

GOOD HEALTH



February, 1902.

- A Natural Diet.
Hygiene of the Throat and Nose.
Is There Help for the Sleepless Man?
Breathe Pure Air.
Dinner Dishes.
The Coming Man.—*Poetry.*
The Lost Child.—*A Serial.*
Health Hints.
The Hot-Blanket Pack.—*Illustrated.*
How to Escape Influenza.
Questions and Answers.

Vol. I.

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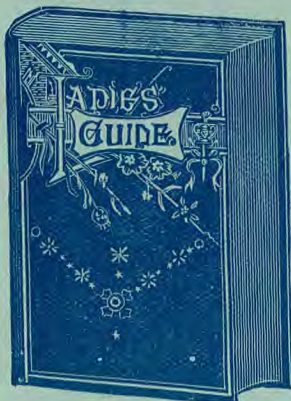
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BY J. H. KELLOGG, M.D.



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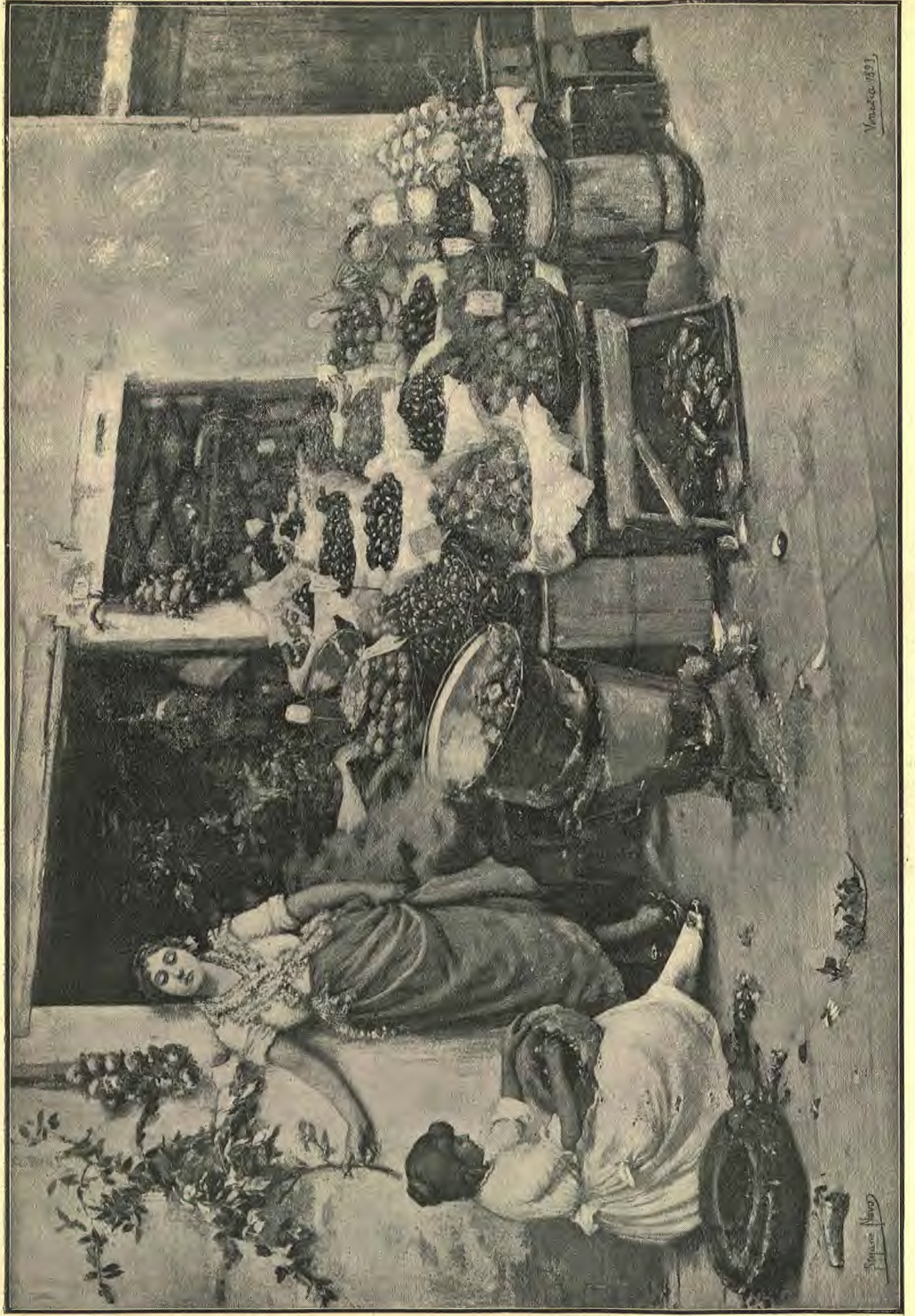
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Good Health

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

Entered at Stationer's Hall.

Vol. I.

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No. 4.

“Back to Nature” is coming to be a familiar cry, and of late years it has been used considerably in relation to that subject of perennial interest—the question, “What shall we eat?” That the diet which generally prevails at the present day is not in all respects a natural and healthful one, seems to be the unanimous verdict of those who have given a large amount of thought and study to the matter.



What is a Natural Diet?—That one which is suited to man's nature; the diet which will best develop and sustain the body in all its parts, and conduce to the highest form of mental and physical activity. According to Cuvier, Owen, and other distinguished anatomists, man was created to subsist on the fruits of the earth. The basis, therefore, of a natural diet would be grains, fruits, and nuts, to which may be added the finer-grained vegetables, and, where the system seems to demand them, the best of dairy products.



“**The Staff of Life.**”—Bread has not inappropriately been called the staff of life; but, to deserve this honour, it must be good bread, that is, bread containing the whole nutriment of the wheat berry, and properly baked. To make sure of the latter, it is a good plan to cut well made bread into slices, and bake it over again in a slow oven till thoroughly dried throughout and lightly browned. Toast prepared

in this way is called zwieback. It forms an excellent addition to any meal, and if made from a loaf of good, light bread, it will not be too hard for anyone with fairly good teeth. Cereals are rich in starch, which supplies heat and energy to the system. Baking is the best mode of cooking starch; hence bread, especially zwieback or unleavened bread, is the most digestible form in which to take cereals.



“**Under the Orchard Trees.**”—Who is not fond of fruit? Is there anything more beautiful than an orchard in full bloom? or more wholesome and luscious than a plate of ripe, juicy apples? Children are pretty safe guides in the matter of a natural appetite, and many a bashful child has played with knife and fork, and gazed longingly at the dish of fruit in the centre of the table, while the older people were eagerly devouring flesh, and fowl, and fish. The fact is that fruit is far more important as an article of diet than most people imagine. Germs cannot thrive in fruit juice, which is thus a natural antiseptic. A bad taste in the mouth, impure blood, and other diseased conditions speedily disappear before a diet composed largely of fruit.



“**Fruit does not agree with me,**” is an objection sometimes urged. Perhaps the fault is with the manner in which it is served. The excessive use of sugar with fruit makes it unwholesome. Many people

eat fruit between meals, and of course this habit is unhygienic. Then, again, the fruit may be found in bad company. For instance, we have heard of a worthy gentleman who did full justice to a huge Christmas dinner, followed a little later by a hearty meat supper. Just before retiring, an innocent thing in the form of a roasted apple was added to the heterogeneous mass of indigestible viands already in the stomach. About midnight the holiday feaster suddenly became very sick, and the remainder of the night suffered with a severe fit of indigestion, in the course of which he was glad to part with the contents of his stomach, including the innocent apple. Telling his friends about it afterward, he upbraided himself unmercifully for taking that one roasted apple, blamed it for all his troubles, and vowed that he would never eat another as long as he lived.



The value of nuts as a regular part of the diet is not properly understood. Walnuts, almonds, barcelonas, brazil nuts, etc., are not only rich in important food elements, but, taken at mealtime and thoroughly chewed, quite digestible. If good teeth are wanting, the nuts may be ground by means of an Ida mill, or one may still enjoy the benefit of these valuable articles of diet by using one of the prepared nut foods. It is well for those who have given up the use of flesh meats to remember that nuts are one of the best natural substitutes for all animal foods.



Vegetables.—It is not necessary to say much about vegetables. They are more generally used and appreciated than either fruit or nuts. The coarser varieties are unsuited to a feeble stomach, and contain very little nourishment. Baking or steaming is the best mode of cooking. Frying makes vegetables very indigestible. The free use of such irritating condiments as vinegar, mustard, and pepper is decidedly harmful to the delicate walls of the stomach.

What are the advantages of a natural diet? We shall mention only one. The return to a simple, natural diet is sure to be followed by increased elasticity of muscle and buoyancy of spirits. Good food, to use a homely phrase, makes a man "feel well all over." The tired feeling departs. There is increased efficiency for work, both mental and physical. Exertion becomes a delight instead of a burden. One gentleman, evidently of a theological turn of mind, said that since adopting this new diet, it seemed as if a heavy load had been taken away, and he had felt "as light and free as a disembodied spirit." There is no reason to doubt it. Food lying heavy on a man's stomach is something like a burden weighing upon his shoulders. Nightmares are not necessarily confined to one's sleeping moments. Some people live in a nightmare almost all the time, and the reason is usually to be found in an unnatural and unwholesome dietary.



Now a word of caution to the would-be reformer. Don't be satisfied with negative reforms. A natural diet is something more than a series of gloomy "Thou shalt nots." It involves, to be sure, a giving up of injurious things, but this is only to make room for something better. In some deciduous trees the old leaves remain on the branches all through the winter, till the warm, sunshiny days of early spring, when they are gently detached by the swelling of the new buds. The dead leaves do not leave till they are supplanted by the new and living ones. So let it be with the old diet. Study first to know the good things which a kind Creator has provided for His children. Note the number and variety of foods which are at once wholesome and appetizing, which please the eye, suit the palate, and nourish the system. When you are familiar with these, it will be an easy matter to give up the unnatural and disease-producing foods.

M. ELLSWORTH OLSEN.

HYGIENE OF THE THROAT AND NOSE.—(Concluded.)

BY J. H. KELLOGG, M.D.

ANOTHER thing of wonderful advantage in catarrhal affections is a vegetarian diet. I have in mind a gentleman whom I have known for thirty years. When I was a boy, his voice was so husky that it was very difficult for him to be understood. Some time after this he adopted a vegetarian diet, and in a few years the huskiness had entirely disappeared from his voice. Another man of my acquaintance was suffering from nasal and pulmonary catarrh to such an extent as to make him offensive both to himself and his friends, and his life a burden. He became a vegetarian, entirely discontinuing the use of meat, and in three years he had completely recovered.

Meat, butter, milk, and all stimulating articles should be avoided in these cases, also sugar and sweet foods. Fruits, nuts, and grains constitute the best diet. The subjects of nasal catarrh are almost always persons whose nutritive organs are deficient in activity; hence every article of food which may add to the burden of the excretory organs should be excluded from

the diet, or partaken of very sparingly. Impure air and overheated rooms should also be mentioned as largely conducive to catarrhal disease. I would say to the subjects of this disorder: Go out in all kinds of weather, taking care, of course, to protect yourself with proper clothing and to keep the skin hardened by daily bathing, as previously pointed out in this article. You will thus accustom yourself to outdoor air, and acquire the ability to withstand exposure to cold without injury.

Germs, of course, have something to do with catarrh of the nose and throat. The mucus of the nose is somewhat antiseptic; but when the germs become so numerous that the mucus cannot destroy them, its aseptic condition must be increased by the use of artificial means in the form of antiseptic vapours. All essential oils, without exception, are antiseptics, or germicides, and these volatile remedies seem to be especially adapted to the treatment of disorders of the throat and nose. They may be introduced by means of a vaporiser.



IS THERE HELP FOR THE SLEEPLESS MAN?

BY DAVID PAULSON, M.D.

SLEEPLESSNESS is due to a variety of causes, and consequently there is no one treatment which acts equally well in all cases. In the majority of cases the cause is a disturbance of the sympathetic nervous system, resulting from various digestive disorders. If the facilities permit, one of the most successful modes of treatment is to take, just before going to bed, a full bath at the temperature of the skin, very nearly ninety-five degrees. The patient should remain in the bath for at least half an hour, and when the nerves are especially irritable, no ill effects will arise from prolonging it to an hour. Frequently patients when taking

such a bath fall asleep in it, and secure half an hour or more of refreshing slumber. On emerging from the bath, dry the patient quickly, and put him at once in a warm bed, being careful to see that the room is well ventilated.

Another very effective method of inducing sleep, is the wet-sheet pack. A sheet should be wrung from water at a temperature of from 65 to 70 degrees, and wrapped about the entire body. Then lay over a sufficient cover of blankets, so that the patient will feel comfortably warm as soon as the reaction has set in. Those who have never experienced it, can scarcely

appreciate the marked sedative effect of this treatment when properly administered. Care should be taken not to put on so much covering that the patient will perspire, nor so little that he will feel chilly. Usually the patient will gently doze off to sleep, and when he awakes, the wet sheet should be removed, and dry clothing with warm bed covering, should take its place.

Where these treatments cannot easily be taken, plunging the feet in a bucket of hot water for ten minutes, followed by a dash of cold water and vigorous rubbing, will often induce sleep.

Persons who suffer with sleeplessness nearly always need to make a radical change in their diet. Condiments, pastries,

and all greasy foods should be avoided, also strongly acid fruit; as well as fruit preparations containing a large amount of sugar; but the ordinary fruits may be taken to advantage. Nothing should be eaten for several hours before going to bed, unless it is something very easily absorbed, as fruit. It is important that the patient should drink an abundance of pure water, as this tends to wash out of his system various poisons that would otherwise tend to keep him awake.

As for a bed, the spring mattress is probably the best. A hard bed is better than a soft one. Feathers are not the ideal thing to lie upon. Blankets are the best covering, being light, porous, and warm.

BREATHE PURE AIR.

BY J. H. KELLOGG, M.D.

AN abundance of pure air is the first requisite to health. We breathe for the purpose of obtaining oxygen, which constitutes about one-fifth of the atmosphere. The remaining four-fifths consist of nitrogen, a comparatively inert substance, intended chiefly to dilute the oxygen, so as to adapt it to the body.

We take in with each breath four or five cubic inches of oxygen, of which one and one-fourth cubic inches are retained for the use of the body. If we breathe from sixteen to twenty times a minute, we consume from twenty to twenty-five cubic inches of oxygen each moment, or two-thirds of a cubic foot every hour, amounting to sixteen cubic feet, or four barrels, every twenty-four hours.

The most common and the most dangerous of all the impurities by which the air we breathe is likely to be contaminated, are those which are communicated to the air by man himself. No matter how pure the air which is brought to the lungs, when this volume returns, it is saturated with impurities of the most deadly character.

The one and one-fourth cubic inches of oxygen retained in the body from each inspired breath, are replaced in the oxygen-giving air by a nearly equal quantity of carbon dioxide, a poison deadly to animal life. Associated with the carbon dioxide are other still more deadly poisons, which are capable of producing death when administered to animals, even in extremely minute quantities. With each respiration we spoil for breathing purposes from two-thirds to three-fourths of a barrel of air.

But the air is subject to other impurities than those resulting from breathing. The most important of these are dust, germs, and gases. Dust is made up of particles of soot and earth, fragments of various substances, and germs. In large cities it has been noted that the lungs of persons who die, if they have been long exposed to the air of the city, are grey, sometimes almost black, from the deposits of particles of carbon. The lungs of stone-cutters are often found to contain large quantities of minute particles of marble dust and microscopic fragments of stone. But the most

dangerous constituent of dust, especially the dust of cities, is found in germs. The germs of very many dangerous and even fatal maladies are received with the air in the form of dust. This is especially true of that most deadly disease, tuberculosis, a malady which destroys about one-seventh of all the persons who die in the United Kingdom, and a still larger proportion in some Continental countries. In a dried state these germs, which are expectorated by the tuberculous patient during coughing, float about in the air, and being taken into the lungs of a susceptible person, find lodgment, and develop, giving rise to tuberculosis of various forms. The germs of erysipelas are also carried by dust.

It is apparent, then, that dust is a formidable enemy to health. The house should be kept free from dust. Rugs should be used in the place of carpets, and heavy drapery should be avoided. Tables should be wiped daily, together with all articles of furniture, and the window-sills, and every place where dust can lodge, should be wiped every day with a moist cloth. Dusting brushes should not be used, and the duster should be used in such a way as not to raise a dust. The rooms should be opened daily, and the rugs beaten frequently. Street dust should be laid by sprinkling. Persons exposed to dust may be protected by covering the nostrils with two thicknesses of handkerchief. By this means the dust is strained out.

Poisonous gases find their way into the air from many sources, chiefly from sewers, sinks, vaults, neglected back-yards, cellars, closets, and from slaughter-houses, barn-yards, chicken-coops, styes, and numerous sources. The gases from these sources are produced, for the most part, by the action of germs. They are, fortunately, much less harmful than the germs themselves, and, as a rule, are not productive of germ diseases, unless they carry germs with them, which is by no means always

the case. Germs do not travel in the air unless dried and pulverised in the dust. So long as they are moist, they cannot float in the air; but they grow, and throw off unpleasant and more or less poisonous gases.

Exceedingly dangerous gases are produced by chemical works, by defective stoves in which gas, oil, or charcoal is burned, and in which there is no pipe to carry away the resulting gases, a precaution too often neglected. A candle produces one-half as much carbon dioxide as a person; an ordinary lamp, twice as much; a gas burner, three times as much. An ordinary gas stove will produce ten times as much carbon dioxide as a person. Hence the use of these pipeless stoves is dangerous. The writer has known of many cases of poisoning through the use of oil or charcoal stoves in a tightly closed room.

How to Breathe.

But air, in order to be beneficial, must be breathed properly. The following rules may be suggestive:—

1. Always breathe through the nose, unless the demand for air is so great that it is impossible to supply it through this alone. If this cannot readily be done, there is some obstruction in the nose, which should have the attention of a physician. Mouth-breathing is the cause of serious diseases of the throat and lungs, and deforms the face to an extraordinary extent. Air in passing through the nose is prepared for admission to the lungs. Cold air is warmed, and dry air moistened, and air containing dust or germs is filtered.

2. In ordinary breathing, the chief movements should be at the waist. The chest should expand at the belt and sides. The expansion of the upper part of the chest is necessary only in very full breathing, such as is sometimes required in singing or taking violent exercise.



THE . . . HOME.

DINNER DISHES.

DINNER is usually the most substantial meal of the day. Young and old come to this repast with hearty appetites, and expecting a generous spread. It is quite a problem to vary the menu from day to day, and always have a meal at once nourishing and palatable.

As one housewife truthfully remarked: "If meal-getting were only an occasional occurrence, the question would be more easily solved, but it is the never-ceasing round of every-day dishes that must be provided—seasonable, palatable, and yet within the bounds of economy—that taxes a woman's ingenuity and patience until she is tempted to wish life could be as well sustained without eating."

It is hoped that the following recipes, by Mrs. E. E. Kellogg, will be found useful in helping some housewives to answer the continually recurring question, "What shall we get for to-day's dinner?"

* * *

Rice and Eggs.—Upon an oiled baking-dish spread a layer of cold boiled rice. Make little hollows in the top, break a fresh egg into each, and bake four minutes in a hot oven.

Boiled Macaroni.—Break the macaroni into pieces about an inch in length, put into boiling water, and boil until tender. Drain thoroughly, add a pint of rich milk, one well-beaten egg, salt to taste, and stir over the fire until it thickens. Serve hot.

Scalloped Tomatoes.—Take a pint of stewed tomatoes, which have been rubbed through a colander, thicken with one and one-fourth cups of lightly-picked bread crumbs, or a sufficient quantity to make it quite thick; add salt if desired,

and a half cup of dairy cream or nut cream; mix well, and bake for twenty minutes.

Potato Stew with Nuttose.—Cut the nuttose into pieces not over half an inch square; cover with about equal parts boiling water, and cook in a slow oven for two hours or more. A small onion, a sprig of parsley, or a few bits of celery may be added just long enough before the completion of the cooking to impart their flavour to the stew. When nearly done, add some thinly sliced potatoes, and cook together till the potatoes are tender. Season with salt, and serve hot.

Vegetable Pea Soup.—Cook one pint of split peas until dissolved. When nearly done, put to cooking one and one-half pints of sliced potato and one medium-sized onion, sliced thin. When tender, rub all through a colander, add water to make of the consistency of thin cream, and salt to taste. Reheat and serve.

Wheatmeal Crisps.—Into a cup of ice-cold water stir wholemeal flour enough to knead. Stir in slowly, incorporating as much air as possible. A little sugar may be added if desired. Roll as thin as brown paper, bake in sheets in well-floured tins. Watch, and turn often, and bake until both sides are of a light, even brown. Break into irregular pieces, and serve.

Orange Rice.—Steam or bake in the oven a cupful of rice in milk, slightly sweetened. Prepare some oranges by separating into sections and cutting each section into halves, removing the seeds and all the white portion. Cover the oranges with sugar, and let them stand while the rice is cooking. Serve a portion of the orange on each saucerful of rice.

Stewed Raisins.—Take a pound of best raisins, free them from stems, cover in a dish with cold water, and soak them all night. Put them in a saucepan, and bring the water to the boiling-point. Then simmer until the skins are quite tender, cool, and they are ready for use. If half a pound of quartered figs are stewed with them, the liquor will be rich and syrupy.

Health Hints.

A REMEDY for obesity both safe and sure is to eat but one article of food at a meal. Try the plan, and see if it does not work to perfection.

* *

A GENTLEMAN returning from a convention was asked by his friends which of the delegates he liked the best, and replied: "The man who, when I asked his business or profession, told me, 'I am a cheer-up-odist.'"

* *

PROFESSOR TYNDALL, concluding a lecture to the students in a London university, said: "Take care of your health. Imagine Hercules as an oarsman in a rotten boat. What can he do but by the force of every stroke expedite the ruin of his craft? Take care of the timbers of your life-boat."

* *

"LESS eating and more breathing," would be an appropriate prescription for many an individual in poor health. Of all organs in the body the stomach and the liver are the ones most likely to be over-worked. The lungs don't get enough to do. Hence the great army of consumptives and dyspeptics and victims of disease generally.

* *

PROPER clothing is one excellent preventive against taking cold. The children need especial attention in this respect, since their growing bodies are more susceptible to changes of temperature than is that of the adult. If you have let your little boy or girl toddle about with bare knees on a winter day, don't do it any more. The custom is a relic of barbarism. Clothe the limbs as warmly as the trunk, and your children will suffer less from colds and catarrh, as well as stand a far better chance of avoiding graver diseases. M. E. O.

THE COMING MAN.

A PAIR of very chubby legs,
Encased in scarlet hose;
A pair of little stubby boots,
With rather doubtful toes;
A little blouse, a little coat—
Cut as a mother can—
And lo! before us sits in state
The future's "coming man."

His eyes, perchance, will read the stars,
And search their unknown ways;
Perchance the human heart and soul
Will open to their gaze;



Perchance their keen and flashing glance
Will be a nation's light—
Those eyes that now are wistful bent
On some "big fellow's kite."

Those hands—those little busy hands—
So sticky, small, and brown;
Those hands, whose only mission seems
To pull all order down;
Who knows what hidden strength may be
Within their tiny clasp,
Though now 'tis but a toffy stick
In sturdy hold their grasp?

Ah, blessings on those little hands,
Whose work is yet undone!
And blessings on those little feet,
Whose race is yet unrun!
And blessings on the little brain
That has not learned to plan!
Whate'er the future holds in store,
God bless the "coming man." —Sel.

THE LOST CHILD.

BY MRS. S. M. I. HENRY.

[Little Johnnie Wheeler, left in his grandmother's charge while the rest of the family are busy making New Year's calls or receiving friends in the drawing-room, takes it into his head to make some calls on his own account. While grandma is deeply engrossed in a letter from an absent son, Johnnie dons overcoat, cap, and mittens, and slipping out of the Wheeler mansion unobserved, is soon at some distance from his home. A strange woman (Margaret Stillman) invites him to call on her little boy, and he follows her.]

"THAT'S a pretty bundle of swag!"

It was a chuckling voice out of an evil face. The woman who was leading little Johnnie Wheeler by the hand turned quickly, for the voice came from over her shoulder.

"O you, Nance?" she cried, and added fiercely,—

"'Tain't no swag; it's company."

All the well-bred instincts that had stayed by her until now sprang at once to the rescue of what little reputation she had left. But conscience was her enemy in this attempt, for it faithfully reminded her of that ulterior purpose which prompted her to take this company home with her. Was it company or swag? She was compelled to acknowledge that Nance had called it by the right name.

Margaret Stillman groaned inwardly, and only by vigorous swallowing prevented it outwardly. She grasped the little hand more firmly, and hurried on as fast as her halting hip would allow, feeling all the time that that evil face was turned her way, its blinking eyes keeping her in sight. This filled her with alarm, and she made several detours to escape such observation. She saw that she would never be able to take that elegant little "bundle" much farther without attracting meddlesome attention. But she was quick-witted, and a series of misfortunes, together with much suffering, had made her desperate, and therefore she was fruitful in expedients.

In passing under the elevated railroad she took advantage of a few huddled

shadows deftly to loosen and drop off her petticoat, with which, before he could much more than wonder what she was doing, she had covered Johnnie from his stylish cap to his boot-tops in such a way as to leave nothing to be desired.

"What did you put that on me for?" asked Johnnie. "Did you s'pose I was cold?"

"I want to keep your nice clothes from getting sooty. You see I don't live on a fine avenue, and I don't want you to go home all smutty."

"Well, I think you are a very nice lady," said Johnnie.

"Then you call me a lady, do you?"

"Yes; for my mamma told sister that ladies are always kind; and you are kind to think about my getting smutty. These are my new clothes —"

"Christmas?" suggested Margaret.

"No—course not. Clothes aren't presents. I had lots of nice presents though."

"Well, *my* little boy would be glad of clothes for Christmas," she said bitterly.

"Would he? I've got lots, but it's too late for Christmas."

"But its never too late to be cold and hungry," she sighed under her breath.

She was walking as rapidly as her lameness would allow—fast enough to give the child's little short legs all they could do to keep up. She, however, held him by the firm grip of her hand, and he trotted bravely along, sometimes on his toes, his attention taken every moment by some new and strange sight, so that he had no time to think of himself. Such a funny little figure as he was in his masquerade, with his glowing cheeks, eager eyes, cherubic mouth, and one golden ring of a curl that had fallen out from under his cap.

At last they turned into a narrow court, and the woman paused at the top of an open stairway, broken, dark, dirty, leading

down into damp, maladorous depths from which any human creature would instinctively shrink with dread, unless he needed a hiding-place.

The child drew back as soon as he discovered that the way he was travelling led down into those nether glooms, and in a startled voice he cried out,—

“No!—What are you going down there for?”

“Because I live down there,” answered the woman sullenly.

He looked up at her as if to assure himself that she was human, then asked,—

“Do folks live down there?”

“Yes, when they can’t get any better.”

“And your little boy,—does he live down there?”

“Yes;” and the words seemed to choke her.

“Why doesn’t your papa give you a good place to live in, up out of doors?”

The woman did not answer, but ground her teeth, and made him feel the fierce, convulsive grip of her hand as she clinched it on his little palm.

“Lady, why doesn’t your papa—”

“Shut up,” she cried. Then quickly bethinking herself of possible consequences if she should terrify him too much, she added,—

“No, no, I didn’t mean that. But we haven’t anybody—my little boy and I—we haven’t anybody. I have had to lift him all this time alone. Come on, don’t be afraid,” for the child still drew back. “You

came to call on him, you know,” she said pitifully, pleadingly, with tears in her voice. “I’ll carry you down if you like, and bring you back. You don’t want me to take you home now until you have seen my poor little sick boy, do you? He hasn’t seen a little boy like you for ever and ever so long,” and a great sob burst from her lips.

“Don’t cry,” said Johnnie, his lip quivering with sympathy, and his heart rising with courage, “course I’m not going back till I make my call. See! I am not afraid,” and he began to make ready for the descent. The colour, however, faded from his cheeks, his eyes grew large and alert, his lips compressed. It was clear even to the eyes of Margaret Stillman that it was nothing short of a most heroic giving up of himself that at last led the little fellow to put his tiny foot out, and step down the long step into those dark shadows that seemed only waiting to swallow him up.

His was that quality of courage that will “rise with danger,” so after the first step, although the darkness grew dense about him, he did not flinch, not even when a door opened and shut on him, and he could scarcely distinguish one object before him. He stood dazed and waiting, his eyes making every effort to adapt themselves to the shadows; but meanwhile his ears were busy with sounds which even his childish experience fully comprehended. He heard a cry of—

(To be continued.)

Queer-looking Kale.—When tea was first introduced into Britain, there were many laughable mistakes made in serving it, particularly in Scotland. A “sonsy wife” had a son in the navy who sent his mother a pound of tea as a present. She, dear soul, boiled it in the porridge-pot, and straining it, threw away the water and dished up the leaves.

“Queer-looking kale,” said her husband,

looking askance at it as he sat down to dinner.

“It’s what our poor laddie, God bless him, sent hame. John, try it, mon—put a bittie butter over to soften it.”

“Na, na, Eppie,” he cried; “it wilna work. Trashe ie like that may suit the stomachs o’ danged fools o’ foreigners, but coument me to good green kale; Janet, pais the tatters.”—*Cosmopolitan.*

EDITORIAL.

The Hot-Blanket Pack.

It must not be supposed by anyone that water treatments are so simple that they can be given in any fashion, and still accomplish the desired results. All the



treatments require to be administered with care; otherwise harm may be done. These simple and natural remedies often have powerful effects upon the body for good or evil. Hence, seek to follow the directions closely, or, better still, get the assistance of one who has had some practical experience in the use of water treatments.

These suggestions apply with particular force to the hot-blanket pack, which, while an excellent physiological remedy in the hands of a nurse or competent attendant, may, through carelessness, do great harm.

The room should be warm, and care should be taken to prevent chilling the patient.

The necessary appliances are plenty of blankets and hot-water

bottles, a large pail, and a mackintosh cloth, together with a bed or couch, which should be provided with a good, firm mattress and pillow.

First lay over the mattress and pillow a quilt or suitable cover, then the mackintosh,

and three blankets, one over the other.

Now soak another blanket in hot water (160°), and wring thoroughly as shown in the first illustration. Quickly spread the wet blanket over the dry ones, and have the patient, who has previously disrobed, lie down in the middle, so that about four inches of the blanket projects above her shoulders. Then

while she raises both arms above her head, the attendant should draw the blanket across the body and leg of the same side, turning it down so as to cover the shoulder. The arms having been brought to the sides, draw the opposite side of the blanket across the body and both legs, tucking it in carefully round the shoulders and elsewhere, so that the body





To Escape Influenza.

As this is the season of the year for influenza weather, a few suggestions in the way of prevention may be acceptable. If influenza is a germ disease, which it probably is, then we are breathing the microbes more or less every day. Why do we not take the disease? Because the body is in such a state of healthful activity that the germs are destroyed before they are able to set up pathological processes.

will be completely enveloped. Then wrap the dry blankets round the patient, one after the other, tucking them in snugly. Place a hot bottle to the feet, others to the sides, if necessary, and a cool compress to the head. All should be done quickly and efficiently, while the blanket is still hot.

The patient should be left in the pack long enough to thoroughly warm the skin, and produce free perspiration. On taking her out, give a wet-hand rub, using tepid or cold water, and dry briskly with a rough towel. Then send the patient to bed with a hot bottle to the feet, or let her rest in a warm room for a time before going out.

In giving this treatment it is necessary to observe the following precautions:—

1. Have the blanket as hot as the patient can bear, but don't burn her.
2. Do not allow the patient to become chilled by delays in the treatment, or draughts from open doors or windows.
3. In treating fevers the pack should be short, and great care must be taken to prevent a rise of the body temperature.
4. Remember that the treatment soon becomes exhausting, and consequently it should be used judiciously, and not too often repeated.

It will be seen that the effects of this pack are very much like those of a vapour bath, and the treatment is suitable for a severe cold, influenza, muscular rheumatism, inflammation of the kidneys, and induce conditions where it is desirable to herto perspiration.

fore they are able to set up pathological processes.

Influenza is very much like a severe cold in that it causes inflammation of the respiratory organs. The first essential to the health of these organs is an abundance of fresh air. Be out of doors as much as possible. Don't hug the fire. If your feet are cold, take a brisk walk of three or four miles. Vigorous exercise will stimulate the action of the lungs and heart, and soon produce a glow of warmth.

Don't coddle yourself. It weakens the resistive forces of the body, and lowers vitality. The use of heavy mufflers, and large fur collars, is undesirable. Overheating results, and then slight exposure will produce a cold or influenza.

Sudden changes from warm rooms to the cold atmosphere outside not infrequently cause trouble. On going out of doors in winter, one should put on extra clothing, unless ready to take a brisk walk.

Avoid going with wet or cold feet. As soon as possible change the hose, and soak the feet in hot water. One should always wear thick boots in winter, with water-proof soles.

Take a cold bath every morning, either a plunge in a tub of cold water, or a sponge down. Follow with vigorous rubbing, and light exercise.

QUESTIONS AND ANSWERS.

Our correspondents are requested to enclose a penny stamp with their questions, as it is often necessary to answer by post.

Rupture. J. W. has a rupture of one month's standing, and asks for advice as to treatment.

Ans.—Sometimes a well-fitting truss will relieve the defect, but more often a surgical operation is necessary, and is usually successful. You should consult a competent surgeon, and follow his counsel.

Blushing.—G. B. asks if there is any cure for blushing.

Ans.—If due to a temporary disturbance of the circulation, removal of the causes would doubtless remedy the difficulty. But if the condition is a constitutional one, we know of no cure.

Cold Bath.—A. H. C. wishes to know whether we consider the friction-towel bath more beneficial than the cold bath.

Ans.—Getting into a bath of cold water is a more vigorous measure, and produces a more exciting effect upon the body, generally, than the friction with a wet towel. Those who enjoy the cold plunge, and secure a good reaction, should take it, while others less vigorous could take the friction bath.

Spots and Pimples.—E. H. B. wishes for a remedy for spots and pimples on the face. They have been coming and going constantly for two years.

Ans.—Pimples are usually due to errors of diet, such as the use of rich pastries and confections, greasy foods, indigestible compounds, improperly cooked foods, cheese, pickles, and condiments of all kinds, as well as eating between meals, overeating, and anything that upsets the stomach, and brings on a disturbance of digestion. Adopt a simple, wholesome dietary in harmony with the first page article, eat moderately and at regular intervals, drink very freely of pure water morning and evening and between the meals, use plenty of fruit, keep your bowels regular, take a cold bath each morning, avoid a sedentary life, and be careful not to irritate the skin in any way. To have a clean, smooth, rosy, healthy skin one must make it his daily business to cultivate health by observing all the physical laws which govern the body.

Noises in the Head.—G. A.: 1. What is the cause and cure of noises in the head? 2. How can uric acid be eliminated from the system?

Ans.—Noises in the head are often due to an accumulation of wax in the external ear. This can

usually be removed by the following simple method: Introduce a few drops of sweet oil at night, and plug the ear with cotton wool. In the morning wash out gently with warm water, using a syringe, and taking great care not to injure the delicate membrane. This treatment should properly be given by a nurse or physician. Catarrh of the ear is another cause of the noises, and in such cases a physician should be consulted.

2. Nature will soon remove the uric acid, if pure, non-stimulating foods are used, such as fruits, grains, nuts, and vegetables. The free use of water will assist in expelling the poison from the system. Eliminative treatments, such as Turkish and Russian baths, hot full baths, and hot packs, electric light baths, etc., are also useful.

Varicose Veins.—A draper's assistant requests a cure for varicose veins of the legs.

Ans.—The enlarged veins are due to a defective return circulation of the blood from the legs, doubtless caused by too much standing. If possible, get a week's vacation, rest the limbs, keeping them elevated on a couple of pillows, and apply fomentations to both legs as described in the January GOOD HEALTH, followed by a dip in cold water twice daily. Or soak them in a deep pail of hot water for five minutes, then dip in cold water, repeating the treatment three or four times. When you return to work, bandage each leg, starting with the foot, and as much as possible avoid standing. It would be well to change your work if that could be arranged, so you would not have to stand so much. In bad cases, removal of the diseased vessels would be the best treatment.

Neuralgia.—J. J. T. wants to know the best treatment for neuralgia. He has had severe pains in the forehead and face for twelve months, and has tried drugs without benefit.

Ans.—If it is true that "neuralgia is the cry of the nerves for food," as one writer has said, then careful attention should be given to diet. The nerves are delicate structures, and when injured by defective nutrition, they cause great suffering. Adopt a plain, nourishing diet, with an abundance of fruit. Avoid sweetmeats and rich compounds of all kinds, as well as all stimulants. To relieve the pain apply dry heat by means of indiarubber hot-water bottles of convenient size, or moist heat in the form of fomentations (flannels wrung out of hot water). Surgical interference is sometimes necessary in aggravated cases.

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OUR subscribers have taken such a kindly interest in GOOD HEALTH, and have sent us so many encouraging words, that we know they will be glad to be kept informed with reference to the progress of the work. Twenty-five thousand copies of the January number were printed, and from the present outlook, they will scarcely suffice to supply the demand.

THIS is very good for the third number of a magazine, and it shows that there is a real demand for these principles. The publishers desire to reach the fifty thousand mark as soon as possible, as we shall then be able to increase the size of the magazine to twenty-four pages, the price remaining the same. Let us all work together to this end.

WE already have a number of enthusiastic and efficient agents, but some parts of the kingdom are not well represented. Are there not some of our readers who would like to devote a little time each month to introducing GOOD HEALTH, and thus alleviate some of the unnecessary suffering in the world? If there are such, we would like to send them our special terms, and encourage them in every way possible in the work.

OUR readers will be glad to learn that arrangements are being made to open a Health Home for the accommodation of patients who wish to have the benefits of physiological treatment and a correct diet. Some applications for admittance to such a home have already been received, and those who may desire to come, would do well to apply early, as the accommodations will be limited. Inquiries may be addressed to Health Home, care of Good HEALTH, 451, Holloway Road, London N.

Looking Forward.

CONTINUAL advancement is our endeavour. So we feel quite safe in promising our readers that next month's GOOD HEALTH will be just a little better than this one.

Dr. J. H. Kellogg will discuss in an able article "The Rational Treatment of Consumption." One-fourth to one-seventh of all deaths being due to this "leprous disease," its proper treatment is a subject upon which every one should be intelligent. The Doctor sums up the essentials as follows: First, "out-of-door life in all seasons and all weathers, with the proper protection and precautions to avoid chilling." Secondly, a readily digestible and strength-giving diet. Thirdly, to build up the constitution and increase the vital resistance of the patient by the application of various forms of hydrotherapy.

The article in the present number on a natural diet will be followed by one on "Good Digestion, and How to Have It." Someone has said that good digestion is more important to success than genius, and it is an interesting fact that the men who have risen to the top in any profession have rarely been hampered with a dyspeptic stomach. The writer contends that good digestion is largely a matter of cultivation. He holds out a bright hope even to the confirmed dyspeptic, providing he is not too "confirmed" in his wrong habits to be willing to make a change. In other words, the stomach can be reformed, if the man can.

"Correct Postures as an Aid to Health," will be the title of a fully illustrated and timely contribution of interest to all our readers. The effect of wrong postures is more serious than most people imagine. Stooping shoulders mean a hollow chest, which invites consumption. The man who droops outwardly, usually droops inwardly; in other words, he has a prolapsed stomach, and other displacements. These things will all be made clear in the article, and simple directions given by which every one of our readers may "straighten up," himself, and give his friends a few pointers along the same line.

But this is only a small part of the helpful instruction which GOOD HEALTH will bring you next month.

TABLE TALK.

A SENSUAL, and intemperate youth hands over a worn-out body to old age.—*Cicero.*

* *

PHYSICIANS, of all men, are most happy : whatever good success they have, the world proclaimeth ; and what faults they commit, the earth covereth.—*Quarles.*

* *

“WHAT is the action of disinfectants ?” was asked of a medical student.

“They smell so bad that people open the door, and fresh air gets in,” was the reply.

* *

Teacher of Physiology.—“What should one do immediately upon coming into the house with wet feet ?”

Pupil.—“Take them off, and put on others as soon as possible.”

* *

A PHILOSOPHER says : “If you drink wine, you will walk in winding ways ; if you carry too much beer, the bier will carry you ; if you drink brandy punches, you will get punched ; and if you always get the best of whisky, whisky will always get the best of you.”

* *

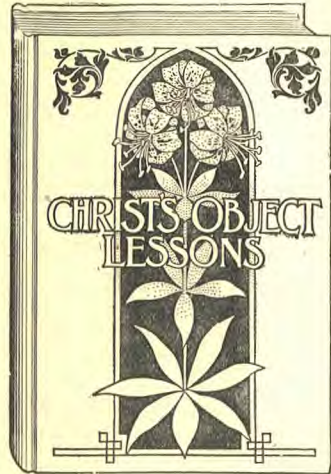
A COLOURED woman threw the odds and ends of medicine left after her husband's death into the fire. The explosion that followed carried the stove through one of the windows. “Mos' pow'ful movin' med'sin I eveh saw'd. No wondah de ole man gone died.”

* *

“DOCTOR,” said a patient who was notorious for laziness in general and slovenliness of person in particular,—“Doctor, I have tried everything I can think of for rheumatism, all sorts of remedies, regular and irregular, change of diet, change of climate, and all without the least avail.”

After surveying his untidy linen for a moment, the doctor suggested, “Suppose you try a change of shirt.”

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