

GOOD HEALTH



April, 1902.

Editorial Chat.

Spring Tonics: What They Are, and
How to Take Them.

Physical Strength Formers.

Influenza: Its Prevention and Treatment.

The Beginnings of Intemperance.
—Illustrated.

Hygienic Recipes.

The Lost Child.—A Serial.

How to Give the Wet-Sheet Rub.
—Illustrated.

Questions and Answers.

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Vol. I.

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Vol. I.

April, 1902.

No. 6.

HYDROTHERAPY is not a new fad. Nearly two centuries ago an Englishman wrote: "Washing the bare breast with cold water will make those hardy who before took cold easily."

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THE same author gives the following suggestion touching the treatment of an intoxicated person: "Now it is most certain to my knowledge that if a drunken man is plunged head and ears into cold water, he will come out perfectly sober, and some I have known to be cured by merely wetting their heads in cold water."

→*~*←

Health Principles to the Front.—

It is refreshing to note a hopeful change in public sentiment regarding the matter of diet. One of the popular weeklies actually ventures the assertion: "If you were to take one hundred people who eat fruit every day, and one hundred people who eat little or none, it would be found that all—or nearly all—of the former would escape infection from small-pox, and other such diseases; while the latter would furnish a number of victims."

To be sure, the force of this sensible suggestion is largely lost by an immediate caution to the effect that the fruit "must be eaten *in moderation*." We should put the shoe on the other foot, and advise people to observe greater moderation in the use of the more solid foods, and to take fruit very freely.

A MAN caught drunk in the Argentine Republic is compelled to sweep the streets for eight days

→*~*←

CANCER has increased more than fifty per cent. during the last half century. Last year over four thousand people died of this disease in London alone. Cancer is the most prevalent in districts where large quantities of pork are consumed.

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Sleeping Draughts.—Several deaths have been reported recently as a result of over-doses of morphine and other anodynes, taken apparently without medical advice, simply to induce sleep. The practice of resorting to drugs to secure a night's rest is a most pernicious one, and also ineffective, because the artificial stupor brought about in this way is by no means equivalent to "Nature's sweet restorer."

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Coffee-Leaf Cigarettes are reported as very popular among fashionable Parisians. The effect of this new variety of smoke is said to be that of making a person loathe tobacco. Hence it is recommended as a cure for the tobacco habit. This is simply substituting one unnatural habit for another. How much better to recognise the obvious fact that the human system stands in no need of smoke, and if the diet is properly regulated, and a healthful mode of living adopted, there will shortly appear a natural aversion to all stimulants and narcotics.

THE newspapers of San Francisco assert that 195 cases of leprosy have been traced by physicians to the smoking of cigarettes made by Chinese lepers.



No Dieting Required.—The manufacturers of a certain brand of digestive tablets offer the following consideration as an inducement to prospective buyers:—

“No dieting nor change of habits is required; they [the tablets] digest the food.” If such a statement were true, which is by no means the case, the tablets in question would be appropriate only for a person without digestive organs, for what is a stomach for if not to digest one's food? Beware of short-cuts to health. The true theory of treating disease is to remove the cause. If a person is suffering from dyspepsia in any form, the first thing for him to do is to look to his diet, then to his other habits. Drugs may benumb the nerves, or whip up the flagging energies of the digestive organs so that they will temporarily do a little more work, but the day of final collapse is only hastened, and *it is sure to come.*



It Was a Disgusting Business.—So said a Southwark magistrate, referring to a recent case of brutal treatment of horses described as “lame and suffering great pain,” on their way to the Continent “for the sausage-making trade.” We do not know just how much the worthy magistrate intended the term to cover, but we should think it might not inappropriately be applied to the whole sausage-making industry. When we consider the materials used, the process of manufacture, and the condition of the employed, we cannot think “disgusting” is too strong a word. If any one doubts, let him investigate.

Dr. Hutchinson, the learned food expert, in treating of sausages, says that they are “preparations of very uncertain composition.” He continues: “It has been re-

marked of them with some truth that they are like life; for you never know what is in them till you have been through them.”



A Toothless Race.—Civilised man is rapidly becoming toothless, owing to the large use of soft, sloppy foods, and the washing down of more solid foods with copious draughts of tea, coffee, or beer. Under normal conditions, when food is eaten dry, and thoroughly chewed, digestion actually begins in the mouth, a small portion of the starch being changed into sugar by the action of the saliva. Of course the food is neither properly ground nor digested when washed down by fluids. If the diet consists of mild, unstimulating foods, and plenty of pure water is taken between meals, there will be no call for drinking at mealtime; the teeth will then be given their proper work, and will not decay and become useless.



A No-Breakfast League has been organised in Lancashire. The members do without breakfast, and claim decided benefit, both in working capacity and general health. We do not doubt this for a moment. When a man is eating four or five meals a day, he would be benefited by dropping any one of them. The no-breakfast movement started some years ago in Chicago. It is doubtless an improvement on the ordinary system of keeping something in the stomach all the time; but it is much inferior to the no-supper idea. The natural time for the stomach to rest is at night, when the body as a whole is in repose. Sleep on an empty stomach is far more refreshing than on a full one. Moreover, at night one is less liable to be exposed to disease than while at business in the morning. This is another reason for choosing that season for permitting the stomach to lie idle, since it is generally believed by physicians that a person is less liable to be affected by disease germs to which he may be exposed if there is food in the stomach.

M. E. O.

SPRING TONICS: WHAT THEY ARE, AND HOW TO TAKE THEM.

BY M. ELLSWORTH OLSEN.

WITH the arrival of warmer weather many people experience something of a let-down physically, including, perhaps, partial loss of appetite, disinclination to exertion, and a tired, languid feeling generally. The usual custom under such circumstances is to resort to a drug tonic of some sort, and the choice most often falls upon the nostrum which is most skilfully advertised.

What is the action of a drug tonic? It is not supposed to contain nourishment, hence it must be in the nature of an artificial stimulant, which, while it cannot add to the depleted stock of vitality, may act as a sort of suction pump, and draw out a little more for immediate use. The patient feels better just for the moment, but his actual stock of vitality is less than it was before. He is poorer in strength as well as in pocket; he has made another stride toward complete physical bankruptcy, and he does not know it.

The real tonics, those that do cleanse the blood, sharpen the appetite, and give tone to the whole system, are the great natural forces,—air, sunlight, water, and food. It is neglect of these, which a generous Creator provides for His children, that makes people crave something else, and creates the enormous demand for proprietary medicines and, in fact, artificial stimulants and tonics of all sorts.

Man is the only animal who seems to need a special pick-me-up in the spring. Everything else is full of life and energy, as the poet sings,—

“There is no time like spring,
When life's alive in everything.”

The birds are not crying for bitters and appetisers and pick-me-ups. Why not? Because they are living an active, out-of-door life, and breathing great quantities of pure air, which is the great blood-purifier. If we would enjoy health and vigour, we

must approximate such a natural mode of living as nearly as possible.

Too many people are taking the air in homœopathic doses. How can such expect to have exuberant life and abounding vitality? We should literally flood our bedrooms with fresh air. Protect the head, if need be, have plenty of blankets on the bed, but open the window wide. Sleep will be truly refreshing under these conditions instead of being a sort of dull stupor, from which one arises jaded, languid, and with a bad taste in the mouth.

Not only do we need to let the air into our living and sleeping rooms. We should get out into the air as much as possible, and take vigorous exercise, which in turn stimulates respiration, and sends the purified blood coursing through the arteries all over the body. Persons living in the country have the ideal opportunities for this; but city and town dwellers may profit greatly by a brisk walk or run in one of the numerous parks and open squares. To do the most good, this exercise should be taken regularly.

Outdoor life brings one under the benign influence of another splendid tonic—sunshine. Who has not noticed that everybody seems to be at his best on a bright, sunny day? Sunlight is valuable in the house as well as without. It is a germicide and disinfectant of the first order. By all means throw aside the shutters, and let in as much as possible. It is better to let your rugs and upholstery fade than the roses from the cheeks of the children.

The tonic effect of water is most noticeable in the form of the cold bath, for which, by the way, one does not require a bathroom. Often the system is not robust enough to profit by the immersion of the whole body in cold water. But even a very weak person will be able to take to advantage a cold sponge bath immediately

on getting out of bed in the morning. Cold water may also be applied to the body by the bare hand, followed by vigorous rubbing with a bath towel. To begin with, it may be best to uncover only a part of the body at a time, especially where the bath is taken in a cold room. Begin with the face and neck, then take in order the trunk, arms, and legs, ending up with the feet. The whole operation need not occupy more than six or seven minutes. The more rapidly it is done the better. The effect of such a bath is enhanced if followed by brisk exercise for ten or fifteen minutes.

Many complain of loss of appetite in the spring. A slight decrease in the desire for food is natural, since the system really

requires less nourishment in warm than in cold weather, a considerable portion of the food being used to maintain the temperature of the body. But any serious falling off in appetite shows that something is wrong. Usually the patient needs a change of diet. If he were to give up flesh meats and greasy foods generally, and adopt a light yet nourishing dietary consisting largely of fruits, he would experience immediate relief. Oranges and lemons are excellent appetisers, and the same is true of all fresh fruits, and of the stewed as well, providing they are not treated too liberally to sugar, which has a clogging effect upon the system.

PHYSICAL STRENGTH FORMERS.

BY KATE LINDSAY, M.D.

THE great cry of the world is for more strength. Men and women all around us are making a failure of life because they lack physical, mental, and moral strength.

So far as physical strength is concerned, it would seem at a glance that no one need be at a loss for remedies; the world is full of remedies of all kinds. Nerve tonics, heart tonics, lung tonics, stomach tonics, in endless quantity and variety, are advertised in every newspaper, and can be bought in every drug store. In defiance of all these vaunted remedies for weakness, many thousands of invalids have so little strength that they are unable to sit up, and hopelessly drag out their weary days in forced inaction.

All physical strength is the result of energy evolved from food properly digested, normally assimilated, and ready to undergo the changes of proper oxidation under the stimulation of the nervous system, and to manifest energy in the form of work. Nearly all the tonics and bottled strength formers are not capable of assimilation and tissue formation, nor do they increase the ability of the tissues to evolve force, many of them seriously interfering with normal tissue changes.

The most noticeable of these so-called strength givers are alcoholic drinks. At one time I had to deal with a very notable example of the faith that people put in these broken reeds. A lady came to one of our sanitariums so weak physically that she had to be carried on a stretcher. A friend came with her with a basket of bottled medicines, which she thought were necessary, and must be given the patient to keep up her strength. There were two pint bottles full of old Scotch whisky, one quart bottle nearly full of brandy, a bottle of hypophosphites, and several other tonics. Besides this, the lady was drinking a bottle of stout daily, and took port wine and several cups of either tea, coffee, or cocoa with each meal. Yet she was so weak that she could not have the history of her case taken. Notwithstanding this she hugged her strengtheners tightly, and had her friend hide them under her pillow before she left, for fear we would take them away from her.

She was taken to the bath room, and while there, all the bottles disappeared. In two days after separating the patient and the strength formers, she was strong enough to be examined. In two weeks she was walking up and down stairs, had gained several pounds of flesh, and was feeling well and happy again.

INFLUENZA: ITS PREVENTION AND TREATMENT.

BY ALFRED B. OLSEN.

INFLUENZA, or *La Grippe*, as it is sometimes called, is an infectious disease which within recent years has become very prevalent. It spreads by means of a specific poison which is very infective, but of which little is known.

The disease produces an acute catarrh of the respiratory passages, especially of the nose and throat, and is accompanied by marked constitutional disturbances. The nervous symptoms are pronounced. There is usually severe pain in the head, back, and limbs, as well as general soreness of the muscles. The heart, too, often becomes very weak, and in extreme cases death may result from failure of this organ. Delirium is not an uncommon symptom in a severe attack.

The direct causes of influenza are not well understood, but the disease has been observed to attack most often invalids, aged persons, and feeble persons of all ages and both sexes. To resist the malady it is necessary to maintain a high degree of health and strength. The causes are both predisposing and exciting. A sedentary life; close, over-heated rooms; the use of rich foods, condiments, and pastries, which overwork the organs of digestion and clog the system; and carelessness in dress,—these are all predisposing factors. Some of the exciting causes are exposure to cold and wet, damp beds, draughts, and sudden changes of temperature.

It is well to dress according to the weather. If cold, go out for a brisk walk of a couple of miles or more. Lead an active life; eat plain, wholesome food; drink plenty of pure water; live out-of-doors as much as possible; let the sunshine and fresh air into all your rooms; take a cold morning bath; and cultivate a happy, cheerful disposition. By these means health is built up, and the body is fortified against disease of all kinds.

The treatment for influenza consists in rest from physical and mental work and worry, a light diet of fruits and grain preparations, and suitable sweating baths. Put the patient to bed in a pleasant, well-ventilated room, with a cheerful fire in the grate. Cleanse the bowels with a quart or two of warm water, adding a little soap in solution. Repeat if necessary.

Then administer a hot vapour or hot immersion bath, at the same time giving the patient copious drinks of hot lemonade or simply hot water. A cold compress should be applied to the head, care being taken to avoid fainting. This will secure activity of the skin and kidneys. If preferable, the hot-blanket pack, as described in the February GOOD HEALTH, may be used. The hot treatment should only continue about ten minutes, or long enough to produce free perspiration. Follow it by a tepid or cool sponge bath, after which the patient should be sent to bed with a hot bottle to the feet. This treatment, or a variation of it, may be repeated the next day if needed.

For a few days the diet should be sparing and simple, consisting chiefly of fruits, both fresh and stewed, and toasted breads. Keep the bowels open, using enemata if necessary.

The fever may be treated by neutral baths and cool sponging. The back-ache and leg-ache may be relieved by fomentations, directions for which were given in the January GOOD HEALTH.

If taken in hand early, and efficiently treated, the disease is soon checked, and convalescence established. As the patient grows stronger, and is able to be up and about, it is well to send him to the country or seaside if convenient. The change of environment, together with the pure, fresh air and plain, wholesome food of the country, will soon restore health and physical vigour.



HOUSEHOLD

RECIPES.

Fruit Soup.—Stew good prunes and raisins, or better, sultanas, together until perfectly tender. Add sufficient boiling water to make the required amount of soup, thicken with a little cornflour, flavour with a spoonful of lemon juice, if desired.

Gluten Porridge with Dates.—Heat a quart of milk and water, or one half of each, as preferred, to boiling; sift in lightly with the fingers six tablespoonfuls of gluten, or sufficient to make a porridge of the desired consistency. Just before serving, add some fresh dates, from which the stones have been removed.

Sugar Corn Soup.—Turn a tin of sugar corn into an enamelled pie-dish, and thoroughly mash with a potato-masher until each kernel is broken; then rub through a colander to remove the skins. Add sufficient milk or nut milk to make the soup of the desired consistency. If preferred, a larger quantity of milk and some cream may be used, and the soup thickened with a little cornflour. Reheat, and serve, after seasoning with a little salt.

Protose and Rice Croquettes.—Steam one half cup of well-washed rice in one cup of water, with one-fourth teaspoonful of salt, for one hour, or until tender. Add to this an equal bulk of dry simmered protose, one egg, and salt to taste; shape, roll in fine bread or granose crumbs, and bake twenty minutes in a moderate oven. If desired, one tablespoonful of chopped parsley or celery may be added before shaping. Protose as it comes from the can, chopped, may be used if preferred.

Breakfast Rolls.—Sift a pint and a half of wholemeal flour into a bowl, and into it stir a cupful of very cold thin cream or unskimmed milk. Pour the liquid into the flour slowly, a few spoonfuls at a time, mixing each spoonful to a dough with the flour as fast as poured in. When all the liquid has been added, gather the fragments of dough together, knead thoroughly for ten minutes or longer, until perfectly smooth and elastic. The quantity of flour will vary somewhat

with the quality, but in general, the quantity given will be quite sufficient for mixing the dough and dusting the board. When well kneaded, divide into two portions; roll each over with the hands, until a long roll about one inch in diameter is formed; cut this into two-inch lengths, prick with a fork, and place on perforated tins, far enough apart so that one will not touch another when baking. Each roll should be as smooth and perfect as possible, and with no dry flour adhering. Bake at once. From thirty to forty minutes will be required if the oven is of proper temperature. When done, spread on the table to cool, but do not pile one on top of another.

Pease Patties.—Cook a quart of dried Scotch peas very slowly until perfectly tender, allowing them to simmer very gently toward the last until they become as dry as possible. Rub them through a colander to remove all skins. Season with a teaspoonful of salt and a half cup of thin cream or nut cream. Beat well together, add one third the same quantity of toasted bread crumbs, shape into patties, and bake until dry, mealy, and nicely browned. Serve with a tomato sauce prepared as follows: Heat a pint of strained, stewed tomato, season slightly with salt, and when boiling, thicken with a tablespoonful of flour rubbed smooth in a little water.

The Beginnings of Intemperance.

INTEMPERANCE, in its most aggravated forms, seems to attach itself particularly to the nations possessing the highest civilisation. Consequently when these undertake the mission of civilising the heathen, the result is more drunkenness.

India, under English rule, is said to be fast losing its reputation for sobriety. Indeed, a high church official has expressed the opinion that "for one really converted Christian as the fruit of missionary labour, the drinking practices of the English have

made one thousand drunkards ;" and, further, "if the English were driven out of India to-morrow, the chief trace of their ever having been there would be the number of drunkards they left behind."

Were it only for India's sake it would behove this nation to consider its attitude toward the temperance question ; but we have our own children and youth to save. What can be done to protect them from the taint of alcoholism ? Our answer is, Educate, EDUCATE, EDUCATE. This involves something more than warnings against the use of strong drinks. Let the teaching be positive as well as negative. Throw about the child those influences which make for true temperance. Above all, set him a right example.

Trace the history of the drunkard, and you will usually find that the home influences were wrong. The solution of the temperance problem lies in the main with the mothers of the land. If the boys and girls are taught to reverence their bodies as the temples of the Holy Spirit ; if they are supplied with an abundance of plain, nourishing food, and denied indulgence in sweets, pastries, and all gross and stimulating articles of diet, they are not likely to develop a craving for alcoholic drinks.

But in the average home the child is early taught to eat pickles, condiments, flesh meats, and all manner of indigestible things, not because the system requires them, but because they are supposed to taste nice. In fact, the bright, intelligent child soon concludes from

his observations that one of the chief ends of life is to please the appetite. What wonder, then, that the children even of fairly temperate parents early take to cigarettes and alcoholic beverages. They must have a different kind of home training. For this to be possible, their parents must be educated. The most effective temperance work is done in the homes of the people. It consists of instruction in the selection and preparation of food for the table, and in healthful habits generally.

M. E. O.



DRAWING THE JUICE OF THE DATE PALM TO MAKE "TODDY."



A MODERN INDIAN VILLAGE DRINK SHOP.

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 to a dark, malodorous cellar in the slum district. A door opens and shuts, Johnnie sees nothing, but hears a weak cry of "Mamma, O Mamma! Did you bring me something? I am so hungry." "Yes darling," was Margaret's reply, as she quickly removed the cape from Johnnie, and taking his coat and cap disappeared in the darkness. Johnnie feels hungry himself, and not at home in his strange surroundings. So he puts on the cape again, crawls dog-fashion up the steep stairway into the street, and asks a passing policeman to take him home.]

"HA! ha! Well, you have got a string in your teeth," laughed the officer. "What in the world is all this about, and who are you, anyhow?"

"Didn't you hear me?" asked Johnnie, a little sternly, for the judicial element was not lacking in him. "My name is John Eldred Wheeler, and I live at 400 Washington Avenue; and I asked you to please

take me home, 'cause I came to call on a little sick boy, and he's hungry, and I—I want my dinner, and I'm not very warm without my coat and cap."

"Do you live at 400, Washington Avenue?" for the officer was very much impressed by the mention of the locality, and was beginning to notice that the child did not manifest the usual slum characteristics, although he was certainly dirty enough to "belong."

But the policeman was familiar with the quick-witted street Arab, who is even in his infancy a match for almost any ordinary mortal in those things that pertain to cunning and worldly wisdom, and he did not intend to be "taken in;" so he began to study the specimen before him. He lifted a corner of the petticoat that one little hand was holding firmly about head and neck, and he recognised at once in the delicate throat and comfortable dress a

different order of being and estate from that which appeared on the surface.

"What in the world are you doing here?" he asked at last, "and what have you got this toggery on for?"

"I told you twice that I came to see a sick little boy. His mamma took my cap and coat to put them away, I s'pose; and she was a very kind lady, and put this on my head to keep the smuts off."

"I see," said the officer grimly, looking sharply about, and down into the pit below. "Did you come up out of there, child?"

"Yes, I climbed up; didn't you see me? and I want to go home, and get some things for that sick boy.

"Don't, I can walk;" for the officer had stooped and lifted Johnnie on his arm, and was going toward the cellar. "Don't go there; take me home, please."

"All right, little man, don't be afraid, I'll take care of you; but I want to see what is down there." The warm clasp of the strong arm, the kind face and voice, seemed so comfortable to Johnnie that he accepted the situation, and together they went down into that awful kennel so full of the very atmosphere of death.

It did not take long for the officer to comprehend the situation, and with Johnnie still in his arms he hastened up and over to a corner from whence he could telephone a call for help; in a few minutes he was re-enforced by another uniform.

"Watch that cellar on the sly," he said to the recruit. "Let anybody in, but nobody out until orders." Then with long strides he started for 400, Washington Avenue.

Before the Wheeler mansion was reached, the child, exhausted by the exciting experiences and unusual effort of the day, was asleep on the officer's shoulder, and awoke only as he was transferred to his father's arms, for Mr. Wheeler was all ready to receive him, having kept his station at the home end of the telephone line, while the mother and nurse, with Max on the carriage, had joined the hunters.

"O papa," cried Johnnie with his first awakened consciousness, in a shrill, excited voice, "I did make my call, too!"

"I should think you did," said Mr. Wheeler, unbundling him from the petticoat, which he threw to one of the servants who was at hand, "and you did something else, cherub."

"O yes, papa; and I haven't got it all done yet!"

"You haven't? You have done a pretty good day's work, for you have succeeded in converting that mother of yours, and in getting our next New Year started right. And now the next thing is to get clean, and to settle with grandma and nurse."

"Grandma said I could go and make calls, and I found my little sick boy; and you'd be glad I found him if he was your little boy, papa. But he hasn't got any papa, nor any light; at least the light isn't turned on, and he was so hungry, and cried, so I didn't wait to turn it on; and we must go back now quick with some dinner 'n' jam 'n' oranges 'n' clothes, 'n' bring him and his mamma (and she's lame), over to our house, 'n' send for Doctor Hunt. Let's go right away, papa, for he's crying, he's so hungry."

"Well, you are hungry, too, aren't you?"

"Yes, a little. But, papa, when that little boy is ill, and no light, and no house, only a dark place, and no clothes, and no papa, and cold and hungry, don't you think I ought to 'vide? I'd rather 'fore I eat my dinner, if you please, papa."

Mr. Wheeler folded the child to his breast, while the officer surreptitiously wiped his eyes with the back of his hand.

"The lady was a kind lady, papa," continued Johnnie. "She took off her skirt to cover me from the smuts, and——"

"Well, darling," said Mr. Wheeler, "you go now with Lizzie, and be washed and dressed, and have your dinner, and I will go back with the officer to find the little sick boy, and see what we can do for him."

"O, I am so glad. I told him you would, and I knew you would not 's'point me. But you'll have to turn on the light 'fore you can see much 'bout him. You can find the button, can't you?"

"I'll try, darling; but I am sure the light is on already. Good-by, darling, papa will do right by your sick boy, and the lady, too."

"Good-by, papa. I knew you would."

It was late that night when Mr. Wheeler returned, happy in the conviction that he had made a right beginning to the solution of that little question of ethics which is bound up in the golden rule.

There was a new patient in the children's ward of the best hospital in the city, and a grateful, penitent mother, rescued from the beginnings of crime, was housed in a com-

fortable room not far away from her boy, waiting only for Johnnie's mother to take her in hand on the morrow, when there would be work, and care, and cure, if such a thing were possible.

Johnnie was sleeping the sleep of innocence, and as the father and mother stood together beside the little bed, Mr. Wheeler said,—

"Johnnie couldn't comprehend what he has done any more than the baby did who touched off the electric spark that opened hell-gate—he opened the switch that let light in on the one great truth for which all other truths are made, as I never saw it before."

"And what truth is that?" asked Mrs. Wheeler.

"Just love," said Mr. Wheeler. "The greatest of these is love."

(The End.)

EDITORIAL.

The Wet-Sheet Rub.

THE value of cold water applications for invigorating the body and stimulating all vital processes, is little realised by many people. Cold water is a natural tonic, and, when intelligently used, often produces wonderful results.

One of the most effective applications is the wet-sheet rub, a treatment that is easy to give, and calls for only a couple of linen sheets, a towel or two, and a small supply of cold water. One, or preferably, two attendants should be at hand.

The patient disrobes, and stands, wrapped temporarily in a dry sheet, in a tub of hot water, while the attendants soak the other sheet in the pail of water. The temperature may vary from forty to eighty degrees Fahrenheit, according to the requirements of the case. If the patient is weak or very



FIG. 1.—APPLYING THE SHEET.

susceptible to cold, the temperature of the water should be seventy degrees or more.

Having wrung the sheet until it no longer drips, wrap it quickly about the body of the patient, first passing it under



FIG. II.—APPLYING THE SHEET (second step).

the arms, and then over the arms and shoulders. It is well to apply first a cold compress to the patient's head.

As soon as the patient is wrapped in the wet sheet, which should take only a few seconds, the attendants apply brisk and vigorous friction over the sheet to all parts of the body. The fleshy parts may be percussed to advantage. After rubbing for two or three minutes, or until the sheet is warmed, this is dropped, and the patient is quickly enveloped and wiped with the dry sheet. Lastly administer friction with the bare hands, using a little oil if desired.

In giving this and other tonic treatments, great pains should be taken to secure a good reaction, so that the skin fairly glows with warmth. If the patient is cold to begin with, it is better to give first some warm treatment, such as a hot bath or a hot blanket pack.

The tonic effect of the wet-sheet rub may be regulated by the temperature of the water, the duration of the application, or the amount of water in the sheet, all of which should be suited to the needs of the case in hand.

If it is desired to take the treatment without assistance, a rough towel soaked in cold water may be used, and the hot foot bath may be dispensed with.

Exercise an Aid to Digestion.—The majority of dyspeptics are persons of sedentary habits. Given an active, out-of-door life, and the stomach is at its best. The thorough oxygenation of the blood incident to vigorous exercise in the open air, stimulates to a remarkable degree all the organs of the body. An individual living under these circumstances can apparently thrive on a diet the very opposite of wholesome, while the brain worker will be called to account for the smallest dietetic misdemeanour. In the former case, the fires of life burn brightly, because the draught is good, even though the fuel be very poor. In the latter, there is almost no draught, exercise is neglected, the man does not half breathe; hence he can only half digest.



FIG. III.—GIVING THE RUB.

QUESTIONS AND ANSWERS.

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

Itching Piles.—J. Y.: Can you give a remedy for itching piles?

Ans.—Bathe the parts with warm water morning and evening, and then apply witch-hazel ointment. Keep the bowels active, using enemata if necessary.

Extreme Nervousness and Dyspepsia.—H. M. asks us to recommend a course of treatment for extreme nervousness and dyspepsia.

Ans.—Out-of-door life, plain food, and plenty of sleep. Take some form of cold bath in the morning. Avoid the use of alcoholics, tobacco, tea, and similar hurtful articles.

Wasting Disease of the Leg.—T. F. writes: "I have suffered from my birth with a wasting disease of the calf of my right leg, which has caused great weakness. Should like your advice."

Ans.—It is doubtful whether you can expect much, if any, improvement; but we would suggest that you try massage and joint movements. The use of electricity might prove of some benefit. These treatments should be given by a trained nurse under the direction of a physician.

Flesh-Forming Diet.—J. H. W. asks us to suggest a flesh-forming diet for a man who has much mental work and worry, and who has tried numerous tonics with little success.

Ans.—Fruits, grains, nuts, and nut foods, cream if it agrees with you, and eggs. Two or three hours of moderate exercise out of doors should be taken daily, and a cold morning bath would be far preferable to drug tonics.

Cold Hands—Bath—Exercise.—E. F. M.—1. Kindly suggest the cause and cure of constant coldness of the hands. 2. When taking a bath, which is advisable, cold, tepid, or warm water? 3. Should exercise be taken before or after the bath?

Ans.—1. The condition is probably due to poor circulation, and can usually be remedied by taking exercise out of doors, such as walking, running, cycling, gardening, etc. Bathe the hands alternately in hot water (three minutes) and cold water (ten seconds) for fifteen minutes twice a day. 2. For purposes of cleanliness, a warm bath is desirable; for tonic effects, tepid or cold water. 3. If vigorous exercise is taken, it is well to have a bath and rub-down afterward. On the other hand light exercise after a cold bath often assists in bringing on a good reaction. Under ordinary circumstances there is little choice.

Diet and Growth of Hair—Facial Paralysis.—S. S.: 1. Has diet anything to do with the growth of hair? 2. Is there any cure for facial paralysis?

Ans.—1. Yes. 2. Not if the paralysis is complete, involving destruction of the nerves. Other-wise improvement is possible.

Headache and Soreness of the Stomach.—P. N. is a man of no bad habits, who suffers from headache and soreness at the pit of the stomach. Wishes advice as to treatment.

Ans.—Dyspepsia is doubtless the cause of the pain both in the head and the stomach. Follow the general directions as to diet given in the first-page article of our issue for March. Relieve the soreness by means of fomentations applied over the stomach, or heat applied by means of a hot-water bottle.

Strengthening the Muscles—To Encourage Growth of the Hair.—A. C.: 1. Would you kindly indicate the best means of strengthening the muscles of a weak-legged child? 2. What would encourage growth of the hair in places where it is thin?

Ans.—1. Abundance of fresh air, regular habits of eating, a plain, nutritious diet including plenty of fruit, and a course of massage together with passive and active joint movements. 2. Rub the scalp with the tips of the fingers ten minutes twice a day, dipping the fingers in cold water. Bathe the scalp with cold soft water twice a week, and follow with the friction. Use a shampoo of Packer's Tar Soap with warm water once a week. Build up the general health by careful attention to diet and exercise.

Breathing Dust.—A miner wishes to know whether the dust breathed remains in the lung tissues, and if so, what would be a good medicine to remove the accumulated dust?

Ans.—The system endeavours to get rid of all such substances which are taken into the lungs; but if the quantity is large, as it would be in the case of a miner, a considerable part remains in the lung tissue through life, and gives it a dark colour which readily distinguishes it from that of the healthy lung. I know of no medicine to recommend for this condition, because the most of the drugs used do more harm than good. It would be better to use a respirator, such as two or three thicknesses of cheese-cloth, or a single thickness of thin cotton-wool tied over the nose. One is soon accustomed to the respirator, and if properly applied, it will filter out the dust and not interfere with the breathing. The breathing of large quantities of dust is certainly detrimental to the system, and not infrequently gives rise to some disease of the respiratory organs.

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ORDERS are already coming in for the first number of our "Good Health Library," which is to take up Biliousness. We hope soon to have it on the market.

* * *

GOOD HEALTH (American) comes out at the beginning of the year with a bright new cover, and brimful of timely articles, dealing especially with winter diseases, and their prevention and cure.

* * *

THE organising of "Good Health Clubs" is a new feature of our work which is meeting with general approval. The members of such a club meet once a month for the study of health principles, and receive a monthly budget of helps and suggestions from the GOOD HEALTH office. If you think you would like to organise such a club in your town or city, write us for full particulars. Clubs have already been formed in London, Birmingham, Leeds, Birkenhead, and Bolton.

* * *

IF you enjoy reading GOOD HEALTH, mention it to a friend. We desire to bring our circulation up to the 50,000 mark, so that we can enlarge the magazine, making it twenty-four instead of sixteen pages. This would give room for more illustrations, and a greater variety of reading-matter. The price would remain the same. May we not have the help of the whole GOOD HEALTH family in bringing this about? If you get your paper of an agent, ask him to bring half a dozen copies next time, and pass them on to your friends. We are not publishing GOOD HEALTH to make money, but to promulgate right principles, and in this glorious work all our readers can bear a part. If you can devote some time regularly to the work, write us for special terms in quantities.

WE are anticipating a very interesting time in connection with our Good Health Conference, the 21st of May next. The meeting, as already announced, will be held in Lower Exeter Hall. The afternoon session will be in the nature of a conference to talk over plans for the furtherance of the health principles. In the evening addresses will be given by representatives from the Continent, America, and Australia, as well as different parts of Great Britain. We invite a full attendance on the part of all interested in health and healthful living.

NEXT TIME.

SOME of our readers say they wish GOOD HEALTH were a weekly. We are not sure that such a plan would work well. It would hardly give our family time enough to work up a good appetite for each number.

Our issue for May will contain several important features. Dr. J. H. Kellogg will discuss the timely question: "Why Do Invalids Travel?" We will not give any quotations, but our readers need not be surprised if they find the doctor's treatment of this question decidedly original.

"How to Give Tonic Rubs" will be taken up by Dr. Abbie Winegar. These rubs are not difficult to give, and are most refreshing on a warm, relaxing spring day, when one's system seems to need a little special "toning up."

"Typhoid Fever" is another practical subject which will receive thorough-going treatment in the columns of our next number. This disease, though rarer than some years ago, is still altogether too frequent, when one considers that it is wholly preventable. Indeed, there is good reason for the dictum of a certain physician, that "when a person dies of typhoid fever, somebody ought to be hanged."

The Home Department will contain a new feature, in the form of helpful talks with mothers, by Mrs. W. C. Sisley. The first two talks will deal with "The Relation of Mother and Daughter."

"IDEAL Health and How to Attain It," is the rather ambitious title of a neatly-got-up pamphlet of 102 pages, by Alexander Bryce, M.D. We do not agree with the author in some matters, notably that of diet, but regard the general aim and spirit of the work as admirable. Special attention is given to physical culture, and in the treatment of this subject the author shows rare good sense and judgment. The object, as he puts it, of physical culture is not to people the world with Sandows, but to develop the man to his physiological limit. Adapting a phrase of Matthew Arnold's, he continues: "Physical culture is exercise; but exercise with a purpose to guide it, and with a system."

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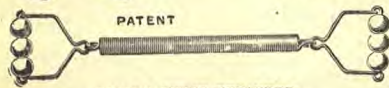
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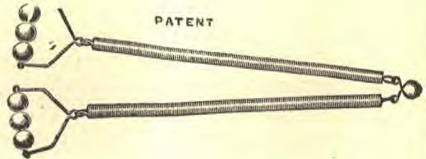
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