

THE JOY OF LIFE.--J. H. KELLOGG, M.D.

GOOD HEALTH



MENS. SANA.

IN
CORPORE

SANO.

September, 1902.

Editorial Chat.

Death in the Pie, Health Societies, How to Take a Holiday, A Fish Story, Inglorious Martyrdom, etc.

The Joy of Life.

Cycling for Health.

Experiences of an Athlete.—*Illustrated.*

Bedtime Exercises for the Children.

—*Illustrated.*

A Boy's Greatest Temptation.

Cooking in September.—*Illustrated.*

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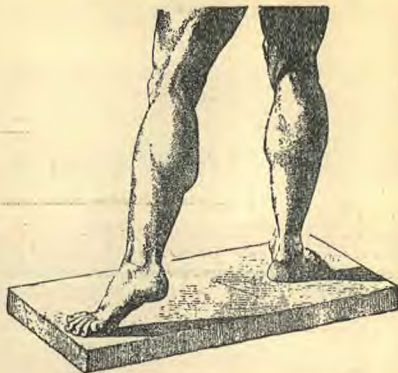
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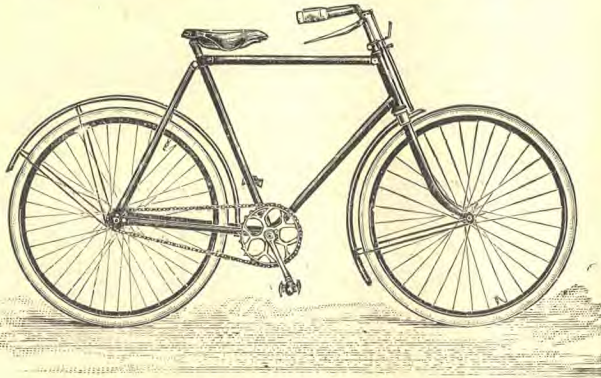
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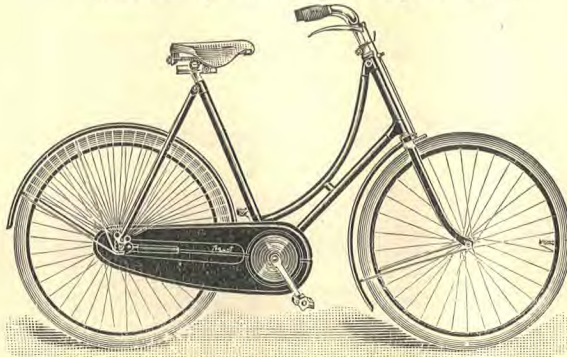
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PRactical QUESTIONS ON DIET.*

BY J. H. KELLOGG, M.D.

QUESTION. *Is it detrimental to eat cold meals?*

ANSWER. No, unless the temperature is very low. Food at ordinary temperatures is on the whole more natural and more wholesome than hot food.

Q. *Are raw fruits as good as cooked ones?*

A. Yes, and for most persons better. Care should be taken, however, that the fruits are well ripened, and that they are thoroughly masticated, so that they may pass readily out of the stomach.

Q. *Is not cod-liver oil necessary as a medicine under some circumstances?*

A. No. The only possible use which the body can make of cod-liver oil is as a food. Nut oils are much more easily digestible and in every way preferable to it. The same may be said of dairy cream. All the benefits which can be derived from cod-liver oil may be more easily obtained from the use of almonds, hazel nuts, ripe olives, and other vegetable products rich in fat.

Q. *What shall a person do who cannot digest nuts?*

A. There must be very few persons who cannot make use of nuts in some form, if not in their natural state, in some of the numerous preparations, of which many very palatable and easily digestible varieties are now offered. Almond cream will hardly be rejected by the feeblest stomach. If any case should be found in which there seems to be a distinct idiosyncrasy against nuts, the nitrogenous elements required may be easily obtained from macaroni, gluten preparations of various sorts, and even buttermilk, or cottage cheese.

Q. *It has been recommended that peas, beans, and other foods having skins on them should have the skins removed. Is it not*

necessary to have a certain amount of waste material in our food?

A. Yes; but in cases in which the stomach is dilated, or unable to empty itself readily, a condition which sometimes causes constipation of the stomach, such coarse substances as the skins of fruits are likely to remain in the stomach, encouraging disturbance and promoting infection. The skins of peas and beans are no more digestible than paper, which they resemble in character. A considerable amount of indigestible material is left after the skins have been removed, which is sufficient for the process of digestion.

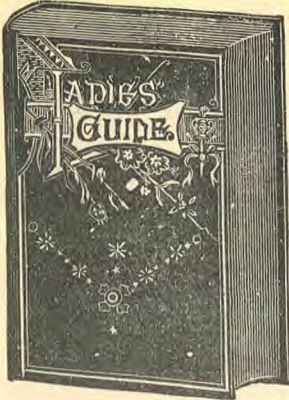
Q. *Are eggs perfectly wholesome nourishment?*

A. The principal objection to the use of eggs is the readiness with which they undergo decomposition. Stale eggs are exceedingly unwholesome. A perfectly fresh egg is easily digestible, and contains no waste or poisonous matters. The excrementitious substances found in meats are not found in eggs. It must be admitted, however, that eggs are sometimes contaminated by impure things eaten by the fowls which produce them. The custom of feeding chickens with the carcasses of dead animals and offal of every description is a reprehensible one. If eggs are to be eaten, they should be obtained from fowls kept in a clean place, and fed upon grain and other perfectly wholesome food. The eggs of fowls which are allowed to pick their living from barnyard litter, often indicate by their strong flavour the character of the material out of which they are produced.

Q. *How can zwieback be made at home?*

A. Cut stale bread into moderately thin slices, place in a slow oven, and leave until slightly browned throughout the slice.

* Excerpts by permission, from the forthcoming book, "The Living Temple."



.. The ..
Ladies' Guide

In Health and Disease.

BY J. H. KELLOGG, M.D.

This work admirably meets a want that has long been recognised by intelligent women in all parts of the land. Having devoted many years to the study of the diseases to which the sex is peculiarly liable, as physician in-chief of one of the largest health, medical, and surgical institutions in the United States, and in the treatment of thousands of women suffering from all forms of local disease, the author has brought to his work in the preparation of this volume a thorough education and a rich experience, which have enabled him to produce a volume eminently practical in character, and calculated to fill the place in the practical education of women for which it is intended. It tells mothers *just what they ought to know*, in language they can not

fail to understand; and daughters who value their health, and the happiness which follows health, can not afford not to know what this book teaches them.

This book is divided into seven parts, or sections. It graphically describes the great mystery of life,—the anatomy and physiology of reproduction. Four of the sections bear respectively the following headings: "The Little Girl," "The Young Lady," "The Wife," and "The Mother." A most thorough discussion is given concerning the special dangers incident to puberty in girls, the physical and mental training of young ladies, the evils of improper dress and how to dress healthfully, the education of young ladies, personal beauty, courtship and marriage; the duties, rights and privileges of the wife, the dangers of health incident to the matrimonial state, the prevention of conception, how to predict and regulate the sex of offspring, criminal abortion, and the *special means* which wives may adopt for the preservation of their health. Due consideration is given to the perils of motherhood and how they may be avoided, including instructions by following which child-bearing may be made painless in most cases, and greatly mitigated in all. The management of pregnancy is also fully treated, and a large amount of new and invaluable instruction given on this important subject, which makes the "Guide" a very valuable book for midwives, nurses, and physicians. One section of the book is devoted to the diseases of women, together with their proper treatment, the latter subject being treated differently than in any other work extant, and embodying the various methods in use by the author, and by the best specialists in this and foreign countries, which bring about such remarkable results when intelligently employed. The directions given are so simple, and the means to be employed in treatment so readily accessible, that the treatment can be carried on successfully in most cases at the home of the patient without the assistance of a physician, thus saving many a doctor's bill. The concluding section of the work is an Appendix, where is found rational home treatment for diseases of childhood, such as croup, diphtheria, whooping cough, convulsions, measles, scarlet fever, etc., etc.; also full instructions for baths of various kinds, Swedish movements, postural treatment, electricity, massage, diet for invalids, many invaluable recipes, medicinal recipes, and *prescriptions* for the various diseases treated in the work. A Glossary and Alphabetical Index follow the Appendix.

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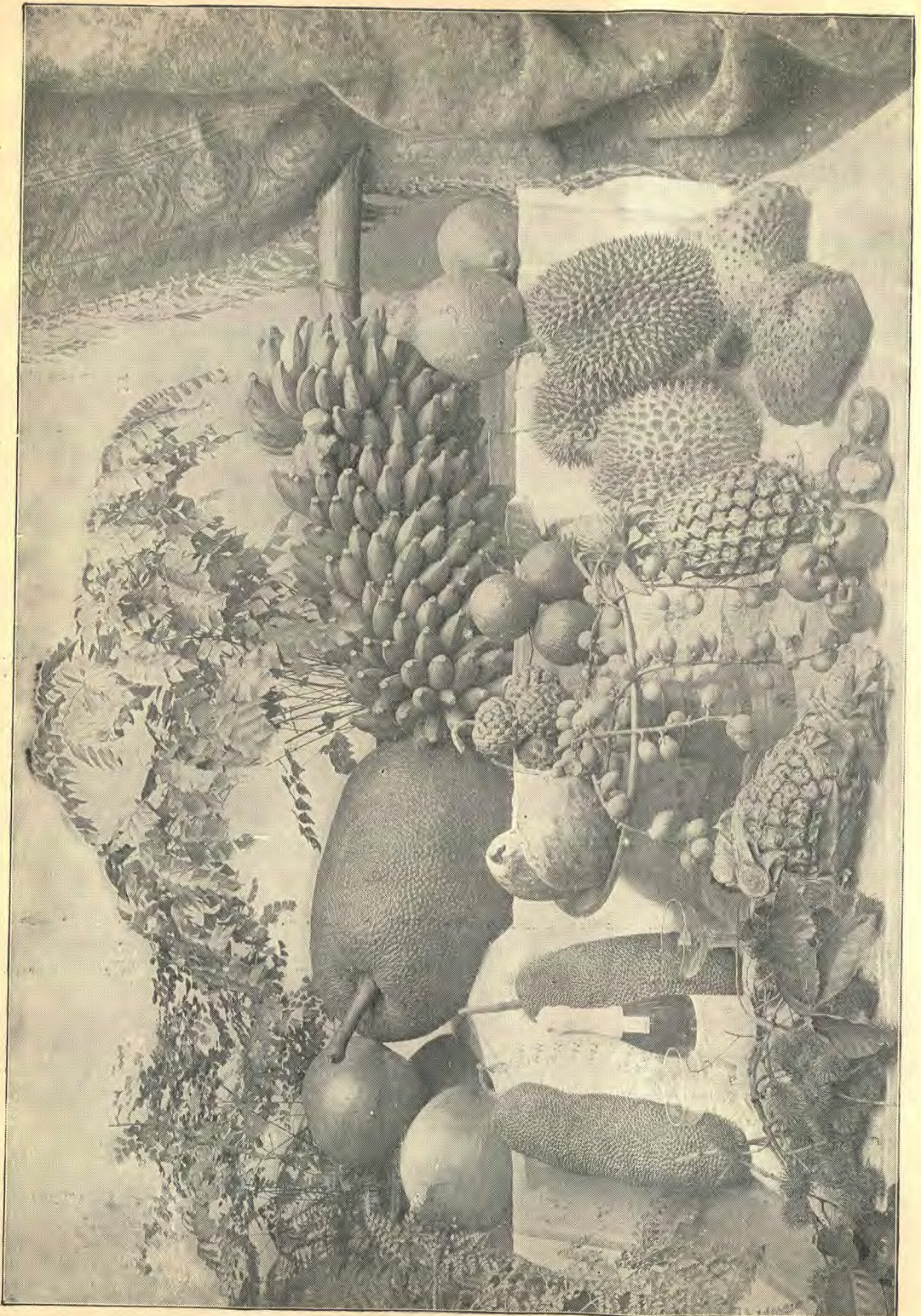
This work is to gentlemen what the "Ladies' Guide" is to ladies, and a good idea may be gained of its contents by reading the above description of the "Guide." It contains about the same number of pages, cuts, etc., having similar bindings, and selling at the same prices. It should be read and studied by every boy and man in the country.

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Vol. 1.

September, 1902.

No. 4.

EDITORIAL CHAT.

Death in the Pie.—After partaking of chicken pie, thirteen English and American boys belonging to a mission school in China were suddenly taken ill, and twelve died. Ptomaine poisoning is supposed to have been the cause. Similar instances are not rare. Ptomaines are formed in meat as a result of decomposition, and their presence cannot be detected by the taste.



Health Societies.—The Manchester Ladies' Health Society is a bright example of what can be done by sympathetic, tactful efforts on the part of the educated classes to assist their less fortunate neighbours in learning and practising the laws of health. The recently organised Good Health Leagues are likewise exerting a strong influence for good. There is a crying need of educational work in health lines. Especially in our large manufacturing cities, the number of child deaths due to ignorance and improper handling is appalling.



How to take a Holiday.—The holiday season usually extends into September, and very likely some of our readers are about to take their annual lay-off. Let us drop this word of caution. Don't think for a moment that to enjoy yourself in the highest degree it is necessary to scout all hygienic rules, and give free rein to appe-

tite and inclination. Take your vacation calmly, sensibly, in a rational way, and it will be worth far more to you than if taken in the thoughtless manner so often observed.



Cigarette Smoking Decreasing in America.—The well-known trade journal *Tobacco* informs us that whereas the consumption of cigarettes in the United States amounted five or six years ago to 4,500,000,000, it had fallen off to only half that amount in 1901. This is good news from America. Would that it might be duplicated this side the Atlantic. But here the figures have just the opposite story to tell. We are smoking the deadly narcotic in ever increasing quantities, and our boys are almost universally contracting the habit. It is time for a stop to be made.



A Fish Story.—It goes without saying that all fish stories are not reliable, but the *Times* is responsible for one which may well be credited. A Southport fishmonger, we are told, sold a pot of shrimps, which proved on investigation to contain forty-one grains of boracic acid per pound. He was fined, of course, but there can be no reasonable doubt that large quantities of similar material are being consumed daily. Formerly unsuspecting people used to wonder what

became of stale fish and meats; but now it is coming to be well known that, while they have various stopping-places, such as the pie-makers', the sausage manufactory, and the cheap restaurants, they are quite sure, ultimately, to find entrance into somebody's stomach. Vegetarians are certainly not to be blamed for advising their meat-eating friends: "Keep your eyes open." The mere fact that heavy fines are imposed, and paid, for dealing in spoilt or diseased flesh, is in itself evidence that the business as a whole pays well.



Wanted—A Fruit Restaurant.—We heartily join in the suggestion of our esteemed contemporary, the *Vegetarian*, that it would be an excellent thing for some enterprising fruiterer to open a shop where fruit could be "consumed on the premises." Fresh fruit makes an ideal lunch, but at present the conveniences for taking such a meal are wanting. One can buy the fruit, but half the enjoyment is lost in trying to obtain means to properly cleanse it, and a quiet corner in which to eat it. The idea that fruit is really a food, and not merely a luxurious tit-bit to indulge in now and then, is slowly but surely making its way to the front.



Inglorious Martyrdom.—Probably our readers have noticed that the newspapers have recently reported two cases of death from tight-lacing. We mention it not so much as of great importance in itself, though of course it is sad that two young ladies should die by their own hands in this way, but merely to show the folly of the oft-repeated contention that the custom is harmless. Thousands are undermining their health and laying the foundation for disease by ignorant indulgence in this baneful custom. Men are equally to blame, because no woman would lace tightly if a small waist did not meet with

the admiration of the stronger sex. It is a mistake to think that corsets are necessary to a trim, neat figure. Proper attention to physical development, and care in the fitting of garments, will result in grace, symmetry, and perfect freedom of movement. Beauty is worth striving for, but a wasp-like waist is not beautiful but monstrous.



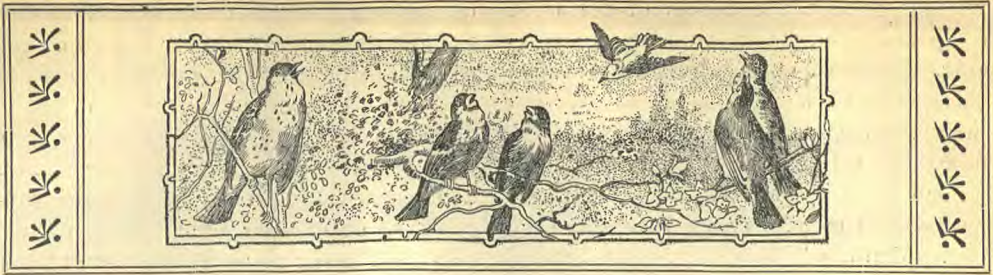
Nutmeg Poisoning.—Several cases of severe poisoning from large doses of nutmeg are mentioned in the *Lancet*. Even in very small quantities this condiment has an unfavourable effect upon the digestive organs, and would far better be banished entirely from the kitchen. If ginger, pepper, and mustard were to follow suit, no one would be the loser, except, possibly, the vendors of stomach and liver pills.



In Bad Company.—In some provincial cities and towns the custom seems to prevail of handling fruits of various kinds in the same shop with fish, shellfish, rabbits, etc. This is indeed an unfortunate combination. Imagine the attendant one moment weighing out a piece of not over-fresh fish or a dead rabbit, and the next moment thrusting his fingers into a pile of delicious strawberries or cherries. The very thought is sickening. All lovers of good fruit would do well to discourage this mingling of two utterly different lines of business by confining their patronage, as far as possible, to dealers who are content with handling fruits and vegetables.



The Deadly Feeding-Bottle.—Wise mothers are afraid of the feeding-bottle. If the mother is unable to nurse the child, the safest mode of feeding is by the use of a spoon. The medical officer of Heywood recently called attention to the fact that of seventy children who had died of diarrhoea, fifty were "bottle-fed."



THE JOY OF LIFE.

BY J. H. KELLOGG, M.D.

Joy is manifested everywhere in the animal world. See the squirrel gambolling in the tree-top, springing from bough to bough, swinging, dancing, chirping, full of life and joy. Who ever saw a squirrel looking sad and melancholy, going about its daily tasks with a glum and hopeless air? The squirrel is happy; why?—Because it is obedient to the Divine Instructor, to the suggestions of the Divine life which dwells in it.

A BIRD CHORUS.

Hear the skylark as it greets the morning sun with a burst of joyous song. There is no wail of sorrow, no tone of bitterness, in its carol. The bird's heart is full of joy, its life one long, tuneful lay. Imagine for a moment a bird chorus comprising all of earth's songsters, pouring forth their praise in unison. What a grand peal of joy that would be! We hear the chorus in fragments; God hears it as one grand united song of praise. The birds sing because they cannot help singing. Their souls are full of song. They certainly do not sing from a sense of duty, or in obedience to some automatic principle. Their song is the spontaneous utterance of inward joy.

See the colt gambolling in its pasture, the calf capering beside its mother, What mean the friskiness, the irripressible activity, the seeming waste of energy? Simply that there is a fullness of joy, a surplus of animal spirits, of life, which must be expended in expression.

Even the so-called inanimate world is full of joy. There is joy in the sunbeam. Indeed, the sunbeam is God's messenger or vehicle of joy to the world. Under the influence of the sun's glorious rays, all nature is alive, animated, active. In its absence, death, as well as darkness, falls upon the scene. Under its potent influence, a veritable resurrection occurs. Each morning, as the sun's rays drive away the gloom of night, how the plants, the shrubs, the trees, rejoice. The flowers spread their petals in a grateful smile, and send out a tribute of fragrance on the morning air; the leaves turn up their faces for a sunbeam kiss; the shrubs raise their nodding heads; and all the vegetable world awakes. A thrill of joy animates the very air, and sets the morning breeze in motion, singing melodies amid the foliage, while the trees and bushes beat time with their stems and branches.

WHY SHOULD MAN BE SAD?

In the midst of this universal joy, why is man of all God's creatures so sad and wretched, so seldom in a mood to join the great anthem of praise which the whole world beside pours out to its Maker? Away back in the ages there was a time "when the morning stars sang together, and all the sons of God shouted for joy." Every bird and beast, great and small, as well as man, took part in that grand burst of praise. The forest still rings with the wild elephant's trumpeting. The air still

vibrates with the cadences of feathered songsters. But man has all but ceased to sing. If he sings, it is generally from a sense of duty, or for hire, or to gain applause. Except in childhood's happy days, one seldom hears the note of joy from human throats. Why this universal sadness among men? The answer is an easy one. Man has lost the joy from his heart, and no longer feels, in common with the world about him, a compelling impulse to sing.

JOY IS HARMONY.

Joy is harmony of soul. Song is harmony expressed in sound. Man has wandered away from rectitude, and fallen out of harmony. His soul is full of discord—sin; his body is full of discord—disease. Harmony is health of body and soul.

The fact that man's life is morally discordant has been recognised for some thousands of years, but the same truth has not been so fully seen in relation to his physical life. In fact, the strange doctrine has been taught that physical discord, or disease, in some way tends to moral health, or harmony. This belief led the monks of olden time to chastise and neglect the body to an extent positively monstrous, and to establish a system of penances, which, though now largely extinct, still survives in spirit in the contempt with which the demands of the body are regarded, and in the abuses and indignities which are heaped upon it, not only by the ignorant and unenlightened, but to a still greater extent by the intelligent and the learned.

THE SCIENCE OF LIFE.

In the schools, the science of life—physiology—receives least attention of all the sciences. In business, the question is rarely asked, "Is this occupation salubrious?" or "Will it contribute to the health of the community?" The great question is, "Will it pay? Will it bring rich returns in cash?" In eating, drinking, and the various habits of life, the dominant

question is not, "Is this way or that way the Divine order?" but, "Which course of action will elicit the greatest returns of pleasure?" The body is regarded, not as a temple in which God dwells, a sacred fane in which there burns an eternal fire, a precious trust, carrying with it the obligation of safe keeping and jealous protection; but rather as an instrument of pleasure, each of the several senses a keyboard, on which one may play at will so long as a response can be compelled.

To be one with God, to be in absolute harmony with the power that works for good in all the universe, to be in accord with all the principles that govern our relations to the things and beings about us,—this is happiness. Sin and sorrow, death and disease, come through disobedience. Health, happiness, peace, and joy are the result of obedience. We suffer because we are at war with God; in other words, we are rebelling against Divine order. Our suffering is not a punishment, an arbitrary infliction; it is simply a reaping of seed of our own sowing. Sorrow and pain are the warning sentinels by which God leads us back into the path of rectitude and wisdom. "Her ways are ways of pleasantness, and all her paths are peace."

IN HIS PRESENCE.

A will surrendered to God in the fullest sense will obey God's laws in all their relations to human life. Such a life must be a life divinely led, a divinely happy life, a healthy and joyous life. Knowing that God dwells within us, that we cannot for an instant escape from Him, ought we not to live as in His presence? "In His presence is fulness of joy."

HYGIENE requires nothing unreasonable. Every one of its laws is based upon the deepest consideration of the welfare of the human body. It is nothing more nor less than simple conformity to the great principles of nature.

CYCLING FOR HEALTH.

BY F. FLEETWOOD TAYLOR, M.B., CH.B.

CYCLING is now such a common pastime that there are very few who do not practise it at some time or another. For this reason it may be of use to many—especially to ladies—to jot down a few “tips” that have been learnt through several years’ experience.



How to Sit.—There are good and bad ways of doing everything, and the mode of sitting on a cycle is no exception. All of us have been passed on the road by the “scorcher,” with his low-set handle-bars, his head on a level with his lamp-bracket, and his back arched outwards into a beautiful semi-circle. I need hardly tell you that this posture is not conducive to health. The contracted chest and the forward poke of the head become in time permanent. We must maintain the upright carriage of the figure, and look as well *on* as *off* the cycle, if we wish to preserve the efficiency of the breathing organs, and save ourselves from lung complaints and pains in the back. Besides, who wants to resemble a cripple, with a chest developed at the back?



How to Climb a Hill.—Beginners always rush at a gradient. They are determined to get up somehow; they won’t be beaten by it. Watch them. Head bent low, elbows out, body swaying from side to side with each mighty effort to push the resisting pedal down. What an unnecessary expenditure of energy! Going up hill is quite compatible with quietness and ease, if only done in the right way. When riding horse-back we are taught to “sit back and hold tight.” It is just the same here. With the hips well back to ensure the heels being sunk to their lowest, the pressure of the broad part of the foot can be exerted to any amount, particularly at the beginning of the up-stroke, and the leg

can be so extended that you almost feel as if standing for the moment on the pedal. Bend the whole body slightly forward, and grip the handle-bars firmly in the centre. This acts as a sort of leverage, and forms a welcome change of position when riding a long distance.



What to Eat and Drink.—Cycling is universally acknowledged to be thirsty work, especially at the commencement of a tour, before one has become accustomed to the unwonted exertion. The kind of weather also materially affects one. On a hot, sunny day one’s body loses much more fluid in perspiration than under a grey, cloudy sky. It is important, however, to know what kinds of food are most suitable to supply the necessary strength and energy, and what articles to avoid as productive of thirst. In the first class we may place brown bread and butter, eggs, Plasmon or wholemeal biscuits, steamed vegetables, milk puddings, fruits (dried, stewed, fresh), salads and green stuff, nuts and nut preparations. In the second we may note anything containing large amounts of cane sugar; *e.g.*, sweets, chocolate, and ice creams. All of these are pleasant at the time, but tend to over-heat the blood and cause excessive sweating and thirst. Dates (rather under half-a-pound), followed by fresh fruit, are an excellent meal, imparting any amount of “go,” while tomatoes are the most refreshing fruit I know. They act as a tonic to the tired, hungry and thirsty traveller, and send him on his way rejoicing once more.



Things to Avoid.—As regards drinks, avoid spirits, and mineral waters. Neither of them allay thirst permanently; in fact they often *create* a desire for drink later on, while the gas of the mineral waters is

injurious in causing distension and consequent discomfort in riding. It is wonderful how much more quickly one can allay thirst by *sipping* liquids, and swallowing them very slowly, than by gulping down one and a half pints at a time. A word of warning about cold drinks. When heated, the consequence of putting a quantity of cold fluid into the stomach may be very serious. A young and ardent cyclist, after a fair distance, rushed into a shop and demanded several bottles of lemonade. The result was to set up internal congestion, which nearly cost him his life. I much prefer my drinks tepid as allaying the thirst better, and being nearer to the body-temperature, thus avoiding any such risk.



Temperance in Eating.—Food should be taken at regular intervals, say 8 a.m., 1, and 6 p.m. If the appetite be large, never indulge it to the fullest extent. Eat slowly, chewing the food well, and leave off just before you are satisfied. If preferred, no breakfast (unless a light repast of fruit) need be taken before starting, or on the road, and the chief meals made at 11 a.m. and 5 p.m.. A glass of warm milk for supper will have a most reviving effect. Make it a rule to *wait* half-an-hour after the first and third meals, and one hour after dinner, before beginning your journey.



Light Clothing.—The clothing should be as light as possible. Wear cotton cellular garments next the skin (with wool over if otherwise cold), thus preventing chills. Ladies will find white doeskin gloves the most serviceable, keeping clean longer and being more durable than cotton.



The Best Time to Ride is undoubtedly in the morning and evening. There is nothing to compare with the exhilaration from the freshness of the early hours of the

day except the soothing effects of nature at night, when everything is silently growing—growing—and you are going—going—to the weird accompaniment of moonlit shadows, bats and moths.

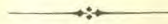
Sight-seeing or rest should occupy the heat of the day. Forty to fifty miles per diem is quite sufficient for ladies if kept up continuously. An easy pace of eight to ten miles per hour is much less wearisome than quick riding; and “scorching” is only mentioned to be condemned for its after-effects of giddiness and nerve-prostration.



To Avoid Accidents one should always retain presence of mind, acting quickly, but cautiously. If any slight cut results from a fall, a little “Kristaline” applied to the surface, after bathing it, forms a skin over it at once, and prevents the entrance of germs and blood-poisoning.



Before Retiring to Bed the whole body should be bathed with warm water. This acts as a restorative after a long ride, and induces quiet sleep. Rubbing the skin over with weak vinegar and water is also wonderfully refreshing, while massage of the body with a little olive oil removes any stiffness or tenderness, and keeps the muscles supple.



Effects of Tobacco and Alcohol on the Eyes.—Those desiring to retain good eye-sight should avoid these poisons. Tobacco has a decided effect upon the sight, and weakness of the eyes is often due to its use. Tobacco may produce total blindness, colour blindness, and marked congestion, which in time leads to disease of the optic nerve, producing blindness beyond recovery. Alcoholic poisoning has a profound effect upon the eye, and the vision is impaired.—*F. M. Rossiter, M.D.*

EXPERIENCES OF AN ATHLETE.

BY GEORGE H. ALLEN.

MANY unhealthy persons, when asked how they account for their weak condition of body, will at once tell us that they have inherited it from their parents, or even their grandparents. This statement is only partially true, for while we may be born predisposed to a certain disease, it is entirely our own fault if we allow these tendencies to become our masters.

Although I do not want to appear egotistic, I can with confidence say that my own experience at once gives the lie to the statement, made by many, that it is impossible to get rid of inherited tendencies. Born thirty-five years ago at Leicester, within a stone's-throw of where I now reside, I was, up to the age of sixteen years, an epileptic. At this age, despairing of ever finding relief in medicines, which my well-meaning parents had dosed me with, I began to study physiology, found the *cause* of my sickly condition, and set about remedying it.

I found that vigorous exercise was necessary for me to get the circulation of the blood in a normal condition, and so I started training for running. I well remember the laughs that greeted me when I first stripped amongst athletes. My large head, altogether out of proportion to my poorly-developed body (I weighed about five stone, and was considerably under five feet in height), furnished an endless source of amusement for them. But the tide is now

with me, for I have not only succeeded in winning upwards of a hundred prizes as an athlete, but am in possession of almost unlimited vitality, as my performance of walking one hundred miles upon the road in twenty-two and a half hours, fourteen minutes, accomplished in September, 1901, will prove. But good as this performance

was, I feel that it is but the preliminary to far better and more convincing feats of endurance; for until now I have been handicapped by having to work for ten hours a day, in a most unhealthy atmosphere, which my occupation as a boot operative necessitated my doing.

My next trial of endurance will be, if the weather is suitable, in the first or second week of September, this year, when I shall walk from Leicester to London, expecting to beat my performance of last year by a considerable margin.

Exhaustive particulars are outside the limits of this article, but a short account of my habits may be interesting.

From now (I am writing this on July 1st) I shall abstain entirely from animal foods of every kind, even butter, eggs, milk, etc. My food basis will be wholemeal bread, nuts, nut foods, fruits, and salads in season. My drink will be pure water, which I am convinced is the finest drink possible to obtain. My clothing will be as light as possible, and as often as I can, I shall take sea and air



GEORGE H. ALLEN.

baths, and of course ordinary baths as well. I am a life-long total abstainer from all intoxicants, a non-smoker, and have been a strict vegetarian for between three and four years.

I am convinced that if we are to have a happy and prosperous world, far more attention must be paid to the laws of our being than has hitherto been given. The

body is the temple of the Most High, and as such it is our bounden duty to keep it in the finest condition possible. When this fact is fully realised, and the youths and maidens of our day put this knowledge into practice, a fatal blow will have been dealt to many of the secret and open vices which to-day are eating the heart out of our social life.



BEDTIME EXERCISES FOR THE CHILDREN.

BY MRS. H. B. SALISBURY.

CHILDREN are often sorry when bedtime comes, because they feel that the pleasure and enjoyment of the day ends when they start for bed. If the mother is so situated that she can spend a half hour with the little folks in having a good game or a story, they are perfectly delighted, and the dread of going to bed will disappear. I recall a small boy of seven, who all day long looked forward to the bedtime with the greatest delight, because there was always fifteen minutes of something pleasant in store for him. Sometimes it was a pillow-fight with

a couple of pillows strongly covered for that purpose, other times it was a gymnastic game or an interesting story, but always something that sent him to bed happy.





The bedtime hour affords the mother a good opportunity to give the children exercises for special defects which they may have, or to remedy incorrect positions which they may acquire. If you have a child who has a tendency to be flat-chested, you can easily help him to overcome it if you will spend a few minutes at bedtime with him. Spread a blanket or old quilt on the floor, and let him lie face downward upon it, placing his hands on his hips. Then let him bend his head as far back as he can, breathing in as he bends, and raising his chest. Tell him to breathe out as he raises his head, and have him repeat the exercise at least six times. If it tires him at first, he can rest between times.

Playing ball is a good bedtime game, especially if the ball be thrown in such a way that the children have to reach up to catch it, as the reaching expands and lifts the chest.

Slowly raising the legs, alternately, develops the abdominal muscles, but is not



a necessary exercise for children, unless they are specially deficient, as the child who runs, and climbs, and plays about, as most children do, does not require exercises to develop these muscles. The average

exercises to straighten them up. If your child is becoming flat-chested, and throws the hips forward instead of keeping them back, do not tell him to "straighten up" or to stand straight, and



child is not in need of exercises for development until the age of ten or twelve. Children usually play hard enough and work hard enough at whatever they do, to keep their muscles in good condition, and it is not until they begin to go to school, and lean over desks, that their chests become cramped and narrow, and they require

put his shoulders back, for often the putting back of the shoulders only increases the difficulty. Tell him to stand as tall as he can, and raise his chest, and you will find the result much more satisfactory; the child can *feel* that he is standing tall, but it is hard for him to know that he is standing straight.

A BOY'S GREATEST TEMPTATION.

BY M. ELLSWORTH OLSEN.

THE smoking habit is making stealthy inroads upon the health of the nation, which will be fully manifest in time. That the use of the weed in early life stunts growth, and injuriously affects the nervous system, is now universally conceded, and yet, though juvenile smoking is increasing with great rapidity, but very little is being done to warn the boys of the serious dangers attendant upon such indulgence.

It is good to be optimistic, but we must not be blind to the facts. As there was never a time when smoking prevailed so generally in Great Britain as now, so there never was a time

when real health and bodily vigour were more scarce. Our system of public hygiene has done wonders in the way of reducing great epidemics; but the vitality of the generation now growing up is inferior to that of the previous one.

That smoking offers severe temptation to the average boy, is a fact which should not be ignored. The secret of keeping the young from tobacco is to warn them faithfully of the enslaving character of the vice, and endeavour to implant such a reverence for the body that they will jealously guard it from all hurtful indulgences.

The Deadly Character of Tobacco.

—The real character of tobacco is realised but by but very few. Professor Oxfila, President of the Medical and Scientific Academy of Paris, is quoted as saying: "Tobacco contains the most deadly and subtle poison known to the chemist except prussic acid." It is known, of course, that tobacco leaves secreted on the person have caused serious symptoms. The boy who smokes for the first time becomes deathly sick, and manifests all the outward signs of acute poisoning. If a little ball of tobacco about the size of a pea be chewed for a few minutes by a boy of ten, who has not previously used the weed, the effect will be very marked. Though expectorating freely and not swallowing the smallest particle, he will presently grow very pale, the cold sweat will gather upon his brow, and he will fall over insensible. There is no other substance in the world which, taken in the same way, would so powerfully affect a person.

Its Action upon the Heart.—One of the medical journals relates the following experiment as showing the action of tobacco upon the heart: "Dr. Schall, house physician of the Hahnemann Hospital, wishing to test the effect of cigarettes upon the nervous system and circulation, recently obtained the consent of a young woman of almost perfect symmetry of form and robust health to submit to an experiment. In the presence of two or three physicians, the sphygmograph was attached to her waist, and a tracing taken of the heart-beats. The first tracing showed not one particle of variation from perfect health. The whole venous and arterial circulation was perfectly normal. At the end of fifteen minutes, after she had smoked half of two cigarettes, the tracing showed a manifest disturbance of the heart's action; and at the end of forty-five minutes, after parts of six cigarettes had been smoked, the tracing

showed the beat of the heart to be unequal, at times rapid, at times in jumps, evidently under the influence of some powerful drug agent."

Effect upon the Nervous System.

—The nervous system of the growing boy is very sensitive to narcotics. Smoking, with the youth and the adult, owes its fascination largely to the soothing effects that it produces upon the nerves. But this is only temporary, the ultimate result, as with all narcotics, being to render the nervous system more irritable and feeble. Thus Dr. Alexander Haig remarks that in this respect tobacco has the same action as opium. There can be no doubt that the extreme nervousness for which the present age is noted, is due in some degree to the prevalence of the smoking habit.

Smoking Dwarfs Growth.—If there could be any doubt of this fact, it was completely removed by the record of physical development of the young men attending Yale University. Dr. Jay Seaver found as a result of careful records extending over some nine years, that the growth of the non-smokers surpassed that of the others in respect of height, and general development, and to a very marked degree in lung capacity. The mere fact that young men in training for athletic contests of all kinds are not permitted to smoke, is good evidence that the use of the narcotic is unfavourable to muscular strength. Rightly viewed, the real, every-day contests of life are of greater importance than the university boat race, or any of the ordinary competitive games, which engross so much attention nowadays. Life itself is the most serious of all things, and to live worthy of our high calling as sons of the Most High, we need to put ourselves in training at the very threshold of life, and continue to fight manfully all the way along, till the call comes to lay off the armour.



DINING ROOM AND KITCHEN.

The Best Food Combinations.

For the feeble stomach a proper combination of foods is often quite as important as the quality of the foods themselves. In general it is best for the strong and healthy, as well as the weak, to avoid taking many varieties at a single meal. Our excellent colleague, *Good Health* (American), famous for its hygienic and dietetic lore, gives the following table representing the best and worst food combinations:—

GOOD COMBINATIONS.

Grains and Fruits. Grains and Milk.
 Grains and Meat, or Eggs.
 Grains and Vegetables.

FAIR COMBINATIONS.

Grains, Sweet Fruits, and Milk.
 Meat and Vegetables.

BAD COMBINATIONS.

Fruit and Vegetables.
 Milk and Vegetables.
 Milk and Meat.

“Those foods agree best,” the writer continues, “whose chief constituent elements are digested by the same fluid, in the same part of the alimentary canal, and in about the same length of time. Vegetables contain a great amount of coarse, woody structures, which are retained in the stomach a long time before they are sufficiently broken up to be easily digested in the intestines. Fruits, on the other hand, remain but a short time in the stomach. The large amount of saccharine

matter which fruits contain, makes them likely to set up fermentation in the stomach, if retained too long. Acid fruits are also likely to delay starch digestion. This is another reason for their interference with vegetables, the starch of which is rather more difficult of digestion than that of grains.

“Milk and vegetables are likely to disagree, for the reason that milk, when taken by itself, is retained in the stomach but a short time, its digestion being carried on chiefly in the small intestine. Milk and meat form a bad combination for the same reason. Meat requires long digestion in the stomach, whereas milk, when taken by itself, is quickly passed on, to be digested by the pancreatic juice. When taken with meat or vegetables, milk, being long retained in the stomach, undergoes fermentation, resulting in sour stomach, biliousness, and various other unpleasant symptoms.”

Cooking in September.

THE first autumn month is a favourable time for culinary supplies. Fresh fruits and vegetables are abundant, and the thoughtful housewife can, with small outlay, provide a pleasant variety of wholesome foods.

In many homes where simple habits prevail, breakfast will take the form of good brown bread, thoroughly chewed, with a little fruit. If the bread has been toasted

throughout, it will be much sweeter to the taste, and easier of digestion, as well as furnishing work for the teeth, which will keep them in good order.

Porridge and milk is a popular dish, but unless the grain has been cooked in a double boiler for several hours, it is not wholesome. Even thoroughly cooked grains lie heavy on many stomachs, and lead to a feeling of gloom and depression, if not causing actual pain.

For dinner, fresh vegetables, prepared as simply as possible, with a plain sauce of some kind, and perhaps a salad, together with plenty of good bread, and a few nuts or one of the nut preparations, make a satisfactory meal. All the best vegetables are very palatable, plainly boiled or baked, without the addition of seasoning except a little salt.

Following are a few simple recipes which may prove suggestive :—

Left-over Grains.—

Left-over oatmeal, rice and other cooked grains make an excellent breakfast dish. Cut in slices, roll in beaten egg, then in fine bread crumbs, and bake in an oiled dish until well heated throughout and brown.

Rice Soup.—A very appetising and nourishing soup may be made of rice, without milk, as follows: Put to cook one-third cup of well-washed rice in three cups of hot water. Cook one hour. Then add salt, if desired, and one cup of nut milk (made by dissolving nut butter in water), re-heat, and serve.

Protose and Tomatoes.—Cut half-a-pound of protose into slices of a quarter of an inch thick. Have ready a frying pan with enough tomato sauce to completely cover each slice. Allow this to simmer fifteen minutes. May be served with slices of hard boiled eggs, or browned rice well steamed.

Substitutes for Meat.

THE question of how to prepare wholesome, nourishing foods containing the same elements as flesh meats, is a very practical one. Lentils, beans, and peas seem to fill the bill, chemically speaking, as they contain a large proportion of albumen; but as ordinarily prepared they do not agree with many people.

We are indebted to Mrs. A. R. Leask for the following recipes :—

GERMAN LENTIL ROAST.

Ingredients.—Two breakfast cups German lentils; one cup avenola or zwieback crumbs (avenola preferred); small piece of the best dairy butter, if desired; one onion; salt to taste.

Method.—Soak lentils over night; cover with water, and boil gently from three to four hours. Chop onion fine, and add to lentils. When thoroughly cooked there should remain just sufficient water to keep from burning. Take off fire, add avenola, and mash with ordinary potato masher into a smooth mass. Grease a pudding dish, and bake in a moderate oven about half-an-hour, or until nicely browned. Serve with tomato, brown, or parsley sauce.



LEFT-OVER GRAINS.

TOMATO SAUCE.

Ingredients.—One breakfast cup of tomato juice (Use Tarantalla brand), one teaspoonful cornflour, one cup water, salt to taste.

Method.—Put tomato juice on the fire in an enamelled saucepan. Meanwhile mix up the cornflour into a smooth paste with cold water; fill up the cup with hot water and add to tomato juice. Stir until it boils. This sauce may be improved by adding, after it has boiled, one tablespoonful of finely-chopped parsley.

THE HOME.

BY MRS. W. C. SISLEY.

IN every home this motto should find a place: "Without Me ye can do nothing." A home, to be a real success, should be a Christian home, its founders acknowledging entire dependence on God, realising the sacredness of the home relation and of the marriage vow. "For this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh,"—one in purpose, one in heart, and yet each bearing his individual part in the responsibilities of home life. And on each inmate rests a degree of responsibility concerning the success or failure of that home. One may make himself a veritable nettle, to annoy and sting all, or he may make himself a heartsease, to cheer and comfort.

Upon the mother falls the heaviest responsibility in home-making. We say heaviest, not in the sense of burden, but of privilege; for in whose hands lie greater responsibilities than in the mother's? Says a well-known writer, "The king upon his throne has no higher work than has the mother. She has in her power the moulding of her children's characters, that they may be fitted for the immortal life. An angel could not ask for a higher mission."

It has been said that "the devil has a hard fight to hold his own where there is a praying mother." Yes, surely, we must pray; but we must do more,—we must work and watch also. In the language of another: "Be very vigilant over thy child in the April of his understanding, lest the frosts of May nip his blossoms. While he is a tender twig, straighten him. While he is a new vessel, season him. Such as thou makest him, such commonly shalt thou find him. Let his first lesson be obedience, and his second shall be what thou wilt. Give him education in good letters, to the utmost of thy ability and his capacity. Season his youth with the love

of his Creator, and make the fear of God the beginning of his knowledge. If he has an active spirit, rather rectify than curb it, but reckon idleness among his chiefest faults. As his judgment ripens, observe its inclination, and tender him a calling that shall not cross it. Forced marriages and callings seldom prosper. Show him both the mow and the plough, and prepare him as well for the danger of the skirmish as possess him with the honour of the prize."

Although on the parents rest the greatest responsibilities, they should not be bowed down beneath the weight. Home should be the cheeriest, happiest place, with sunlight dwelling in the heart, and coming in at the window. A happy home is not dependent upon wealth—upon faultless appointments, or well-trained servants; nor is it a slave to fashion, with all its changeful moods; but a happy home is one where dwells the true spirit of kindness, of love, of neatness, order, and refinement, irrespective of wealth and all its belongings. There should be a cheerful compliance with rightful authority, and at the same time a recognition of the fact that children have rights that should be respected. A parent, though not an arbitrary ruler in the home, should with proper dignity and faithfulness so exact rightful obedience that it could be said of him, as of Abraham, "I know him, that he will command his household after him." Not only should obedience, but self-control, be fundamental principles in the home government, that its subjects may be fitted to become faithful, obedient subjects to the heavenly Master. We should remember that our home education here is to fit us for the home to come.

To see developed in our homes symmetrical character should be our high aim; and that this may be accomplished, how imperative it is that parents themselves,

the greatest human models, be worthy examples. While we should realise that "life is real, life is earnest," we must guard against any spirit of gloominess. We should make our homes so cheerful, inviting and comfortable, that, be they ever so humble,

there will be no place like home to our dear ones. It is said that a teacher of a class of boys once asked them each to give a definition of home. Various answers were given, but one seemed more expressive than the rest. It was, "Home is where mother is."

(To be concluded)

The Marvellous Recovery of Mrs. Ilsworth.

BY JESSIE ROGERS.

[Mabel, the invalid wife of young Harry Ilsworth, is suffering with dyspepsia, and regards herself somewhat in the light of a martyr, especially because the new doctor, who has taken over the practice of her former physician, Dr. Crogan, seems not to appreciate the seriousness of the case. Ilsworth himself is almost discouraged, but very devoted to his wife.

The day having arrived for the annual outing, Mrs. Ilsworth, after much persuasion, consents to go. While she is resting in a closed carriage, Dr. Carroll, the new physician, having finished a game of tennis, seats himself on the ground close by, with his friend, Mr. Dawley, and the conversation turns upon his unfortunate patient.

Mrs. Ilsworth hears her case laid out in the plainest language, the doctor giving the whole blame for her feeble condition to the wrong habits she has been cultivating. Pained and mortified beyond expression, she begins to see that the accusation is a just one, and sets out to conquer both her disease and the causes which brought it on. A few days later the doctor received a note informing him that he need not call any more.]

SOMEHOW Dr. Carroll was well content to avoid the Ilsworth home, and some two or three weeks passed before he went near. One bright morning his visits led him in that vicinity, and he decided to drive down a side street in view of the house, just to see the "prospect." And he saw it.

The south verandah was a scene worth looking upon. Mrs. Ilsworth and Margaret were arrayed in gowns very similar in texture, wide sun hats, and thick gloves. The object upon which their labour was bestowed was a great rose vine which from lack of attention had grown rampant and unsightly. Just as the doctor's carriage was opposite the house, Mrs. Ilsworth stood poised on the verandah railing, very much after the manner of a small girl climbing an apple tree.

"Please hand me those large scissors," she called to Margaret, "I've got to cut

this horrid, selfish vine down to proper dimensions."

She was too happily and intently busy to notice the passing carriage, and for this fact the doctor mentally expressed great thankfulness.

* * *

"Can you come home a little early to-night, Harry?" asked Mrs. Ilsworth at noon one day as her husband took his hat to return to the office.

"Why, let me see,—yes, I think I can. Anything special on to-night, little one?"

"Nothing special, only I want to go out to the lake."

"That would be splendid, but don't you remember, dear, the car for the lake stops short at four o'clock?"

"And it's not by the car I'd be going, sir," said Mabel saucily, imitating Margaret's Irish. "I'm going awheel."

"Awheel?" ejaculated Mr. Ilsworth.

"Yes. Come along, you sceptic, to my secret domain, and I'll show you the treasures of my kingdom," and she led the way across the lawn to an unused carriage house, and proudly flung open the door. There stood a beautiful bicycle, and in a small rack were dumb bells, Indian clubs, and rods. There were also various lifts and exercisers. "Isn't this a splendid gymnasium? Margaret and I did most of it,—we had to get a man to put up the hooks and screws. We have been taking a regular course in here for the last six

weeks, and I've been practising on my wheel for a month, so I'm off to the lake at six o'clock sharp. Mind you're home in time, and don't come puffing and panting, for you will need all your breath,—I'm going to take you a lively race."

"But Mabel, dear, where did it come from?—the bicycle, I mean," and Mr. Ilsworth gazed around in delighted astonishment.

"It's your own gift, my boy, only it just 'evolved' itself a bit. But I don't mind telling you all about it," she said indulgently, as she pulled him down to a seat on an inverted box. "You know there has been a great deal of sympathy all over the town for poor Mr. Williams, whose spine was injured at the mill. Well, some one started a subscription paper, and raised a generous sum to purchase a first-class wheel chair for him. The money was turned over to Dr. Carroll to invest. You remember that it was through him that you got my chair, so, knowing that I had outgrown it, and that it had been used only a few times, and was really as good as new, he came to see me about it. He offered me exactly what you paid for it, but I was very glad to insist on making a discount as my part of the donation. I was glad to have it go, as the sight of it always brought back memories of the gruesome past. As he was leaving, he said he would advise me to buy a wheel of another kind. It fairly set me awheel with the eager desire to possess a bicycle of my own. I went down that very afternoon, and picked out this one. I made the salesman promise he would say nothing about selling me a machine until I had conquered the thing. I had enough left to buy all these other 'fixings,'" and Mabel looked round on her health-producing treasures with proud, thankful eyes.

"Little woman, you're a jewel," said Harry, tenderly, as he hurried away, promising to be home early.

* * *

Midsummer day had come again. Down the long, shady streets went the merry picnickers, with brimming baskets. But marked, indeed, was the difference between their present contents compared with that of a short year previously. Few bloody sacrifices had been made to enhance the material joy of the occasion, for through the influence of Mrs. Ilsworth, a "School of Health" had been conducted in the town, and with few exceptions, the best families in the town had availed themselves of this rare opportunity to learn the "better way" in the matter of daily food.

Still, some headless turkeys and dismembered chickens proclaimed that the reign of terror had not entirely ceased, but in general the repast was made up of nature's choicest gifts—fruits, grains, and nuts—served in a multitude of dainty and appetising forms.

Again the tennis ground was a scene of healthful activity. Mrs. Ilsworth had been wheeling John Williams in his fine new chair under the great oaks which shaded a large portion of the court. Her mother, looking the picture of peaceful contentment, and motherly Mrs. Brown, walked one on each side, as the strong young arms pushed the chair lightly forward.

"Yes, indeed," Mabel was saying, "it is like light after darkness. Do you remember how you had to make a couch for me in your carriage just a year ago to-day, because I was too weak and 'good-for-nothing' to sit alone? These blessed principles which have been introduced into our town have brought light to many a wretched sufferer besides me. Here comes the doctor. I promised to play with him," and Mabel put the chair and its occupant into gentle keeping.

The game was finished, and won by the doctor and his agile partner. The players were scattered over the grounds, or resting under the beautiful oaks. Charlie Dawley and Dr. Carroll sat resting on the little rise above the court. "Fine game, that," said

Charlie, "but don't take the credit to yourself, dear man. Mrs. Ilsworth has kept us all 'in the shade' all summer. By the way,—I say—do you remember what a fragile grip she had on life this time last year?"

"See here, Dawley, there is something I've wanted to speak to you about for many months, but the occasion never seemed opportune. Do you recall our conversation in this spot one year ago to-day—I mean especially my remarks concerning Mrs. Ilsworth?"

"Yes, indeed," replied Dawley. "I've often thought of what you said at that time, especially since her remarkable recovery."

"Well, now, do you know I've not visited that family professionally since that day?"

"You don't mean it!" ejaculated Dawley.

"Yes, and shortly after last year's picnic

I received a note from Mrs. Ilsworth stating that she had come to the conclusion that the root of her difficulty lay in selfishness and a wilful disregard of consequences in matters of diet and general living, or sentiments to that effect. I was greatly puzzled by observing in her note the very expressions I had used to you that day, and I almost feared at first that someone had overheard our conversation, and had been unkind enough to repeat to her what was said in confidence to you. Her wonderful strides healthward have drawn the attention of the whole town to the rational treatment of disease and to right principles of living. My life work has taken on a new aspect since this marvellous recovery of Mrs. Ilsworth."

"A marvellous recovery, indeed," said Dawley.

THE END.

A Steward's Advice to Ocean Travellers.—There has been no want of sage advice on the subject of how to avoid seasickness, but we doubt if any one has struck the nail as squarely on the head as the steward in the following bit of conversation, which really took place in a trans-atlantic voyage:—

Passenger: "Steward, don't you know anything that will cure sea sickness?"

Steward: "Well, no, sir; I reckon there ain't any cure for it. I've been to sea many years now, and sometimes I'm a bit sick myself. Even the captain gets sick once in a while."

Passenger: "But isn't there anything that will help it a little?"

Steward: "Well, sir, according to my experience, a clean stomach is the best thing for sea sickness, and if you eat anything, let it be a little dry bread and fruit, or just fruit. Let alone the greasy things and the sweet things, and the meats and pastries and highly-seasoned things. Keep

the stomach clean, and you'll soon get over it."

One matter which should not be overlooked, is that this same advice applies beautifully to the people who remain on land.

THINK, every morning when the sun peeps through
The dim, leaf-latticed windows of the grove,
How jubilant the happy birds renew
Their old melodious madrigals of love!
And when you think of this, remember, too,
'Tis always morning somewhere, and above
The awakening continents, from shore to shore,
Somewhere the birds are singing evermore!

—H. W. Longfellow.

THE American boy, whatever his other failings, is seldom lacking in patriotism of a certain kind, as the following incident will illustrate:—

Teacher: "John, illustrate the difference between 'sit' and 'set.'"

Bright and Patriotic Boy: "The United States is a country on which the sun never sets, and the rest of the world never sits."



TALKS WITH THE CHILDREN.

Do you want to hear more about the House Beautiful, Mary? Very well, come and climb up on my knee, and tell me what you learned last time.

So you want to know why sweets are bad for little boys and girls? And you do like them so much.

But don't you like oranges and cherries and plums? Of course you do. Figs and dates, and bananas, too, are sweet and wholesome.

You can take fruit as much as you like, and it not only *tastes* good, but *is* good. Fruits are natural sweets, pure and healthful.

The sweets that you see in the shop windows are carelessly made, oftentimes from impure and unwholesome material, and are usually coloured artificially. Few, indeed, are prepared from pure sugar. Thus they are hard to digest, and when taken freely soon ruin the stomach. I have known of children being poisoned by eating shop sweets.

No, it is far better to avoid such questionable compounds entirely, and use instead the sweets prepared by nature, which are supplied in such great variety and abundance.

Now we will talk more about the House Beautiful. The head really contains two rooms, with several closets or cupboards.

The mouth leads into the kitchen, which

is ventilated by the nose. It contains the teeth and tongue, as well as other furniture.

The tongue is a most wonderful organ, and very useful. Think how awkward it would be not to have a tongue. We use it in speaking. It helps us to shape the words, and make them plain. Try to say "c" with your tongue perfectly still.

You can't do it properly. The same is true of other letters.

There is a saying that the tongue is sharper than a sword. Do you know why, dear? Because it can be used to say very sharp and cutting words.

How much better to use the tongue only for kind words and to express beautiful thoughts. "Kind words never die." They are like "apples of gold in pictures of silver."

The tongue helps us in eating, by assisting to keep the food between the teeth so that it will be well chewed and mixed with the saliva.

The tongue possesses a curious and very important property, and that is the sense of taste. Some articles, like strawberries, have a delicious taste, and we enjoy them. Others have other flavours, and a different taste.

The sense of taste is a very useful one, but it is frequently misused. Next time we will talk more about it.

EDITORIAL.

Why the Hair becomes Grey.

WE all know that with advancing years the hair gradually loses its colour, and slowly turns grey and then white.

Not a few explanations of this change have been given at various times. Recently, Metchnikoff made a scientific study of old age, and advanced the opinion that the loss of colour is due to the activity of certain tissue cells. It appears that their function is to destroy the colouring matter of the hair, and thus cause it to fade.

Unfortunately the investigator offers no antidote for these destructive cells. We should like to know whether their growth can be retarded, and if so, by what means.

Such knowledge would doubtless be a bonanza of greater value to the enterprising hair restorer than the gold of the Klondike.

It is a curious fact that much sadness and great grief sometimes lead to an early and rapid change in the colour of the hair. The same is occasionally true of a severe privation or an awful terror.

In our opinion, the best way to preserve the natural colour of the hair is to cultivate a high degree of health and vigour, and keep the scalp clean and active by light massage and frequent shampoos.

What one Finds in a Cup of Tea.—

It is not a bad idea to hold a popular idol up to the light now and then, and take a good square look at it. Probably the great majority of our readers love a good cup of tea. We wonder if they have ever given serious thought to the character of this too common beverage? Tea contains fifteen to twenty per cent. of tannin, a powerful astringent which interferes with the digestion of food, and causes constipation. The

narcotic effects of tea are due to a principle known as *theine*, an alkaloid related to quinine, which exerts a powerful influence upon the nervous system. Ordinary tea contains from three to six per cent. of theine. These are the chief elements which go to make up our national drink. Harmless it can hardly be said to be. Prepared by infusion, so as to contain as little tannin as possible, and diluted with large amounts of water, its injurious effects may not be strongly marked, but they will appear in time. On the whole, we think, tea is a very good thing to avoid.

Red and White Meats.

THAT white meats are milder and less irritating to the kidneys and other organs of the body than red meats, is a common belief. Thus we often hear patients forbidden to use red meats, but advised to select the white flesh of the animal.

Recent investigations made by the eminent continental scientists, Kauffmann and Mohr, plainly show that there is no real difference as far as composition is concerned.

White meats contain exactly the same impurities as the red, and in practically the same quantity.

These impurities, usually known as organic extractives, and of which *uric acid* is a type, are in reality tissue wastes that are on the way to be eliminated. They are not only of no further use to the body, but actually harmful and poisonous.

All these extractives act as irritants upon the liver, kidneys, and other organs. They clog the blood, and open the door to disease.

As a result we have gout, rheumatism, Bright's disease, and numerous other ills, all due more or less directly to the use of flesh foods.

Midnight Banqueting.—"Now it is the fashion," writes a society woman, "to sit down in a restaurant at 11.30 at night to hot soup, fish, quails, and half-a-dozen other luxuries, scrambled through with champagne, finished up by coffee, cigars, and liqueurs." We might truthfully add that now it is also the fashion to have dyspepsia in a variety of distressing forms, gout, rheumatism, and Bright's

disease of the kidneys, and a lot of other ailments which follow close upon the heels of such wanton abuse of the digestive organs. Hot suppers just before retiring are a dearly-bought luxury. The evening meal should be decidedly simple and of small quantity, and taken several hours before retiring. Then with a clean, empty stomach the rest will be truly refreshing.

QUESTIONS AND ANSWERS.

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

Heart Pain and Palpitation.—R. A. J. has a burning pain in the region of the heart, palpitation, and regurgitation of food. What should she take for these symptoms?

Ans.—Avoid sugar, sweets of all kinds, and vegetables, and in their place take fruit freely, grain preparations, especially gluten, and breads. Zwieback, or bread thoroughly dried in the oven, granose, and dry foods generally would be best. It is sometimes well to wash out the stomach, and in such cases the assistance of a physician should be secured. Charcoal tablets may be helpful.

Dandruff—Tomatoes.—J. C.: 1. What should be done for dandruff? 2. Is it harmful to take tomatoes daily?

Ans.—1. Shampoo the scalp with a mild, pure soap once a week, and then apply a very little vaseline, which should be rubbed in well. Or, use a solution consisting of four parts of dilute alcohol and one part of castor oil, to which a little resorcin may be added. Massage the scalp twice daily for five minutes, dipping the fingers in cold water. 2. No.

Black Deposit on the Teeth.—J. N. B.: At times I find a considerable increase of black deposit on the teeth. (1) What defect of diet does this indicate? (2) What would you advise as a corrective?

Ans.—(1) Not necessarily any defect in diet, although the large use of soft and sloppy foods gives the teeth little to do, and encourages early decay. It is well to use a moderate amount of hard breads, such as zwieback and biscuit. (2) The teeth should be carefully cleansed with warm water and a soft brush after every meal, and on

rising in the morning. As soon as there is any indication of staining, polish with precipitated chalk and a little soap. The chalk may be obtained of a chemist.

Bad Taste—Foul Breath.—T. C. A.: I have a bad taste in the mouth, a foul-smelling breath, and pain in the stomach after the mid-day meal; also depression of spirits. I should feel greatly obliged if you would tell me the cause of the symptoms, and suggest a cure.

Ans.—The symptoms are probably due to indigestion and a torpid liver. Take the tonic morning bath regularly. Apply fomentations to the stomach and liver as directed in January GOOD HEALTH, old series. Adopt a diet of fruit, bread, and nuts, and do not take more than three meals a day. Discard tea, coffee, sweetmeats, pastries, and greasy and highly-seasoned foods.

Consumption of the Bowels.—Reader: 1. Is there any cure for consumption of the bowels in children aged twelve and ten who have been taking tonics for the last twelve months, and seem no better? 2. Would lemon juice be likely to kill the germs?

Ans.—1. Consumption of the bowels is a very serious illness, but it is possible that the children are not suffering from that disease. Sometimes chronic catarrh of the bowels is mistaken for consumption. In such cases the diet should receive careful attention. Avoid coarse vegetables, pickles, cheese, and condiments, also rich and greasy foods. Small hot enemata should be taken daily, also fomentations to the abdomen. The heating compress, as described in August GOOD HEALTH, should be worn at night. The warm blanket pack (February GOOD HEALTH) is also an effective measure in the hands of a competent attendant. 2. No.

Interesting Facts about the Body Temple.

THE BLOOD.

BLOOD is the medium of exchange between the tissues of the body and the outside world. It may be likened to a river carrying life to every tissue and organ of the body.

Into it go the various products of digestion and the oxygen breathed in by the lungs.

Thus the blood is constantly being renewed and made fit to nourish the body.

The blood stream also receives the waste products of the system, which are carried to the organs of elimination.

About one-thirteenth of the body weight is blood. Hence a man weighing 130 pounds has ten pounds of blood.

The blood contains millions of exceedingly minute bodies called cells. Some are white, but most of them are red. A man weighing 130 pounds would have about 25 billions of red cells.

The red cells are short-lived, not lasting more than three or four weeks. They are constantly being formed in the red marrow of the bones. The function of the red cells is to carry oxygen to the tissues. They receive their supply of this gas while passing through the blood-vessels of the lungs.

Oxygen gives the blood a bright scarlet colour. Previously to receiving its fresh supply of this gas it was purplish and dark.

The gas from burning coal or the ordinary illuminating gas contains a poison which soon renders the red cells useless, so that they can no longer carry oxygen. Death results.

Alcohol also has a poisonous effect upon the red cells. Even in very small quantities it causes

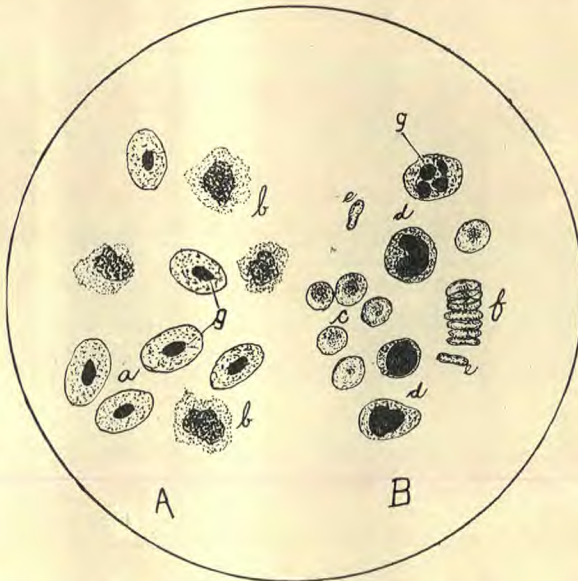
them to shrink and become useless.

The vital efficiency of the blood depends upon the number of red cells and the amount of colouring matter they contain.

Blood possesses the remarkable property of thickening or clotting when it

leaves the vessels. This is most fortunate, for otherwise the bleeding would go on indefinitely, and death would soon result from loss of blood.

The process of clotting is a very curious and interesting one. Countless numbers of little delicate threads are formed on the shedding of the blood, which entangle the cells, both red and white, and in a few moments the fluid blood is changed into a mass of soft jelly, so that the vessel could be turned upside down without spilling.



A. Bird's blood: a. red cells, b. white cells.
B. Human blood: c. red cells, d. white cells.

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SEE page ninety-five for a new feature
of the magazine.

* *

GEORGE ALLEN'S article should afford considerable encouragement to those who are hindered by various impediments in the effort to attain to the highest physical development. Next month our readers will hear from Karl Mann, the redoubtable winner of the Dresden-Berlin walking contest.

* *

The first of October usually finds us getting well settled down to the year's work again. Whether this work is done with pleasure, or as unpleasant drudgery, depends largely on the way we treat our bodies. An article on "Hygiene for Brain Workers," to appear in our next number, will give suggestions to the men and women who work with their heads, which will be worth a good deal to them.

* *

"In Active Service at Seventy-one" is the title of an article soon to appear in our columns. The writer, Pastor J. N. Loughborough, is one of those rare men who grow old so very gracefully that nobody is aware of it. Readers of GOOD HEALTH will be curious to know how this veteran manages to have at his advanced age a full set of thirty-two sound teeth, robust health, and splendid working capacity.

Many have enquired concerning the hygienic treatment of that too-prevalent disease, Erysipelas. We are pleased to announce that Dr. F. Fleetwood Taylor, who writes so entertainingly in this month's issue, of "Cycling for Health," will have an article on that disease next month.

* *

Among the Good Health Leagues which have been especially active during the summer months, we must mention those at Birmingham, Belfast, Plymouth, and Hull. Mr. H. G. Butler, president of the first-named, has, with the help of his able colleagues on the programme committee, planned and carried out a number of very interesting and instructive meetings for the study of health principles. Mrs. Borrowdale and Mrs. Rowntree have done excellent work as secretaries of the Plymouth and Hull Leagues respectively. The Belfast League, under the leadership of Mr. and Mrs. McAvoy, Dr. Bell, Miss McCullaugh, and Nurse Replodge, has inaugurated a strong GOOD HEALTH campaign in the north of Ireland.

* *

The Glasgow League, organised quite recently, has also been doing very aggressive work. Next month we hope to publish a list of all the Leagues, with addresses of the local secretaries.

LITERARY NOTES.

"MAN THE MASTERPIECE, or Plain Truths Plainly Told about Boyhood, Youth, and Manhood," by J. H. Kellogg, M.D. It has been well remarked that one of the most urgent demands of the time is for better men. We have no hesitancy in saying that the perusal of this book will make one a better man, mentally, morally, and physically. It is written in a kindly, sympathetic vein, alive with moral earnestness, and calculated to kindle enthusiasm, and rouse one to a more earnest effort to reach the highest development of which he

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is capable. Moreover, it is very informing. Many an individual would fain be a better man if he only knew how. He lacks the practical knowledge of his own body which is necessary to the formation of the best habits. This knowledge the book imparts in language chaste and delicate. Following are a few of the chapter headings: "The Mystery of a New Life," "How to be Strong," "How to Make Life a Success," "Social Ethics," "Getting a Wife," "Prescriptions for a Weak Stomach," "Sexual Sins and their Consequences," etc. While not in any sense claiming to be a "cure-all," this work probably gives more really helpful advice to the young man who has gone astray, and is desirous to mend his ways, than could be found in a dozen of the ordinary popular works on this subject. Contains 600 octavo pages, with thirty full-page engravings. To be had of Good HEALTH Supply Department.



MRS. AGNES S. HUNTER informs us that she has translated a "lucid and sensible paper" on the subject of Appendicitis, by Professor Lefèvre, of Havre, and will be pleased to forward any of our readers a copy gratis, on receipt of stamped, addressed wrapper. Address, Bridge of Allan, Scotland.



WE are pleased to note the firm stand against tobacco and alcoholic liquors taken by our excellent contemporary, *Health and Strength*. The cause of reform has always been unpopular, but its advocates have the satisfaction of knowing that they are really doing something to uplift and benefit humanity.



To those who desire a monthly magazine which is really encyclopædic, and deals with current health matters much more fully than we are able to do, we can heartily commend our sister journal, *Good Health* (American), which is published in Battle Creek, Mich. Subscription price, 6/- per year, post free. Orders may be sent to our office, at 451 Holloway Road, London, N.

IN these these days of rush and hurry the world is thankful to the man who condenses. Mr. C. B. Fry has brought many good, sensible hints together in small compass in his booklet, "Diet and Exercise for Training." We think the instructions regarding diet are susceptible of improvement, but note with pleasure the author's frank admission that flesh foods are not necessary for the development of the best physique. To be had of *Health and Strength* magazine, 29 Stonecutters Street, London, E.C.



THERE is great need of simple, practical instruction on the subject of diet, and Mr. Albert Broadbent's little book, "Science in the Daily Meal" is a praiseworthy effort to supply this need. Aside from many interesting paragraphs bearing more or less directly on the subject in hand, the book contains a selection of recipes, in the main, appetising and wholesome. The large use of cheese seems to us unfortunate, and likewise the practice of frying various foods, as it tends to render them indigestible. Paper covers, 3d.; cloth, 6d. To be had of the author, 19 Oxford Street, Manchester.



"OUR daily food and drink," writes Mr. Boyd Laynard, in his book "Secrets of Beauty, Health, and Long Life," has much to do with the health, beauty, and expression of our faces. "Great meat-eaters," he tells us in another paragraph, "are hardly ever found among centenarians." The book is written in a popular style, and is thoroughly interesting reading. It contains numerous helpful hints and suggestions along hygienic lines. The well-selected quotations from prominent medical and scientific authorities are an interesting feature. Bound in paper covers. Price 2/-. Published by Hammond, Hammond & Co., 19 Ludgate Hill, London, E.C.

A FEW WORDS WITH OUR FRIENDS.

The Good Health Supply Department has had a busy month of it. The letters of inquiry and orders for goods that have come in, have quite taxed our resources, and if there have been delays in attending to the wants of our customers, this is the reason.

We promised to tell you something more this month about two of the health foods that we expect to handle. **MALTED NUTS** is of special use in the sick room. In nourishing qualities it is equal, if not superior, to any of the various malted milks, and the flavour is decidedly more pleasant, the excessively sweet taste being absent. **MALTED NUTS** has also been found most excellent as an infant food. It is in the form of a very nourishing powder, which may be eaten dry, or on stewed fruit, or dissolved in milk, fruit juice, or simply hot water. A dessert-spoonful dissolved in a cup of hot water makes a drink that is wonderfully sustaining and at the same time very easy of digestion.

Malt Honey, or Meltose, as it is also called, is a sweet resembling in flavour the best honey, but free from the formic acid and other impurities which are found in honey, and which causes it to disagree with so many persons. The appetite for sweet things may be safely indulged if one has a supply of **MALT HONEY** on hand, because being a natural sweet, the honey will not be productive of injurious after-effects, as is the case with cane sugar.

Unfortunately many people have not always treated their stomachs as they should, and as a consequence they are suffering from various digestive disorders. While such must regulate their habits as a first requisite to recovery, they will be aided in the effort, and will experience some temporary relief by the use of our **CHARCOAL TABLETS**, which are especially useful in cases of fermentation or flatulence. These tablets may be had in shilling or two-shilling boxes, costing, post free, 1/1 and 2/1½, respectively.

Quite a number are ordering the set of **GOOD HEALTH**, old series, numbers 1-7, which we are sending post free for 9½d. It is doubtful if one could get in any other form so much practical help in the care of one's health.

Catarrh seems to be one of those diseases which are always with us. The **MAGIC POCKET VAPORISER** is having a big sale, and is giving excellent satisfaction. We still have some copies of the booklet giving full instructions for the hygienic treatment of this troublesome disease, which we are sending free on request.

"**HOME HAND-BOOK OF RATIONAL MEDICINE**" is a book needed in every home. We take pleasure in answering inquiries concerning this work, and the other publications we are handling. Friends ordering "**BILIOUSNESS: ITS CAUSE AND CURE**," and "**THE FOOD VALUE OF ALCOHOL**" should note that the postage on both amounts to but ½d. Hence the cost of the two booklets, post paid, is 2½d.

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FIG. II.

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