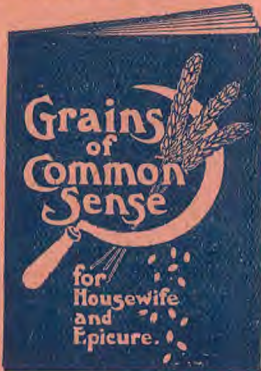
the most nourishing and digestible flour ever known. Sold only in 8 lb., 7 lb., and 14 lb. sealed linen bags; or 28 lb. will be sent direct, carriage paid, for 5/-.

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ROSTREVOR HILLS HYDRO.

ONE of the most charming locations in Ireland, 400 feet above Carlingford Lough. Near Rostrevor and Warrenpoint, famous seaside resorts. Protected on the north and east by the Mourne Mountains. Sea and mountain air. 130 acres of wooded park and mountain.

Baths in Great Variety,
Massage, * Physical Culture Drill,
Electric Light Bath, * Vapour Bath,
Electro-Vibratory Massage,
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Mountain-Climbing, * Quiet Rest,
Medical Care, * Skilled Nursing.

Send for prospectus to—
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Increase Life's Comfort and Usefulness.

HOW? BY GETTING RID OF LIFE'S "DRAGS,"

Those Aches, Pains, and Minor
Ailments, and also by Learning

How to Keep Well ^{and} Fit.

Our facilities for the rational and up-to-date treatment of Rheumatism, Sciatica, Neuralgia, Lumbago, and kindred Uric-Acid Diseases; Neurasthenia, Dyspepsia, and many Stomach, Liver, Kidney, and Intestinal Disorders, etc., etc., are unique, and include High Frequency, Faradization and Galvanism, Russian, Hydro-Electric, Nauheim, Acid, and Sulphur Baths, while the Electric Light Bath is of the latest pattern. Massage, Medical Gymnastics, and Carefully-Regulated Diet is a special feature of the Sanitarium System.

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