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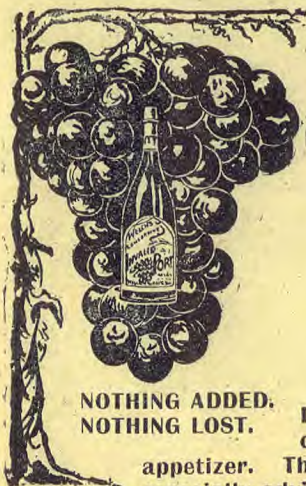
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LITERARY NOTICES

"Infant Care and Mothercraft."

WE have long urged the importance of teaching our girls housecraft and mothercraft, but until recently there have been few books containing the essential information which girls ought to receive. Now we have this much-needed want supplied in a most sensible and practical book entitled "Infant Care and Housecraft," by Dr. H. Emlyn-Jones and the Rev. J. W. Hayes. Dr. Emlyn-Jones, M.R.C.S., L.R.C.P., is a medical inspector of schools, and Mr. Hayes a chairman of council schools, so that both of these authors have had ample experience and opportunities for observing the requirements of such a book of instruction.

The authors state the purpose of their book in the following sentence, which we quote from the brief preface: "With a percentage of children varying in different localities from fifty-two to ninety-nine per cent suffering from defective teeth; sixteen per cent from adenoids; thirteen per cent from defective vision; twenty per cent from malnutrition, and anything varying from twenty to fifty per cent from complaints due to uncleanness, it is obvious that there is urgent public need for instruction on the lines laid down in this book, since by means of such instruction these evils are largely preventable."

Under "Infant Care" we have the following headings: The Care of Infants and Young Children, The Care of Older Children, The Care of Ricketty Children, The Care of the Eyes, Teeth, Ears, Nose, and Mouth, Simple Methods of Treatment in Emergencies, Hints on Sick Nursing, and The Prevention of Consumption. The following chapters dealing with Good Manners, Housecraft, Laundry Work, and Simple Cookery, are very useful, and a complete index is also provided.

It would be very difficult to sum up in a few words the scope and extent of this excellent book of some ninety-six pages, but we will endeavour to mention just a very few of the important matters which receive attention. Instruction is given on the proper food for infants, and how to properly prepare and serve it; the proper clothing of both infants and older children, with illustrations to show the evils of the corset; the proper selection of boots for children; how to get rid of nits in the head; the evils of mouth breathing; the dangers of flannelette, and how to render any flannelette almost non-inflammable by soaking in alum water; the making of linseed poultices and fomentations; the importance of fresh air, etc.

The chapter on "Housecraft" gives exact instruction in the care of bedrooms, making the bed, the washing of dishes, cleaning of paint, the care of the floors and furniture, cleaning of boots, etc. Instruction is given how to lay the fire, how to escape from a house on fire, the importance of providing fireguards wherever there are children, laying the breakfast and dinner table, etc.

If the simple instruction given under the chapter on "Laundry Work" were carefully followed, the burden of the washing day would be very much reduced and the clothing would also fare better, and consequently wear longer. Instruction is given about ironing, airing clothes, the preparation of soap jelly from old scraps of soap, cold water and hot water starch, paraffin washing, and the removal of ordinary stains from clothing.

The chapter on "Cookery" also contains information about marketing, and the selection of wholesome food. While the recipes include many containing flesh, still we note with interest the following statement by the authors with regard to soups: "Animal food is by no means a necessity, and when soup is made from peas, beans, or lentils (which are all nitrogenous vegetable foods), the want of meat is almost entirely supplied." Excellent recipes are given for the preparation of lentil soup, pea soup, vegetable soup, potato soup, onion soup, bean soup, and tomato soup. Vegetable cookery also receives attention.

"Infant Care and Housecraft" is a book that we can cordially recommend, not only for the girl students of our schools, but also for the homes of our people. It is well illustrated, printed in clear, large type, and would soon become a necessity in almost any home where it was introduced. It is published by George Philip & Son, Ltd., 32 Fleet Street, London, E.C., at the nominal price of 8d., and the postage would probably be another 2d.



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Editorial Chat.

Innocence and Ignorance.

FOR some incomprehensible reason the custom, which is as unwise as it is widespread, of concealing from our boys and girls, and especially from the latter, the truth concerning the mysteries of life, dominates all classes of society. It seems to be the general opinion of the public that it is indelicate and immodest to talk about those functions and organs of the human body which are concerned with the propagation of life, while, as a matter of fact, there are no organs of the body concerning which both girls and boys should receive more full and complete instruction, not only for their own sakes, but also for the sake of the future race. Like the proverbial ostrich which is said to stick its head in the sand when danger approaches, most people seem to possess the idea that if they refrain from giving this most vital information to their sons and daughters, the latter will remain entirely innocent and ignorant. Unfortunately, ignorance does remain as a rule, but not always innocence, for in the majority of cases children sooner or later gain a certain amount of more or less erroneous information about the mysteries of life, and often under deplorable circumstances and from vicious associates. It is obvious that such fallacious and misguiding information only serves as a temptation to evils which might otherwise never enter the mind.



The Downfall. THIS prevailing ignorance and innocence has undoubtedly accounted for the "false step" of more than one pure, wholesome girl, who simply did not know the merest elements

of the physiology of reproduction, and consequently is led astray by temptation, and thus becomes more or less completely ostracized from society for the rest of her life. The proper time to teach children concerning the full meaning of life and what their future responsibilities may bring, is in their boyhood and girlhood, while they are still under the dominant influence of the home, and the proper persons to give this most important and vital instruction are the parents, the father and the mother.

Concealment and Falsehood.

THERE would be very little difficulty in giving this information to the children if the natural method were followed. And what is the natural method? Simply to answer truthfully and honestly the questions which children put to their parents sooner or later. It is not always necessary to give a full explanation with the first answer, but it is in our opinion of most vital consequence to tell the truth and only the truth. This of itself will prevent the children from gaining those false ideas concerning the mysteries of life which otherwise would naturally prevail. If they discover that their parents are misleading them or endeavouring to evade the question, or cover up the truth, then they naturally conclude that there must be something immodest or wrong about the question, and they will soon refrain from seeking information from their parents and look for it elsewhere. This is the very thing that parents should do their utmost to guard against, for the home is the proper place for instruction in regard to matters pertaining to sex.

"Herself." UNFORTUNATELY, as we have already intimated, the majority of young women grow up to maidenhood and womanhood in more or less complete ignorance of the most vital of their bodily functions, and as a consequence are oftentimes utterly unfit for the responsibilities of wifehood and motherhood. We are glad to welcome to our desk a book by a lady physician, Dr. E. D. Lowry, entitled, "Herself," which deals with all the vital problems concerning the mystery of life, in plain, but none the less pure and wholesome language. The instruction which it contains is so simple, and at the same time so practical, that it cannot fail to prove a great boon and blessing to all women, and especially to girls, young wives, and young mothers.

Successful Marriage. PERHAPS the most fateful step which any young man or young woman takes in life is that of marriage. If there is true love which is deep, pure, and unselfish, if there is mutual respect and real reverence for the privileges and responsibilities of the married state, and if there is beforehand a full understanding of the sacredness of this vital step, then we can anticipate a happy and successful marriage, and the foundation of a home which is certain to bring blessings to both husband and wife, father and mother, and the children which are to come. Undoubtedly many young men and young women, too, would hesitate and think seriously before entering upon the married state if they had a full knowledge of all the responsibilities which it is likely to bring. But is it not wiser and better to hesitate before contracting an unsuccessful marriage than to afterwards run the chance of breaking up the home in a divorce court?

Ninety-Five per Cent of Failures. ACCORDING to Dr. Lowry: "It has been estimated that only about five per cent of all marriages are successful. Is this true, and if true, why? If five per cent made a success of marriage, why could not the other ninety-five? Marriage is a science to be studied by the prospective bride and groom in order that they may be ranked

with the five per cent and not make a failure of their married life. Few would enter the marriage relation if convinced that it would be a failure. The prospective bride looks around among her acquaintances and sees the lack of true happiness, thinks that her case will be an exception, that her marriage will turn out all right, and then goes blindly ahead into the new life without any preparation."

Why Failure? THE doctor goes on to explain this terrible proportion of failures in the following language:—

"A large percentage of the unhappiness among married couples comes through a misunderstanding of the marital relations. A great deal of this is due to ignorance on the part of the bride and thoughtlessness on the part of the husband. . . .

"During the first year of married life couples are liable to abuse the love sense by over-indulgence and thereby use up too much of their energy. This affects their health, especially that of the young wife, who finds herself always being tired and is unable to account for it. Her daily tasks become a drudgery, for she is too exhausted to have the strength to perform them. After the tasks are finally finished, she is too tired to don the afternoon dress, and so easily falls into untidy habits. This brings its train of results. The young husband, on his return from work, fails to find his wife the bright, attractive girl he married, and gradually grows indifferent.

Wrong Training. "WRONG training or lack of training in matters pertaining to the relationship of the sexes and to the management of a home may be given as the cause of the majority of unhappy marriages.

"There must be something wrong with our system of education when the aim of this education seems to be to prepare the girl for a temporary position in an office or store or for a gay social life; and when there is no preparation for the important work of home-making and the rearing of children. A girl would not be expected to run a complicated and delicate piece of machinery without having adequate instruction concerning the necessary care of

it. But the girl is allowed to go blindly into marriage and is expected to manage her home and care for her children with practically no preparation.

Home-Making. "IF girls would make a study of home-making and motherhood and enter into marriage with a more definite realization of its obligations we would have fewer unhappy marriages and fewer divorce cases. Some women, owing to false education, wish to have all the advantages of marriage without assuming its cares. Such a woman expects the man to be willing to provide her with all the gifts of the gods, with all the luxuries of life, but in return is not willing to become the mother of his children nor to exert herself to make their mutual habitation a home and not merely a house—a place in which to eat and sleep."

Piano versus Housework. UNFORTUNATELY, the average mother who is living in comfortable circumstances often-times thinks that her daughter is "too good" for housework, and that she herself must slave in the kitchen in order to enable her daughter to strum the piano in the drawing room, and entertain the young men who call. There is no doubt that such a course does the daughter more harm than the tired, worn-out, and over-worked mother. We can heartily endorse the following paragraph from Dr. Lowry's book dealing with this phase of the subject:—

"A large part of the average woman's life is devoted to home-making and the rearing of children. Usually she is poorly prepared for this work. The early years of a girl's life are spent in the acquisition of a store of general knowledge, especially that derived from books and related to subjects generally considered necessary to 'culture.' During this period her time is so occupied with her studies that her mother thinks it would be an imposition to ask her to do any housework, so the girl grows up without much knowledge of the care of a home. True, she often is enabled to do a few things. She learns to make cake, and several varieties of candy,

and perhaps can fashion a collar that is the envy of her schoolmates. Sometimes she even helps her mother with the dishes or the dusting, but it is easier for the mother to take the responsibility of the housekeeping than it is to teach her daughter to do so, and besides, her daughter always is so busy with school affairs. She has no time in which to learn the science of housekeeping."

"The Love Sense." WE have no wish to decry marriage, or in any way to discourage young men and young women from falling in love, marrying, and founding a new home, for this is a natural instinct, but we do say most earnestly that both men and women should receive not only full and complete instruction concerning the duties pertaining to married life, but also such training as will enable them to perform the consequent duties in a satisfactory way and maintain a creditable home. The following brief paragraph from "Herself" is to the point:—

"Passion or sex sense is a sign of maturity. It is the calling for a mate. All animals have this sense and nearly all animals have a mating season. The billing and cooing of the birds in the spring-time is an expression of this sense—the love sense. It is possessed by every little insect. Only by knowing their habits do we see the expression of it. This sense is nothing of which one should be ashamed. It was God-given for a divine purpose."

Knowledge of Physiology. DR. LOWRY tells us that: "Every woman should have some knowledge of the structure and care of her body, especially of those parts which are concerned so intimately in the welfare of the future generation. Every woman, too, should receive some instruction regarding the care of young children and the proper management of the home. A woman who attempts to care for herself and her children without proper knowledge of these subjects is like a man who tries to run his business blindfolded." This is one of the specific functions of Dr. Lowry's book, and we do not hesitate to say that we think she has succeeded well in her purpose.

Regulation of Parentage. THE doctor also deals with another most vital problem connected with the married life, and that is the regulation of parenthood with special regard to the children. We quote as follows:—

"We find it necessary to regulate the parentage of our domestic animals in order to insure a good race. But children can come by chance. The most degraded of men is allowed to beget children after his kind. There is small chance for race improvement under such conditions. The same laws hold true as to the future generation of humans as are true of animals or plants."

This book also deals with secret vice

and its accompanying evils. There is a chapter on "Flirtations and Their Results"; another on "White Slavery"; and still another dealing with "How Shall the Child Be Told?" These are only a few titles of the twenty-five chapters. The book is published by Forbes & Co., of 325 Dearborn Street, Chicago, and the price is one dollar (4/2), postage 6d. extra. "Herself" is one of the few books of this character which we can heartily endorse and recommend. We believe that it cannot fail to prove as useful to fathers and mothers as to young women who are preparing for married life, and we wish for it a wide circulation in all English-speaking lands.

PARENTHOOD AND ALCOHOL.

BY J. JOHNSTON, M.D. EDIN.,* *Late Honorary Surgeon, Bolton Infirmary.*

NO question bulks larger to-day than that of parenthood—the fountain-head of human, as of all other life—the factor upon whose quality depends that of the individual, the family, the municipality, and the nation—the source of our real wealth—the unminted capital of the empire.

When Ruskin told us that there was "no wealth but life," and that "that country was the richest which nourished the greatest number of noble and happy human beings," his words fell upon deaf ears; but that they voiced a great truth is now beginning to be realized. That we are still much too prodigal of our treasure is shown by our infantile mortality rate, which, despite its recent decline, is still the disgrace of our civilization—still justifying the reproach of the African monarch, King Khama: "You English take great care of your goods, but you throw away your children."

And we shall continue to deserve this reproach so long as we continue to tinker with instead of determinedly "tackling" the root causes of the evil.

Among these may be specified (1) ignorance of the art of mothercraft—with resulting improper feeding and rearing of children; (2) alcoholism.

1. Mothercraft.

That the mother makes the child is a

truism, but that every girl is a potential mother is a less obtrusive but none the less real one; and since it is "the hand that rocks the cradle that rules the world," how important it is that every girl should be, to some extent, prepared for her possible great work, by being taught the essentials of it before the time comes for her urgent need of such knowledge! The best time for this is surely before she leaves school rather than after, when everything in the way of "lessons" is irksome and intolerable to her, then rejoicing in her newly-acquired freedom.

The necessity of this has at length been recognized by the authorities—the Board of Education, in November, 1910, having issued a memorandum in which it is declared that "the ultimate aim of a state system of education given to girls in the public elementary schools should be to equip them in the best possible way for the duties which fall upon them in after life," and that far from book-learning being "regarded as the supreme purpose of our elementary schools," education should be more practical in certain directions, and in the case of the elder girls "more definitely directed towards arousing and increasing the knowledge of the ordinary routine of domestic hygiene, including infant care."

It is interesting to note that this instruc-

*Author of "Wastage of Child Life," Etc.

tion is now being given in many schools. For instance, it is in full operation in Manchester—being given in 109 schools, to 8,554 children, in standard V.

Comparatively recent has been the realization of the importance of the child as a factor in our social system and our national life, and its admission to the possession of "rights"—not a single Act of Parliament having been passed in its in-

right to its natural food—its mother's milk—no other form of food, however seemingly good, and however highly recommended, being in the least comparable with it.

And not only is it the child's best nourishment. It is also its best shield against disease—a striking illustration of its value in this direction being afforded by such a fact as that, in the year



A PERSIAN MOTHER, BABY, AND CRADLE.

terest up to the time of the accession of the late Queen Victoria; and it is significant that the Society for the Prevention of Cruelty to Animals had been in existence many years before that for the children.

That the child is slowly but surely coming into its own is shown by such recent legislation as the Notification of Births Act, the Midwives Act, and the splendid Children's Act—the Children's Charter—of 1909, which still awaits its crown in the abolition of the half-time system.

Chief among the child's "rights" is the

1904, of the infants who died from diarrhoea at Stockport, ninety five per cent were bottle-fed.

Industrial Employment of Mothers of Young Children.

This is one of the principal causes of the child being deprived of its great body-builder and disease-shield.

That a mother should have to leave her young child to go to work is admittedly wrong; and though it may be unavoidable when her wages are an economic necessity, it inflicts physical disabilities upon

her, with neglect and consequent ill-health upon the child; and it is the combination of these evils which bars the arrow of indictment against it. That it is one of the root-causes of the high infantile mortality which still blights our industrial communities is shown by the intimate statistical relationship between them.

The remedy lies not so much in legislative prohibition of the work of the mothers of young children as in limitation of such labour, in an extension of the period of permissive employment before and after the birth, and in the payment of needy mothers during this period—as recommended by the Minority Report of the Poor Law Commission—upon condition that they stay at home and devote themselves to the care of their children, without seeking industrial employment. This would be the first step to that endowment of motherhood which such authorities as Mrs. Sidney Webb and Mr. H. G. Wells urge: and welcome as are old age pensions for the veterans whose life's battle is getting over, we still wait the arrival of the young age pensions for the babies whose life is all before them, and upon whose physical equipment depends their own future and that of the community, the nation, and the race.

2. Alcoholism and the Child.

That a woman's natural capacity for nursing her own child is interfered with, in consequence of her father having taken alcohol to excess, is the conclusion of Professor Bunge, of Basle, who found as the result of an investigation into the history of over 1,600 cases of this nursing disability, that in seventy-eight per cent of them the woman's father was or had been an immoderate drinker, the rule being "that if the father is a drunkard the daughter loses her power of suckling, the disability being afterwards transmitted to the next generation."

From the writer's observations and experience he has found much evidence in favour of the contention—many young mothers who were thus hampered being proved to have had intemperate fathers.

But the evils of alcoholism upon the child are not confined to this drying up of the stream of life at its source. Alcohol

pollutes the child's own life stream, stunting its physical growth, impairing its vitality and shortening its life—being, in fact, one of the great contributory factors to our high national infantile mortality.

That an intimate relationship exists between alcoholism and infantile mortality is shown by such an observation as that made by the Postmaster-General at the Free Trade Hall, Manchester, on September 20, 1910, which was to the effect that out of the seven English counties with the highest rates of infantile mortality, six of them had the highest statistics for intemperance. **Q**

At two stages of its existence may alcohol be introduced into the child's body, viz., before its birth and after—the former indirectly through its mother's blood, the latter either through its mother's milk or by direct ingestion.

Ante-Natal Alcoholism.

That alcohol taken by the expectant mother is given to her unborn child is clearly enough proved.

"There is no doubt," says Sir George Newman, "that alcohol circulating in the maternal tissues does reach the child."

This is confirmed by Sir Victor Horsley, who says that "alcohol has been shown to pass in considerable quantities as such into the foetus." While Sir Pearce Gould tells us that "the child of the alcoholic mother is often dying before it is born . . . five times as many alcoholized infants die as those of sober mothers—five times as many of them are dullards and dunces at school." In his last annual report of the Langho Inebriates' Reformatory for 1911, Dr. Gill states that of the 376 children born to the women committed to the institution last year, 205 had died—a death-rate of 54.8 per cent.

Most striking of all is the evidence of Dr. Sullivan, surgeon to the Liverpool prison, who showed that 58.8 per cent—more than one-half—of the children of female drunkards who had borne children after they had learned to drink were either still-born or had died before they were two years of age. Dr. Sullivan further found that there was a progressively increasing death-rate in the alcoholic family as time went on, and that there was a progressive decrease in the vitality of successive chil-

dren—the first, second and third, for example, being healthy, the fourth deficient in intellect, the fifth an epileptic idiot, and the sixth still-born. He also showed that after an enforced abstinence from alcohol in prison, the mother would have a living child when her previous ones had been still-born.

It is such facts as these that constitute the gravest indictment of alcohol—recall-

But not with its birth does the alcoholizing of the child cease: for no less certain is it that the nursed child of the alcohol-taking mother gets it from her—it being found present in the milk, and the child then receiving it as part of its food at its every meal—with deplorable results to its organs and tissues. For if alcohol be harmful to grown-up men and women, what must it be to the tender, growing,



BEDOUIN MOTHERS OF TUNIS.

ing the eighteen-hundred-year-old dictum of Plutarch that "drunkards beget drunkards," and emphasizing the value of Plato's advice that "newly-married people should not take alcohol in any form."

Post-Natal Alcoholism.

The habit—not yet abandoned—of giving alcohol to women during parturition is strongly to be condemned; both on account of the mother and the child. It is to this free dosing of the parturient mother with whisky, that Dr. Saleeby alludes when he tells us that in York and Edinburgh he has seen babies "born drunk."

and delicate tissues of a baby? The idea that the helpless, susceptible little creature is absorbing this noxious, death-dealing fluid ought surely to be enough to deter any mother from taking it even if she believes that it is doing *her* good—which is not true.

Among the alcohol-induced disabilities of the child are anæmia, general stunting of its *physique*, loss of weight, followed later by a lowering of its resistive power against disease, and an interference with its power of acquiring immunity—it being found that such diseases as measles, whooping-cough, and other infantile

scourges claim their largest number of victims from those alcohol-degenerate children.

But not physical only is the evil.

"There is now indisputable evidence of a practical and clinical kind," says the report of the Departmental Committee on Physical Degeneration, "that alcoholism in the parents is one of the causes of mental deficiency of all kinds:" and this conclusion is confirmed by the evidence of "a cloud of witnesses," of unimpeachable authority, who declare alcohol to be one of the most potent causes of feeble-mindedness in the children of "alcoholics"—through its poisonous effects upon the "germ-plasma"—the cell-tissue out of which the embryo of the new individual is formed.

This, then, is the life-handicap of the child of the alcoholic parent: it is a congenital degenerate with stunted *physique*, dwarfed mentality, and lowered disease-resistance. And what chance has it of becoming anything but feeble-minded, or an otherwise unemployable weakling and a burden?

An attempt was made by Professor Karl Pearson in 1910 to disprove the connection between alcoholism and feeble-mindedness by the publication of a Memoir based upon certain statistics, which seemed to show that not only were the children of alcoholic parents not inferior to those of abstainers but that they were, if anything, rather better, both physically and mentally. But as he had omitted to note whether the "parenthood" or the "alcoholism" had come first, the Memoir was discredited as a scientific pronouncement.

In this connection it is significant to note

that while the alcoholism of both parents may contribute to the disaster of the child, the predominant influence in its production is that of the mother—a fact momentous in its significance and gravity, in view of the alleged increase of intemperance among the women of this country in recent years.

Protection of Parenthood from Alcohol.

How, then, is parenthood to be protected from alcoholism?

By capturing the potential drunkard while he or she is young, Dr. Branthwaite suggests. But better surely would it be to capture them before they have tasted the drug which menaces their happiness and their health, and to educate them into life-long abstinence from it—assured that however vitiated their stock, they can never come under its malign influence so long as they keep it out of their blood.

"Concentrate upon the mother," said the Right Hon. John Burns. "Concentrate upon the children"—the potential parents of the nation, and its best asset—may be suggested as an emendation. It is upon them that our hopes rest, and it is upon the birth and rearing that we give them that their *quality* largely depends.

In this rearing two influences are paramount, viz., that of the school and the home. In the school they are now taught something of the evils of alcohol; and it behoves every parent to back up this preceptual teaching of the school by the practical example of the home.

Thus by protecting childhood from alcohol shall we most effectively and permanently protect parenthood from it.



THE DOUBLE STANDARD OF CHASTITY.

BY DR. CHARLES W. ELIOT, *President Emeritus of Harvard University.*

THE social evil really means prostitution and its consequences, and prostitution by women is the practice of offering their bodies to indiscriminate sexual intercourse for hire. The practice depends, of course, on that lust in men which induces them to hire the bodies of women for such use. Prostitution always brings about the moral and physical ruin of the women who pursue that trade, and also frequently produces in the men who resort to prostitutes one or both of two terrible diseases, syphilis and gonorrhea. These diseases are highly contagious; and although they may be apparently cured, they are liable to break out again in the once cured individual, even after years of apparent health. They are contagious not only in coition, but through the contact of syphilitic or gonorrheal discharges with the abraded skin or mucous membrane of a well person. Thus, a syphilitic sore in the mouth may infect another person through an abrasion on the lips or face. The fact that these diseases may long remain latent increases their malign influence. Thus a man who has suffered from either of them can never be sure that he may not infect his innocent wife on or after marriage. Both diseases are transmissible to children through an infected mother; and both are such pervasive diseases that, when inherited, they may affect the whole constitution, and are liable to cripple children in a great variety of shocking ways. Only physicians understand these horrors. It is impossible to exhibit to an assemblage of ordinary men pictures or photographs of the sores, distortions, and malformations produced in children by inherited syphilis without making many of them sick with disgust and fear.

It used to be supposed that although syphilis was a terrible disease, gonorrhea was but a trivial disorder; but medical science has now demonstrated through the development of bacteriology that the consequences of gonorrhea are quite as formidable as those of syphilis. Thus, blindness in the new-born is now known to be a gonorrheal infection; and more than half the inmates of the blind asylums are said

to be victims of that infection. Much misery in families and many divorces are due to gonorrheal or syphilitic infection of the wife by the husband. Medical science has also succeeded within recent years in tracing with much more accuracy than formerly the consequences of syphilitic infection. The general paralysis which now sends many patients to asylums for the insane is usually traced to syphilis. Physicians who see much of the insane attribute to syphilis twenty to thirty per cent of all cases in the insane asylums. Since surgery has been enabled by anesthesia and asepticism to treat with some success the diseases peculiar to women, it has become known that a large proportion of these diseased conditions are due to syphilitic or gonorrheal infection. In short, the amount of human agony and degradation due to the diseases of profligacy is unimaginable and incalculable, and the annual toll of misery is not diminishing. All these woes are primarily due to the sexual vices of men. If most men should become as chaste as most women are under present conditions, there would result a great diminution of these abominable evils. If the same true standard of chastity should be effectively applied to men and women, they would gradually disappear.

Within the last twenty years the conduct of civilized communities in regard to the ordinary contagious diseases and the occasional pestilences has changed much for the better. A modern city or state now undertakes to prevent the free transmission of scarlet fever, diphtheria, or smallpox through the whole body of the population. It isolates more or less thoroughly cases of such diseases. It provides hospitals to which the sufferers from these diseases can be promptly carried; and it provides for the registration of every such case. In carrying out such measures for the protection of the community as a whole, the health authorities invade private houses, separate sick persons from their families, prevent children who have been exposed to contagion from going to school, and provide at public expense vaccines and antitoxins.

*Reprinted from "Gospel of the Kingdom."

In striking contrast to the habitual treatment of other contagious diseases is the practice in regard to the venereal diseases. In certain streets or quarters of a city and in certain public resorts prostitutes ply their trade without effective interference by the police, or with only spasmodic interference at long intervals. The sufferers from venereal disease are often able to walk about and even to do a

private practice, or in the out-patient's departments of hospitals. There is no public discussion of the evil; and as a rule the newspapers and magazines preserve an absolute silence on the subject. Parents say nothing to their children about these dangers. Schools give no instruction about either the normal processes of reproduction or the cruelties and horrors of licentiousness. The churches are silent



SPRING TREASURES.

day's work or a part of a day's work. The disease is habitually concealed; and in many cases it can be concealed for long periods. Accordingly, many men and women suffering from these diseases are walking about the streets, working in shops and factories, travelling in crowded cars, drinking in frequented saloons and eating in public restaurants, besides living in close contact with their families and their associates. Every infected person, male or female, is a dangerous source of contagion. The medical profession co-operates with their patients in concealing all cases of venereal disease, whether they occur in

on the whole subject, except in the secret whisperings of the confessional.

Through such a policy and such dumb-endurance no widespread evil in human society ever has been, or ever can be, cured. The prophets had to "cry aloud" before human sacrifices were done away with in the religious rites of Israel. The evils of human slavery had to be publicly discussed for generations before that great wrong could be righted. In like manner, public discussion, plain-spoken but delicate and reserved, must precede the adoption of any effective measures to eradicate the "social evil" with all its hideous consequences.

The next thing to be done in order to make head against this evil is to teach parents to tell the truth tenderly but plainly to their children when they inquire about babies and parentage. All children make such inquiries, and often at a tender age. They ask where the new baby came from; and they are too often hushed, or are told that the doctor or the nurse or a stork brought it. Intelligent and affectionate parents should find in such questions precious opportunities for imparting to their children sound instruction on the methods of transmitting life, and on the sanctity or holiness of the process. The truth about the part of the mother in child-bearing will bind child to mother as no fable can.

Many parents, however, are incompetent to give this instruction to their children. They are too ignorant themselves; or they cannot express in suitable language their own best feelings on the subject. Hence, the schools must take up the function of teaching children what the natural processes of reproducing life are in plants and animals, and finally in man. These lessons should begin with young children, and be carried on by the teaching of natural history and of hygiene throughout the elementary schools into the secondary schools; and before the close of the secondary school course instruction should be given concerning the diseases which accompany licentiousness. It is knowledge on these subjects which the children need and the schools should provide. The teaching of good manners in schools would contribute to the limitation of the evils under consideration. Good manners often promote and protect virtue. Thus, in the social relations between boys and girls good manners will prevent the rough familiarity which may lead unrefined boys and girls on to actual vice. Gentle manners in women and in men toward women are a real safeguard against sexual wrongdoing.

I come now to the phase of the general subject on which I was requested to write—different standards of chastity for men and women. Barbarous and civilized peoples alike, Buddhists, Christian and Moslem peoples alike, have insisted strongly on chastity in women; but no one of them has ever seemed to expect a like

chastity in ordinary men. A few particularly holy men have been expected to be chaste, and the priests of some religions have been celibates and supposedly holier for that reason—a very disastrous implication; but the mass of men have not pretended to maintain for themselves the same standard in this respect which they have forced upon their women. Kings, princes, and rulers have not been expected to be continent. Good society, so-called, took no offence at young men who were dissolute before marriage; and even women spoke lightly of such conduct in youth. To yield to the sexual passion was supposed by young men to be an evidence of virility and boldness. It was commonly believed that incontinence for men was healthier than continence, particularly if marriage was long postponed: and the carrying over into the marriage state of the characteristic diseases of profligacy was ill understood. Young men left by their parents and schools ignorant concerning the natural processes of reproduction, and filled by ignorant or coarse companions with false notions on the subject, fell into evil ways without deliberation, in a spirit of adventure, or almost accidentally while under the influence of alcohol.

The advance of preventive medicine, and the far better understanding of the conditions of health and bodily vigour which obtains to-day, have put the whole subject of masculine chastity in a new light. It is now absolutely known that complete continence is consistent with perfect health, and indeed, that continence is necessary to the highest development of bodily strength and endurance. It is clearly understood that the consequences to offspring of lack of chastity in the father may be just as grave as those of lack of chastity in the mother; and that the happiness and security of family life is quite as apt to be destroyed by want of purity and honour in the father as in the mother. Thus the lack of children, or the limitation of children to one or two in a family, is not infrequently the direct result of immorality in the male.

There is, therefore, no physical reason, and there never has been any moral reason, for maintaining two standards as regards chastity, one for men and the

other for women. The same virtue is needed in both sexes for the happy development of that family life on which the security of the race and the progress of civilization depend. All down the centuries, modesty, chastity, and fidelity in women have been desired and honoured, because these virtues were held to contribute powerfully to the welfare of the family and the race. In the light of modern science, it is plainly to be seen that these virtues in men would have the same uplifting and consecrating effect on the family and the race. The double standard of chastity for men and women ought not to survive the increase of biological knowledge, the improvement of ethical doctrines, and the developed sense of social obligation.

The Moral Problem.

WE have to deal with an instinct as insistent as hunger or thirst, and we must teach the young as to the significance of this instinct.

It is an instinct that may be developed by circumstances. Many young women play with fire and do not know it.

In our instruction we must go to the root of the evil. Many things tolerated by the best people and in the best houses are aids to vice.

Many plays are indecent and should be suppressed. Much of our literature suggests evil thoughts and thus paves the way for evil deeds.

Women often dress suggestively. When a woman attempts to display by her style of dressing her physical make-up, she is playing into the hand of her fallen sisters.

Young men in order to be safe should establish a household early, and thus reduce the danger of temptation.

Another point, nature abhors a vacuum. It does no good to tell people they must not think of evil. The only effective method of preventing evil thinking is to furnish something good to take its place. The best safeguards are hard work and pure interests.

Another great incentive to vice is alcohol. It is almost a universal experience that alcohol is an accompaniment of vice.

Many a young man goes astray because alcohol has blinded his higher moral faculties and sense of caution.

In our campaign of education we should point out to young men and women that in vicious associations they are in danger of contracting diseases far worse than leprosy, tuberculosis, smallpox, or any of the other contagious diseases, because these are hereditary and passed on to the innocent of future generations.—*Wm. C. Woodward, M.D.*

Backbone and Wishbone.

LET a young fellow say to himself as he starts out in life: "I am going to be honest; I won't lie; no betting nor gambling for me; and from drunkenness and sensuality I'm going to keep myself clean;" and he knows that such resolutions are, practically, a declaration of war. They mean daily difficulty. They are concerned with commonplace temptations, and the conquest of them all will not make of him a hero in the esteem of general society. But that means that they are just so much the more heroic. For heroism is not a matter of applause. It is not an affair which needs for its performance the expectation of a multitude. It is not necessarily dramatic. The hero is the man who does the right thing when it is terribly hard to do it, and when other people are afraid. There are young men of high spirits, ready for adventures, who are sincerely desirous to be decent men. They have no instinctive liking for the unclean. But they go the way of the crowd because they are afraid to do anything else. They do not dare to stand alone and say: "No; not that. Fun, yes; but no dirt." And yet that is exactly the type of young man that we need most of all in the world today; not so much the brilliant chap; the young fellow of unusual attainments; but the one of moral nerve; the one who will glorify the common task; who has a backbone where others have a wishbone.—*The Ladies' Home Journal.*

"LOOK out for the height, for the highest side of things, and keep thy face constantly turned to it."



MARRIAGE.

To My Fellow Country Women, from a Sister.

MARRIAGE! What *is* marriage? O! Wedding bells? White raiment? A bridal feast? Many gifts? The admiration of other girls, because I have a lover, and am now a bride? Is this marriage?

No, my dear young fellow countrywomen. This is not marriage: these are only the outside show, the superficial joys. Yes, these things *are* joys, and very legitimate joys, when they are the accompaniments of true marriage.

What, then, *is* true marriage? The joining together of two lives; the founding of a new home, a home which is to be a blessing and an influence for good to every inmate of it; and not to these alone but to the community at large.

Oh! that we could grasp this idea! the living not for our own benefit and happiness, but for the good of the community; that not only the members of our home, but our neighbours, our village, our immediate circle, our very generation may be the better for our influence, for our having lived! And if this is to be the outcome and result of marriage, of the founding of a new home, surely the two who are joining together to found it are taking upon themselves a great responsibility; and to be ready and fit for responsibility there must be a record of good training and character building.

Let us consider two things then: first, in what ways must I prepare myself for marriage, that I may prove a good wife, worthy of a good husband; and a true

mother, if such is to be my privilege? and secondly, what characteristics do I look for in the man that is to share with me the cares and anxieties as well as the joys of life; that is to be a father to my children?

Firstly, how can I prepare myself for wifehood and motherhood? I want to be a downright womanly woman; capable of perceiving intuitively the needs and necessities of those around me; quick and ready to sympathize with and share the burden of anxieties and difficulties, and full of joyous cheerfulness to share the joys of well-earned relaxation.

To be thus ready, I must be strong physically and mentally; I must be free from any inherited disease. I must lead a vigorous, pure, active, healthful life; with work and sleep and exercise and relaxation well balanced; I must build up my body by pure, wholesome food and drink, clothing it neatly and modestly without harmful constriction, that it may be in the most fit condition possible for the bearing of healthy children. I must be temperate and self-controlled in all my habits and relations of life. I must understand household management, so that whether I am rich or poor I may be able either to direct wisely or to carry on the work myself. And to understand household management every girl must herself experience the work in every department; and all honour to the girls of wealthy and cultured families who realize that honest

work is honourable, and themselves go through it that they may make just and considerate mistresses in their future homes!

Then I must be ready to devote myself to the care of my children; for surely no mother ever knows the *real* joys of motherhood until she experiences the love and confidence the child can only give in response to the self-sacrificing love poured out by the mother who keeps the care and upbringing of her little ones in her own hands.

Furthermore, I must know something of the care of the sick; to be ready to meet the accidents and emergencies of life.

Also I want to be able to sew, mend, and make, for many are the occasions when a ready needle can save largely in the expenditure, and render valued help to a friend.

Then I must understand the value of money, that I may make a wise expenditure, considering mainly the solid benefits that money will provide, and caring little for outward show.

Then again, let me cultivate my mind, that I may be a sympathetic and interested listener to my husband's interests, and to the doings in the great world around.

And let me find my pleasures in the simple God-given joys of life—the beauties of nature, the delights of friendship; for these will fit me to be young and merry with my children, so that they will always look first and foremost to mother for sympathy in all their joys and sorrows.

And let me consider home to be the first and most important sphere of my

activities, and remember that not until its needs are attended to can public or outside work have any claim upon me.

Secondly, what characteristics do I look for in the man that is to share with me in the cares and anxieties, as well as the joys of life, and who is to be a father to my children? He also must have the good of the community at heart; he must be an honest worker; looking above the world's standard of good—money-making and pleasure-seeking: directing his strength to the bettering of mankind, anxious to bring up children who will be of use in their generation, promoters of good in the world.

Unto this end I require of my future husband the same qualifications as I require of myself. He must come of a healthy family free from taint of disease; he must have led a pure, restrained life; he must be healthy, vigorous, and sound, and ready to co-operate with me in self-control, that we may together give our children a sound and healthful start in life, and make their upbringing and education our mutual joy and care. Furthermore, I would like my husband to possess the real joys of life—good friends, good books, healthful hobbies, gardening, walking, the delights of the country; things that can be enjoyed and shared with others without money and without price; and lastly, but most important of all, I want God to be the Head of our home; to be the inspiration of the life there; the God in Whom we live and move and have our being, to be the beginning and the end of all things—the light and the life.

THOUGHTS FROM AN OLD BOOK.

BY W. T. BARTLETT.

MAN was made with social instincts, and only as these find true satisfaction does the individuality expand to its right proportions. Said the Maker as He looked upon Adam, created in His own likeness: "It is not good that the man should be alone: I will make him an help answering to him." Gen. ii. 18.

Thus the first woman was God's crowning gift to the first man, and still He continues to join together His children in

helpful and tender association, whenever He is permitted to guide the life He has given. "Whoso findeth a wife findeth a good thing, and obtaineth favour of the Lord." Prov. xviii. 22.

If the design of the Maker, however, be not regarded, marriage can be a most galling bondage. A mate, ill-chosen, becomes a scourge for the chooser's folly. What was intended for a help may prove a deadly hindrance. So momentous a

step as marriage should not be taken without asking for divine wisdom and guidance, for no other action is followed by so great results, no other is so potent to make or mar the fortune. "House and riches are an inheritance from fathers: but a prudent wife is from the Lord." Prov. xix. 14.

Physical beauty commends its possessor but it has been said that there is nothing in a woman of which a man tires so quickly. "As a jewel of gold in a swine's snout, so is a fair woman which is without discretion." Prov. xi. 22. The jewel remains as valuable as ever, but who cares to contemplate its beauty in so unprepossessing a setting? It does not render the swine any more charming to us. Woe to the man who marries such a creature for the sake of the jewel.

A wise marriage brings in its train the elements of royalty, but a foolish one is moral and social suicide: "A virtuous woman is a crown to her husband: but she that maketh ashamed is as rottenness in his bones." Prov. xii. 4.

In the story of Isaac and Rebekah we see two lives brought together in perfect union by the divine leading. Abraham, seeking the highest interest of his son, sends a trusted servant to the land of his own kindred with the charge to bring back a bride for Isaac, if God shall so prosper the errand. When Eliezer reaches his destination he prays that the Lord will Himself choose and make known His selection: "Let it come to pass that the damsel to whom I shall say, Let down thy pitcher, I pray thee, that I may drink: and she shall say, Drink, and I will give thy camels drink also; let the same be she that Thou hast appointed for Thy servant Isaac."

The test proposed was an excellent one. Men and women to-day would do well to act on the suggestion, and ask the Lord to indicate to them by means of good-natured, kindly words and acts a suitable and helpful companion for life's journey. When the maiden's friends learned from Eliezer how it was that the choice had fallen upon Rebekah, they acknowledged at once: "The thing proceedeth from the Lord." Gen. xxiv. There is little danger that the aid of divorce courts will ever be

invoked to separate two people thus brought together. Over their union is pronounced in all its meaning and strength the ancient sanction: "What God hath joined together, let not man put asunder."

The necessity for self-restraint in husband and wife if each is to be mutually helpful becomes the more apparent when we reflect that for many years it will be their daily task to guide and discipline the little ones for whom they are jointly responsible. Here again we reap as we sow; children ought to prove a blessing, but they may become something else under the hands of unfaithful parents. "Every wise woman buildeth her house: but the foolish plucketh it down with her own hands." Prov. xiv. 1.

Abraham built his house to some purpose. Of him God said: "Abraham shall surely become a great and mighty nation;" and He went on to approve the foundation that Abraham had laid for its future greatness in the training of his household: "For I know him, that he will command his children and his household after him, and they shall keep the way of the Lord, to do justice and judgment: that the Lord may bring upon Abraham that which He hath spoken of him." Gen. xviii. 19.

A like promise is given to every wise and true-hearted parent: "Train up a child in the way he should go, and even when he is old he will not depart from it." Prov. xxii. 6.

In the words of King Lemuel we have a beautiful picture of the true wife and mother, surrounded by affection and honour:—

"The heart of her husband trusteth in her. . . .
She doeth him good and not evil
All the days of her life. . . .
Her husband is known in the gates,
When he sitteth among the elders of the land. . . .
Strength and dignity are her clothing;
She openeth her mouth with wisdom;
And the law of kindness is on her tongue.
She looketh well to the ways of her household,
And eateth not the bread of idleness.
Her children rise up, and call her blessed;
Her husband also, and he praiseth her."

Prov. xxxi.

"THE past cannot be changed, the future is still in our hands."



THE GOOD HEALTH HYDRO.

WE promised in our last issue to give the date fixed for the opening of the new sanitarium at Watford. The time decided upon is May 9th, at four o'clock in the afternoon, and the Board of Management cordially invite all who are interested in the sanitarium movement to be present. There will be a brief dedicatory service and one or two addresses, after which refreshments will be served and the guests will be shown over the place. Stanborough Park is about one and a half miles from Watford station, L. & N.W.R., on the St. Albans Road. Conveyances can be hired at the station, or the walk can be comfortably accomplished in half an hour.

The Management have decided to call the institution, "The Good Health Hydro," so that the large and growing circle of readers of the GOOD HEALTH magazine throughout the kingdom may understand readily the principles for which the place stands. We hope that the Hydro will prove a powerful force for the spread and vindication of those principles.

Our illustrations represent the building as seen from the front. Its extreme width is 169 feet, but it also extends some eighty feet to the rear. On the left of the picture is a large covered veranda in front of the gymnasium; above this is another uncovered veranda, behind which is the solarium.

In the arrangement of the building thorough regard has been had to sanitation and hygiene. Every room is well-lighted

and ventilated. The floors are mostly laid with hard woods, whose polished surface will permit of rapid and effective cleansing, and the ordinary unhygienic carpet is replaced by rugs, which can be daily taken out-of-doors and shaken. Every room is heated by means of radiators, but in case of special need or desire for an open fireplace, many of the rooms are handsomely equipped in this respect, in addition to the radiators. All the lighting is by electricity, and every room has its telephone by which the visitor may communicate with the various departments.

Thus, if the patient is confined to his own bedroom every provision is made for his well-being and comfort: and in almost every case a charming view may be enjoyed from the ample windows. For those who are unable to take exercise in the grounds there is the spacious outdoor veranda facing the south, or if this is too exposed, one may sit in the solarium behind glass doors. Abundance of more or less sheltered promenade is provided, both within and without.

The bath- and treatment-rooms are cheerful and of good dimensions. Here in the hands of well-trained nurses one may surrender himself to the soothing and healing influences of the most potent agencies known to natural medicine. The old days of rough and ready water-cure, calculated to terrify the most robust, have passed away. To-day the science of hydro-therapeutics is thoroughly understood and

highly developed. Almost every kind of pain and disorder responds to one form or another of water-treatment, and the best point of application, the most suitable temperature, and the proper duration of the treatment, are well understood. By means of an elaborate system of pipes, any kind of spray or stream, at any temperature, can be instantly directed upon any portion of the body, and the gratified

physician finds needful the Hydro supplies. If one is troubled with insomnia, or needs a change, the Hydro is well worth a trial. Its regimen will coax the organs out of the most obstinate mood and put them on good terms once more with their owner.

But the "Good Health Hydro" would be false to its name if it did not teach those who resort to it how to stop abusing their systems and live in harmony with natural



patient promptly recognizes that the treatment is "touching the spot."

Electricity is another valuable remedial agency, and the "Good Health Hydro" is equipped with all that has proved itself of the greatest value in this department of the healing art. Tired nerves thrill with a new sense of life; deep, underlying tissues are quickened afresh, and the patient becomes happily conscious that a restored circulation is once more carrying the vital fluid to every part. In many cases the electric-light bath proves more efficacious than the familiar hot-water bath, or, perhaps, a combination of hot water and electric current is prescribed. Whatever the

laws. Lectures are given every week on the principles of healthful living, and so far as possible the institution seeks to guard the patient against a recurrence of the old trouble.

The dining-room at the Hydro is a part of the system, and a very acceptable part, too, both because of the new appetite created, and the many agreeable discoveries that await the visitor along the line of natural and wholesome dietetics.

If any of our readers find themselves burdened with ill health, we confidently recommend a trial of the new "Good Health Hydro." The Manager will send full particulars on request.

MR. ALBERT BROADBENT—AN APPRECIATION.

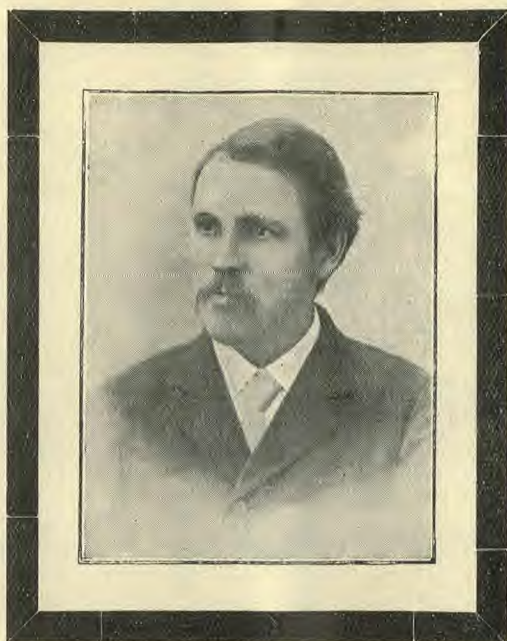
"Greater love hath no man than this, that a man lay down his life for his friends."

IF the above quotation can be applied to any, it certainly can to the late secretary of the Vegetarian Society. Known to the writer for nearly twenty years and associated with him in some of his many activities right to the last, we realized that the burden he attempted to carry was too great for one so sensitive and not over robust. He was not the fanatic, offensive to all and most so to his friends, but the sympathetic reformer, tolerant of others' ideas, while sincere and active in his endeavour to introduce his own. As a friend has lately written: "The secret was that he realized what very few people, unfortunately, do realize, viz., that in most cases a man's personality is grander than his ideas, his philosophy; and thus that error and evil are more likely to be uprooted and overcome by sympathy, appreciation, and tolerance than by an emphasis and exaggeration of differences." While

attending faithfully to his secretarial work, which included regular lecturing tours throughout Great Britain, editing "The Vegetarian Messenger," organizing the Summer Schools of the Society and taking an active oversight of both of the schools each year, he also endeavoured to carry other responsibilities which another would have found sufficient for one man. Vegetarian restaurants were started by him in Edinburgh, Leicester, and Aberdeen, not with the idea of making money but of bettering woman's social position by giving her a living wage and respectable labour. Objecting to the system of "tips" as

degrading and demoralizing, he introduced a higher wage to the waitresses, intimating this to the customers. The charges for meals were also brought to a low rate to enable, as he fondly hoped, the poor to participate in the wholesome fare he provided on his menus. Alas, he found out that women and the class he hoped to help were not appreciative of his efforts on their behalf as they were not ready for his ideal.

The failure of this enterprise, with considerable financial involvement, was, we feel convinced, the "last straw." The constant strain and unceasing adherence to his work had weakened his constitution. The blasting of his ideal of social reform on top of all brought about a complete nervous collapse, from which he never rallied. His life was not a failure, even though he died a young man in years. To many to whom he may be unknown in the capacity of food-reformer, his



name is familiar in the book world. With fine artistic and literary taste he selected and put together in a delightful series of "Treasures" many of the gems of English prose and verse. For our readers who may not yet have come across these artistically got up compilations, there is a real treat in store. Well, Mr. Broadbent, the sympathetic friend and faithful disciple and minister of the "better way" is dead. We miss him, but he would have been the last to allow any sorrow and regret, rather would he have us take up and keep alive the work for which he lived and died.

WM. M. SCOTT.

What the Mother Leaves Out.

THAT a child must first of all be healthy; that health is absolutely essential to success of any kind, the average mother is beginning to get pretty clearly into her mind with regard to her child. But she interprets the laws of hygiene to mean three things: fresh air day and night, wholesome food at regular intervals, and as much sleep as possible. These are essentials. But one thing remains, and that the average mother leaves out of her regime. She must substitute for the modern child's craving for excitement, restlessness, and pleasure, the atmosphere of quiet, contentment, and happiness. She fails, first of all, to dress her child wisely. Where she makes the mistake here is that she dresses her child for her pleasure, but not for his convenience. Again, she does not realize that the most normal

and fortunate of people are those who are able to find joy in simple commonplaces, and contentment in the ordinary routine of a busy life. This, as applied to the child, means a quiet, uneventful mudpie and sandpile existence, with mother near enough to give a sense of companionship.

"The little common joys of every day,
My garden blowing in an April wind,
A linnet's greeting and the morning fall
Of happy sunshine through the open blind."

These are the real joys of life, but they are lost upon children who are trained

always to be entertained. They are not to be found in the crowd. They are not to be had at the diabolical children's parties. They are the gift of quietness and the blessing of healthy solitude. And they are the only virus that can render a child immune from that craving for excitement which is nothing less than a nervous disease, and is the curse of so many homes to-day.—*The Ladies' Home Journal*.



The Call of Spring.

BY "REX. B."

*Don't float in the cloudland of pity,
Just stirred by each current of thought;
Descend, like the shower refreshing,
And undo what hardship hath wrought.
Give plenty of solace—so needed
By souls 'neath environment's elods—
A scatter at whose gentle magic
Arise they; as break adverse odds.*

*Don't pass on and on, in the sunshine
Of rose-coloured circumstance fair,
Unheeding the souls in life's shadows,
But—brighten and lighten their care
Not luxury, glamour, or riot
The need of us—each—high or low,
But—comfort—refinement—affection
Are "rights" that each claimant should
know.*

Race Suicide and Warships.

THE vital statistics of France for the year 1911 show, says a writer in the "Argonaut," that there were 14,000 fewer births and 26,000 more deaths than during the previous year. Evidently there is a greater disinclination to be born and a greater willingness to die than ever before, a result discouraging enough in view of the recent floods of exhortation to be fruitful and

to multiply. The French authorities are said to be perplexed and to be engaged in figuring upon their blotting-pads how long it will be before there are no Frenchmen left. And yet the problem is simple enough. There are only two causes for what is called race suicide. They are the wealth of the wealthy, and the poverty of the poor; in other words, selfishness and self-preservation. No country can own more wealth than it produces, and if that wealth is spent in one way it cannot be spent in another. France and

all other European countries have had to choose between warships and babies, and they have chosen the warships. Hence, no babies. The Frenchman has his standard of comfort, and he will not allow it to be lowered. He cannot support a family and a navy at the same time.

The English statistics tell the same story. There is no actual diminution in the population, but the increase is the lowest upon record. Here, also, we must resort to the same explanation. The Englishman is asking himself why it should be his duty to produce children whom he cannot feed, for while the tax collector must be satisfied at all costs, no one will care particularly if the children die of inanition. The housekeeping of a nation is the same as the housekeeping of a family. Extravagance in one direction means retrenchment in another, and to retrench in the matter of babies is easy. It is the only way in which the average European can retrench.—*The Dietetic and Hygienic Gazette*.

Training for Mothers.

DURING the past few years much has been done to instruct young women, both before and after marriage, in a knowledge

of the care and attention proper to young children. Schools for mothers and babies' clubs are springing up all over the country, and we may hope for the growth of a better knowledge on these subjects in the future. So far, however, attention has been mainly devoted to women of the working

class, who are, perhaps rightly, supposed to stand more in need of instruction than their richer sisters. No medical man, however, needs to be told that the women of the middle classes are often lamentably ignorant of matters of the utmost importance to the health of their children. They often know nothing of the rules which should govern the feeding, sleeping, and general hygiene of the baby's life. We recently met a doctor's wife who complained of the constant peevishness of her infant of a few months. Inquiry showed that she nursed



TWO LIFE FRUITARIANS.
Carolyn Bowker Amos, aged 12. Margaret Owston Amos, aged 9.

her child each time it cried, and this happened three or four times each hour! Ignorance like this is far too common with its disastrous results for the child's health. There seems to be a need for classes which could be attended by well-to-do women, where instruction could be given in the feeding, clothing, hygiene, and the thousand and one things which influence a child's health.—*The Medical Press*.

THE BODY BUILDING POWER OF

THE **OVALTINE** TONIC FOOD BEVERAGE



IS ILLUSTRATED BY THESE DIAGRAMS SHOWING THE RELATIVE MEASURE OF NOURISHMENT AVAILABLE IN OTHER "TISSUE BUILDERS".

FURTHER, NOTHING IS LIGHTER, MORE READILY TAKEN, MORE DIGESTIBLE OR MORE EASILY ASSIMILATED THAN "OVALTINE".

THIS EXPLAINS—WHY IT IS SO FOOD FOR GROWING CHILDREN—WHY IT BENEFITS THE NURSING MOTHER—WHY IT PULLS ROUND THE CONVALESCENT—WHY IT FATTENS UP THE THIN & ILL-NOURISHED.

- A. "OVALTINE" with MILK. One teacupful (6 fluid ounces) without Sugar = 170.6 Calories.
- B. "OVALTINE." One teacupful (6 fluid ounces) without Milk or Sugar = 71.7 Calories.
- C. MALT EXTRACT with COD LIVER OIL (containing 17 per cent. by weight Cod Liver Oil). One dessertspoonful (18 granules) = 62.9 Calories.
- D. NOURISHING STOUT. One teacupful (6 fluid ounces) (Alcohol not counted) = 46.12 Calories.
- E. MEAT AND MALT WINE. One wineglassful (2 fluid ounces) (Alcohol not counted) = 20.78 Calories.
- F. COCOA. One teacupful (6 fluid ounces) (without Sugar or Milk) = 11.4 Calories.
- G. BEEF EXTRACT "TEA." One teacupful (6 fluid ounces) = 5.59 Calories.



Write for Booklet P. 11, which explains in an interesting way more about the relative nourishing power of different foods, which to select the right it is important that everyone should know. Enclose 1d. Stamp to cover postage of Free Sample.

"OVALTINE" is obtainable at Health Food Stores, in 1/-, 1/9 and 3/- Tins.

P. 23. — A. WANDER, LTD., 1 & 3, LEONARD STREET, LONDON, E.C. —

NOBODY LIKES THE THOUGHT OF

Animal Impurities

yet there is no certainty that meat is ever free from these undesirable elements. But you must not give up the use of meat without taking something in its place. It is here that many have made shipwreck of their health reform resolutions. What you need in making the change in your diet is something that will supply the necessary food elements that meat unquestionably affords without the animal impurities. Or perhaps you merely want a change now and then; many people who use meat enjoy with great relish the appetizing dinners in which our nut meats are used.

YOU SHOULD TRY OUR NUT MEATS.

They are absolutely pure, digestible, and 25% more nutritious than flesh meat.

Send for free samples and full particulars of our Protose, Nuttose, and Nuttolene. Made entirely from choice nuts and wheat, thoroughly cooked. Address:—

THE INTERNATIONAL HEALTH ASSOCIATION, LTD.,
STANBOROUGH PARK, WATFORD, HERTS.

In answering advertisements kindly mention "Good Health."

A PAGE FOR WOMEN.*

CONDUCTED BY MARIE BLANCHE.

Sweethearting.

THE girl of the period is in no danger of allowing her love affairs to be conducted on ultra-sentimental lines, still less, I think, is she likely to permit the course of her sweethearting to degenerate into or even border upon the maudlin stage, therefore is it unnecessary to counsel her against spending her leisure hours with a prospective husband merely in those particular proceedings that come under the somewhat inexplicable title of "spooning," since anything at all of that kind does not appeal to the modern girl in the very least, rather does she turn up her royal nose at the first mention of billing and cooing. She prefers an attitude of good comradeship and the spirit of a breezy friendship, and in this, as in almost every other department of her busy life, she requires also that her courtship shall be based upon a frank and commonsense foundation. For that let her be praised, because after all is said and done this latter-day style of love-making is far, far healthier than that which produced the languid, hollow eye of the love-lorn maiden, and the sunken, pallid cheek of her love-sick swain.

When you are engaged to be married, take every opportunity of learning as much as you can of each other's characteristics, tastes, hobbies, and so forth, talk over the books you have read, the places you have visited, the friends you have known. Cultivate the art of conversation, discuss the topics of the day if you will, politics, strikes, anything you like; this will give you an insight to the temperament of your sweetheart, and incidentally reveal both his and your good or bad temper, for it is as well to know each other's bad as well as good qualities; no one is perfect, and you had better know the worst before you take a final step. If you are both bad tempered, either make up your minds to conquer the failing or else steer clear of a tie that will bind you together for life, for if in love-making days you have "rows," you will squabble fifty times oftener under the strain of a constant daily intercourse. I have sometimes observed a very imperious attitude adopted by girls in their manner towards the man of their acceptance; they climb on to a pedestal and expect the bridegroom elect to bow in slavish adoration and to yield to them in every detail; they surround themselves with a sort of halo and assume an air of great superiority as though they had, when answering yes to the momentous question, bestowed a favour. Now if you do this I warn you there is a bad time coming for you when you marry your adoring slave; you'll have to climb down from your dizzy height, my regal lady, you'll have to come to earth again, and before you have worn that badge of honour and servitude—your wedding ring—a few short weeks the fact will be borne in upon you with surprising plainness that you also must serve. How much better to have learned this before the knot was

tied, to have made the days of courtship a sort of apprenticeship to the married life, a happy training, an educational as well as a love-making period. Incompatibility of temper, religious differences, opposing political views—these are some of the dangerous rocks upon which married lives are wrecked. Therefore beware, take time, choose your life-long companion with care; and girls, to you I say: Aim high, esteem yourselves, set a high price upon your heart and hand, not mark you, the price of money or position, but that greatest of all treasures, the warm, strong love of a good man. Don't flirt, don't chop up your heart into little bits, scattering a fragment here and a fragment there; don't dissipate your powers of loving. Someone has said that a woman's heart is made of stout leather, and somebody else has rather humorously added—True, a woman's heart is at once both tough and tender. But flirting will make the softest heart more tough than the stoutest leather, and when your heart grows hard, goodbye to love and farewell happiness. If your affection for each other is true and of the right sort it will never fail you. If, on the other hand, it is of a spurious variety, the tiny sparks of its artificial warmth will need constant fanning into the semblance of a flame, and then when courting days are over and you are a wife, the fire of that imitation love will die right out, it will leave you with nothing but grey ashes and regrets. And now let me whisper a word into the ear of the girl whose family are trying to force her into a marriage against her choice. This is a state of affairs that cannot be too strongly opposed, even where the man in question may be a perfectly desirable husband, honourable, upright, true, yet if you do not really love him I advise you to put your foot down very firmly upon any scheme planned to coerce you into a union with him. Parents are foolish sometimes, and think perhaps because a suitor is financially or socially desirable that he is a good match for their daughter. Against this view of the matter a stout protest should be made, and I would readily aid and abet any girl in making a determined stand against it, and I strongly advise her if she finds herself being pressed into a marriage that is distasteful, to bravely stand her ground, to claim her right of choice, to decline unflinchingly to submit. Should this meet the eye of any mother knowing herself to be guilty of thus involving the happiness of any one of her children she will doubtless designate me a reprobate of the deepest dye, an inciter to rebellion, a conspirator against the laws of duty and obedience. Well, be it so, and I am more than glad if any words of mine may help a girl to claim the right to choose her partner for life, to save her from a wretched, loveless marriage.

ANSWERS TO CORRESPONDENTS.

W.L.—Physical drill will do a lot to improve round shoulders; the use of a chest expander will also help to throw the shoulders back and the chest forward. I cannot help you at all in the other matter and I think you had better leave nature alone.

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

Pioneers of Knitted Elastic Hosiery.

Direct from
Machine to
Patient.

YOU NEED SUFFER NO LONGER FROM

VARICOSE VEINS.

Varicose Veins principally affect those who have to stand about a good deal, and if prompt measures are not taken, more often than not a serious operation has to be performed.

Obviate this trouble by AT ONCE wearing a "WALCURI" Knitted Elastic Stocking. We have treated over 30,000 cases with success.



The rubber being knitted into the garment in a spiral movement, this stocking is made entirely without a seam, fits like a skin, never wrinkles, rubs, or cuts the flesh.

SPECIAL OFFER to readers of "Good Health." Fill in this coupon and secure a "Walcur" Stocking at the special price, **2/6**

This special offer applies to first purchase only.

COUPON.....CUT OFF HERE.....

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Please supply me with one "Walcur" Stocking at the special price of 2/6, which I understand is for the first purchase only, and for which I enclose P.O. for 2/6. My measurements are enclosed.

Name (Mr., Mrs., or Miss).....

Address.....

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RIGHT.

The following will show you the best way to get it.

Our New Illustrated Catalogue is just published and contains instructive photographs of all varieties of Nuts and Cooking Utensils (just what is wanted by the housewife), together with an article on "How to Start," "A Special Table of Food Values," numberless recipes for dishes suitable for all occasions, etc.

Uric-Acid-Free Foods

are specially indicated, and if you want to live a model life in perfect health you must have this booklet. It will be sent on receipt of 1d. stamp for postage. Mention this paper.

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The World's Largest
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Phone: Gerrard 6555 and 4907.
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Wise Cooks Use MARMITE

(The Pure Vegetable Extract).

MARMITE is absolutely pure.
Is an invaluable pick-me-up.
Strengthens as well as stimulates.
Is easily digested and economical.
Is recommended by medical profession.
Is used by Food Reformers and Vegetarians everywhere.

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

Obtainable at all Health Food Stores.

FREE SAMPLE on receipt of 1d. stamp to pay postage by...

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59 Eastcheap, London, E.C.

In answering advertisements kindly mention "Good Health"

Questions and Answers

Send communications with address and stamp to the Editor, Good Health, Caterham. Anonymous communications are not considered.

893. **Albuminuria.**—H.K.: "Please name some health foods prepared by the International Health Ass'n which would be satisfactory for a person suffering from albuminuria."

Ans.—Granose flakes or biscuits, wholewheat, barley, and coconut biscuits, Watford wafers, fruit wafers, nut rolls, bromose, malted nuts, protose and nuttolene, the latter two sparingly. The foods that should be particularly avoided are flesh meats, including fowl and fish, eggs and leguminous foods such as haricot beans, lentils, and dried peas. Milk as a rule should be taken sparingly.

894. **Substitute for Rennet—Nut Fat.**—H.F.L.: "1. Do you know of a substitute for rennet for curdling milk or making junket? 2. Can you recommend a good nut fat in the form of cream or butter which is emulsified?"

Ans.—1. Lemon juice will make an excellent junket and is also useful for curdling milk. 2. Almond nut butter, prepared by the International Health Ass'n, of Stanborough Park, Watford.

895. **Proteid.**—H.F.H.: "What is the amount of proteid in pure, farmhouse butter, cod, haddock, whiting, and pure olive oil?"

Ans.—Pure olive oil contains no proteid, and good dairy butter of any kind merely a slight trace due to the presence of a very little milk. The average fresh fish contains about 10.5 per cent of proteid material, according to Langworthy.

896. **Linen Underwear.**—F.R.: "Kindly tell me where I can obtain linen undervests with the open mesh."

Ans.—We can recommend the "Empire" linen mesh underwear, which can be procured from The Irish Linen Mesh Co., Cathedral Buildings, Belfast, Ireland.

897. **A Flesh-Making Diet.**—G.H.W.: "What would you recommend for building up flesh and muscle and changing me from a thin, emaciated being to one of sound and robust health?"

Ans.—This is a big order, and doubtless many things will be required besides diet, which, in our opinion, should be a non-flesh one, also avoiding tea, coffee, cocoa, condiments, and all rich and fancy dishes. Well-cooked oatmeal porridge or toasted granose flakes, brown bread and butter, one egg, and stewed or fresh fruit, would make an excellent breakfast provided it is thoroughly masticated. For dinner a thick haricot or lentil soup with zwieback or plain biscuits, baked potatoes, spinach, a few nuts which must be well masticated, and a junket or custard, would make a substantial

(Continued on page 156.)

"PITMAN" PURE Olive Oil Soap

For the Bath, Toilet, or Kitchen.

Made where the olives are grown—under the blue skies of Italy—and exported by the same firm who supply the Al Cream of Olives. Very economical in use; lathers freely. Will suit the most delicate skin, for it soothes and heals, leaving the skin soft and smooth. Most useful in the sick-room, being free from animal matter, and constitutes a perfect, pure, and natural disinfectant.

1½d. a tablet only or 1/4½ a doz.

For spring cleaning and all domestic purposes use

GREEN TRANSPARENT Olive Oil Soft Soap.

Will not make the skin sore or chaf the hands, and always yields a good lather, even with the hardest water.

Made from Pure Olive Oil, 2 lb. tin, 9d; per dozen, 8/6.

Ask your stores for it, or orders of 5/- carriage paid from the sole importers:

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Full catalogue of Health Foods, with Diet Guide and copy of "The Olive: Its Medicinal and Curative Virtues," by Geo. Black M.D., Edin., post free, 2 stamps

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antiseptic material in our own factory in London. It takes up little or no room. It lasts a lifetime. It can be made ready in a minute in any room in your house. It gives all the benefits to be derived from the public Turkish Bath. Take a Hot-Air Bath weekly in the Gem Cabinet and you will need no medicine to keep you in condition. All those stagnating poisons which clog the pores and impede the liver, stomach, lungs, kidneys, and, in fact, every part of the body, will be cleared right out of your system in a natural way. Habitual use of the Gem Bath Cabinet makes the muscles supple, the brain alert, and spirits brighter, and the whole feeling is one of wholesome cleanliness, comfort, and content. It is a pleasure you must experience before you can realize it. The 35/ Cabinet is complete with powerful three-burner safety stove. Strongly constructed of stout waterproof and heat-retaining fabric, it closes to an inch thickness and is erected in a minute.

Write for a free copy of our "Creed of Health," mentioning this publication. With it will be sent full particulars of the Gem Bath Cabinet.

Sole manufacturers and patentees:—

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**THE CATERHAM SANITARIUM.****OUR SURROUNDINGS.****THE STAFF.****A CORNER OF THE GARDEN****SANITARIUM FROM GARDEN**

FOR COMFORT AND HEALTH.

PERHAPS not all the world is seeking health, still a very goodly portion are doing so, or at least ought to be doing so. To all health-seekers the Caterham Sanitarium and Surrey Hills Hydropathic offers unique advantages. With a charming location among the far-famed beautiful hills of Surrey, with an elevation of nearly 500 feet, with an ample supply of pure, soft water, and bracing air, and with a death-rate last year of 6'06 per thousand, it makes

AN IDEAL HEALTH RESORT.

The institution has all the advantages of restful country surroundings. It is lighted with electricity, heated with hot water radiators, and furnished in a simple, comfortable style.

The bath equipment is fully up-to-date. There are facilities for all kinds of baths, including the delightful electric light or radiant heat bath, sinusoidal, galvanic and faradic electric water baths, Nauheim, Droitwich, alkaline, acid, sulphur, etc. A Barker electric vibrator furnishes most delightful vibratory massage. There are ample apparatus provided for the local photophore, and there is also a solar lamp, which is particularly valuable on account of its actinic rays. The Kellogg douche and spray apparatus affords facilities for a large number of hydropathic procedures. By means of the Velocrab it is possible to have regulated cycling and horseback exercises. The Swedish room is fitted with various forms of apparatus for administering the efficient medical gymnastics given us by Ling, Hartelius and his associates.

There is an efficient corps of well-trained nurses, who are skilful in giving not only the various hydropathic measures, but also massage, both special and general, and physical culture exercises. The diet, which is fruitarian, is a speciality, and all habit-forming drugs, including alcohol, tea, and coffee, are tabooed. But fruit, which is Nature's medicine, is served freely.

Boarders are welcomed at Caterham as well as guests who wish to take advantage of the baths and other treatment. Infectious diseases, including consumption, are not received. To any reader of GOOD HEALTH who sends name and address, a booklet dealing with the "Nature and Cure of Disease," will be sent gratis, as well as a prospectus giving further information. Send your address to

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You will not need meat

if you make nuts (either whole or prepared) a regular item in your daily fare. We supply eight or nine different varieties of choice nuts ready shelled, and also a unique nut-mill—the DANA—by the aid of which you can, in less than a minute, produce a beautiful flaky meal, which can either be taken with salad or fruit, or spread on bread and butter. Dana-flaked nuts almost melt in the mouth and can be digested by nearly everyone. We will gladly post you a copy of our new 88-page Booklet containing

35 excellent non-flesh Recipes

as well as many valuable hints, suggestions, and specimen menus. It also explains how you can obtain convenient supplies of practically everything required for a non-flesh dietary, carriage paid direct to your door. This Booklet will be sent you

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together with some free samples if you send a post card mentioning "Good Health."

**GEORGE SAVAGE
& SONS,**

Nut Experts,

**53 Aldersgate Street,
London, E.C.**



and wholesome meal. Artox or Hovis bread with butter may also be added. Supper, which would take the place of tea at about 6.30, should consist of bread and butter and stewed or fresh fruit.

898. Infantina.—J. B.: "My wife is unable to nurse her baby, and I would like to know whether Infantina would make a satisfactory substitute."

Ans.—Yes, Infantina is generally considered one of the very best of artificial foods for babies. The price is reasonable, and you will find full directions for preparing and using it on each tin. You would do well to buy it in the large tins as they are least expensive. By sending your address to Infantina Supply, 6 Catherine Court, London, E.C., and mentioning **GOOD HEALTH**, you will receive a free book, "The Baby in Health and Sickness."

899. Cream of Malt—Massage Cream.—R. W.: "I am rather thin and could do with a few more pounds of weight. 1. Do you recommend 'Cream of Malt,' and if so, where can I get it and what is the cost? 2. Do you advocate cold cream for massaging the face?"

Ans.—1. Yes, "Cream of Malt" makes an excellent food for persons who are run down in health, and have lost weight. Another good preparation is "Cream of Malt with Sicilian Olive Oil." If you have any difficulty in getting either preparation from your local chemist who ought to handle it, you can obtain it direct from the manufacturers, Messrs. Oppenheimer, Son & Co., Ltd., 179 Queen Victoria Street, London, E.C. It is furnished in 1/10 and 3/6 bottles, post free. 2. Yes, a cold cream such as Sanitarium Massage Cream, or similar preparation, is most useful in massaging the face, or indeed in massaging any part of the body.

900. Milk Powder.—E. N.: "1. I should like the address of the firm that sells milk powder. 2. I would also like your opinion of it."

Ans.—1. The West Surrey Central Dairy Co., Guildford, supplies the "Cow and Gate" brand of dried milk. 2. We are familiar with the various forms of dried milk supplied by this company, and do not hesitate to recommend them as pure, wholesome, and economical milk foods.

901. Neuritis.—W. H.: "Kindly inform me as to the best treatment for neuritis."

Ans.—A sojourn at the Caterham or Leicester Sanitarium, or the Good Health Hydro, Watford, where proper diet, massage, electrical treatment, etc., can be obtained.

902. Heart Disease—Leicester Sanitarium.—J. B. H.: "1. Is there any chance of curing valvular heart disease? 2. Would sanitarium treatment be of real benefit in a case of this kind. 3. Is the Leicester Sanitarium run on the same lines as the Caterham Sanitarium?"

(Continued on page 158.)

Better than the best Bread.

It is impossible to get a better biscuit at the price than the

P.R. CRISPIT

Made from only fine stone-ground whole-wheat flour and pure nourishing nutmeal, without any of the widely-used chemical and other shortening ingredients. Gives the teeth healthy exercise, but is not too hard for anyone to enjoy its nutty flavour. By far

**the best biscuit
for growing
children**

since it supplies the blood with what it must have if sturdy growth and clear heads are desired.

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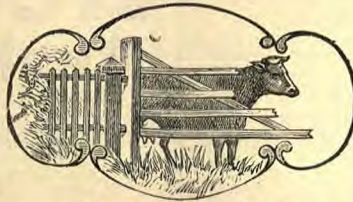
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MILK

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Contains all the invaluable food elements found in the richest English milk in a *sterile and perfectly digestible* form. It can be used with safety and satisfaction where ordinary milk disagrees, hence its special suitability for invalids and the aged. For infants from birth if necessary there is no other food which more nearly approximates to mother's milk in the ease with which the most delicate infant can assimilate it.

HIGHLY APPROVED BY THE MEDICAL PROFESSION.

BABIES LOVE IT.

FREE SAMPLES, Booklet, and name of nearest agent, apply to sole makers:—
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 may be helped on the
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SCIENTIFIC DIETARY
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The well-equipped Treatment Rooms provide for the use of Hydrotherapy, such as Baths, Showers, and Needle Spray, Shampoos, Salt Glows, and Packs of all kinds; High Frequency, Galvanic and Faradic Currents, and Vibratory Massage.

MASSAGE AND PHYSICAL CULTURE.

This well-equipped Hydro is only three minutes' walk from the sea, golf course, and Marine Gardens. Excursion boats to Belfast run several times daily during summer season. Address: **THE HYDRO, BANGOR, CO. DOWN, IRELAND.**

In answering advertisements kindly mention "Good Health."

Ans.—1. Not as a rule, providing there is organic disease. 2. Yes, at least in the majority of cases. 3. Yes.

903. **Olive Oil—Vegetarian Diet.**—A.M.K.: "1. Do you advise the use of olive oil or cod liver oil? 2. If the former, how much should be taken and when? 3. Would olive oil upset the liver? 4. Do you recommend the vegetarian diet? 5. Could I improve my weight on a vegetarian diet?"

Ans.—1. Olive oil. 2. One or two dessertspoonfuls for breakfast and supper. If you prefer you could take it for dinner with salad instead of for supper. Some are able to take a still larger quantity with advantage. 3. No, not in the quantity which we have suggested. 4. Yes. 5. Yes. Oppenheimer's "Cream of Malt with Sicilian Olive Oil" is a splendid preparation for putting on flesh.

904. **Mental Fatigue.**—"Canon." : "A young fellow frequently suffers from mental fatigue, and is easily worried and irritated. He has little power of mental endurance and continued concentration, and the mind easily becomes weary. 1. What is the cause? 2. Would indigestion have any relation to it? 3. Can it be overcome. 4. If so, what do you recommend?"

Ans.—1. Overwork, business worries, loss of sleep, improper diet, constipation, are a few of the common causes of mental fatigue. 2. Yes, very likely. Sometimes gastric disturbance is one of the most important factors. 3. Yes, as a rule. 4. A rest cure, combined with tonic treatment, such as massage and electrical applications, together with a generous but wholesome and easily digested dietary, all of which you could obtain at Stanborough Park or Caterham.

Glasgow Health Culture Society.

May 1st: Lecture—"Masking and Mimicry." (Limelight illustrations.) Mr. Andrew Barclay.
May 4th: Ramble—Pee-weep Inn. 3.6 p.m. train from St. Enoch to Barrhead.
May 12th: Special service in Baldernock Church at 12 noon. Meet at Bishopbriggs 10.30 a.m.; Killermont, 10.30 a.m.
May 15th: Lecture—"Deep Breathing." Mr. Joseph Moore.
May 18th: Annual Field Day in Pollok Policies, Pollok-shaws.
May 23rd: All-Day Outing. Morning excursion train from Buchanan St. to Callander.
May 29th: Lecture—"Mountain Building." (Limelight illustrations.) Mr. Peter Macnair, F.R.S.E., F.G.S.
Readers of GOOD HEALTH are invited to send to Mr. D. Reid, 214 Finlay Drive, Dennistoun, Glasgow, for the Society's new "Open-Air" Programme, and a copy of "How to Be Healthy." Now is the time to enrol for the summer session.

Don't Be Misled

by exaggerated statements about the nourishing value of Cocoa. A cup of even the best advertised cocoa essence is *not* sufficient for a meal;

but Bear in Mind

that a breakfast-cup of Hygiamia, made according to directions, is sufficient for a meal—it is a meal in itself—and if you are used to cocoa you will like Hygiamia better, and it will be better for you; and if cocoa doesn't agree with you Hygiamia certainly will. Liberal sample with valuable 64-page Booklet, post free 3d. stamps. P. Theinhardt, Catherine Court, Trinity Square, London, E.C.

In answering advertisements kindly mention "Good Health."

Prepared by the
Manufacturers
of Neave's Food
for Infants.



Royal Warrant
Holders to H.M.
The
Empress of Russia.

Neave's Health Diet

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NEXT month GOOD HEALTH will contain an interesting and timely article on "The House Fly," by B. W. Douglas, the State Entomologist of Indiana.

WE publish in this number of the magazine a brief announcement of a new health institution at Stanborough Park, Watford. The fundamental purpose of the "Good Health Hydropathic," as we understand it, is to teach chronic invalids and semi-invalids not only how to recover health by a wise observance of the laws of the body, but also how to maintain health, and thus prevent disease. At this institution the bottle and pillbox will be practically discarded in favour of a natural system of physiologic therapeutics, including air baths, sun baths, electric light baths, all forms of hydropathic remedies such as would be found in any first-class water-cure, massage, both manual and vibratory, medical gymnastics, rational physical culture exercises, and last but by no means least, proper dieting. The "Good Health Hydro" will demonstrate that an appetizing and nutritious dietary with a pleasing variety can be obtained without resorting to any form of flesh foods. GOOD HEALTH feels honoured in having its name applied to this new "Home of Health," and wishes hearty success to the institution.

ONE of the most serious problems pertaining to the prevention of disease and the cultivation of health is our contaminated milk supply. There are two things to bear in mind with regard to milk. The first question is with regard to the health of the cattle. Unfortunately a large number of cattle suffer from one disease or another, and particularly tuberculosis, and it is obvious that the milk of such animals is unfit for human food. The second problem, which has to do with the question of cleanliness, is of equal importance. Those who have difficulty in securing anything like a wholesome and pure milk supply would do well to turn their attention to the milk powder of the "Cow and Gate" brand. There are several varieties of this powder, which consists of evaporated milk. There is whole milk, skimmed milk, and half cream. The price of the milk powder is very reasonable, so that milk obtained in this way is by no means expensive, but rather more economical than ordinary milk. All those who are not acquainted with "Cow and Gate" milk powder preparations would do well to write to the West Surrey Central Dairy Co., Guildford, Surrey, for samples and literature.

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