

GOOD HEALTH



May, 1902.

Editorial Chat.

Why Do Invalids Travel?

The Tendency of All Nature to Health.
—*Illustrated.*

The Power of a Mother's Voice.—*Poetry.*

The Relation of Mother and Daughter.

How to Give Tonic Rubs.

The Food Value of Rice.—*Illustrated.*

Typhoid Fever: Its Hygienic Treatment.

Should the Boys Smoke?

Questions and Answers.

An Important Advance Step.

Vol. 1.

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DAVOS-PLATZ, SWITZERLAND.

Our frontispiece this month hardly looks like spring, yet it probably gives a correct idea of the conditions which exist at Davos-platz, during the greater part of the year. Perched 8,000 ft. high amongst the Alps, this sequestered and beautiful spot is annually visited by thousands of anxious seekers after health. The climate is cold and blustery, even in summer; but the air is pure and bracing. Strange to say, the place is most popular as a winter resort.

Good Health

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

Entered at Stationer's Hall.

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No. 7.

A Notable Example—The death of the celebrated landscape painter, T. Sidney Cooper, R.A., at the advanced age of ninety-nine, is an eloquent testimony to the value of a plain diet, simple habits, and regular exercise in the open air. As one of his admirers has put it, "merely to have survived ninety-nine years is in itself a memorable achievement, but to have gone down to the grave with all his senses in good order and in fine condition, to have been able to read print without glasses, and to enjoy life with as keen a zest at ninety as at nineteen, this indeed is given to few in such measure as it was given to Mr. Cooper."

→*←

Almost an Invalid at One Time.—This almost centenarian did not always enjoy good health. When about fifty he suffered much from dyspepsia. His doctor said he could relieve, but not cure his patient, simply because he could not put a new stomach into him. The sequel showed that a little intelligent care bestowed upon an old and worn-out stomach is sometimes almost as good as having a new one. The recuperative powers of the human body are marvellous. Mr. Cooper began to pay attention to the matter of diet. As a result of his investigations, he gave up tea, adopting oatmeal porridge in its place, took time to eat very slowly, thoroughly masticating his food, and carefully avoiding over-eating. He also took regular exercise. The result was most gratifying. Dyspepsia

became a thing of the past. At eighty-eight the artist found himself able to read without glasses, and in fact in the enjoyment of better sight than at sixty.

→*←

Clockwork Regularity, Spartan Simplicity.—The simple habits of this grand old man during the last few years of his life, are indicated in the following statement from his own pen:—

I used to walk five or six miles every day; now I only do three or four, but these regularly at the same hour. I always go to my painting room at seven o'clock in the morning in the summer, half an hour later in the winter; set my palette, and paint till breakfast is ready, at eight o'clock. For this I eat oatmeal porridge, some bread, and drink about half a pint of milk just warm from my own cows. I have not tasted a cup of tea or coffee for thirty-six years. . . . Then I return to my studio and paint till lunch, at twelve o'clock, when I eat well, and drink but little; after which I paint again till three. Then I clean up my palette for the day, and go out for my walk, returning in time to wash and prepare for a six o'clock dinner, which I enjoy without my glass of port, for I have quite given that up, and every other kind of wine, since my last severe illness. After this I read my newspaper; at nine o'clock I smoke my cigar, and at ten o'clock I am off to bed.

→*←

One Unfortunate Habit.—As will be seen from the last sentence, Mr. Cooper had one unfortunate habit, which he indulged in very sparingly, and that was the use of tobacco. Had he given up his cigar with his tea and coffee, he would no doubt have benefited thereby. But taken as a whole, his life was a remarkably

natural and temperate one, and should be especially encouraging as showing that a man given up by physicians, may, if he is willing to exercise strict self-control, work out his own salvation physically, in doing which he is simply co-operating intelligently with the great Source of all life and healing.



Strong Drink and Tuberculosis.—“The public-house is the purveyor of tuberculosis.” So said Professor P. Brouardel, the great French sanitarian, at the World’s Congress on Tuberculosis. And he added: “In fact, alcoholism is the most potent factor in propagating tuberculosis. The strongest man, who has once taken to drink, is powerless against it.”



For the Complexion.—It is reported that a number of fashionable women in New York, having resorted to the use of camphor to secure a fine complexion, have become slaves to the camphor habit. Women are continually devising new means of beautifying the complexion, but the effect is usually disastrous. Exercise in

the open air, plain, wholesome food, frequent bathing, and regular hours for sleep,—these are the divinely appointed agencies by which health is secured and maintained. A clear, transparent skin and rosy cheeks are the signals which Nature hangs out to show that all is well within.



An Enlightened Health Officer.—The chief health officer of Louisville, Kentucky, has forbidden the manufacture and sale of Limburger cheese in that city, and declares that anyone found guilty of disobeying the law, will be duly prosecuted. A deputation of citizens addicted to the use of this article of food, waited on the officer to protest against the regulation, but received no satisfaction. As Limburger cheese consists of milk in a very advanced state of decomposition, so as to be not only unwholesome as an article of diet, but exceedingly offensive to the olfactory nerves of all persons except its devotees, we think that Louisville is to be congratulated in possessing a health officer who is looking after his business.

WHY DO INVALIDS TRAVEL?

BY J. H. KELLOGG, M.D.

THE traveller nowadays cannot avoid observing the increasing number of pale and emaciated faces among his fellow-passengers. There is a growing number of invalids, semi-invalids, neurasthenics, hypochondriacs, and valetudinarians, who are continually on the move.

This great increase in the number of invalid travellers is doubtless due in large part to the fact that the number of invalids in the world, and in the average community, is constantly increasing at a rapid rate. Another cause may be the growing dissatisfaction with methods and measures of treatment which only palliate the pains and inconveniences of disease, and do not remove the roots of the maladies. The

patent medicine fad seems to have begun to lose its hold upon the credulous multitudes, who by the habitual swallowing of prodigious quantities of unknown drugs in unknown doses, for the cure of maladies perhaps more imaginary than real, find left to them, as the most tangible results of their faith in nostrums and nostrum-venders, a series of drug disorders, increasing in variety and number, and not infrequently incurable in character.

Thinking men and women are everywhere coming to recognise the great therapeutic principles taught by Hippocrates, later by Galen and Celsus, in the middle ages by those little heard of, but wonderfully wise and profound medical

teachers, the Arabian physicians, and enunciated in modern times by that great pupil of a great master, Deitl, of Germany; viz., that creative power, by which alone the sick may be restored to health, resides not in drugs, in baths, in mineral springs, in mountain and sea air, or in anything that can be swallowed, inhaled, or rubbed in, but is an innate principle in man and in all living things, a force within the body which works for health. This force, which the ancients called the *vis medicatrix nature* is always acting beneficially, and, under favourable conditions, successfully; but it has not always been understood. The enlightened physician of to-day, however, recognises, as did Deitl, that the power which cures is one with that which creates. The sick are not cured by magic, or by any sort of scientific juggling. The sick man, if he gets well at all, is restored to health by the same forces which created him, and which maintained the integrity of his functions when well. Nature herself is a healing agent, or rather the expression of a great universal Intelligent Energy. This idea of disease, once confined to the sages and philosophers, is coming to be sufficiently recognised among the thinking people of all classes to justify us in denominating it the twentieth-century ideal cure.

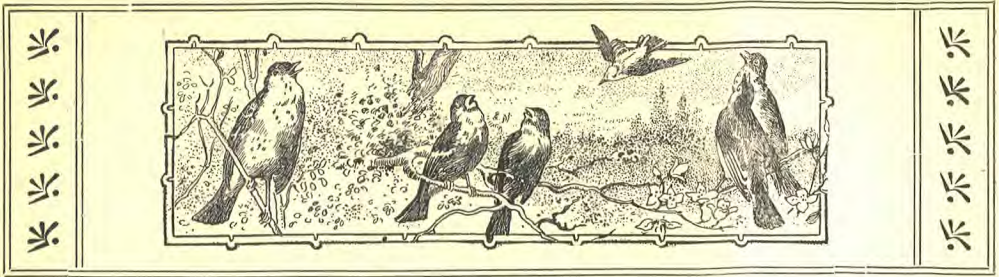
To the men and women who are frantically rushing hither and thither, attracted by the delusive claims of some much-vaunted mineral spring, some over-praised climate, or some locality whose virtues lie exclusively in the fertile imaginations of enterprising but unscrupulous estate agents; to the great multitude of invalid pilgrims who occupy their time by scurrying from one resort to another, we may say as was said to some in ancient times, "What went ye out for to see?" The power that heals is not a thing that can be bottled up or controlled by a cork; it is not an energy that can be held in solution or brought up from the bowels of the earth by

a mineral spring. It is not a thing of which any man or set of men can obtain a monopoly. It is a power, an energy, that resides in man. It is not necessary, then, to travel to find it. The important thing is to recognise it, and to learn the conditions under which it acts most favourably, to cooperate with it by careful attention to all those matters which pertain to the up-building of the body, and to avoid those things which weaken the bodily forces and contaminate the blood, and which hinder the vital functions. In other words, the regulation of the habits of life, especially those pertaining to eating, exercise, dress, and sleep, is the most powerful agent which can be employed to encourage the restoration of health to chronic invalids.

Health Best Cultivated at Home.

These measures can, in the great majority of cases, be employed at home far better than elsewhere. Travelling is not a healthful occupation. The irregularities and inconveniences of travel are decidedly unhealthful, and in matters of diet it is certainly very difficult, though not impossible, to conform to natural requirements. If invalids are benefited by travel, it is only because of the rest from care, and the removal from disease-producing causes, which are in some way connected with the home or business, and may be left behind.

In the majority of cases, a correction of the daily habits of life, undertaken at home, will accomplish far more in a curative way than may be expected from the negative benefits derived from travel. If to such a correction of the regimen we add the systematic employment of such simple hydiatic treatments as can be safely and efficiently used in the home, we shall be able to accomplish all that can be done in the vast majority of cases. Often results may be obtained which, to the uninitiated, appear little short of miraculous.



THE TENDENCY OF ALL NATURE TO HEALTH.

BY M. ELLSWORTH OLSEN.

NATURE is eminently healthy; moreover she is health-inspiring to a degree not generally recognised.

“The air salubrious of her lofty hills,
The cheering fragrance of her
dewy vales,
And music of her woods,—no
works of man
May rival these; these all bespeak
a power
Peculiar and exclusively her own.
Beneath the open sky she spreads
the feast;
’Tis free to all,—’tis every day
renewed;
Who scorns it, starves deservedly
at home.”

“Trust more than you have
done in the tendency of all
nature to health,” is the ad-

But with our artificial way of living,
we have so little time to observe the
beauty of natural forms, or to listen to



vice which a recent writer on hygiene gives to invalids. It would be well for all to heed it. God has made the health of the trees and flowers and running brooks contagious; so that it is impossible for man to come in contact with natural objects without receiving an impulse in the direction of health and vigour.

those sweet woodland sounds, which would fain woo us to a higher, healthier, and holier life. Men turn aside from this Divine ministry of health and healing in order to try the virtues of some mysterious compound prepared by man. The result ultimately is what might have been expected—failure. Thus disease is getting the upper hand amongst mankind, not because of its own inherent power, but because of man’s neglect to seek the divinely-appointed remedy.

“It is a lovely world,” wrote Emerson, “very lovely; and a divine world, very divine, full of God’s power.” Sin has left its traces to be sure, but the heaviest part of the curse rests upon man himself, because of his continual transgression of Divine law. Intercourse with nature

draws one nearer to God. In fact, if we entered the vast temple which has the sky for its ceiling, in the spirit of worship, we should hear—

“The voice of Deity, on height and plain,
Whispering those truths in stillness,
which the Word
To the four quarters
of the world pro-
claims.”

We should realise that the whole material creation, from the tiniest flower to the giant trees and overshadowing rocks, were singing one glad hymn of praise in honour of the great Creator, whose name is love.

All these things make for health, directly and indirectly. But men must be in a receptive attitude to get the full benefit of the healing forces at work in the natural world. Multitudes of people fly to the country as soon as a holiday comes round, but though manifestly leaving behind the wilderness of brick and mortar, they carry with them some of the worst features of city life. The man who takes pipe and tobacco with him, is cheating himself and his near neighbours of the pure, fresh air, so delicately perfumed by the springing flowers. He is out of touch with his surroundings.

Alcoholic drinks still further unfit a person for intercourse with nature. Even the unwholesome food, which is often indulged in at outings of this kind, may tend to benumb the finer sensibilities, and thus shut off the stream of healing, vivifying influences.

But do not wait for a holiday in order to hold sweet intercourse with nature. If you are in business, having gone to bed in good season the night before, get up an hour earlier in the morning, and hasten to



the nearest park. Let the peaceful beauty of a May morning pass into your own soul; delight yourself in the works of your Creator, and then go to your breakfast, and your daily task. The fragrant memory of that morning hour spent in communion with nature and nature's God will be with you all the day, and you will be a stronger man for it. You will get health from that walk which you might seek for in vain in a dozen bottles of medicine.

If you are a mother, with a mother's cares, you will find rest, and peace, and refreshment on the green grass, and under the spreading trees. Haven't the time?—Learn of nature. She has millions of helpless children, and any amount of work to accomplish, and yet she is never in a hurry. Perhaps this is the secret of her never-failing charm and youthful freshness.





THE POWER OF A MOTHER'S VOICE.

A MOTHER spoke to her child one day
 In an angry voice, that made him start
 As if an arrow had sped that way,
 And pierced his loving and tender heart.

And when he had grown to man's estate,
 And was tempted and tried, as all men are,
 He fell; for that mother's angry words
 Had left on his heart a lasting scar.

A mother sang to her child one day
 A song of the beautiful home above;
 Sang it as only a woman sings,
 Whose heart is full of a mother's love.

And many a time in the years that came
 He heard the sound of that low, sweet song;
 It took him back to his childhood days;
 It kept his feet from the paths of wrong.

—Sel.

THE RELATION OF MOTHER AND DAUGHTER.

BY MRS. W. C. SISLEY.

A WRITER of note has said, "The motherly instinct is, without doubt, the ruling passion in the heart of the true woman." When this sentiment finds expression in tangible form, there exists one of the sweetest and purest relationships earth knows. Surely the relation between mother and child is a close one. What mother does not recall the tender emotions she experienced when the little bundle of velvety flesh of her firstborn pressed her cheek, or when she took the small hand carefully and lovingly in hers? Did not

the new sense of responsibility lend dignity to motherhood? Did she not then and there promise God that with His help she would prove faithful to her trust?

The early years are of the greatest importance. "Train up a child in the way he should go, and when he is old, he will not depart from it." That promise is an inspiration. It is no child's play to comply with the conditions on which this promise is based. It takes time and energy to be a good mother. But the world needs women willing to fill this high office. It has little use for those whose warmest affections flow out toward poodle dogs, and whose leisure hours are spent in giving them an airing, or tendering them a reception, as was done recently in an American city. Neither does the world want indifferent mothers, like one reported, who, on being questioned concerning her children's ages, said, languidly, "Ask Betty." A lack of natural affection, Paul tells us, is one of the characteristic sins of the last days. Mothers, shall any of us be among the unenviable class who are guilty of this sin?—God forbid.

As already remarked, the mother's work begins early. What the relation between mother and daughter shall be, rests largely with the mother. The better the mother, the better the daughter; hence the significance of Ezekiel's proverb, "As is the mother, so is the daughter."

The first requisite in a mother is com-

mon sense, coupled with genuine pity. If she fully realises the power of her influence, she will see the necessity of being a woman of much prayer. While one hand holds that of her child, with the other she must grasp the hand of the Infinite One. Thus the mother is fitted to be the spiritual adviser of her child. Then, whatever culture or accomplishments she may possess will make her more truly the ideal mother.

From the beginning mothers should be companionable, not only in feeling, but in expression. They should let their children know that what interests them, interests their mothers.

The subject of health is second to none; for good physical health is the foundation

on which sound spiritual health rests. As the daughter approaches the especially critical years, if there has been from infancy the perfect confidence between mother and daughter that there should be, this trying period will be passed with comparative safety. Disease often results from sinful ignorance—yes, *sinful*, when we consider that precious lives are sacrificed to false modesty. But mothers cannot be safe medical counsellors without proper research and study. Neither can they afford to be “willingly ignorant” of health principles, when so much is involved therein. Indeed, there is comparatively little excuse in these days of abundant literature, lectures, mother’s meetings, etc.

(*To be concluded.*)

HOW TO GIVE TONIC RUBS.

BY ABBIE M. WINEGAR, M.D.

RUBBING the body with the dry hand, or applying at the same time some liquid having a certain medicinal effect, has been practised from time immemorial. No doubt some good effects follow where no attempt is made to give the rub in a scientific way, but it is always more satisfactory to be guided by system and order in giving any form of treatment. After carefully following the instructions given below two or three times, the intelligent reader will find that the movements come naturally.

An oil rub is given to lubricate the skin, and as a protection against taking cold. It is also useful where the skin is abnormally dry and hard. In applying the oil, first begin with the hand, and with long strokes go over the arm and around the shoulder three times. Second, beginning with the hand, give a long stroke to the shoulder, coming down with a light, rolling movement, and repeat three times. Next, dividing the arms into two sections, go over the external surface twice, giving

light percussion; then turn the arm and treat the other section in the same way, ending with percussion to the hand. Give three long, soothing, downward strokes from the shoulder to the fingertips. In applying the lubricant, give the same movements to the lower extremities as to the arm.

From foot to knee treat in the same manner as the arm, paying special attention to the knee-joints; from knee to hip repeat the same movements, dividing into two sections and alternating above and below three times. Give percussion in the same manner as to the arm. Finish with three long strokes from hips to toes.

In applying the lubricant to the chest, begin by rubbing lightly once over the whole surface of the chest, the shoulders, the sides, and the abdomen; then beginning at the neck, give light, circular movements three times, going well down over the sides and hips. Have the patient take and retain a deep inhalation while light percussion is given. Finish with three light, soothing

strokes to the whole surface. Give the same movements to the back as to the chest, finishing with six long, soothing strokes to the spine. If this rub is given after a hot bath or treatment, omit the percussion. In hot weather it is usually more agreeable to use a toilet powder than oil.

A saline rub may be given for tonic effect. Have the patient lie upon a fresh, dry sheet, and keep the body well covered, except the part under treatment. Prepare two quarts of water at a temperature of from 65° to 80°, and dissolve in this one teacupful of salt. Apply this solution with the hand, following the plan outlined for the oil rub. Rub lightly and briskly until the skin is as dry as possible. Use a Turkish bath towel to finish drying. Finish with percussion.

A dry mustard rub is useful for stimu-

lating capillary circulation. It is given in the same way as the oil rub, except that the movements should be a trifle heavier.

A solution of witch-hazel may be used for a rub designed to have a sedative effect. Use one-half pint of equal parts of witch-hazel and water at a temperature of 100°.

To cleanse the skin, and to cool it by evaporation, use a vinegar rub. Take one-half pint of equal parts of vinegar and water at a temperature of 80°.

For relieving irritation of the skin the alkaline rub is excellent. Dissolve one tablespoonful of soda in one-half pint of water at a temperature of 100°. Apply with light movements and omit percussion.

An alcohol and mustard rub has a stimulating effect. Take one ounce of alcohol, one of mustard, and one of water, at a temperature of 100°. Mix thoroughly and apply as in other rubs.



JAPANESE WOMEN CLEANING RICE.

THE FOOD VALUE OF RICE.

RICE is more widely used as food than any other cereal, being employed almost exclusively as a diet among the inhabitants of China, India, and the Malayan Islands. In nutritive value rice is somewhat inferior to other cereals because of its deficiency in albuminous matter and fat. On the other hand it is very rich in starch, containing 76% of this food element.

The composition of boiled rice, as given by Dr. Robert Hutchison, is as follows :—

Water,	52.7
Albumen,	5.0
Fat,	0.1
Carbohydrates,	41.9
Mineral matter,	0.3

When thoroughly cooked, rice is easy of digestion, and may well form a considerable part of the dietary, as the system requires several times as much starchy material as albumens and fats. Rice may be cooked in milk, which supplies these elements, and makes a complete food. Another excellent way is to serve plainly cooked rice with a lentil dressing, a dish at once wholesome and palatable.

Browning rice in the oven makes it more digestible and, to many, more appetising. This process, which is described below, removes the pasty taste which is disagreeable to some, and renders it easier to keep the kernels whole in cooking.

The following recipes, which are by Mrs. E. E. Kellogg, indicate a variety of wholesome dishes which may be easily prepared :—

RECIPES.

Rice needs to be thoroughly washed to remove the earthy taste it is so apt to have. A good way to do this is to put it into a colander, in a deep pan of water. Rub the rice well with the hands, lifting the colander in and out of the water, and changing the water until it is clear; then drain. In this way the grit is deposited in the water, and the rice left thoroughly clean. Dry in the oven before using.

Boiled Rice.—Rice to be boiled in the ordinary manner requires two quarts of boiling water to

one cupful of rice. It should be boiled rapidly until tender, then drained at once, and set in a moderate oven to become dry. Picking over and lifting lightly occasionally with a fork, will make it more flaky and dry. Care must be taken, however, not to mash the rice grains.

Steamed Rice.—Look over and thoroughly wash one cupful of rice. Drain, spread thinly on a shallow dish, and dry in the oven. Even should it become a trifle yellowed, no harm is done. Introduce the rice into two cupfuls of boiling water, place in a steamer, and allow it to cook one hour without stirring.

Rice with Raisins.—Carefully wash a cupful of rice, soak it, and cook as directed for steamed rice. After the rice has begun to swell, but before it has softened, stir into it lightly, using a fork for the purpose, a cupful of raisins or sultanas. Serve with cream.

Browned Rice.—Spread a cupful of rice on a shallow baking-tin, and put into a moderately hot oven to brown. It will need to be stirred frequently to prevent burning, and to secure a uniformity of colour; each rice kernel, when sufficiently browned, should be of a yellowish brown, about the colour of ripened wheat. Steam the same as directed in the recipe for steamed rice, using two cups of water for each cup of browned rice. When properly cooked, each kernel will be separate, dry, and mealy. Rice prepared in this way is very nice served with the juice of stewed fruit.

Rice with Lentil Dressing.—Rub a cupful of cooked lentils through a colander to remove the skins, add one cup of rich milk (part cream improves it), and salt if desired. Heat to boiling, and thicken with a teaspoonful of flour rubbed smooth in a little cold milk. Serve hot on nicely steamed or boiled rice, or with well-cooked macaroni.

Plain Rice Soup.—Wash and pick over six tablespoonfuls of rice, put it in a pie-dish with a quart of water, and place in a moderate oven. When the water is all absorbed, add a quart of rich milk, and salt if desired; turn into a saucepan, and boil ten minutes, or till the rice is done. Add a half cup of sweet cream, and serve. A slice of onion or a stalk of celery may be boiled with the soup after putting into the saucepan, and removed before serving, if desired only to flavour.

[Nut milk, prepared from nut butter, may be used in place of dairy milk in any of these recipes.]

EDITORIAL.

Typhoid Fever: Its Hygienic Treatment.

"WHEN a person dies of typhoid fever, somebody ought to be hanged," writes a prominent physician. Do you ask, "Why?"—Simply because typhoid fever is a disease that can be prevented by proper attention to sanitation and personal hygiene.

—*~*~*

Onset of the Disease.—After a period of eight to ten days following exposure, the following symptoms develop gradually and often insidiously: Chilly sensations, sometimes a chill or rigor; a slowly rising fever; a rose-coloured rash, which is often quite faint and almost imperceptible; loss of appetite and more or less nausea; headache and backache; diarrhœa, or, more seldom, constipation; thirst, which is sometimes very marked; and tenderness of the abdomen, with gas in the bowels. The liver and kidneys are usually the seat of congestion with degenerative processes, and the spleen undergoes enlargement. Not infrequently there is bleeding at the nose, which may be very troublesome.

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The Fever steadily increases, and may reach 104° to 106° Fahrenheit in very severe cases. The patient loses flesh rapidly, and soon becomes emaciated and very weak. Internally the intestinal canal suffers most. Pieces of tissue die from the effects of the poison, and soon slough away, leaving ulcers which heal slowly. During this stage special care must be given to the diet, for the intestinal canal is greatly weakened by the ulcers, and may sustain serious injury if coarse, indigestible food be taken. It is better to restrict the diet to fruit juices and other fluids, and thus avoid perforation if possible.

The treatment consists of strict attention to the principles of hygiene and sanitation, combined with patient, careful nursing; for, according to some of the best authorities, "typhoid fever is not a disease to be treated by medicines." The sick chamber should be on the top floor, away from the noise and disturbances of the hall and living rooms, and should be well lighted and ventilated.

Sweating baths, both vapour and immersion, should be given freely, especially in the early stages, and should be followed by tepid sponges, cold-mitten frictions, and similar treatments. To reduce the fever, use cool baths (70° to 80° Fahrenheit), cold enemata, cold sponge baths, and cold compresses to the bowels. The pain may be relieved by hot fomentations. Stimulants are not necessary, and usually do more harm than good through the depression that follows the direct stimulating effect.

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The diet is a very important feature in all cases of the fever, and too much care cannot be given to it. We would recommend the free use of fruit juices, especially orange, and lemon, and grape juice, thin barley or oatmeal gruel well-strained, and eggs beaten up in boiled milk, or boiled milk diluted with water.

The greatest difficulty usually arises during convalescence, when the patient's appetite returns with restored strength. Now is the time for the doctor and nurse to exercise a kind but firm control of the food question, and permit only such articles as are known to be safe. The quantity, as well as the quality, of the food must be strictly regulated, for overeating alone may give rise to serious or even fatal symptoms. Let the return to solid foods and an ordinary diet be very gradual and slow.

Sanitation must be strictly attended to in dealing with the patient, especially as regards the discharges. The mattresses and pillows should be protected by rubber or mackintosh covers. All linen should be changed daily, and the soiled articles immediately soaked in a one-to-forty solution of carbolic acid, then washed and boiled. All table ware should be boiled after using, and then washed. The dejections should be received into bed-pans containing a one-to-twenty solution of carbolic acid. Remember that the fever is a communicable one, and that contamination results from carelessness in looking after the discharges of the patient.



The Prevention of Typhoid Fever is easier than the cure. The water supply must be above suspicion. If not, *always boil your drinking water*, by which simple means the germs are killed. The same care should be exercised in regard to the milk, especially in large cities and crowded districts, where the temptation to enlarge the quantity by the addition of water, which may be impure, is often greater than the honesty of the dealer. Boil it before using, unless you are certain as to its purity. All food, moreover, should be protected from any possible contamination.



Should the Boys Smoke ?

It is not our purpose to speak in this connection of the effects of nicotine upon the adult. But the alarming increase in the consumption of cigarettes by the boys of to-day, who will be the men of to-morrow, must be a source of anxiety to every thoughtful person. The strength of a nation lies in its manhood and womanhood. Boys who learn to smoke early, do not develop into strong, healthy, high-minded men. The effect of nicotine is to arrest normal physical development, un-

dermine the constitution, and blunt the moral sensibilities.

Statisticians tell us that the birth-rate is slowly decreasing. We also know that it is becoming more difficult every year for the government to secure a sufficient number of young men who meet the physical standard of the army. Meanwhile the consumption of tobacco has been increasing by leaps and bounds. Is there not a connection somewhere? and would not the stamping out of this vice amongst the youth of this country be a long step towards preventing national decay? We firmly believe it would. The records of history show that the political decay of a nation is invariably preceded by its physical and moral degeneration—a lowering of the standard of manhood and womanhood.

The effects of smoking upon the morals of the children and youth is far greater than most people imagine. Recent inquiries have elicited the significant information that the smoking habit is all but universal among the lads who have to be sent to reformatory institutions. The boy who gives the police trouble, is almost invariably a user of cigarettes. Many a youth has traced his whole moral downfall to the smoking habit, and the associations into which it brought him.

Granted that smoking is injurious to our boys, what shall be done to stop it?—Show the boys the harmfulness of the weed; how it injures the heart, and lungs, and other important organs. Tell them that they cannot be strong men unless they give up the habit. Moreover, teach them that the body is to be revered as the handiwork of the great Creator and the dwelling-place of His Spirit. Parents do well to remember that harsh methods usually fail, while love and tenderness are pretty sure to succeed. It is always safe to teach by example. There are fathers who have given up their pipes solely to save their sons from cigarettes. We hope many more will do so.

QUESTIONS AND ANSWERS.

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

Chronic Nasal Catarrh.—H. R. has suffered from post-nasal catarrh for five years; also has giddiness and sick headaches. He asks: 1. Will a vaporiser benefit me? 2. Is my continual ill-health due to the catarrh?

Ans.—1. Yes, very probably, if persistently used. 2. Most likely your general ill-health and consequent lowered state of vitality prevents your system from overcoming the catarrh.

Nosebleed—Scalds and Burns.—A. G. 1. What are the causes of nosebleed in young people? 2. How should it be treated? 3. Give a remedy for scalds and burns.

Ans.—1. An acute or chronic catarrh which leads to congestion of the nasal mucous membrane, the presence of growths in the nose, polypi, blowing the nose violently are some of the causes. 2. Have the patient stand or sit with head thrown well back and arms raised above the head. These measures will stop the bleeding in mild cases. Compression of the nose may be tried. In severe bleeding it may be necessary to plug the back passage of the nostril, when the assistance of a physician should be obtained, if possible. 3. Apply a solution of common baking soda (bicarbonate) or carbolated vaseline. Extensive burns may be treated by immersion in running water.

Chronic Flatulence.—J. G. writes that he suffers from chronic flatulence of the stomach and bowels. What treatment should he take?

Ans.—The flatulence is doubtless due to fermentation in the stomach. Starve out the germs by adopting a fruit diet for several days and drinking plenty of water. Then use toasted breads and other plain, well-cooked foods, avoiding vegetables and taking no liquids at your meals. Soft-boiled eggs may be taken, if they agree with you, and some milk and cream.

Bleeding Piles.—A. wishes for advice in an aggravated case of bleeding piles, which are both large and painful.

Ans.—Use the cool sitz-bath daily, and move the bowels with warm water enemata; then follow with a small cold-water injection. Apply locally vaseline ointment containing tannin. Suppositories may also be used. In most of these aggravated cases, it is well to consult a surgeon, and undergo an operation for the removal of the diseased tissue, if found advisable.

Palpitation—Nervousness.—J. McM. has a numb pain in the region of the heart, is very nervous, especially after meals, when he often has

a quick hard beating of the heart. 1. What is the cause of these symptoms? and, 2. What treatment is recommended?

Ans.—1. The cause is probably dyspepsia, due to overeating or other errors of diet. 2. Adopt a plain, nutritious diet, avoiding alcoholic drinks, tobacco, tea, coffee, condiments, and highly-seasoned food; take moderate exercise out of doors, have an abundance of sleep in a well-ventilated room, and adopt simple, regular habits. You should not take more than three mea's, the last one not later than seven in the evening. Keep the bowels regular. The palpitation can be relieved by a cold application over the heart. Alternate hot and cold applications to the spine are also efficacious.

Carbuncle.—T. is afflicted with a carbuncle on the hip.

Ans.—Consult a surgeon, and have the carbuncle freely opened and scraped, and then properly dressed.

Indigestion.—J. G., a young man of twenty-three, writes that he feels very full and inflated about the stomach, as if the food stayed there, has a red nose, and general depression, and worries over the thought of becoming a confirmed, miserable dyspeptic. He asks: 1. Is it possible to absolutely rid myself of this distressing disorder? 2. Would you be kind enough to give me one example of what the three meals should consist of?

Ans.—1. Yes, in all probability. 2.—

Breakfast—

Prune Toast (Jan. GOOD HEALTH).
Soft-boiled Eggs.
Stale Brown Bread and Butter.
Oranges or Apples.

Dinner—

Vegetable Pea Soup with Zwieback.
Potato Stew with Nuttose.
Scalloped Tomatoes.
Wheatmeal Crisps.
Orange Rice.

(For instructions to prepare these dishes, see Feb. GOOD HEALTH.)

Supper—

(to be taken not later than seven o'clock.)
Fresh or Stewed Fruit.
Plain Bread or Granose Biscuit.

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THERE has been something of a delay in publishing the first number of our Good Health Library, taking up the subject of Biliousness; but the booklet will probably be ready for delivery about the time this number of the magazine gets into the hands of its readers. The second number of the library will be issued at about the same time, and will be devoted to a careful consideration of "The Food Value of Alcohol." Orders may be sent in at once for either or both publications. Price 1d. a copy; 1½d. through the post.

As some of our readers may have learned, the main building of the world-famed Battle Creek Sanitarium, conducted by Dr. J. H. Kellogg, was recently destroyed by fire. We are happy to announce that the friends of the institution in Battle Creek and elsewhere, have hastened to its support, and the result of their liberality, together with the insurance money, makes it possible to begin at once the erection of a beautiful modern fire-proof structure, five stories in height, with a frontage of 500 feet, which will fitly represent the principles of rational treatment for disease that have made the Sanitarium such a grand success. Meanwhile, the work will still go on, for the institution has other large buildings capable of accommodating about two hundred patients. The new building will be pushed forward with all possible rapidity by a gang of 500 men.

An Important Advance Step.

Readers will be pleased to learn that our present plans for GOOD HEALTH include an enlargement of the magazine which will make it about double its present size, beginning with the June number. The price will remain the same; namely, a penny a copy. It is, and will ever be our

policy, to give the reading public the full benefit of whatever success the magazine may achieve. GOOD HEALTH seems to be meeting a widely-felt want; the circulation has steadily increased till we feel justified in making this decided improvement. Hearty thanks are tendered to the friends who have shown an interest in the circulation of the magazine, and now that we are planning for a larger and better paper every way, we confidently expect the continued co-operation of all.

THE June number will contain a floral frontispiece of rare beauty, as well as a number of other fine illustrations. There will be a variety of timely, interesting articles, and some new features which we are sure will please all our readers. Prominent among the latter will be a department to be known as the Home Gymnasium, and another to contain the experiences of readers who have put in practice the principles advocated by the magazine. On the whole it will be remarkable value for a penny. Probably many subscribers will wish to take extra copies, and distribute them among their acquaintances.

Good Health Conference.

WE take great pleasure in announcing that Dr. J. H. Kellogg, Superintendent of the Battle Creek (Mich.) Sanitarium, and editor of *Good Health* (American), has consented to address our coming Good Health Conference. The Doctor's visit to England at this time is evidence of his deep interest in the progress of the principles in this country. Otherwise he would certainly not leave Battle Creek when his presence there is so much needed in connection with the rebuilding on such a magnificent scale of the Sanitarium.

A HEARTY invitation is again extended to all readers of GOOD HEALTH to come to London, and attend this Conference. The subjects that will come up for consideration are of the greatest practical importance. In these days when disease is steadily increasing, and continually assuming new and insidious forms, it well behoves thoughtful men and women to give their serious attention to the cultivation of

health and physical stamina. We promise all who come a most profitable and interesting time.

As already announced, the meeting will be held in Lower Exeter Hall, Strand, the 21st of May.

The afternoon session, beginning at three o'clock, will be devoted to the consideration of plans for the carrying forward of health work in the United Kingdom. In the evening meeting, at 7:30 o'clock, the principal address will be by Dr. Kellogg, who will give a survey of the history of our health and philanthropic work, which is now represented by some twenty-seven Sanitariums and about a dozen health magazines. Brief remarks will also be made by representatives from several different countries, showing the progress of the movement in the leading nations of the world.

AMONG the speakers who will take part in the programme of this Conference will be Dr. J. C. Ottosen, editor of *Sundhedsbladet*

(the Danish health magazine) and superintendent of the Skodsborg Sanitarium, Dr. A. J. Hoenes, superintendent of the Friedensau (Germany) Sanitarium, and Dr. P. A. DeForest, who is in charge of the Institut Sanitaire (Switzerland); also Mr. A. G. Daniells, of America, Mr. L. R. Conradi, of Hamburg, Mr. E. R. Palmer, of Australia, and a number of other persons actively engaged in spreading the principles of healthful living. Those who are able to attend will have an opportunity to judge of the extent of the philanthropic work represented by GOOD HEALTH, and to get a fuller knowledge of the great principles which lie at the heart of the organisation.


FRIENDS will kindly note that yearly subscriptions, sent through the post, whether to foreign countries or any part of the United Kingdom, will hereafter be 2s. instead of 1s. 6d., for the reason that the postage on the magazine as enlarged will amount to a penny a copy, instead of a half-penny, as formerly.

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