

Epilepsy: Prevention & Treatment.

# GOOD HEALTH



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## LITERARY NOTICES

WE are indebted to the Aetna Life Insurance Company, of Hartford, Conn., U.S.A., for a copy of "A Manual of First Aid" for laymen, with special reference to industrial accidents. The book is written by Ernest A. Wells, M.D., one of the medical directors of the Insurance Company. The preface, which we publish in full, states tersely the object of this excellent manual:

"To be true.  
"To be useful.  
"To be brief."

The subjects are dealt with in alphabetical order, and the book is provided with a complete index. Under A we have Alcohol, Antidotes, Antiseptics, Apoplexy, Arteries, and Artificial Respiration. We quote what the author writes about antiseptics: "Don't use them. Leave them to the judgment of the physician. Strong antiseptics corrode the surfaces of fresh wounds and so impair their vitality as to invite infection instead of preventing it. Weak antiseptics do the same thing to a less degree. Blood is the best antiseptic and will not injure the tissues with which it comes in contact. Wash the wound in warm water, do it up in the blood and wait for the doctor. (See infection.)"

Under bites the following directions are given: "The wounds produced by bites, whether of men or of animals, do not differ essentially from other dirty, contused, or jagged wounds. (See infection.) These factors alone are sufficient to make such wounds slow in healing and sometimes serious. They have, however, a serious aspect in the following special cases:—

"Mad dog bites. (See Mad Dog Bites.)

"Bites by men who have syphilitic sores or discharges about the mouth.

"Bites by poisonous snakes. (See Snake Bites and Stings.)

"Insect bites, which under special circumstances occasionally transmit certain diseases."

The following directions for "Cuts and Lacerations" are given: "Allow to bleed freely. This is the best way to remove foreign particles from the wound. Moderate loss of blood, up to half a pint or so, in an adult does no harm. (See Hæmorrhage.) Wash gently in warm water and do it up in the blood with a clean piece of cloth. Leave all use of antiseptics to the judgment of the surgeon on arrival. Blood is the best dressing, the best antiseptic, and the best salve.

"If the cut or laceration is trivial and you believe no splinters or other foreign particles are left in the wound, the above treatment will suffice. If not, send the injured party to a surgeon and abide by his advice. (See infection.)"

The book is printed on enamel paper and well illustrated with half-tones. We understand that copies of the Manual are presented with the compliments of the Insurance Company to all persons who are insured with the Company. This is an excellent innovation on the part of the Insurance Company, and we think it would be well worth while for the various insurance companies in this Kingdom to follow suit. Judged from a commercial standpoint solely we believe the step is a wise one, and will not fail to bring valuable results.



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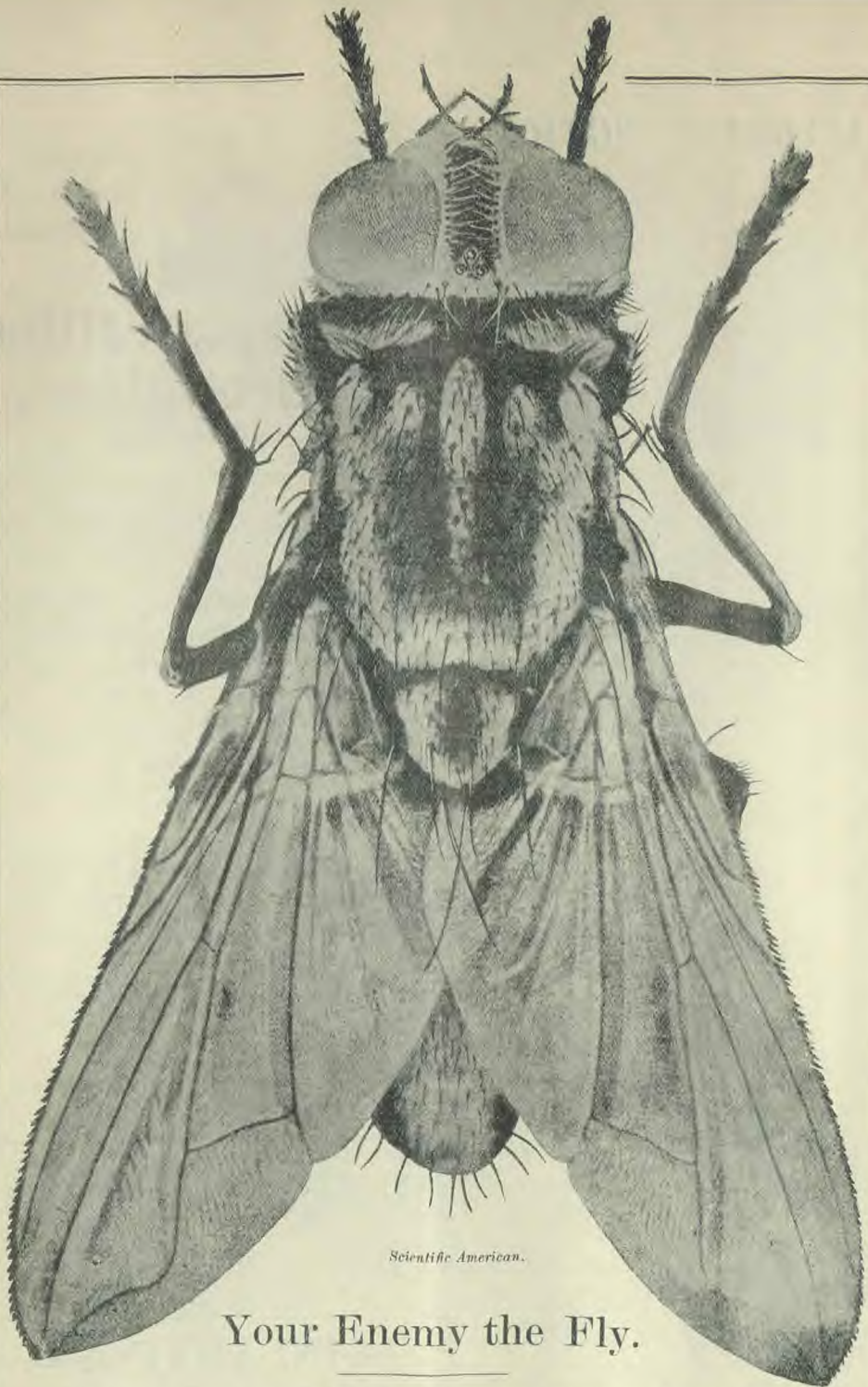
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*Scientific American.*

## Your Enemy the Fly.

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# Good Health

AN ILLUSTRATED MONTHLY MAGAZINE

Devoted to Hygiene and the Principles of Healthful Living.

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## EPILEPSY, FITS, OR FALLING-SICKNESS.

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

EPILEPSY is a constitutional disease involving both the brain and the nerves, which is distinguished by a brief loss of consciousness with or without convulsions. There are numerous degrees of severity or mildness, but for practical purposes they are divided into two classes, *grand mal*, or great evil, and *petit mal*, or little evil. *Grand mal* is always associated with fits or convulsions more or less severe, and *petit mal* simply means that the patient loses consciousness for a few seconds, and it is sometimes described as a fainting spell.

### Symptoms of Grand Mal.

An epileptic fit may be preceded by various warnings called *aura*, such as a headache or noises in the head or some other disturbance, or there may be tingling sensations in the skin of the hand or some other part of the body, or some other signal in the finger or toe or elsewhere. In other varieties of epilepsy there is no warning of any kind, and the patient passes into the fit suddenly and abruptly, not even knowing what has happened. The patient may cry out as he falls in a perfectly helpless condition. If there has been no warning the patient may fall into the fire if near by, or in some other way so as to become seriously hurt. If there is a warning the patient has a brief moment to save himself by lying down quickly. The face becomes red and cyanosed, the fists are clenched tightly, the arms and legs extended, and the head thrown back. For a few seconds the whole body becomes stiff and rigid. This rigidity is usually followed by intermittent contractions of the muscles. There is froth from the mouth and also bloody

saliva if the tongue or lip has been bitten. After something like four or five or six minutes the muscles relax completely, and the exhausted patient, whose mind is more or less confused, usually falls off to sleep for a few hours. The muscles are both weak and sore after the seizure, and if it has been very severe the mind remains confused for hours or even for a day or two. All grades of severity are met with.

### Symptoms of Petit Mal.

The milder attacks of epilepsy, called *petit mal*, are rarely accompanied by anything like a proper fit. There is a brief partial or complete loss of consciousness, which is accompanied by varying degrees of twitching of the muscles and a sudden pallor passing over the face. The attack may be so slight that it is scarcely noticeable, and at other times may be pronounced, and the patient falls and may be hurt. The patient may or may not have a warning, usually not, and often is not aware of the attacks unless informed by relatives or friends.

Epileptic attacks, whether mild or severe, vary enormously in frequency. In the worst cases there may be many seizures in a single day, while in the most favourable cases a year or more elapses between them. If frequent, health, strength, and vitality are materially and even speedily reduced, and the patient gets into a precarious state. As time goes on there is danger of more or less serious deterioration of the brain. Still it is true that some epileptics who have been seriously afflicted have passed through life with a sound brain aside from the seizures.



### Prevention.

There is no doubt but that heredity is a very important factor in the causation of epilepsy, and this is one of the diseases which may be passed on from one generation to another. Furthermore, the children of drunkards, and even of moderate users of alcoholic beverages, are known to be far more susceptible to this disease than those of abstaining parents. Syphilis, the social plague of civilization, is also a factor in the production of epilepsy. Insanity and other defects of the mind, as well as hysteria, neurasthenia and other neuroses are factors to be considered when discussing the causes of epilepsy. Injuries to the head have been known to bring on epilepsy, but in these cases a skilful surgical operation will usually bring about a cure.

The epileptic taint usually makes itself felt in the early years of life, and the attacks begin before or at the time of adolescence. Anæmia, nervous exhaustion, eye strain, and any kind of nerve strain, close application to books at school, a sedentary life, over-feeding, and too rich food, and any severe illness which reduces vitality and diminishes nerve tone, worry and anxiety—these and numerous other similar things are liable to precipitate an attack in those who are susceptible or have an hereditary taint. Nervous boys and girls should always be protected from nerve strain, over-work, especially at school, and excitement, and their diet should be distinctly abstemious, and narcotic drinks and foods, including not only alcohol and tobacco, but also tea, coffee, and animal flesh should be strictly avoided.

### Treatment.

When a person has the first attack of epilepsy every effort should be made to ascertain the cause and remove it if possible. The patient should at once be put upon a plain, abstemious diet and relieved of all worry, anxiety, and strain. A calm, quiet, outdoor life in some country or seaside village, with a moderate amount of exercise, baths, massage, and freedom from all kinds of excitement for a period of from six to twelve months or even more will sometimes abort the disease and bring about a partial or even a complete cure. Drugs and even bromides should be avoided

as far as possible. It is a mistake to regard bromides as a cure for epilepsy, although there is no doubt but that they do have in some degree a restraining effect.

All that one can do for a patient suffering from an attack is to protect him from injury. A pillow under the head, a cork or a folded handkerchief or even a small piece of soft wood between the teeth to save the tongue and lips from injury, and loosening of the neck and waist bands are about the only steps that can be taken. After the attack the patient should have complete rest on a couch or in bed for several hours, or better still for the rest of the day. Sometimes an attack may be warded off by the patient lying down quietly at the first warning of the approaching seizure.

### Hydrotherapy and Massage.

Patients suffering from a recent development of epilepsy or from a mild form of the disease are oftentimes greatly benefited by a course of baths, massage, and suitable electrical treatment. In a good many cases there is evidence of auto intoxication or self-poisoning, and electric-light baths, combined with daily massage and careful dieting, is of great assistance in purifying the blood and improving nutrition. The neutral bath is also helpful, as well as the hydro-electric bath. In some cases static electricity or high frequency are useful procedures in improving nerve tone and in lessening the frequency of the attacks. One great advantage of sanitarium treatment is the quiet, even life that is possible which, when combined with a generous but at the same time non-stimulating, nourishing diet, soothing baths, massage, and the outdoor life, is productive of the best results. There should be complete freedom from anxiety and excitement and ample sleep should always be ensured. When all precautions have been taken, and the patient given a thorough-going course of tonic treatment covering a sufficient period of time, it not infrequently happens that the symptoms are much ameliorated, and the improvement is often very considerable.

\*~\*~\*

THE abolition of liquor will be a blessing second only to the abolition of slavery.—  
*Booker Washington.*



## HEALTH THROUGH DIET.

MANY books are published on health and diet nowadays, but the one before us entitled "Health Through Diet," a practical guide to the uric-acid-free diet, is unique in that it is founded on eighteen years' personal experience of the author, Dr. Kenneth G. Haig, son of the well-known scientist and medical writer, Alexander Haig, M.A., M.D., F.R.C.P., who has advised and assisted in the preparation of the book.

The new book contains ten chapters and two appendices, also a glossary and an excellent index. Chapter one tells us what the uric-acid-free diet is, which, as the author tells us, does not allow the following articles:—

"All meat, meat extracts, gravies, fish, fowl, and the yolk of egg.

"All the pulses, e.g., peas, beans, lentils, peanuts, etc., fresh or dry.

"Mushrooms, asparagus, pistachio and cashew nuts.

"Oatmeal, entire wheatmeal and brown bread containing any husk.

"Tea, coffee, cocoa, and chocolate."

Poisonous foods are placed in the fol-

lowing order in accordance with their uric acid contents, beginning with the most dangerous:—

"1. Tea, coffee, meat soups and extracts, sweet-bread, liver, kidney.

"2. The pulses.

"3. Meat, fish, fowl, etc. Boiled meat or fish is less poisonous than when roasted or fried, as part of the uric acid has been dissolved in the water.

"4. Cocoa and chocolate, yolk of egg.

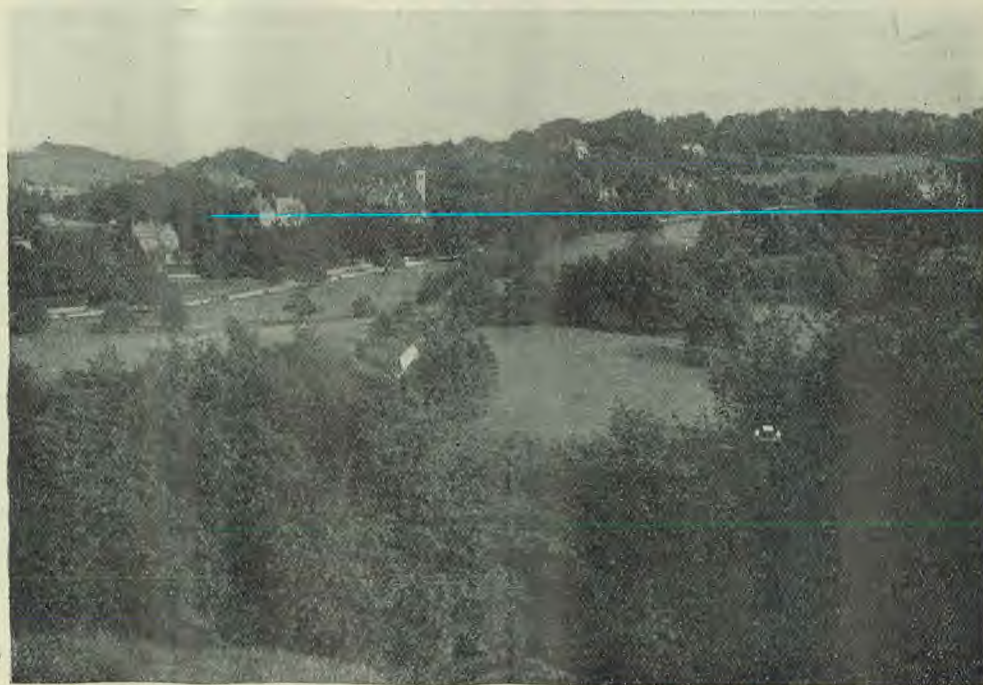
"5. Mushrooms, asparagus.

"6. Oatmeal, entire wheatmeal and brown bread."

With regard to tea, the universal beverage of the United Kingdom, the author writes:—

"The treachery of tea lies in the fact that it makes people feel better at the moment, for it is a powerful stimulant, and therefore they think from their feelings that it must be doing them good. The insidious depression next morning or during other times of the day is not attributed to the tea at all, because taking more drives the depression away, yet the tea is the true cause of that depression, and must be taken ever stronger and stronger in order to drive the increasing depression away. Tea drinking is just like drug-taking in fact, and has just as terrible and fatal results. . . .

"China tea is every bit as bad as Indian, Ceylon, or any other kind of tea, from the point of view



THE CATERHAM HILLS.



of the purin it contains. Tea only infused for a short time is just as bad as that infused for a longer time, so far as the uric acid is concerned, for length of infusion only increases the amount of tannin, with which uric acid has nothing in common, except in so far as they are both different kinds of poisons; but tannin is not one of the purin group, and is comparatively harmless in its effects as compared with the caffeine, which is so much more deadly. The caffeine is so soluble that it is practically all dissolved out of the leaves immediately infusion has begun, the longer the infusion the more tannin is present. Tea from which part of the tannin has been removed is just as poisonous from the point of view of its uric acid contents as ordinary tea not so treated. In fact the fuss raised about the poisonous properties of tannin is but a red herring drawn across the track, with the idea of diverting the public attention from the far more poisonous properties of the caffeine.

"A cup of coffee may be considered equally poisonous with a cup of tea, for although weight for weight tea is more poisonous than coffee, yet the coffee in this country is usually taken stronger than tea. A cup of cocoa or chocolate is not so poisonous as a cup of tea."

Dr. Haig has a great deal to say about the evil effects of tea, and we quote another paragraph:—

"I regard excessive tea-drinking among the lower classes as one of the great factors in causation of the prevalence of alcoholism, in much the same way as meat, tea, etc., amongst the upper classes are the causes of drug-taking. Tea stimulates the tea-taker at first, making him feel very fit and well, but sooner or later (since all stimulation and bracing up are wrong) the inevitable depression must follow; this is driven away either by more or ever stronger and stronger tea, or by alcohol, and so the process starts, the tea being taken more frequently and stronger, with the common (and at the present day increasing) results of morphinism, chronic alcoholism, and insanity, or rheumatism and its congeners. A glass of beer is very much better for a man and less harmful than a cup of tea; I do not advise either, but of the two evils take the lesser one; whisky is better than beer, which is very acid and contains some uric acid in addition. I am afraid this will hardly meet with the approval of the ardent temperance reformer, but it is none the less true. This must not be taken as in any way recommending beer or whisky as a drink, far from it. All I maintain is that tea is much more injurious than spirits or beer, and when tea is recommended as a substitute for spirits or beer, it is a case of out of the frying-pan into the fire."

The author gives a list of uric-acid-free articles of which he says:—

"I have arranged the foods allowed by the uric-acid-free diet roughly into groups in accordance with their relative amount of proteid or albumen as follows:—

"(a) *The most nourishing foods*, i.e., those containing most proteid. Cheese, dried milk, curd,

curd cheese, milk or junket (when taken by the half pint), white of egg, gluten, and nuts.

"(b) *The moderately nourishing foods*. Biscuits, toast, bread, macaroni, rice, and the cereal foods in general.

"(c) *Foods containing only a small amount of nourishment* (proteid). Fruit, vegetables, butter, cream, cream cheese, nut butter, and nut suet.

"(d) *Foods containing no nourishment*, i.e., no proteid or albumen. Tapioca, arrowroot, and cornflour (the commercial product)."

Chapter two contains some most interesting and helpful notes on the foods permitted by the uric-acid-free diet, and chapter three gives two methods by which the change from the ordinary to the uric-acid-free diet may be made.

Chapter five, one of the most interesting chapters in the book, contains the personal history and experience of the author. In his sixteenth year he suffered from migraine and frequent attacks of biliousness, and colds in the head. He also had fainting spells and was threatened with Bright's disease, but all this was stopped and good health restored by the adoption of the uric-acid-free diet. Since then the author tells us that he has followed the diet strictly and with the best of results from the health standpoint. He tells of improvement in sleep, freedom from headaches, constipation, and other minor ills. Regarding the improvement in temper we quote the following significant paragraph:—

"My temper certainly has been improved by being on uric-acid-free diet. This improvement in temper has been noticed in many other cases. It is a small point, of more importance to one's friends, perhaps, than to oneself! The meat-eater's temper is always worse in the morning because of the excess of uric acid in the blood; so many are 'not nice before 12,' and breakfast is notorious as the most unsociable meal of the day."

The author of "Health Through Diet" is not in sympathy with Prof. Chittenden's views on the advantages of a low protein diet, with which we are in agreement, but advocates the liberal use of protein foods.

This is a book which ought to interest all food reformers and vegetarians generally. We agree with the author's views regarding tea and coffee, and admit that many of the vegetarian preparations as commonly served are but little if any more wholesome and healthful than the flesh of animals. True food reform means the avoidance of all poisonous foods and drinks,



including not only flesh, fish, and fowl, but also alcoholic beverages, tea, coffee, and cocoa. But we cannot help but feel doubtful regarding the condemnation of wholemeal and brown bread, both of which we have found most satisfactory foods.

We take pleasure in commending Dr. Haig's book to our readers. No one after

starting the book will wish to lay it aside until completing it. It is written in a charming style and is almost equal to having a personal chat with Dr. Haig. The book contains 237 pages, is printed in clear type on good paper, and is bound in blue cloth. The price is 3/6 net, and the publishers are Methuen & Co., Ltd.

### Pure Milk Bill.

THE text of Mr. John Burns' Pure Milk Bill has now been issued. It provides for:—

The more effective registration of dairies and dairymen.

The inspection of dairies and the examination of cows therein and the examination of milk.

The prohibition of the supply of milk from a dairy where such a supply has caused or would be likely to cause infectious diseases, including tuberculosis.

The prevention of the sale of tuberculous milk.

The regulation of the importation of milk so as to prevent danger to public health arising therefrom.

The issue of regulations for securing the supply of pure and wholesome milk.

The establishment by local authorities

in populous places of milk depots for the sale of milk especially prepared for infants.

The Bill also provides that on the second or subsequent conviction of a dairyman the Court may, as additional penalty, order the name of the offender to be removed from the register.—*The Epicure.*

### How He Could Find Her.

"I WANT to find my daughter," said a man to the head waiter of the dining-room of a large New York hotel. "I understand she is here!"

"Yes, sir," answered the waiter. "Eighth hat to the left."

"ANY business that depends for success on crucifying the weaker brother is a godless institution."



PADDLING AT OSTEND.



## THE TYPHOID FLY.

THE fly does not come into a house unless he is invited; unless provision is made for his development. If we keep a garbage-bin about the house or premises exposed, we should not be surprised if we are bothered during the summer months with swarms of flies; if we have a barn-yard close to the house that is not kept scrupulously clean, we afford the fly just the conditions he needs for development by the million.

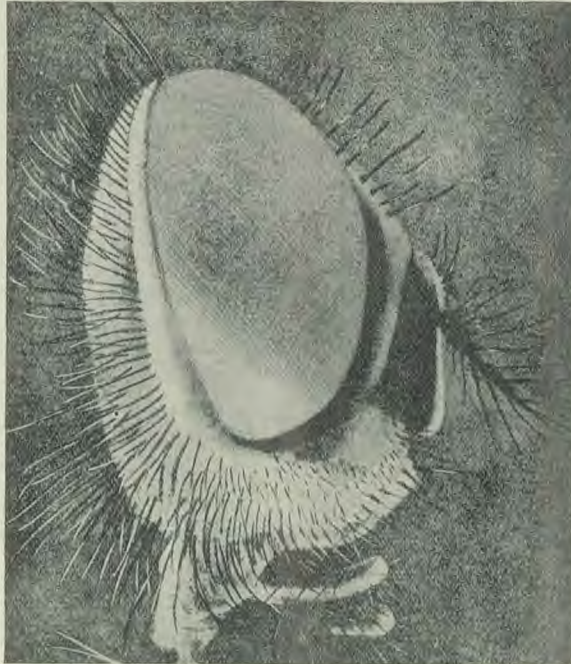
Now the fly deposits its eggs in filth, because in this way the young maggots find food ready at hand on which to grow and thrive—one of Nature's provisions for disposing of decomposing matter; the fly is the scavenger of rubbish of this kind, and so plays a very definite part in Nature's economy, but its usefulness proves to be inimical to man, for each maggot grows very rapidly and in a short time develops into myriads of flies.

In experiments conducted at the Agricultural Experiment Station at Storrs, Connecticut, it was found that the number of bacteria on a single fly may range anywhere from 550 to 6,600,000. In the early part of the fly season the number of bacteria on flies is comparatively small, while later on the numbers are comparatively large. The place where the flies

live also determines largely the number which they carry. The average for 414 flies experimented upon was about 1,225,000 bacteria on each fly. It hardly seems possible for so small a bit of life to carry this number of germs.

It has been estimated that from eighty-

five to ninety per cent of these flies are born and reared in ordinary stable manure. The average time from the laying of the eggs in the breeding-place until the maturity of the fly is about ten days. The eggs hatch in from fourteen to twenty-four hours, producing the larvæ or maggots. This stage lasts from five to seven days, according to the degree of temperature and the moisture. At the end of this time they enter the pupa stage, which lasts about five days, in which time a remarkable



"Scientific American."  
PROFILE OF A FLY'S HEAD.

The large area studded with thousands of facets is one of the fly's compound eyes. A fly sees you not once but hundreds of times in all angular directions. That is why he so readily escapes your downward travelling hand. In addition to the facets he has three simple eyes at the top of his head in the middle, not visible in this picture.

transformation occurs, the fly emerging from the pupa shell in the form of an adult fly, thus completing the life cycle. The average female fly lays about 120 eggs, these eggs multiplying from ten to twelve times. A simple calculation shows what an inconceivable progeny thus comes from a single egg.

The fly is constantly visiting the foulest places, getting its feet covered with filth, and then coming into the house, running around upon bread and dropping into milk



and contaminating everything with which it comes in contact.

There are several diseases in the spread of which the house-fly plays a prominent part. Chief of these is typhoid fever, in which he plays so important a rôle as to justify the name of "typhoid fly." It is safe to say that given an absolutely pure water supply and absolute freedom from house-flies, typhoid fever would for the greater part disappear in every community. It is also true, as Dr. Huber has said, that flies help greatly to swell the infant death-rate. The infant mortality is greatest in fly-time. There are few more congenial culture media than milk, especially as it is cared for in many homes. Milk easily becomes contaminated with the excreta of flies and with noxious matter clinging to the feet of the insects.

Tuberculosis also may often be traced directly to milk, as also diarrhœa. Another disease with which flies have a very close connection is colitis, the germs of which are carried by the fly in quite the same manner as other germs. If, for example, these flies have access to the colon excreta of persons suffering from colitis, the flies

carry the germs of this disease to some one's table, often depositing them on food.

Every attempt should be made to keep the flies out of the house and away from food. Every window and every door should be carefully screened, and when the screens have become so old that they do not fit snugly and leave small openings through which flies can enter, new ones should be procured.

Moreover, the surroundings of the home should be kept in a sanitary condition. All kinds of refuse should be either burned at once or kept in covered receptacles. All filth of the farmyard should be carefully enclosed by screens or in boxes kept for the purpose. All food, too, should be protected by wire netting.

Thus the elimination of the fly involves the principle of prevention. The use of fly-paper is important, as well as fly-swatters and fly traps, but after all, the best work is to be done by preventing the development of the fly, making it impossible for the female fly to deposit her eggs in filth and other natural media for their development.—*J. H. Kellogg, M.D., in The Battle Creek Idea.*

### Alcohol and Sunstroke.

EPILEPSY, hysteria, melancholia, dementia, acute mania, delirium tremens, and other forms of insanity are either directly produced by alcohol or gradually aggravated by the use of this drug. Regarding sunstroke we quote: "The fact that sunstroke attacks alcohol-takers rather than total abstainers is well known. It is, however, so striking an example of the disadvantage to the circulation of the brain caused by moderate drinking, that some consideration of the facts may be in place here.

"The authors of the most recent manual on tropical medicine says concerning 'sunstroke' that 'of all predisposing causes alcohol is probably the most important.' Under the heading of 'Heat Exhaustion,' they state that 'alcohol is by far the most important predisposing cause, and accounts for the difference in mortality of expeditions in which soldiers are allowed to drink it and those in which they are not.'"

Then we have alcoholic insomnia, alcoholic neuritis, alcoholic paralysis, and numerous other alcoholic diseases which the total abstainer entirely escapes.

### The Bottle.

THINK you that in a bottle  
The remedy you'll find  
For all the evils that beset  
Poor, sickly, human kind?  
Nay, nay, the drug pernicious  
But multiplies your woe,  
And hastens your departure  
For the place where you shall go.  
M.T.

EVEN doctors are not always "literal" in their prescriptions. "You must take exercise," said a physician to a patient. The motor-car, in a case like yours, gives the best exercise that ——"But, doctor, I can't afford to keep a motor-car," the patient growled. "Don't buy, just dodge!" said the doctor.—*Selected.*





## Simple Lessons in Physiology.

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



### SALIVARY GLANDS AND TONSILS.

THE mouth is always kept moist in health by a watery fluid which is supplied by three pairs of small glandular organs known as the salivary glands. The parotid glands, the largest of the three, are situated in front and below the ear, lying on the angle of the lower jawbone. Each parotid gland weighs from a half to one ounce, and is provided with a small canal about the size of a crow-quill which opens opposite the second upper molar tooth, where it discharges the salivary juice.

It is interesting to note in passing that the parotid glands may become infected, inflamed, swell up, and become very painful; this condition is known as the mumps or parotitis. Usually one gland is affected first, and then later the other.

The submaxillary gland is very small, weighing only about two drams. There are a pair of them, and each one lies under and inside the lower jaw. The canal which carries the juice of the submaxillary into the mouth cavity opens under the tongue. The sublingual glands are the smallest pair of salivary glands, each weighing only one dram. Both are situated under the floor of the mouth, and each one is provided with several tiny canals for the passage of the secretions into the mouth cavity.

#### The Saliva.

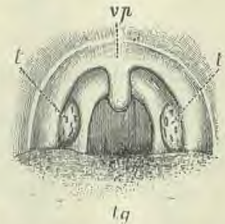
The salivary juice is a very watery fluid containing about 99.4 per cent of water, and about .6 per cent of solids, consisting chiefly of salts, proteids, and a ferment known as ptyalin. The fluid is mildly alkaline in health and serves several useful purposes. The salivary juice is a lubricant, and the mouth would be very unpleasant if it were dry, and speech would be impossible.

One of the most important functions of the saliva is the digestion of starch. It is

well to bear in mind that only soluble or cooked starch is acted upon by the saliva. The ptyalin possesses the wonderful property of changing cooked starch into a form of sugar known as *maltose*, but it has no action upon ordinary table sugar. In the ordinary way if the food is well masticated the ferment acts on about half of the starch which is taken with the food. The process of salivary digestion begins in the mouth, but under favourable circumstances it continues in the stomach from ten to thirty minutes, and sometimes even longer after the food has been swallowed.

#### The Tonsils.

There are two tonsils, each one situated in a little space between the front and back pillars of the fauces at the root of the tongue. In health the tonsils are scarcely visible, except in young children, and then they should not be too prominent.



Each tonsil consists of a mass of lymph tissue, chiefly lymph cells, with a delicate network of fibrous tissue which holds them together. The tonsil is an oval body and something of the shape of an almond, the length being about half an inch, and the width and thickness one-third of an inch. The tonsils are believed to act as a sort of guard for the body, to prevent the invasion of germs and other parasites. They are very susceptible to infection and inflammation when they become enlarged, and ulcerous patches may form, as in the case of tonsillitis, or even abscesses as in quinsy. When the tonsillar tissue becomes thoroughly diseased there is only one thing to do, and that is

(t, t) tonsils; (vp) soft palate and uvula; (lg) tongue.



remove it, which requires a slight and uniformly safe operation.

There is still another small mass of lymph tissue on the back wall of the pharynx between the openings of the Eustachian tubes, sometimes called the pharyngeal tonsil. When this mass of lymph tissue becomes inflamed and swollen it interferes directly with the passage of air in and out of the posterior nares or openings of the nostrils, and is likely to produce mouth breathing. Young children are particularly susceptible to inflammation of the pharyngeal tonsil and the production of what is known as adenoids. Again, when the tissue has become thoroughly diseased and sufficiently large to seriously interfere with proper breathing, an operation for the purpose of removing them becomes necessary, and in these cases the sooner it is attended to the better for the child.

### To Rid a House of Fleas, etc.

EVEN our finest houses sometimes become infested with bedbugs, roaches, ants, and fleas. Old houses, and especially old frame ones, are almost certain to harbour insects and also disease and infection. It would be a wise law which would require, under a heavy penalty, that all houses (excepting new houses), when once vacant, should not be again occupied until carefully disinfected by trained disinfectors. The happiest results would attend the thorough enforcement of such a law.

#### Method of Procedure.

First, close all openings in the room to be disinfected. This is best done by pasting strips of paper over all window and door cracks, and thoroughly stopping up grates. No fire should be in the room, but all usual articles should remain where they are. Now calculate the cubical contents of the room by multiplying together the length, breadth, and height, and for each 1,000 cubic feet use one ounce of good cyanide of potassium, and a mixture of one fluid ounce of commercial sulphuric acid in two fluid ounces of water. A good quantity of this dilute acid should be prepared at once by placing one quart of water in a gallon crock and slowly adding

one pint of sulphuric acid. Be careful not to add the water to the acid, for slight explosions, throwing the fluid around, would then occur. On the floor of the room place a large two-gallon stoneware crock, and underneath it place a layer of old oilcloth or linoleum. Several layers of old newspapers will serve as well. This is for the purpose of protecting the floor or carpet against accidental overflow. If an entire house is to be fumigated, each room must be carefully prepared as described. Into each bowl must be placed two ounces of the acid solution for each 1,000 cubic feet in the room. Of powdered or ground potassium cyanide weigh out one ounce for each 1,000 cubic feet in each room, and put in a thin paper bag, and place in the room in which it belongs by the side of the bowl containing the dilute sulphuric acid.

No person must remain in the house. Even the family cat must be taken out. The operator begins at the top of the house, drops the cyanide into each bowl of acid and immediately leaves the room, tightly closing the door. Each room is thus treated and the open air quickly sought.

Hydrocyanic acid gas (prussic acid) is liberated by this process, and it kills animals and microbes alike. The house must remain closed all night, and next morning the outside door and the lower windows opened from the outside and kept open for an hour, and after this time the operator may enter and hurriedly open all the doors and windows, breathing no more than is absolutely necessary, and quickly retiring when his work is done. So long as any odour of the poisonous gas prevails no one should enter the house to stay. When all odour is gone the furnishings should be removed, and the house thoroughly cleaned as usual. The bedbugs, roaches, rats, mice, ants, and moths will all be dead, and thorough disinfection also be secured.—*Indiana State Board of Health.*

"IF the nails are hard and brittle rub them at night with a little cold cream. Lemon juice will remove stains, and the use of a little ammonia in the bath water will strengthen the nails if they are too limber."





THE PITCH LAKE, TRINIDAD.

## WILKINS' TRIP.

### The Impressions of a Very Untravelled Man on His First Voyage.

#### VI. Trinidad—The Stowaways.

IT was a dull dawn when we first sighted Trinidad, and the long row of sugar-loaf hills, jammed close together and densely covered with sombre forest, was not particularly prepossessing after bright, smiling Barbados. We at last sailed through a narrow passage between steaming hillsides, and then out again into the wide, lake-like stretch of the Gulf of Paria. Just then the sun peeped out, making a long, shiny white track on the smooth waters.

A number of vessels lay at anchor, and there was a very business-like appearance about the Port of Spain, off which we anchored.

I wasn't able to go ashore on this island, but Clement and many other passengers did. In spite of the uninviting appearance of the coast, they told

me that Trinidad was even more attractive than Barbados ashore. (From what I saw of these shore excursions, however, it is probable that the better class of hotels on this more prosperous island may have had something to do with this opinion. For the trippers generally get into a cab on landing, drive to one or two of the suburban hotels, and stay the greater part of the time regaling themselves—perhaps also taking a little stroll in the neighbourhood of the hotels.)



FREDERICK STREET, TRINIDAD.



Clement went ashore early and drove out to see the Maracas Waterfall, where a little stream has gained much renown and admiration by splashing with creditable roar over three hundred feet down a sheer wall of rock. In the southern part of the island, a district rich in bituminous products, is the remarkable pitch lake of La Brea, whose circular surface of some hundred acres is largely covered with big, mushroom like masses of pitch, separated by narrow fissures where water collects in pools. In the middle of the lake there is a soft spot where the liquid pitch boils up from its subterranean furnace.

There are broad, well-paved streets, they told me, in Port-of Spain, that give one a sense of being at home. But to watch the people that frequent them soon disillusion one on this score. Here, as in almost all parts of this newer western world, is found a mixture of many races. The negro, of course, predominates as regards number, but a third of the people here are broad-faced East

Indians; add to these a sprinkling of yellow-visaged celestials, and a few Turks, who grow wealthy in their dingy little drapery shops, and you have about completed the coloured section of the population. But the white people are almost as mixed—Spanish, British, and French blood all being represented. And now to the whole must be added a good proportion who have resulted from the mingling of the races, and we have an idea of the population of Trinidad as a typical West Indian island.

Coal, cargo, and passengers are all aboard at last. The hatches on the lower

deck are closed down, and a scramble ensues among the noisy crowd of negro deck-passengers to place deck chairs and hammocks of all kinds on the extra deck-space on top of the hatches—for these will be their only beds and the open deck their bedroom throughout the voyage. Our own quarters are enlivened, too, by a number of loud-voiced but good natured, frank West Indians. All the noise was

bushed, however, as in the fading light we steamed through a narrow channel with those solemn, silent, forest-mantled hills shadowing us on either side, and out into the open sea and the night; for there is something that inspires reverence in the coming of night at sea.

Queer fellows those blacks were. Morning and evening they would all join heartily in singing hymns, and many hours were often passed during the day in arguments over religion, yet on Sunday morning what was our astonishment to find sixty-three of them drawn up in two ranks on the prome-

nade deck—stowaways. The burly third-class steward was there, fuming about the "black thieves" who had been "stuffing their hides at the company's expense till they could hardly move." (Some of them objected to the prolonged standing, and were squatted or lying on the deck, and even as he spoke a friendly black hand was thrust up by a more legitimate passenger below, with a lump of bread for one of the stowaways.) We touched at two ports before reaching Colon, but at neither were the authorities willing to receive these adventurers.



AN INDIAN BELLE, TRINIDAD.





PICKING COCOA, TRINIDAD.

In something over two days we reached Puerto de Colombia, a mile-long pier with perhaps twenty houses clustered at its landward end. It was very hot, and as landing would have meant quarantine at Colon, we contented ourselves with watching in the clear water a lot of bellicose garfish, with snouts like rapiers.

The following morning we arrived at Cartagena. I was much surprised on waking to find that we were steaming at a good rate within a stone's throw of the wooded shore. A second stone's throw would have reached Cartagena, on the farther side of a very narrow isthmus; but we had to go some miles farther, past one entrance that is still blocked by the barrier of submerged vessels that Drake sank there, and round a low, flat, wooded island, to a very narrow channel between two ancient forts. When through this and fairly inside the large but shallow harbour we were held up two hours by a portly medical officer who persisted in mustering all the passengers and scrutinizing each one as his name was called on the roll. We afterwards learned the reason for this strict "medical" examination—Colombia was expecting the return of the exiled President Castro (and for all the vigilance shown he got into the country).

One could not but be interested in Cartagena. The city itself made a pretty sight with its many graceful buildings of white stone. On the pinnacle of a high hill overlooking the town is a monastery. In Drake's days it was the home of a large number of nuns who, when the place was stormed by a party of his men, ran out and threw themselves over the great precipice that faces the city rather than fall into the hands of the English buccanners. The long isthmus that forms the harbour was covered more or less densely with various tropical growths, chiefly coconut palms. Low, narrow canoes, curled up at both ends, and larger sailing boats, all engaged in fishing, added life to the pretty, old-world picture of the harbour.

*(To be continued.)*

### Family Pets and Disease.

THE principal obstacle to a general and truthful realization of the dangers connected with the domestic pet is found to be the sentimentalists, who are unwilling to admit that anything on which their affections are centred can become in any degree a menace.

The woman who refuses to give her child a red-hot poker as a toy has no



hesitancy in putting into its arms the more dangerous, because more insidious, plaything—the family cat.

Under normal conditions the germs of nearly all epidemic and local diseases thrive upon the family cat. Even where the cat is not itself subject to the diseases, it easily spreads the contagion, and occasionally is guilty on both counts. Thus in the case of diphtheria, the cat not only has the disease itself, but also carries it upon the mucous membranes or fur. Influenza is spread broadcast by fur and feet, and Hawlett has recently shown that as a distributor of plague the cat vies in virulence with the rat.

Ringworm and tapeworm are spread in the same way, and pus germs find easy lodgment in the thick hair, from which the stroking hand quickly conveys them to the human body. The germs of typhoid and tuberculosis are similarly distributed, as well as the more subtle and less understood germs of whooping-cough, measles, scarlet-fever, and smallpox. This is more readily appreciated when we consider how quickly the cat is given as a plaything to the child convalescing from a contagious disease.

It may be suggested that the same argument applies to the dog and the horse,

and this we freely admit to be true, though to a less degree and with extenuating circumstances. The horse is so valuable a domestic aid that its good qualities outweigh the bad, and besides, in both the dog and the horse the possibility of contagion is greatly diminished by the more or less frequent soap and water baths. The evil in the dog has been officially recognized, and many dogs have been destroyed in the attempt to keep their numbers down.

It will be urged here by the cat-lover that the cat also is of value to man, since it keeps the rats reduced to liveable conditions. We are not disposed to dispute this possibility, but it is our opinion that the good rat-catcher is extremely rare—so rare that it is a matter of pride and boast when one is found. In our opinion the cat catches far more songbirds and nestlings than rats, and even if their rat-catching proclivities were more general, we are not dependent upon cats for this function.

Both the cat and the rat are undeniable menaces to human life; and of two evils why choose both? The government scientists declare that the cockroach preys upon and destroys the bedbug, but no one hesitates on this account to destroy as many cockroaches as possible.



SUGAR CANE, TRINIDAD.



These accusations are all valid against the family cat, but are of much greater force against the midnight prowler that devotes itself unrestrainedly to the collec-

tion of germs, the reproduction of its kind, and to making the night hideous with its noises.—*Bulletin of Chicago School of Sanitary Instructions.*

## HOME TRAINING IN SEX RESPONSIBILITY.

THERE can be no doubt that in much which concerns life the average boy or girl is taught relatively little at home. It is equally true that many of them have a way of picking up knowledge that might be conveyed more safely in another way by the fathers and mothers.

It is not the young girl or the young boy who, not knowing, go wrong, that should be held responsible. No, it is the father and mother of that same girl or boy. And we are talking about the supposedly better educated father and mother—the people of the large middle class everywhere. The very poor need no teaching about sex relations, alas! From their early days they know, by force of circumstances, intimately every detail. In a way they are better protected. Do they fall victims, it is usually a question of hoping to find life easier—to have better clothes, etc. Wholly an economic question. It is the children whose mothers are too refined and sensitive to speak to their daughters, whose fathers are too bashful to talk to their sons; it is those children who fall easy, very easy victims. Imparting sex knowledge might, of course, be made a part of school education, beginning with the top classes in ordinary schools and on through the high school. It would at least have the merit of being more necessary than some of the studies now pursued. Such work has been begun in one high school in Los Angeles and with excellent effect. But it would be hard, in many places, to find just the right man and woman to teach this knowledge in a decent, understandable way to large groups of boys and girls. The father and mother, knowing their own offspring better than a teacher who sees them only as a group once a day, are for that reason in a better position to speak.

The boys should be taught self-control and repression from an early age, about twelve or thirteen, by their fathers, in order that their character may be developed and

strengthened, giving them a correct attitude of mind towards girls.

Too many fathers and mothers fear to call a spade a spade when talking to their children. They hesitate, forgetting that curiosity occupies a large, a very large space in the mind of any boy or girl. If that same curiosity is not satisfied in a healthy, decent way by quiet talks at home, they will surely find out for themselves in unhealthy, often vicious ways. Of this there can be no question. Ignorance is the real evil, and education the only remedy. The responsibility rests on the parents. Home should not be a mere place for food and shelter. It should be a place for training and counsel, fitting the sons and daughters for life as it is.

If parents would realize that this teaching is their most sacred duty, the sacrifice of thousands of girl victims to the white slave traffic could be, in a large measure, done away with. At the root of this social evil is the neglect of parents, who feel it is indelicate to teach their children the laws which govern life and the proper use of their natural instincts.

Girls are emotional, full of yearnings which they cannot define. A mother seeing these symptoms will do well to win her daughter's confidence, and, by simply-given lessons, show her what these undefined yearnings are. As girls develop earlier than boys, a mother may easily begin to instruct her daughter before she is twelve.

Should mothers be ashamed to disclose the noblest of all facts regarding life to their daughters, or fathers to their sons? Do you believe that because your children are well reared they are in no danger? It is from among the best reared, most protected boys and girls that houses of prostitution get a large number of inmates and patrons. This is an indisputable fact. There never was more immorality *pro rata* to the population. All the result of



ignorance. Let us begin now, by education, to ensure a coming wholesome generation.

It is a simple matter to begin such lessons from lives of birds and household animals. Take the girl and boy at an early age—begin to acquaint them with the lower forms of life. Let them see the law of reproduction here, then gradually lead them on through successive stages, until human life is reached. It would be a dull girl and boy who would not ask questions to be answered in the cleanest, most clearly understood way.

Teach them about the mating—the

Ignorance of sex responsibility is the most terrible form of ignorance with which we have to deal. And when a boy or girl is left in ignorance because of the criminally false pride of fathers and mothers, they eventually learn the truth in secret and evil ways. Depend upon that as another indisputable fact.—*Marion Delcomyn, in Dietetic and Hygienic Gazette.*

### Smiling for Beauty.

Do the corners of your mouth naturally droop down?

If they do, go and stand in front of a



HANGÖ SEASIDE RESORT IN FINLAND.

procreation. Show them how very careful breeders of prize stock in horses, dogs, and cattle are that purity of blood be unquestionable in their stock. Tell them how all the laws of hygiene are observed in caring for such animals, how the least sign of disease unfits one for breeding purposes. Impress upon them that this same care should be taken where human beings are concerned; that no one has a right to transmit disease to one's offspring and impose invalidism upon one's children and children's children.

Show them how excesses of all kinds tend to deteriorate; that not only will they suffer in their lifetime, but those that come after will suffer as well—and innocently. Warn them against all uncleanness by showing them the consequences.

mirror, and prop them up with your fingers ever so slightly, and see if your whole face does not become not only pleasanter, but prettier.

I think it will, for the prettiness value of a pleasant expression is not just in its temporary lighting up of a face—it is also the mould in which it leaves the face that counts the most.

The ugliest girl I know is one whose discontented disposition has drawn down the corners of her mouth, and whose habit of continual frowning has marked two sharp wrinkles between her eyes. In other details of appearance she is not particularly blessed, but without these disfigurements she would be simply ordinarily plain. With them she is—as I before remarked—the ugliest girl I know.—*Health Culture.*





### FIRST THE HOME, THEN THE HOUSE.

HOME-MAKING is a greater art than housekeeping. A well-kept house is an important essential in making a home, but it should not be made of first importance, nor be allowed to take the place of that greater art, home-making, which should be the highest ambition of every housewife.

Unfortunately every house is not a home. Some of the most orderly, well-kept, richly-furnished houses are utterly devoid of the sense of freedom and comfort, of joy and rest, that appeal so strongly to most of us, and without which the best-appointed house is but an empty shell. There is a place for everything and everything is always in that place; but the freedom and all the sweetest joys of home are sacrificed without compunction to the orderly rules of the house. The slightest innovation, if it interferes with the system, is frowned upon, and suffered only under protest.

To make a real home for those we love; to add to their happiness, even at the sacrifice of personal fads and fancies; to keep the home the one spot to be desired by husband and children, both now and in the years to come—these afford the greatest incentive and keenest enjoyment in housekeeping, and make all branches of housework equally interesting.

No woman can do her housework well unless she loves it; and she can never learn to love the daily routine unless she holds within her bosom a great fountain of love for the husband and children for whose comfort and joy and welfare she labours. Love should be the mainspring of every action, the source of order, and the basis of rule.

Home cannot be a delight to the members of the family circle without well-

maintained rules of discipline and order. It is equally impossible for the family to enjoy a sense of rest and refinement unless the housekeeper has done her work thoroughly and well, and given a touch of love and art and genius to everything about the home. Cleanliness and good order give to the members of the household, even to the smallest child, a feeling of self-respect, confidence, and satisfaction.

In a well-ordered home the wife is not worried lest her husband may, without notice, invite a friend to dinner; and when occasion offers the husband is not afraid to bring his friend without sufficient warning to enable his wife "to get the house in shape." In such a home the children are more quiet, the husband more careful of his personal appearance, and a refining influence naturally pervades the place.

Such order, thrift, and cleanliness are right, but their influence upon the art of home-making, as compared with the science of housekeeping, depends upon the source from which they spring. If they are all the outgrowth of a great, true love for home, and for each member of the family circle; if the cleanliness and thrift are the products of a mother's love; and if every plan and regulation is formed with a true sense of right and justice, and with a tender consideration for a diversity of tastes in the members of the family, the result will be a home. But, on the other hand, if order is the fetish to which all else is sacrificed; if pride is the mainspring; if a determination to be "the best housekeeper in town" is the cornerstone of this building, the result will be a house.

A practical housewife contributes a few



interesting suggestions in a letter to the "Woman's Home Companion." She says:—

"Making my home enjoyable is my greatest pleasure. If my husband wants one shade rolled to the top of the window and another clear to the bottom, or wishes the couch in another position, he is at liberty to suit himself. If papers or cushions are scattered, or mud is tracked, no undue fault is found. The cushions, footstools, hammocks, etc., are for use, and the family enjoys them to the fullest extent. My flowers are picked and worn or carried by those who wish them, and individual tastes are consulted in preparing food or refreshing drinks. The little ones are taught that books, magazines, or anything else that they can enjoy without destroying are for use, not abuse, and are allowed free access to them. If anybody is ailing I do my best for the patient, and enjoy the appreciation which is felt for my effort. My lack of cast-iron rules makes each one feel that home is the best place on earth, and every evening finds us enjoying a complete family circle. This alone repays me for the extra steps I often have to take in suiting so many different tastes." Such a kind adaptability to the varying tastes in a household is one of the finest arts in housekeeping.

Those of you who are best acquainted with the world or who have read most extensively the best histories of men will allow that, in the formation of character, the most telling influence is the early home. It is that home which often in boyhood has formed beforehand our most famous scholars, our most celebrated heroes, our most devoted missionaries; and even when men have grown up reckless and reprobate, and have broken all restraints, human and divine, the last anchor which has dragged, the last cable they have been able to snap, is the memory which moored them to a virtuous home—*Dr. J. Hamilton, in Home and Health.*

### Laziness.

THE first step toward the overcoming of a difficulty is in recognizing the difficulty. And what is the difficulty which

chiefly hinders work? It is laziness. Every man is naturally lazy. It always costs one an effort to rise above one's customary condition of physical indolence. Moral laziness is, in short, our original sin. No one is naturally fond of work; there are only differences of natural and constitutional excitability. Even the most active-minded, if they yielded to their natural disposition, would amuse themselves with other things rather than with work.

Love of work must, therefore, proceed from a motive which is stronger than the motive of physical idleness. And this motive is to be found in either of two ways. It may be a low motive, as for instance, a passion-like ambition or self-seeking, or, indeed, the sense of necessity, as in the preservation of life; or it may be a high motive, like the sense of duty or love, either for the work itself, or for the persons for whom the work is done. The nobler motive has this advantage, that it is the more permanent and is not dependent on the mere success of work. It does not lose its force either through the disheartening effect of failure or the satisfying effect of success. Thus it happens that ambitious and self-seeking persons are often very diligent workers, but are seldom continuous and evenly progressive workers. They are almost always content with that which looks like work if it produce favourable conditions for themselves, although it does nothing of this for their neighbours. Much of our mercantile and industrial activity—and, alas! we must add, much of the work of scholars and artists—has this mark of unreality.—*Carl Hilty.*

### A New Disease.

"My husband is so poetic," said one lady to another in a street-car.

Whereupon an honest-looking woman with big market basket at her feet interjected with: "Excuse me, mum, but have you ever tried rubbing his joints with hartshorn liniment?"

"WILL any man who loves his neighbour vote that a licence shall be granted to someone to tempt his boys?"



### Roger Crab.

ROGER CRAB was one of the many crazy sectaries who fought under the Protector in the great civil war. He emerged from that fermenting chaos with a cracked skull given him by a cavalier in one of the skirmishes between the Ironsides and the Royalist horse. In jail for two years for a breach of the Puritan stern discipline, he came out and set up as a "haberdasher of hats" at Chesham in Buckinghamshire. To quote from the old "Chronicle": "His wandering mind, probably not improved by the skull-cleaving operation, then imbibed the idea that it was sinful to eat any kind of animal food, or to drink anything stronger than water." Determined to follow now literally the injunctions given to the young man in the Gospel, he sold off his stock in trade, distributing the proceeds among the poor, and took up his residence in a hut situated on a rood of ground at Ickenham, where for some time he lived on the small sum of three farthings a week! His food consisted of bran, dock leaves, mallows, and grass; and how it agreed with him we learn

from a very rare pamphlet: "The English Hermit, or The Wonder of the Age."

"Instead of strong drinks," says old Roger Crab, "I give the old man [his tummy] a cup of water; and instead of roast mutton and rabbit and other dainty dishes I give him broth thickened with bran, and puddings made with turnip leaves and bran chopped together, at which the old man [his tummy again] being moved would know what he had done that I used him so hardly. Then I showed him his transgressions, and so the wars began! The law of the old man in my fleshly members rebelled against the law of my mind,

and had a shrewd skirmish; but the mind being well enlightened, held it so that the old man grew sick and weak with the flux, and like to fall to the dust. But the wonderful love of God, well-pleased with the battle, raised him up again, and filled him with love, peace, and content of mind, and he is now become more humble, for now he will eat dock leaves, mallows, and grass."

Roger Crab was four times arrested as a wizard and four times sent to prison. He published another pamphlet, and died in 1680.  
H. F. HITCHCOCK.

### Home Exercise and Health.



ROGER CRAB.

SUCH is the title of a new book on exercise of which the author, Percival G. Masters, B.A., Cantab., says in his preface: "I venture to think this is the first book dealing with a system of physical exercise based on exact principles." The following paragraph, which we also take from the preface, describes the object of the book:—

"It is better in every way, and certainly much easier to prevent than to cure. Therefore, notwithstanding the

efficacy of properly designed and directed exercises in curing even serious physical disorders, my principal reason for writing the following pages is to explain what constitutes preventive exercise, both in theory and practice, and to provide a simple course of physical movements which, while having the definite object of preventing those bodily conditions which are a very common cause of illness, shall at the same time require one to take an intelligent interest, and to know exactly why each movement is to be performed. The ways of prevention may be, and should be, easily learnt and practised oneself. I have accordingly



arranged a short series of movements which will be found both effective and interesting, and I commend them, by reason of my own experience and that of others, to the many who have used ordinary exercises with no benefit or satisfaction. And a point that will appeal to most is that they take but half the time of the latter."

Mr. Masters gives us an alternative title, "Five Minutes' Care to the Nerves," and claims that this small expenditure of time daily is all that is necessary to spend on his rational system of exercising for health, rather than mere strength. This is undoubtedly the correct idea, and we have never had very much sympathy with those systems of physical culture the chief object of which is to develop huge muscles. The first five chapters of the book are devoted to general instruction regarding physical culture, breathing, diet, drink, etc. Regarding alcohol we quote the following brief statements: "There is something pitiable in men and women drinking 'to get strong.' Strong drink never has made strong people, and never will."

The last chapter contains a full description of his exercises. The book is beautifully illustrated by thirty-four half-tone full-page cuts on art paper.

Exercise nine is breathing, and we give his description as follows: "Stand erect and balanced, *muscles relaxed*. Swing arms backwards and forwards fairly quickly on a level with the shoulders, while steadily inhaling and exhaling. Do not make the deep breathing keep time with the swing of the arms, but breathe slowly and deeply irrespective of where the arms are. Every time the arms come back contract the shoulder muscles for an instant, and jerk the arms into the forward swing. It is important that there should be this jerk, because it keeps the shoulders free. You may do up to twenty arm swings at a time, completing, perhaps, two or rather more inhalations and exhalations. Sometimes vary this exercise by swinging the arms *loosely in wide circles* while breathing in just the same manner as before."

The book also contains an illustrated chart of exercises. No apparatus of any kind whatever is required. The directions are clear and distinct, and, taken together with the illustrations are most easy to fol-

low. This is a book for busy men and women who only have a few precious moments to spare for the cultivation of health by special exercises, and we especially commend it to the city man who is obliged to spend most of his time in more or less close confinement in badly ventilated offices. The book is published by J. Long, Ltd., Haymarket, London, W., and the price is 2/6 net, or 2/9 post free.



### A Wonderful Electrical Cure.

THE absurdity of the claims made by the much-vaunted electrical appliances, patent medicines, etc., so plentifully hawked about nowadays under various delusive titles, such as "Electric Bitters," "Electropoise," "Magnetic Garments," etc., is well illustrated by the following story told in his inimitable way by the Hon. Chauncey M. Depew. Two foreigners meeting in Chicago one day, the following dialogue occurred:—

Mr. Rothschild: "Goot morning, Mr. Goldstein, and how does de world use you?"

Mr. Goldstein: "Goot morning, Mr. Rothschild, I am very sorry to say dat de world use me fery pad—fery pad indeet."

Mr. R.: "So? Und how vas dat?"

Mr. G.: "O, I haf lost all my broberly; mine greditors sheated me out of it. De world use me fery pad indeet—und you?"

Mr. R.: "Ya, de world use me fery pad, auch."

Mr. G.: "So? Und how vas dat?"

Mr. R.: "Vell, you see it vas dis vay; I hat a fery fine peesniss—fery pig indeet, but no capital, and mine greditors shust come von day und sheated me of mine peesniss aus."

Mr. G.: "Vell, vat now you do?"

Mr. R.: "I goes to vork at vonce to get me anodder peesniss quick. I haf made von great discovery; in von year I shall be a rich man. I haf discovered a batent medicine dat vill gure eferytings."

Mr. G.: "O dat is goot! Ich haf discovered ein batent medicine auch, und I vill be rich in dwo veeks. Goot morning, Mr. Rothschild."

Mr. R.: "Goot morning, Mr. Goldstein."



(Two weeks later.)

Mr. R.: "Goot morning, Mr. Goldstein. Und how does de world use you now?"

Mr. G.: "Fery vell indeet. Und you?"

Mr. R.: "Und me auch. Mine batent medicine is von great success. It gures eferybody und eferytings, und it is so cheap. It costs me for von bottle von cent, und I charge for von bottle von tollar, und das ist 99 per cent profit. I haf tousands of destimonials—here is von:

"Mine Tear Mr. Rothschild, I write to tell you vat goot your 'New Nerve Invigorator' has done me. I hat been baralyzed for twenty years: I hat not valked von step in all dat time: mine pody vas govered mit sores from heat to foot; I vas so baralyzed I could move neider hand nor foot; I could only vink mit mine eyes, hence I vas an easy brey to sherns great and small, und to insects of efery kind. I haf taken two bottles of your medicine, und now mine skin is whole. I can stand upon my feet; I dan brush de flies off my nose mit my thumb, und I feel that I am again a man among men. Danks to your

vonderful medicine, for vich I shall bless you to my dying day."

"Und I have hundrets more, shust like dat. A vagon load of letters gomes mit every mail, asking for more of mine batent medicine."

Mr. G.: "O, dat is very goot indeet but I haf discovered a batent medicine dat ist a hundert dimes so better as dat. Here is a letter I haf shust received, an unsolicited destimonial:

"Tear Mr. Goldstein, I write to tank you for your vonderful medicine, und to dell you vat it has done for me. De doctors hat given me up for a hopeless case. Von doctor said mine lungs vas gone; anoder said mine heart vas good for noddings; anoder, dat mine lifer vas dried up; anoder, dat mine stomach vas busted. So you see I hat neider heart, stomach, lifer, nor lights. I haf now taken only tree bottles of your medicine, and haf a new heart, a good stomach, a sound lifer, and *electric lights*, all of vich I owe to your vonderful batent medicine."—*Good Health (American)*.

## THE PHYSIOLOGY OF THE BATH.

BY G. H. HEALD, M.D.

DR. SIMON BARUCH read a paper before the section of dietetic hygiene at the Hygienic Congress on the physiological action of the bath, in which he referred to the boy who, being covered with gold-leaf to represent an angel, died in a short time, and the consequent theory that this was caused by closing up of the pores. He stated that according to present knowledge the boy died from the failure of the body to eliminate heat, and he ridiculed the idea of any danger from "closing the pores," especially in the sense that the expression is used by those who use this method of advocating frequent bathing.

While Dr. Baruch believes thoroughly in the bath, and has been successful in having public baths installed in New York and other cities, yet he believes that the bath reacts on the health, not because it is a cleansing measure, but because of the thermic stimulation to the skin.

Naturally, as we become civilized we want to be clean, and in proportion as we

are more clean we are more efficient, if we may judge by comparing the Japs, who are very devoted to the bath, and the Russians, who during a lifetime take three baths: one at birth, one at marriage, and one at death. I am not sure, however, that we can with Dr. Baruch attribute the defeat of the Russians in their recent war with the Japanese to the fact that they did not bathe oftener.

Dr. Baruch strongly advocates the frequent use of the bath and the free installation of public baths, so that the bath may become a pleasure rather than a necessity, not only to the well-to-do, but to the poorer classes as well. He urges it as a measure of cleanliness, comfort, and self respect, and also as a health measure through its tonic effect, by the action either of the heat or the cold on the nerves of the skin. As he says, the greater the difference in temperature between the water and the skin, the greater the thermic reaction.



*Ovaltine*  
does  
them good



**Testimony from a high Medical Authority:—**

"I am pleased to be able to state that the condition has changed so much for the better that it is almost impossible to realize that the plump, vivacious youngster of to-day is the same one whose general debility and emaciation a few weeks ago caused us so much concern."

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1/2, 1/9 or 3/4 Tin  
from your nearest Store  
or Chemist. You won't  
regret it.



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and we will post you a  
free sample

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P 20

**The New  
P.R. SUN-FOOD  
requires no cooking**

The Sun has done all the cooking in the "P.R. Sun-Food," which is thus saturated with vitality ready for your use. The ingredients are sun-ripened nuts and fruits, carefully selected, hand pick'd, and scrupulously cleaned, and then combined under ideal hygienic conditions. The perfection of natural foods—delicious, sustaining, and vitalizing.

Date and Nut	} Per carton <b>6d.</b>	Nut and Honey	} Per carton <b>8d.</b>
Raisin and Nut		Nut and Apricot	
Currant and Nut		Nut and Plum	
Date and Ginger		Nut and Ginger	

About 75 per cent nuts.

**THE WALLACE P.R. FOODS CO., LTD.,**  
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These and all other P.R.  
Foods value 5/- or more car-  
riage paid in the United  
Kingdom.

**the Sun  
has done it all**

Tastes good  
and is good—  
nothing better

**The New  
'P.R.'**

**Body-Building**

**Breakfast Food**

**READY TO EAT**

Light but nutritious.  
Easily digested.  
Tastes good.  
Crisp but easily masticated.

**SAMPLE PACKET FREE**

on receipt of a post card mentioning  
the name of your grocer or store.

Sole manufacturers:  
**The Wallace P.R. Foods Co., Ltd.**  
Dept. 4, New Factory, Tottenham  
Lane, Hornsey, London, N.

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



# A PAGE FOR WOMEN.\*

CONDUCTED BY MARIE BLANCHE.

## Continental Travel.

TRAVELLING is very much the same all the world over, although there are distinguishing customs in different countries. If you are travelling on the Continent for the first time, and especially if going alone, it must be presumed that you have at least a smattering of the language of the country you purpose visiting. You cannot expect railway porters, for instance, always to understand English. You ought also to be clear in your knowledge of the coin of the country; you must be able to count your change correctly. If you are fortunate enough to be going with anybody who can manage these things for you, of course you will not need any hints from me. My own first trip abroad was made in such circumstances, and I needed no knowledge of either language or coins or anything else, for my companion was well versed in the ways and means of getting about, and was an ideal courier, capable of piloting me comfortably everywhere, and quite able to extricate me out of all possible difficulties should they arise. Everyone is not, I know, so fortunate, and so these few hints may be useful to some. The first thing upon arrival at a strange town is the choice of a hotel. If you have one recommended by friends and are satisfied as to its position, terms, cleanliness, etc., then nothing remains but to collect your luggage, hop into a 'bus or cab, and drive to your destination. If, on the other hand, you are relying upon information gathered from books or agents, beware, do not make a rash decision without first seeing the hotel yourself. It will be found best to deposit your bags or trunk for the meanwhile in the *bureau de baggage* and reconnoitre, otherwise you may find yourself landed in a smart but noisy and expensive hotel, with your bedroom, maybe, just beneath some church or cathedral bells which chime the hours and quarters all through the night, or it may be situated over a side street or market, or canal, where noises indescribably weird and disturbing make the late hours of the night and the early hours of the morning hideous. Before deciding upon a room I generally take a survey from the window to make sure that there are no refuse heaps, stables, or other undesirable premises in the vicinity. Failure to take this precaution once resulted in a sleepless night, for adjoining the hotel there was some hall of entertainment where the proceedings were such that no human being could ever hope to sleep soundly on that side of the house. Terms also should be agreed upon before deciding, unless you are prepared to pay whatever the proprietor chooses to charge you when the "day of reckoning" comes. Remember that the most expensive hotel is not by any means sure to be the most comfortable, neither can you count upon the best attention in the place where the biggest tips are expected. I have slept with the greatest comfort and quietude

in a two-franc-fifty (2/-) bedroom in some hotels, while for the doubtful privilege of paying eight lire I have spent wretched sleepless nights in smartly-appointed rooms with the deafening uproar of perpetual traffic rising from an adjacent thoroughfare. It is much the same with feeding arrangements. The most expensive does not guarantee you the best. For the modest sum of two francs I have eaten a dainty and ravishing five-course lunch in a charming and artistic restaurant, with wine of the country included had I chosen to drink it. On the other hand I have in the same town and at a good hotel paid just double that price for a meal and left the table feeling hungry and disgusted. In moving about on the Continent you will generally find the people pleasant enough to deal with if you take them in the right way, but they are sensitive and quick to detect anything overbearing or offensive either in your speech or manner, therefore if for no other reason be amiable, be courteous. Above all things, don't get angry with officials or railway porters and whatever other pitfalls you slip into, don't on any account treat them as if you thought them thieves. They may be, sometimes I suppose they are, but if they see that you suspect them, they are nettled at once, and you will find them less easy to get on with in consequence. The wisest plan is to travel in the simplest style without any valuables or jewellery, and then, as you and your baggage will not suggest wealth, there will be no temptation for them to rob you, and it follows that you, having nothing to lose, will have no occasion to suspect them. The question of tipping is a matter of real anxiety to some English people travelling abroad. It need not be, for though it is quite certain that even the smallest service seems to call for a gratuity, large tips are not often given, and the French or Italian waiter and *femme de chambre* are pleased with a far smaller tip than servants in England look for. The foreign "slavey" turns up in considerable force when a visitor is leaving an hotel abroad, and boys and porters and housemaids whom you have never seen before will suddenly come upon the scene to "speed the parting guest." Their motives are of course obvious, but the experienced traveller will not be at all confused, she will simply give generously to those who have served her and pass over those who have not. It is always as well to remember, however, in connection with tipping, that it is very seldom—if ever—that visitors in Continental hotels are subjected to the imposition of 1/6 a day for attendance. That is the British hotel-keeper's besetting sin, and he ought to be ashamed of it.

## ANSWERS TO CORRESPONDENTS.

H.S.—The thin condition of your face is caused perhaps by indigestion, or possibly through loss of teeth the cheeks have fallen in. I think massage with a good toilet cream would help matters, but you should also have some artificial teeth put in, not only for appearances, but for the sake of digestion and health. If you cannot masticate your food it will not do you very much good.

\*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 "WALCUR" 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.....**

**WALTON & CURTIS, 190 Broadhurst Gardens, West Hampstead, London, N.W.**

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.....

**THE BREAD OF HEALTH**

The greatest living specialist on diet, Dr. Allinson, says: "It is impossible to overestimate the value of Wholemeal Bread to those who suffer from Indigestion, Constipation, Piles, Appendicitis, and other similar troubles. I have benefited thousands by getting them to eat Wholemeal Bread." People benefit to an enormous extent by the daily use of pure Wholemeal Bread.

Allinson *Wholemeal* Bread is made solely from *Wholemeal* of the entire wheat, and is the most delicious, nourishing, and healthful bread ever baked. It is a perfect food for every part of the human system, and should be the staple article of diet for all.

Sold by bakers everywhere. Send post card for free illustrated book. "A Chat with Dr. Allinson," address of nearest baker, and particulars of Housewives' Cash Prizes Competition.

**NATURAL FOOD CO., LTD.** (Dept. 26) 188  
305 Cambridge Rd., Bethnal Green, London, E.

*Allinson*  
WHOLE MEAL BREAD

**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 the 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...

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

**1037. Indigestion.** — W.P.: "Will you kindly advise me how to get rid of stomach indigestion?"

*Ans.*—Indigestion is usually due either to the taking of indigestible food, deficient mastication, or weak digestive organs. It is therefore necessary to give careful attention to the diet, selecting only such food as is readily digested. It is necessary to cook the food well and masticate it thoroughly. Furthermore, a certain amount of physical exercise is necessary in order to ensure good digestion. We would recommend you to visit the Sanitarium at Caterham or Stanborough Park, Watford, for a course of tonic treatment and a proper dietary.

**1038. Rheumatoid Arthritis.** — E.B.R.: "1. Would hard water containing much chalk in solution induce rheumatoid arthritis in a person with a tendency to gout? 2. Do you know of any solvent for stiffness of the limbs? 3. What is the best treatment for the wasting of muscles and weakness of the limbs? 4. What diet would you suggest? 5. Are sugary foods and sweets good for the patient? 6. What would you recommend for constipation?"

*Ans.*—1. Such a possibility is hardly likely, although soft water is always preferable to very hard water. A large part of the hardness can easily be got rid of by boiling the water. 2. No, as far as medicine is concerned, but electric-light applications, diathermy, ionization, massage, and Swedish movements are oftentimes successful in restoring usefulness to stiffened limbs, providing ankylosis has not taken place. Such treatment under the care of a resident physician can be obtained at the Watford or Caterham Sanitariums. 3. Massage and electrical treatment. (Continued on page 284.)

**"PROTOD"**  
(Trade Mark)

# FRUIT-OIL

The finest Salad Oil, but not the most expensive, in the world. A superb daily health promoter.

It is so digestible, and possesses so refined and delicate a flavour, that it is liked by many who cannot take even the best olive oil. When whisked up with the juice of fresh limes, lemons, oranges, or grape-fruit, it constitutes a superb dressing for salads, as well as a splendid health-promoter. A tablespoonful taken at the close of one meal a day (either alone or with fruit juice) has a wonderfully healing and vitalizing effect upon the entire system. Try this for yourself, and include a bottle (9d. or 1/4) in your next order to your Health Food Store. If unable to obtain locally, a single small bottle will be sent post paid for 1/1, or 4 large bottles for 5/4, direct from the sole Blenders and Bottlers: **The Simple Life Co., Ltd., 53 Aldersgate St., E.C.**



In answering advertisements kindly mention "Good Health."

# HORLICK'S MALTED MILK

Malted barley, Wheat, and Milk in powder form.

**THE IDEAL FOOD DRINK FOR ALL AGES.**

**Delicious, nourishing, and refreshing.**

The wholesome nutrition of pure, rich milk and choice malted grain, supplying strength and vigour with little tax on digestion.

**PREPARED IN A MOMENT WITH WATER. NO COOKING.**

Used instead of tea, coffee, or cocoa at meals develops healthy bodies and clear brains. Equally useful to the vigorous and the weak.

**Especially useful in wasting diseases.**

It supplies the essential nutriment for stimulating life forces in the treatment of Febrile Diseases, Malarial Cachexia, Incipient Tuberculosis and all cases of Systemic Weakness.

**An efficient corrective of insomnia, taken hot before retiring.**

In Glass Bottles, 1/6, 2/6, 11/-, at all Chemists and Stores. Liberal Sample for trial free by post on request.

**HORLICK'S MALTED MILK CO., SLOUGH, BUCKS, ENGLAND.**



*From Youth to Old Age*

—water plays a highly important part in building up the body. But it often contains deposits of lime and other impurities which induce or aggravate Rheumatism, Rheumatoid Arthritis, Gout, Stone and Gravel, Dyspepsia, Constipation, etc. Why not have absolutely pure water? Use the



**"GEM" PURE WATER STILL**

as supplied to H.M. Government, and strongly recommended by various health authorities. The cost in comparison with the benefits received is trivial—only 4 1/2 post free. Particulars free from Gem Supplies Co., Ltd., Dept. G.H., 67 Southwark St., S.E.







CATERHAM SANITARIUM

**For Comfort  
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*Delightfully situated among  
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*An ideal health home for rest,  
recreation, and recuperation.*

*Modern, fully equipped bath-  
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*Trained nurses, male and  
female, and resident Physician.*

For prospectus and booklet, "Natural  
Cure of Disease," address:

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Telephone:  
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Everything conducive to  
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Ministry of Healing.  
School of Health.  
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Prices and full particulars on  
application to

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

4. A fruitarian diet, avoiding not only alcoholic beverages, but also tea, coffee, cocoa, and flesh meats. 5. No. 6. If the abundant use of fruit, such as stewed figs and prunes, is not sufficient to regulate the bowels we would recommend the use of olive oil. Home-made fig syrup is an excellent mild laxative. **GOOD HEALTH** for October, 1911, page 309, contains full directions for the preparation of fig syrup. If these measures fail it might be necessary to resort to saline enemata.

1039. **Fits.**—T.B.: "What is the best thing to do in a case of epileptic fits?"

*Ans.*—The patient should be protected from injuring himself. For this purpose a pillow or folded coat should be placed under the head. All tight bands and stays should be promptly loosened. After the fit the patient should be put to bed or laid on a couch for complete rest for a few hours.

1040. **Yogurt.**—G.A.: "Is it best to eat Yogurt with the food or after the food?"

*Ans.*—Yogurt or Metchnikoff soured milk is a food, and indeed, one of the very best of milk foods obtainable. Therefore it should always be eaten with the meal rather than afterwards. It is a good practice to slowly chew a piece of zwieback or a piece of stale bread, and sip the Yogurt.

1041. **To Soften the Hair.**—F.A.C.: "Can you give me a simple remedy for softening the hair?"

*Ans.*—If the hair is dry, harsh, and brittle, and the scalp is also dry, it is a good practice to rub into the scalp a very little olive oil or vaseline once or twice a week, using the fingertips. You should avoid wetting the hair with water oftener than necessary. A shampoo once a fortnight ought to suffice. If the hair breaks a great deal have it cut short.

1042. **Rupture.**—L.S.: "I have the misfortune to be ruptured on one side. 1. Can you tell me of any way of curing myself without an operation? 2. Do you recommend the Pallant Rupture Institute?"

*Ans.*—1. Your best course will be to obtain an efficient truss which will control the rupture, and wear this all the time you are out of bed. You can get an excellent instrument from Messrs. Walton & Curtis, of 190 Broadhurst Gardens, West Hampstead, London, N.W., who make a speciality of trusses. They will send you a measurement form for you to fill out. If the rupture is newly formed and very slight there is sometimes a chance of bringing about a natural cure by the wearing of an efficient truss, but this is a matter of several years and then successful only in a few cases. The quickest and best way of curing the rupture is to undergo a surgical operation, and have the breach in the abdominal wall repaired. 2. No, we do not

(Continued on page 286.)



## McClinton's Colleen Soap.

*"It comes from the land  
where the grass grows  
green.  
It is dainty and sweet as  
an Irish Colleen."*

**McCLINTON'S  
MILLED  
TOILET and  
SHAVING Soaps**  
are made from  
Plant Ash and  
Vegetable Oils.

**Prof. Kirk says in his  
"Papers on Health,"**

*"There is something in  
the composition of this  
soap which makes it as-  
tonishingly curative and  
agreeable to the skin."*

**Over 200 Peers and Peer-  
esses use and appreciate  
McCLINTON'S SOAP.**

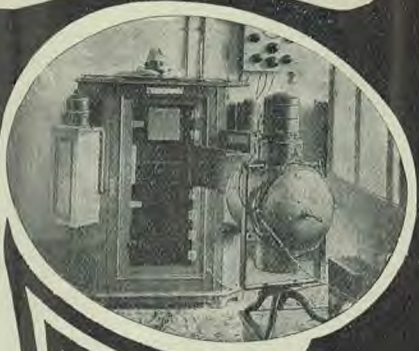
**COUPON.** G.H.  
Sept.

Free samples will be sent  
if this coupon is posted  
together with 2d. for post-  
age and packing to

**McCLINTON'S, Ltd.**  
Donaghmore, Ireland.

In answering advertisements kindly mention "Good Health."





## Rest, Change, or Cure.

### THE HOME.

Comfortable, well-furnished Health Home with large, airy, bed and public rooms. A good library. Music. Special Lounge and Invalid Chairs for indoor or outdoor use. The kindly attention of Christian Helpers and Nurses.

### THE BOARD.

A Well-Spread Table, including wholesome, conservatively-cooked Vegetarian Foods, Fresh and Dried Fruits, Nuts, Salads, and the best Dairy Products.

### THE EQUIPMENT.

Modern Hydropathic and Electrical Appliances. Swedish Massage and Physical Culture by Trained Nurses and Experts. (Special Appliances for Ear, Nose, and Throat Troubles have just been installed.)

### HELP GIVEN.

Assistance given to those seeking knowledge of cooking, exercise, and general health principles.

Write for our free booklet.

MIDLANDS HYDROPATHIC  
AND  
LEICESTER SANITARIUM.

PROP<sup>r</sup>  
W. MITCHELL SCOTT

LEICESTER

82.  
REGENT ROAD.

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



recommend this institute or any other advertised rupture cure, no matter what the claims are.

1043. **Eyelashes and Hair.**—M.A.: "My eyes get inflamed at times and the eyelashes are sparse. 1. What is the best preparation for making the eyelashes grow? 2. Do you advise me getting a tonic medicine? 3. Would fruit be more beneficial? 4. Would you advise — Gold Medal hair cure which is so much advertised for grey hair?"

*Ans.*—1. We know of no preparation which will make the eyelashes grow. The inflammation of the lids oftentimes causes destruction of the roots of the eyelashes, and then they do not grow again no matter what is done to them. A lotion of boracic acid, ten grains to the ounce, is sometimes helpful in curing the inflammation. A drop should be applied to the inflamed eyelid two or three times a day, always under the direction of your attending physician. Alternate hot and cold compresses to the eye will also relieve the inflammation. 2. No. But we can recommend Dr. Welch's Invalid Port, which makes an excellent tonic. It is a pure concentrated wine made from the best black grapes and is free from alcohol. Take a wineglassful with your meals three times a day. 3. Yes, decidedly. Fruit is a natural medicine and is always superior to any so-called medicinal tonics or drug preparations. 4. No, it would only be a waste of money and might mean damage to your scalp. Most hair dyes and hair cures are not only absolutely unreliable, but not infrequently contain harmful ingredients and they should be strictly avoided.

1044. **Washing the Face.**—T.B.: "Is there any objection to washing the face with soap?"

*Ans.*—No, provided a mild soap such as McClellan's "Colleen" is used. The water should be tepid or cool as a rule, and the face well rinsed with clean water after soaping, and then dried efficiently. Persons with tender and sensitive skins should avoid going out-of-doors in the cold and wind immediately after washing the face.

1045. **Bath and Fatigue.**—L.W.: "Is it a good thing to take a bath when feeling tired?"

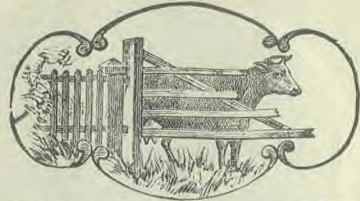
*Ans.*—Yes, certainly, a neutral or warm bath for ten to twenty minutes followed by gentle friction of the tired muscles is one of the best means of refreshing worn energies. The neutral bath should be at a temperature of 92° to 98° Fahr., that is, neither warm nor cold, and the warm bath should be between 98° and 100° Fahr. Many persons find such a bath a great aid in bringing on sleep after a tiring and exciting day's work.

#### Glasgow Health Culture Society.

SEPT. 6th and 9th: Ramble to Locher Links.  
 Sept. 13th: Excursion to Gourrock.  
 Sept. 20th: Ramble to Mains Castle.  
 Sept. 29th: All-Day Outing. Ascent of Ben Lomond.  
 For further particulars and copy of pamphlet "How to be Healthy," apply to the Hon. Secretary, John C. Brechin, M.A., LL. B., 128 Hope Street, or the Ladies' Secretary, Miss M. Caldwell, 114 Woodstock Avenue, Shawlands.

## Avoid All Milk Dangers

BY USING  
**COW & GATE**



## GERM-Free MILK

(In Powder Form.)

**A Boon to Mothers and Housewives.**

**"BABIES LOVE IT."**

**INVALIDS THRIVE ON IT.**

**IT IS THE SAFE MILK FOR ALL.**

Three Qualities:—

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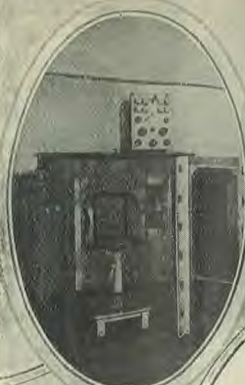
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