

Good Health

THE FAMILY PHYSICIAN

*The Magazine
That Keeps
People Well.*



Special Holiday Number

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EDITOR: W. A. RUBLE, M.D.

OFFICE EDITOR: A. S. MAXWELL

ASSOCIATE EDITORS AND SPECIAL CONTRIBUTORS: D. A. R. AUFRANC, M.R.C.S. L.R.C.P. (LOND.) L.D.S.

R.C.S. G. A. S. MADGWICK, M.D. B.S. (LOND.) M.R.C.S. L.R.C.P. D.T.M.&H. DR. F. C. SHONE.

T. H. J. HARGREAVES, M.R.C.S. L.R.C.P. J. HOUSTON, M.B. B.CH.

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HEALTH may be defined as that physical state which results from obedience to Nature's laws. Good health is a first and absolute essential if victory is to be attained in the strenuous and far-flung battle of life. Without it, the full force and vigour of the mental and physical powers are wanting and the existence of happiness and contentment is rendered precarious indeed. Like wisdom, the price of health cannot be reckoned in gold or silver, nor is there a substitute known which can in any way compensate for its loss. To all, from the king on his throne to the lowliest peasant in his humble cottage, its value is alike important and inestimable. It is, therefore, the duty of every human being, both for his own sake and for the sake of his fellow-men, not only to be conversant with the laws of life and health, but also conscientiously to obey them.

WHAT IS HEALTH?

Among many people there seems to exist rather a hazy notion as to what health really is and how it comes. Not a few regard it as a special blessing, bestowed haphazardly by Nature on a privileged few. This is a great delusion! There is nothing illusory or mystical about health. It is not seen by crystal gazing nor found in the witch's cauldron or the apothecary's vial. The secret lies hidden in the heart of Nature, bound up in the simple laws that govern our physical and moral being. Just as happiness and contentment can come only by obedience to moral laws, so perfect health is only enjoyed by those who conform to the dictates and requirements of Nature.

Why People Get Ill

Disease: Its Nature and Cause

By D. A. R. AUFRANC, M.R.C.S.,

L.R.C.P., (Lond.) L.D.S., R.C.S.

twilight of a glorious summer's evening when the last, lingering rays of the sinking sun kiss the waving harvest fields and turn the distant mountain tops to crimson and gold. Or it may be when the moon's pale beams play with the illusive shadows on the bosom of the never-resting ocean. Again, when spring calls forth the sleeping leaf and flower, and the world bursts into verdure and song, harmony is there as it is also in the wonderful tints of the falling leaf and the golden autumn woods.

When we turn to man—the most wonderful work of creation—we find that the closest relationship exists between every working part of the human body. It is this harmony which spells health. Allow any part of the human machinery to break down and there is at once discord and disease. Most of the troubles from which man suffers at the present day have their origin either in the mind or the stomach.

But few people are able to lead a simple and natural life—that is, a life in accordance with the requirements of Nature. Modern civilization and present-day conditions tend to make the maintenance of health a very difficult matter. This is largely due to the fact that the requirements of the body are few and simple, whereas modern conditions demand a highly specialized life and diet. Nevertheless if we are to be healthy, the needs of the body must be met and the laws of health obeyed. We must eat the right kind of food and digest it properly, breathe pure air, exercise our muscles, remove waste



products regularly and systematically, take sufficient rest and give the mind suitable work and recreation. All this is necessary if the various organs of the body are to function harmoniously.

When a breakdown occurs in the human machinery, we are made aware of the fact by certain warnings or *symptoms* — usually pain. Signs and symptoms must not in any way be confused with the actual disease. Pains, headaches and fevers are not in themselves diseases but point to the fact that the body is in difficulty, and that disease is gaining a hold on some important organ or structure. Naturally every serious symptom should receive immediate attention and consideration.

WHY PEOPLE ARE ILL.

Ignorance and indifference are responsible for endless suffering and for an untold number of deaths. Hence wilful ignorance and deliberate violation of natural law is sin. The laws governing our physical nature were ordained by the Creator of the human body and are therefore as divine in origin as the commandments of the decalogue. *Transgression of these laws brings disease.* Except in the case of accidents and a small percentage of exceptional cases, disease does not come unless invited. Two factors are always at work—the *predisposing* and the *exciting* causes. One of these causes, as a rule, is not of itself sufficient to produce disease. For instance, the air—and everything around us—is contaminated with bacteria, yet so wonderful are the natural defences of the body that germs are unable to attack us unless our resistance is lowered by some external or internal

influence. The germ of pneumonia is exceedingly common, yet comparatively few people suffer from pneumonia. If, however, the general resistance is lowered by a draught or by "taking cold," pneumonia may result. The germ is the true or exciting

cause, the draught the predisposing cause. We can never hope to destroy the exciting causes of disease, but we can prevent the predisposing factors from operating by keeping the resistance of the body at full strength.

HOW TO REGAIN LOST HEALTH.

It would be a very wise plan for everyone from time to time to take stock of their health and efficiency and searchingly to examine their principles of living, to see whether they are in accordance with Nature's laws. Are we enjoying the best health it is possible for us to have, or are we clinging to something that, while satisfying a natural craving, is injuring and undermining our constitution? Are we truly temperate in our habits of life—our eating, our work, our dress? Is there room for improvement, and if so, are we going to wait until the result of the wrong course of living makes itself felt before we change? These are questions which everyone must face at some period of life, and which it would be foolish to ignore now.

It may not seem at first sight difficult to tell when one is enjoying good health, but here we would utter a word of caution. The resistance of the body is so great that often one may pursue a wrong course of living for a considerable time and yet feel no ill effects. Slowly and surely, however, the constitution becomes undermined, until one day the over-burdened



10 LAWS OF HEALTH

By D. A. R. AUFRANC

- 1 Ensure a good circulation by taking moderate and natural exercise daily, out-of-doors.
- 2 Clothe the body sensibly, leaving no part unduly exposed.
- 3 Live night and day, as far as possible, in the open air, devoting a little time, night and morning, to deep breathing exercises.
- 4 Eat three meals a day of plain, nourishing food at regular hours, allowing sufficient time for thorough mastication and digestion.
- 5 Eat chiefly of fruits, grains and vegetables, avoiding all flesh foods, alcohol, tea, coffee and all stimulating and rich foods.
- 6 Keep the mouth and teeth scrupulously clean by thoroughly cleansing, night and morning, with a reliable tooth-paste.
- 7 Assist the elimination of waste matter by drinking two to three pints of pure water daily between meals, by frequent bathing, and by a regular daily action of the bowels.
- 8 Always take sufficient sleep to allow the body to recuperate—eight hours being the minimum. Avoid monotony in work or thought and take a complete rest and change at least once a year.
- 9 Exercise self-control and cultivate a placid, optimistic temperament. Overcome the habit of worry and complaint by engaging in helpful, active work of body and mind, and by meditation upon the higher things of life.
- 10 Exercise true temperance in all things by avoiding that which is harmful and using moderation in that which is good.

system breaks down under the load and disease results. Even if recovery ultimately occurs, it is frequently only after a protracted illness and with the legacy of a weakened constitution. Of one thing we can be absolutely certain; Nature will surely exact the full penalty for transgression of her laws, for as we sow, so we must reap.

Moreover, we must not expect to undo in a few months the results of many years of wrong living, especially when, as is frequently the case, the ill effects are not felt until middle life is reached. Those who are wise, therefore, will not trust alone to mere feeling, to appearance or to the amount of flesh one

carries, but will realize that the only true criterion of health is conformity to Nature's laws. When these laws are mentioned, it frequently happens that people complain that they have never heard of them or seen them. We venture to suggest, however, that at least the general principles underlying these laws are written on every human heart before the conscience becomes numbed by wrong habits of living.

There is just one word of caution we might add. If you are not living in conformity with the requirements of health, do not attempt a sudden revolution. Change gradually. A digestive system perverted by the use of flesh foods and tea has no appetite for fruits. It requires educating. The effects of removing these stimulants from your dietary may delude you into thinking that the new regime does not agree; but persevere and you will be rewarded in time by a

Let Us Smile!

The thing that goes the farthest toward making life worth while,
That costs the least and does the most, is just a pleasant smile.

The smile that bubbles from the heart that loves its fellow-men,

Will drive away the clouds of gloom, and coax the sun again;

Then bring a smile of happiness, of gladness, and content,

It's full of worth and goodness, and it doesn't cost a cent.

There is no room for sadness when we see a cheery smile;

It always has the same good look—it's never out of style;

It nerves us on to try again when failures make us blue;

The dimples of encouragement are good for me and you;

It pays a higher interest, for it is merely lent;

It's worth a million sov'reigns, and it doesn't cost a cent.—*Selected.*

new form of health, far surpassing any transient sensation that stimulants can produce. Above all, avoid all fads and extremes as unworthy of a true health reformer.

Taxing Nerve Energy

IT matters not what our station in life, our business, or our aspirations, our nervous energy is taxed sufficiently in these days to make it well worth the effort to watch the leaks and to stop all useless waste. We deplete our stock when we fret and fume over the many little nothings that cross our pathway in the course of the day.

The tram-car does not move fast enough, so we sit on the edge of our seat, and, with every muscle on a strain, help the car on its way.

If we are compelled to wait for the clerks to get around to us on a busy afternoon, we assist in every transaction, and indulge in silent, uncomplimentary monologues on the slow buyer and the slower clerk. If we ride behind a strange driver, we are wearied

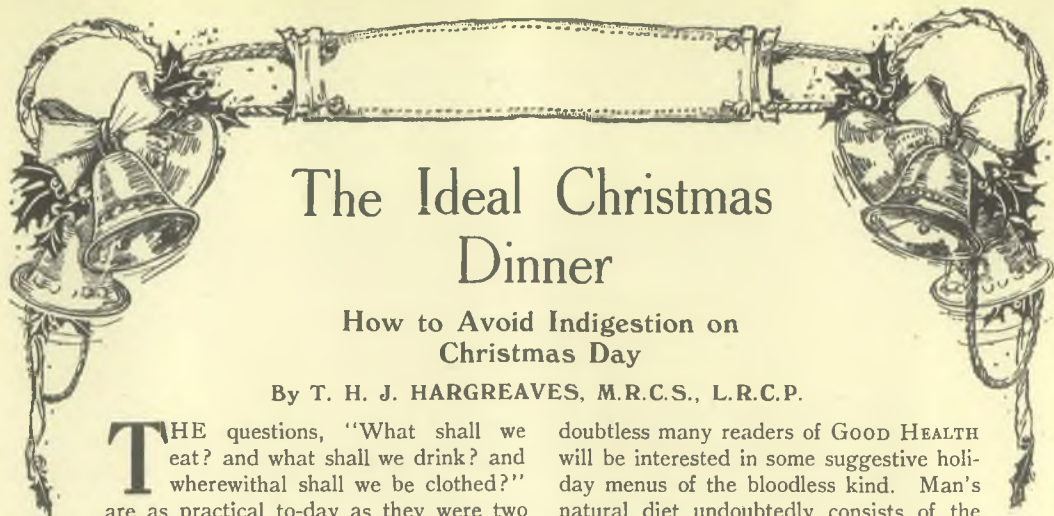
from the fear of what might happen. We are bound by obsessions that leak ergs and ergs of energy for us. We thump our fingers, and we tap our feet; we shrug our shoulders, and we count the pennies in our purses. We worry over the dandruff on our shoulders, and we speculate on imaginary remarks of friends and neighbours.

We lie awake at nights to fix up a cutting speech for the innocent Jones,
(*Cont'd on p. 13.*)



How to Make Xmas Pudding

CHRISTMAS PUDDING.—One-half pound of currants, one-half pound of stoned raisins, one-half pound of Nutter, three-quarters of a pound of Artox flour, two ounces of plain flour, one cup of finely chopped Brazil nuts, one-half cup of bread-crumbs, one teaspoonful of spice, one-half teaspoonful of salt, one-half pound of sultanas, juice of one lemon and grated rind, two eggs, one pint of new milk, three-quarters of a pound of sugar, one-half teaspoonful of nutmeg. Mix well, put into well-greased basins with clean cloth tied over the top. Put into boiling water and boil for six hours. Basins should be well filled to prevent water getting in.



The Ideal Christmas Dinner

How to Avoid Indigestion on Christmas Day

By T. H. J. HARGREAVES, M.R.C.S., L.R.C.P.

THE questions, "What shall we eat? and what shall we drink? and wherewithal shall we be clothed?" are as practical to-day as they were two thousand years ago. The first one is perhaps the most difficult of the three to solve.

Eating is a prime necessity of life. The old fable is only too true, "All the members of the body must work for the belly, but it in turn nourishes the whole body and so justifies the care which it imposes."

"What do you eat, anyway?" is the question often asked of flourishing food reformers by people who have lived for years under the delusion that in order to have something really good to eat one must kill something. As a matter of fact, vegetarians do, or at least *should* live extremely well. They have all the wholesome and beautiful things that heart could wish—everything, in fact, that an all-wise, loving Creator designed for the nourishment of man.

But we know that our friends who are looking forward to stuffed goose and plum pudding, with all the usual accessories of an orthodox Christmas dinner, would wonder how we could dine well without them. Christmas should be a time of peace and goodwill to the lower animals as well as to men, and

doubtless many readers of *GOOD HEALTH* will be interested in some suggestive holiday menus of the bloodless kind. Man's natural diet undoubtedly consists of the products of the soil, which in this favoured country we enjoy in rich variety the year round. When we add butter, milk, cream and eggs, we get a dietary which is abundantly satisfactory even to the most particular, and one upon which the hardest kind of mental and physical labour can be performed with ease.

A dinner composed of natural foods prepared in a wholesome, easily digestible form, satisfies the demand alike of palate and the system.

The digestive disorders which are more or less common on holiday occasions may be largely traced to the "high" game, old cheese, alcoholic drinks, and other harmful things which are then indulged in. Let us rather have a healthful dinner, even with less palatable pleasure if need be, in order that we may have good digestive organs and general all-round "fitness." Thus only can we observe Christmas in anything like a proper spirit.

The two accompanying menus should prove to be wholesome, palatable and nourishing, if the recipes are properly carried out in the cooking.

LENTIL ROAST.—Two cups of red lentils, two onions, one cup of tomatoes, three-quarters of a pint of vegetable stock, one teaspoonful of salt, one tablespoonful of Nutter, breadcrumbs. Braise onions in the Nutter with the tomatoes, cook lentils in the vegetable stock. When cooked mix together, add salt and breadcrumbs to stiffen. Place in buttered tin and bake in moderate oven for about three-quarters of an hour. This can be improved by covering the top of the roast with about one and one-half ounces of grated cheese and cooking for quarter of an hour longer.

TOMATO SOUP.—One tin of tomatoes, one pint of water, one teaspoonful of salt, one sliced onion, one small bay leaf, one and one-half table spoonfuls of butter, three table spoonfuls of flour, two table spoonfuls of sugar. Cook the tomatoes, bay leaf, onion and salt together in the water for fifteen or twenty minutes. Strain, cook slightly and stir slowly over the flour and butter which has been well blended. Let boil for five minutes and then serve.

YORKSHIRE PUDDING.—Make a light batter of a quarter of a pound of flour, one egg, two tea-cupfuls of milk, and a little salt. Allow it to stand for an hour, then put about two table spoonfuls of Nutter into a baking tin, greasing it thoroughly. Pour in the batter, and bake in a quick oven for about twenty minutes. When browned, well risen, and sufficiently cooked, cut into pieces and serve on a hot dish with home-made nut-meat.

HOMEMADE NUT-MEAT.—One cup of tomato pulp, two-thirds of a cup of warm water, two-thirds of a cup of flour, one-third of a cup of cornflour, one teaspoonful of salt, four tablespoonfuls of nut butter, one-quarter of a teaspoonful each of sage and marjoram. Add the herbs and the salt to the

nut butter and thin with the water, adding a little at a time until you have a smooth cream. Wet the flour and the starch with the tomato, adding it gradually, so as to avoid lumping. Mix, put through a strainer into a greased double boiler, and cook from two to three hours.

Dr. Lyttelton Protests Against Over-Eating

DR. EDWARD LYTTELTON, the late headmaster of Eton, declares that nearly all of us are eating too much.

The famous Etonian is nearly seventy years of age, and the confessions he has just made to Kensington medical men concerning his own diet are of unusual interest. Dr. Lyttelton has met many distinguished men, and he quoted, according to the "British Medical Journal," personal advice received from them on the subject of food and health.

"The first thing that saved my own health," declared Dr. Lyttelton, "was hearing Mr. Gladstone holding forth at the dinner table on the need for thorough chewing. I was old enough to see the force of what the great man said, and wise enough to practise it."

When twenty-seven, Dr. Lyttelton said he went to a theological college, where he had less food than he was accustomed to, but the diminished diet resulted in better health.

Somebody told him of a saying of Archbishop

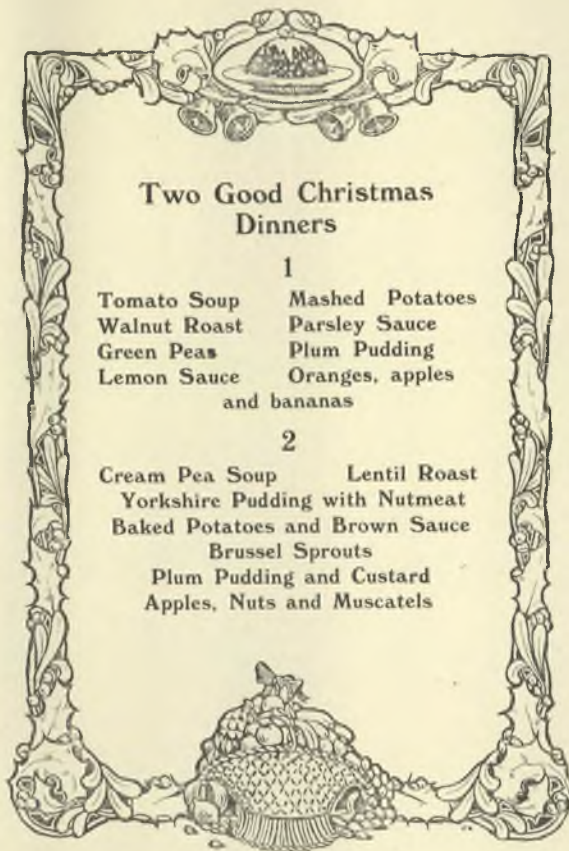
Temple—a magnificent specimen of an old man, whose vitality continued to an advanced age—"The older you get the less you want."

"I also came into touch with George Skene Keith, of Midlothian, who, at seventy-eight, published his book, 'Fads of an Old Physician.' Keith's reasoning made me cut down my diet a good deal further."

He now confined the daily eating of meat to one small helping in the evening, and found a great improvement.

Dr. Lyttelton said at forty-seven he became a non-flesh eater, and for fifteen years ate no fish either, until the exigencies of food supply in the war led him to abate the rigour of this latter denial. *The first result of a vegetarian regime was the total disappearance of chronic lumbago, which had troubled him for twenty-five years.*

Within six weeks of this change of food the lumbago went; liability to sea-sickness also disappeared, his teeth ceased to decay, and the best thing of all was the freshness with which he awoke in the morning after only six hours' sleep. *(Continued on page 13.)*



CREAM PEA SOUP.—One pint of dried peas (soaked over night), one quart of water, one cup of thin cream or two cups of milk, salt to season, one pint of potatoes. Cook the peas in boiling water for four or five hours; when tender but not quite done, rub through a sieve, add potatoes and boil for ten minutes. After all has been rubbed through a sieve add cream and seasoning and serve.

WALNUT ROAST.—Two cups of lentils, one grated onion, one-half cup of chopped walnuts, one teaspoonful of Marmite, one teaspoonful of mixed herbs, one teaspoonful of salt. Cook lentils and onion together with as little water as possible. When cooked add other ingredients and a few breadcrumbs to stiffen. Put in buttered tin and bake in moderate oven for one hour.

THE question before the House," said Charlie Graham, as he called his noisy and much excited committee to order, "is, Whom shall we have for Father Christmas?"

"Why, Uncle Tom, of course," replied his sister Mabel.

"There is no 'of course' about it," replied the pompous chairman. "We want our play to be the best thing we have ever done in this line, and, if what has already been said about Uncle Tom is correct, then we should be careful not to jeopardize our entertainment by a sentimental decision."

"Hear, hear; and very well said. My word, but our Charles is coming on since he's been to college," saucily shouted the chairman's young brother, Harry, who narrowly escaped a cushion intended to rebuke his impudence.

"But," persisted Mabel, "this is Uncle Tom's first Christmas visit, and I am sure mother will expect us to choose him. Besides if he does not play the part of Father Christmas there will be nothing else that he can do. It will look so bad to leave him out."

"Perhaps it will help us if the chair outlines what is required of the one playing Father Christmas," said the important Charles.

"Certainly," broke in Harry again. "Let the worthy chair tell us the essential qualifications of the illustrious Father Christmas."

Ignoring the intended banter, Charlie proceeded to explain, with the air of an authority, that greatly amused the committee, that Father Christmas must be jovial and hearty, bubbling over with mirth, and, above all, the very picture of health.

"Now, that's just what I imagine Uncle Tom to be," said Mabel, thinking she was on the right track.

"It is true that I have not seen him for a long time, but I know that he has always taken a great interest in health meetings. He has lectured for the vegetarians, and been most particular over his food. Why, he calls himself a 'health reformer.'"

"For the information of the committee," began the chairman, at which Harry requested someone to keep him from falling, "I will give a few impressions of my visit last year to the home of our esteemed uncle. I stayed two days and was profoundly thankful to get away. I left saying that if he were a health reformer then I would steer clear of such people. His day consists of one long list of don'ts and imaginary ills from the time he gets up till he retires. Not content with making a miserable programme for himself, he thinks it to be his religious duty to urge his views on all around him. He is sour and sickly, and, without wishing to influence the committee unduly, I believe his election would be a travesty on the jovial and hale old Father Christmas."

"I know, I know," cried little Elsie, clapping her hands at the inspiration, "Let's have grandpa for Father Christmas."

"Hurrah! I mean hear, hear!" shouted Harry. "I move his adoption—er—I mean, his election. Anyone second my movement?"

"If you don't behave yourself, I'll second your movement. You seem to forget that I am chairman. The motion to elect grandfather is before the House.

Page 8



What will you do with the motion?"

"I think you will be very wise in choosing grandpa," said mother, who had come to see what all the noise was about.

"The motion is seconded. Are there any remarks?"

"Come to think of it, grandpa does fulfil the requirements that have been outlined," said Mabel. "I only thought we should give uncle the honour of the part," she added, rather disappointed.

"But grandpa is so old. Why he is eighty-one in January. Do you think he can learn the piece he has to say?" asked cousin Mary, who had come to spend Christmas with the Grahams.

"Leave that to him," said Harry. "He is a good old sport, and if he gets stuck on his piece he will readily supply something much better."

"That's the most sensible remark you have made to-night, young whipper-snapper. I have hopes of you yet. By the end of my holidays I may succeed in getting a little sense into your rather stupid head."

"And, quite incidentally, a lot of Christmas stuff into your rather cavernous tummy," retorted Harry.

Here a disorderly scene ensued as Harry punctuated his last word by hitting his brother in the stomach with a well-directed piece of orange peel.

"Order, please," demanded the chairman, after he had adjusted his collar and tie, brushed back his collegiate forelocks, and recovered from his efforts to "teach" his refractory pupil to "respect his elders."

But the Christmas spirit was running high, and it was with great difficulty that the merriment was suppressed sufficiently to enable "the business before the House" to be brought to a dignified conclusion. The result was the unanimous election of grandpa for Father Christmas.

The meeting described above took place four days before Christmas. The intervening time was one of great excitement. Grandpa fell in with

Rejuvenate Uncle

A CHRISTMAS

By I





the arrangements heartily, and promised to do his best; he would attend one rehearsal "just to see what they were up to," but declined to learn his piece, saying that he thought he understood what was wanted.

Uncle Tom arrived the day before Christmas. The whole family lined up on the porch to give him a welcome. Mother was glad, of course, to see her brother, and while Mr. Graham disagreed with his brother-in-law on many matters, and it was evident that they were not kindred spirits, he was too courteous to allow his differences to influence his welcome. The young people, however, were not so careful to conceal their prejudices.

The programme for Christmas Day arranged dinner for two o'clock, and the children's entertainment was to open the party in the evening. Dinner was "a glorious success," observed Harry, but the speeches he thought were a little on the liberal side. Father led off saying very much the same things that he had said on similar occasions. His reference to the entertainment for the evening drew attention to grandpa, whom congratulated on his election, and suggested with a wink in his eyes that he should make a speech, bringing some of the secrets of his wonderful health and great activity.

"I have no secrets," said grandpa, rising amid cheers and clapping from the young folk.

"Hard work and plenty of it has kept me pretty healthy. As a boy I was not considered strong—had a taste of nearly all the things that children have. But I made up my mind to do what I could to be well and strong. I had a narrow escape when a young man, if Uncle Tom won't mind me saying so. I fell into the hands of a rascally humbug who claimed he would put me on the road to health if I would follow his advice.

This consisted chiefly of starving myself and eating queer concoctions he called 'reform

food.' His fees were the most liberal thing about him. I had a lucky escape, and learned a lesson to which I attribute my health all through life."

Here grandpa paused and would have sat down, but he was cheered and encouraged by both Mr. and Mrs. Graham to tell them more. Continuing, he said:

"While I said I had no secrets, I certainly have had a principle which was to do all I could to keep my health whatever it required of me. I ate and drank those things I found to be good for me, using common sense and steering clear of the fads and wild notions about health that were rather common in my time and town."

"Give us your 'Jolly Coppersmith' song, dad," interrupted Mrs. Graham.

"Well, now, I don't think it is quite the thing," said grandpa, looking toward Uncle Tom.

But the children had caught the idea that prompted the suggestion, and clamoured so noisily for the song that grandpa rose again. He explained that it was his health song. The words were his own, and while he was afraid they did not make very good poetry, he was proud of them. He sang them to the tune of "The Jolly Coppersmith." Here are the first two verses:—

"I am the happiest man in town, no man from care is freer:

I live a simple country life, and have no use for beer.
My teeth are sound, my sight is good, no corns as yet appear,
I'll sing a song with anyone so long as you won't jeer.

Chorus: Tra la, la, la, la, etc. (as in the original song).

"Instead of riding everywhere, shank's pony is my hire,
I don't shut out the pure, fresh air, nor hover o'er the fire;

I shun quack nostrums, pills and fads, health martyrs
ne'er admire,

The taste for pipes I've never known, for snuff have no desire."

Chorus: Tra la, la, la, la, etc.

Everyone joined in the chorus except Uncle Tom. He said afterwards that he "did not feel like singing." The effect of grandpa's song was electric, and the way he reached the high notes in the chorus astonished everyone. Father said that it was the finest testimony to sensible health reform he had ever heard, and he was sure that it would assist them to digest the very excellent dinner they had just had. Mrs. Graham got up and bowed gracefully to the compliment paid her, and then mischievous Harry shouted, "Speech, Uncle Tom—a speech!"

Poor Uncle Tom was confused. He had evidently expected something of the sort, for he sat looking, if possible, even more miserable than ever. His cadaverous look was in such striking contrast to grandpa's jolly, robust face, that before he uttered a word Charlie whispered to his sister Mabel that, while he felt his digestion was going on nicely as the result of grandpa's splendid song, he was sure it would be delayed if Uncle Tom made one of his usual discourses on health. His fears, however, this time were not to be realized.

"I am afraid," began Uncle Tom, looking nervously round, "that instead of a testimony to the health I have

(Continued on page 11.)

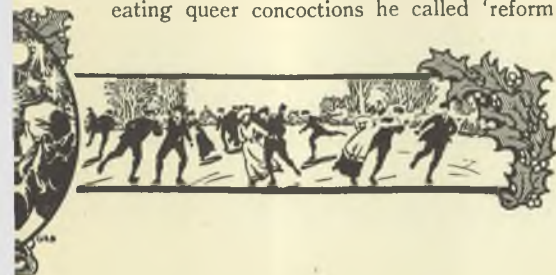




Fig. 1.—Place the two blankets lengthwise on the bed, and wring out the wet sheet.



Fig. 2.—Spread the wet sheet on the blankets.

AN EFFECTIVE

Water Treatment for Nerves

INSOMNIA AND DEPRESSION

By Nurse Marian Henderson

The Neutral Wet Sheet Pack

PACKS are procedures in which a considerable portion of the body is enveloped in wet sheets or wet blankets for therapeutic effects.

They have a quieting, calmative effect, and produce sleep. To the home nurse dealing with insomnia, melancholia, nervousness, and depression, they offer a soothing and effective treatment which can be given in the home.

Dr. Schueller, a German authority in hydrotherapy, says experiments show the neutral wet-sheet pack to be the most effective of all means for quieting the general nervous system, which it accomplishes by lessening the blood supply of the brain, slowing the respiration and heart beats, lessening the reflex irritability and activity of the cerebral ganglia, increasing the quantity of lymph in the brain, and thus supplying a condition essential for sleep. If the patient is chilly or the feet are cold, the pack should be preceded by a hot foot bath.

ARTICLES NECESSARY.

One double and one single blanket, a pail of water 60° to 70° Fahr., one large sheet, one hand towel, and a hot water bottle.

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PROCEDURE.

1. Place the two blankets lengthwise on the bed (Fig. 1), with the opposite edge hanging farther over the edge of the bed than the near edge.
2. Wring the sheet as dry as possible from water 60° to 70° Fahr.
3. Spread out on the blanket (Fig. 2) so that the upper edge will be a little below the upper edge of the blanket.
4. The patient lies down on the wet sheet, with the shoulders three inches below upper edge.
5. The arms are raised while the short side of the sheet is wrapped around the body, below the hips, the sheet being wrapped around the leg of the same side.
6. The arms are now lowered, and the other side of the sheet is wrapped around in the same way tightly (Fig. 3).

7. The sheet is wrapped around each leg. The foot end is doubled under each foot, the hot water bottle placed at the feet, and the blankets are wrapped around the body. (The wet sheet should come in close contact with all the skin surface of the body.)

Don't let anyone be sick at Christmas time if you can help it. Try this treatment for nerves and insomnia. For colds give a hot foot bath and fomentations as described in the November issue of Good Health.

8. Each blanket is then wrapped around the patient and carefully adjusted to exclude all air.

9. The hand towel is placed under the chin and tucked in well at the shoulders, to keep the blankets from scratching the chin (Fig. 4).

10. Give the patient a cup of hot milk to drink, and darken the room.

PRECAUTIONS.

Work quickly and quietly.

Do not talk to patient during the treatment.

PHYSIOLOGICAL EFFECT.

When the sheet first comes in contact with the body, there is a decided chilly sensation which lasts a few seconds. As the reaction begins, chilliness disappears, and gives place to a comfortable feeling. A nervous patient may be somewhat aggravated the first few seconds after entering the pack, but the nervousness soon disappears and patient relaxes, becomes calm, and often falls asleep. She may be allowed to sleep in the pack indefinitely. If restless and not asleep, she will be benefited by remaining in the pack twenty minutes to half an hour.

Take the patient out of the pack with alcohol rub, or by dipping the hands in cold water and going over body, one part at a time, and dry with a Turkish towel.



The Rejuvenation of Uncle Tom

(Continued from page 9.)

all my life tried to cultivate, I have a confession to make."

"Hear, hear," cried the incorrigible Harry, "I mean, so have I."

"Harry, my boy," said his father from behind his handkerchief, "you must not forget yourself, even if it is Christmas day."

"My confession is," continued uncle a little more

courageously, "that since coming here I have learned a lesson that will alter some things in my life that I feel have been helpful to neither myself nor to anyone else."

Everyone sat up straight and listened.

"I have lived a negative life—denied myself and everyone else things which I am beginning to see make very little difference to health one way or another. I have thought that I had well-nigh every possible disease, but am now convinced that they existed largely in my imagination. I have never been able, in fact, I have had no desire to say that I was 'the happiest man in town,' and yet only just before I left home my doctor told me that I was sound in every organ, and he knew no reason but my mental attitude why I could not be happy. I have learned from grandfather the secret of health and happiness, and will try to put it into practice."

"Three cheers for Uncle Tom," cried Harry, jumping up on his chair. "Hip, hip—" and even Charles responded with all the others in vigorous fashion.

From that moment Uncle Tom began to look happy. Father rose and said that this was the happiest Christmas he ever remembered, and hoped they would all catch grandpa's inspiration. This ended the after-dinner speeches. The tables were cleared and the afternoon games commenced.

Father Christmas was simply marvellous. His ready wit and original talk kept the party in roars of laughter. No wonder he had no use for the printed part he was supposed to learn. When it came to the distribution of the presents on the Christmas tree which was included in the play, he very considerably requested the services of Uncle Tom, whom he christened Uncle Christmas. Uncle livened up astonishingly and admitted to his sister the next day that he had had a revelation and a rejuvenation, and that from that time on he would try to forget his fads and fancies and live a care-free, happy life.



"LAYING up health means ability to pay it out."



Fig. 3.—Steps 5 and 6 have been completed.



Fig. 4.—When steps 8 and 9 are completed, a cup of hot milk may be given to further induce sleep.



Choosing Christmas Presents

By Marie Blanche

Correspondents should address Marie Blanche, c/o Good Health, Stanborough Park, Watford, enclosing stamped envelope.

THIS, you will admit, is not always an easy business. There are people for whom it seems impossible to find a suitable gift. More than once I have myself spent the best part of a day

going the round of the London shops at this season without hitting upon one gift that would be "just what was wanted." A vexing adventure. On such occasions I have returned empty handed, and feeling very much the worse for wear. Fatigue and disappointment have reduced me to almost a nervous breakdown. You, reader, may have had similar experiences when hunting for Christmas presents. Take courage. Accept sympathy. It is not your fault, it is assuredly not mine. And it is of course not the fault of the shops. They are flooded with everything that ought to delight your friends and mine. It is simply the perversity, the utter perversity of those for whom we want gifts.

FOR A WEALTHY ACQUAINTANCE.

Half the things I see in the shops a particular friend of mine has already got; the other half she has no earthly use for. What, you may ask, is one to do in such a case? Well, I don't know. And it's just a question whether it isn't best to make no present at all. Where a friend is overstocked with this world's goods, Christmas presents seem superfluous, unless indeed you are yourself in like good fortune and can gaily present a motor-car, or a fur coat, or a grand piano, or some other simple little trifle such as a diamond tiara. But even these rubbishy little things they are almost certain to have got already, and so if you are surrounded with so much affluence on all sides, pardon my asking, why not send your friend a penny pop-corn? His great

riches may have stood in the way of his enjoying this humble delicacy for many a long day. He might be ever so grateful. Naturally you would feel a little shy of his expressing his appreciation of your homely present, and obviously you would feel sensitive if he ignored giving thanks. The simplest way, therefore, seems to me to enclose a Christmas card but to forget to add your name.

OBJECTS OF ART TO AVOID.

Before deciding what to give to your women friends I would ask you to ponder, and ponder well, the awful habit of giving pin-cushions, pen-wipers and hair ties. These objects of art are out of date you know. It is only tailors and dressmakers who use pins and you may be sure they have already got cushions. It is only a very few quaint old gentlemen and maiden ladies who find any use for pen-wipers. And as for "hair ties," well, where, I should like to know, is the hair coming from? Who, nowadays, has any "combings?" Bobbed and shingled heads have long ago given the "hair tidy" notice to quit. So just put these three antiques on the black list when selecting Christmas presents. Then there is another quarter in which caution and discretion are called for. I take it that you are going to find something for your "young man" or your "better half." Take my advice and avoid ties. The male creature has his own little fads about colour and shape, and although you may disbelieve me when I say it, I assure you it is a solemn truth that a man is as "faddy," as vain, and as particular in the selection of a tie as you and I are in choosing our hats. So beware of ties.

FOR CHUMS AND PALS.

For your very special friends, intimate chums and

pals there are heaps of jolly things. All sorts of toilet things are very welcome, and as a rule dainty underwear made by hand at home is most acceptable. If you have plenty of pocket money a year's subscription paid into some good library is often a lasting joy. Tickets for an entertainment are sometimes liked. Flowers, of course, and beautiful plants never fail to please. Warm stockings, gloves or woolly scarves are certain of a welcome, especially if you have time to knit these things yourself from a selected wool. Bachelor girls would find little labour-saving devices useful gifts. Or a cosy cushion, a hot water bottle, a newly published book by a well-known author, a supply of illustrated Christmas periodicals, these are all things that give a touch of home and comfort to the bachelor flat.



A hamper of good things for the festal board will never be an out-of-date offering. It may be as old as the everlasting hills, but it is still a favourite. Although in the interests of healthy feeding the eternal turkey, roast beef, sausages, and port wine would be absent, there are scores of other things, and delicacies that are wholesome and good for all, with which to stock your Christmas hamper. If you have friends or relatives in less happy circumstances than yourself, you cannot do better than pack them off a rousing big hamper bulging with all sorts of Christmas cheer. If ever you have seen the delight with which such a gift as this is received in a home of reduced circumstances you will know first hand what a really gratifying choice of a present this can be. It never fails to reward the sender with a perfect avalanche of gratitude and thanks.

Taxing Nerve Energy

(Continued from page 5.)

rehearsing it with such vehemence that our bedfellow remonstrates. We snub the Smiths for a fictitious insult, and get ourselves into unpleasant situations for our folly.

We starve our tissues for nutrition and sleep, to obtain the wherewithal for a bit of finery in order that we may keep up with the passing show. We acquire some hobby, and then develop a chronic grouchiness because our friends do not fathom its importance.

Why not relax when you sit in a comfortable chair? Why sit on the edge, holding yourself stiff and rigid? —A. Donaldson, M.D.

♦ ♦ ♦

Dr. Lyttelton Protests Against Over-Eating

(Continued from page 7.)

The inference was that people were eating twice as much as they needed, but it was very difficult to tackle any man seriously on the subject; if done at all it had to be done in a jesting way.

OVER-FED BOYS.

Excess of food consumption by boys was disastrous. Nineteen mothers out of twenty, sensible in every other respect, encouraged their boys to believe that self-control in the matter of food was not a necessity.

Some ten years ago the late Sir Malcolm Morris told him he had been able to save the lives or the health of hundreds of men by giving them only the advice to cut down their diet.

Dr. Lyttelton instanced one of his friends, a schoolmaster, who was accustomed to have eight meals a day, and was often in the morning quite unfit to teach or even enter the school.—"Public Opinion."

Holiday Smiles

A Job to Suit.—Foreman: "Here, now, Murphy, what about carrying some more bricks?"

Murphy: "I ain't feeling well, guv'nor; I'm trembling all over."

Foreman: "Well, then, lend a hand with the sieve." —"The Continent."

♦ ♦ ♦

Old Stuff.—"What are you crying for?"

"The doctor has taken one of my teeth out!"

"Pooh! My mother takes all of hers out every night, but she doesn't cry!"—"Kasper" (Stockholm).

♦ ♦ ♦

Painful Occasion.—"Well, how did you enjoy your visit to the dentist's?"

"I was bored to tears."—"Boston Transcript."

♦ ♦ ♦

New Words as Used.—Jack was home for his holidays from college. One day he said to his mother: "May I tell you a narrative, mother?" The mother, not being used to hearing such big words, said, "What is a narrative, my boy?"

"A narrative is a tale," said Jack.

That night, when going to bed, Jack said, "May I extinguish the light, mother?"

His mother asked, "What do you mean by saying extinguish?"

"Extinguish means put out," said Jack.

A few days later Jack's mother was giving a party at their home, and the dog walked in. Jack's mother raised her voice and said: "Jack, take that dog by the narrative and extinguish him."—"The Australian Christian."

IN THE CONSULTING ROOM

Here you have the unusual privilege of FREE chats with the doctor. All questions should be directed to Editor, "Good Health," Stanborough Park, Watford. Enclose a stamped envelope in case the reply must be sent direct.

INTESTINAL INDIGESTION.—F.C.H.: "Will you please suggest a diet for intestinal indigestion? Have been troubled much with it lately. The trouble usually starts in the autumn."

Ans.—There are different forms of indigestion. The diet which agrees with one will not agree with another. However, I would suggest that you go on a fast for a week. Take about six oranges a day and drink plenty of water. Then eat simple, well-cooked food. You should have some green vegetables and also fruit every day. Also drink about six or eight glasses of water every day between meals.

CONGESTION OF THE LIVER.—C.C.: "My father has been suffering from jaundice and congestion of the liver for six weeks. He is seventy-two years old, but until this illness has been in good health and able to work. All pain in the region of the liver is now gone, but his skin is still very yellow, especially in the mornings, and he is very thin and weak. He is a frugal eater."

Ans.—When a man of seventy-two years of age develops symptoms such as your father has, it is usually a serious proposition. About all you can do is to give him what he will eat and try to make things as tasty as possible to encourage him to have as liberal a diet as possible. Almost any of the ordinary foods are all right for him. Milk and eggs will be good if he will take them. He should eat green vegetables. It may be possible that his condition was brought on by over-eating. In that case it will clear up in a short time.

PAINS IN BACK.—L.B.: "My sister, who is twenty-nine years of age, has for several months been suffering with pains in the lower part of her back. These have become steadily worse, and now her back is so stiff that she has not been able to bend to any great degree for a long time. Now it is so bad that she is unable to do anything and has severe attacks of pain. Do you think it advisable to rub in a liniment, if so, what would you think best? Would you please advise as to the best thing to do."

Ans.—Your sister should apply heat to her back every night. This she can do by placing woollen blankets folded up in the oven until they become very hot. Then apply them to the back. She should keep this up continuously for about twenty minutes each night, and then rub the back well with Sloan's Liniment. If this does not help her very much she should go to an institution where she can receive a course of electrical treatment.

BRACHIAL NEURITIS.—M.R.B.: "I have been suffering from left brachial neuritis for six years. After a bad attack this summer I noticed that I had developed varicose veins in both legs, the left being more painful than the right. Do you think this is anything to do with the neuritis?"

Ans.—I do not think that the brachial neuritis has anything to do with causing varicose veins in your legs. I would suggest that you wear elastic stockings for the varicose veins when you are on your feet very much. You will be able to get or order them at any good chemist shop. You will have to be careful and not do any heavy work, and you should not walk until you are tired. If the varicose veins become too troublesome you could have them removed by a surgical operation, usually with very satisfactory results.

HAIR TONIC.—G.McG: "I would like to know how often one should wash the hair and also a good tonic. I have a very dry scalp and would like your advice."

Ans.—In reply to your question I would suggest that you give your head a good shampoo every three weeks with Palmolive soap or pine tar soap. About once a week give your head a good rubbing with coco-nut oil and about once a month a salt glow. To do this, rub about two handfuls of wet salt thoroughly into the hair with the fingers and then rinse well. Ordinary bay rum applied every two weeks is also good for the hair. I think the above treatment will probably give you the desired relief.

TOOTH ENAMEL.—E.A.W.: "Is the enamel of the teeth liable to injury from sudden changes of temperature in the mouth, as when a mouthful of very hot food is followed by a sip of cold water?"

Ans.—Yes, decidedly. The use of either very hot or very cold foods, and particularly the use of both at the same time, as indicated in the question, is very detrimental not only to the enamel, but also to the teeth generally, as well as to the delicate lining membrane of the mouth and stomach.

GASTRIC CATARRH.—T.W. "What is the cause of gastric catarrh?"

Ans.—Gastric catarrh is rarely the product of one but rather many causes such as unwise selection of food, over-eating, hurried eating, drinking with meals, the free use of condiments and spices, eating between meals, and a sedentary life.

DYSPEPSIA AND HOT WATER.—F.W.M.: "Do you think a drink of hot water is beneficial for a person suffering from dyspepsia?"

Ans.—Acidity and heartburn are frequently relieved by sipping a glass or two of hot water. Free water drinking half an hour before meals and a couple of hours after meals can always be recommended, not only for dyspepsia but also for constipation.

COLD FEET.—E.S.: "I am troubled with cold feet. What would you recommend?"

Ans.—Take an alternate hot and cold foot bath each morning on rising and also before retiring at night. Put the feet in hot water for three minutes and then dip them in cold water for a few seconds and then back into the hot water, alternating five or six times and finally drying them from the cold water. Wear loose soft woollen socks and change them daily.

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