

# GOOD HEALTH



MENS SANA

IN  
CORPORE  
SANO

December, 1902.

Editorial Chat.

Unsanitary Barbers' Shops, Air Starvation, Pork Pie Again, A Non-Smoking President, Health in Relation to the Temperance Problem, etc.

The Home Treatment of Chronic Rheumatism.—*Illustrated.*

How to Keep in Good Form.

The Moral Effects of Cigarette Smoking upon Boys.—*Illustrated.*

Dinner-Table Dissipation.

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Colds: Their Nature and Cure.

Positions that Make One Look Old.  
—*Illustrated.*

Dining for Health at Christmas.

*Illustrated.*  
Some "Good Health" Children, and How They Live.—*Illustrated.*

How to Keep Warm in Winter.

Vol. 1.

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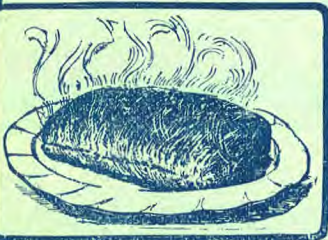
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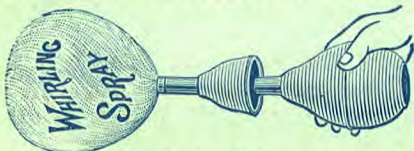
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—Sweetened with Malt Honey (Nature's Health Sweet). Thoroughly cooked thin wheat flakes, a preparation of the finest Malt Honey is applied, making a most delicious breakfast dish. May be made into a warm breakfast dish in two minutes. In 1 lb. Packets, .....8d.

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**Nut Rolls.**—A nutritious food, made from whole meal and finely ground nut meats, shortened with sweet nut oil. Very suitable for those who have to put their dinners in their pockets. In 1 lb. box, .....5d.

**Gluten Meal.**—Gluten, or albumen, is the life element of the wheat, the proportion of gluten present determining the food value of the grain. Diabetics and people who cannot digest starch are obliged to depend largely upon gluten, and such will find our gluten preparation unexcelled for quality and cheapness. Per 1 lb. Package 20%, 10d.  
" " " 40%, 1/8.

**Nut Butter.**—Made from cooked nuts only. Can be used for shortening, flavouring soups, or for table purposes. When diluted with hot water it forms a delicate cream. In 1 lb. tin, .....1/-.

**Caramel Cereal.**—A healthful and fragrant substitute for tea and coffee, prepared from cereals. Easily made and exceedingly cheap. One pound will make nearly 100 cups. Packed in air-tight canister. Per package, .....8d.

**Protose.**—Vegetable Meat. A tasty, nutritious, and easily digested food. It provides the same elements of nutrition that are found in the best meat, without any impurities. Liked by almost every one from the first. Can be eaten cold or prepared in any way. Recipes furnished. In 1½ lb. tin, 1/4. In 1 lb. tin, 1/-. In ½ lb. tin, .....8d.

**Bromose.**—A combination of malted cereals and pre-digested nuts. Makes good blood very quickly. It is greatly superior to Cod Liver Oil for consumption and all other wasting diseases. Pleasant to the taste. In elegantly embossed box, containing about 1 lb., .....1/6.

**Fruit Bromose.**—The same food as Bromose combined with figs. Same price.

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—Shortened with Nut Oil and Sweetened. Per lb., .....5d.

**Oatmeal Biscuits.**—Sweet. Per lb., .....6d.

**Fruit Wafers.**—Made from the best flour and dried fruits, shortened with nut fats. Per lb., .....8d.

A package of assorted samples of the above foods will be sent, post paid, on receipt of One Shilling. Can also be obtained from your *Good Health* agent. Recipes furnished.

ADDRESS:

The International Health Association, Birmingham.



## BREVITIES.



MODERATE drinking is the school in which men are receiving an education for the drunkard's career.



A LITTLE Vermont girl, whose father was a physician, wrote the following as her first essay:—

"There was a little girl, and she was very sick :  
She sent for my papa, and she died very quick."



*Minister* (to one of his members, a venerable old gardener): "You have reached a great age, John."

*John*: "'Deed ha'e I, sir, for gin I leeve till the 11th o' next month, I'll be an octo-geranium."—*Glasgow Evening Times*.



### A Victim of Circumstances.

"It's very funny," said the housewife, "that the potatoes you bring should be so much bigger on top of the basket than they are at the bottom."

"Miss," said the honest farmer, "it comes about this way: 'taters is growin' so fast just now, that by the time I get a basketful dug, the last ones is ever so much larger than the fust ones."—*New York News*.



**Cheese Should be Cooked.**—Those who insist upon eating cheese should take the precaution to cook it thoroughly before eating. It is for this reason that some people who are unable to eat raw cheese, find themselves able to eat toasted cheese without difficulty. Toasting the cheese does not, however, increase its digestibility, but rather the reverse. Its beneficial effect is solely from the destruction of the virulent microbes which are present, and which are capable of giving rise to symptoms even more distressing than those of ordinary indigestion.—*J. H. Kellogg, M.D.*

## LITERARY NOTICES.

WE have received from Mr. Andrew Glendinning a copy of his new "Apple Tree Cookery Book," edited and arranged by Albert Broadbent, F.R.H.S. It is an attractive work, containing many useful hints bearing on diet reform. We would like it better if, in some cases, more attention had been given to the matter of digestibility, and less to mere taste; but there are a great many recipes that are beyond criticism, and on the whole the book is certainly worthy a good circulation.



"PERPETUAL HEALTH," by Paul Heubner. We can only mention this title to quarrel with it. The book is an outline for treating diseases which grow out of high living, and the author's remedy virtually consists in telling his patients to curb their appetites just a little, to omit sweet and greasy foods and stop drinking beer and water (!) A much more effective cure would be to give up harmful things altogether, and live mainly on well-toasted cereals and fruits with pure water in abundance. Modern Medical Pub. Co., 57 and 58 Chancery Lane, London, W.C.



"THE world needs, and Christianity demands, a pure, noble, and efficient womanhood. To attain such womanhood good health is necessarily essential. Good health ever demands rational dress." These few lines, taken from the closing paragraph of the chapter on "Dress—its Use and Abuse" in CONFIDENTIAL TALKS WITH YOUNG WOMEN, by Lyman B. Sperry, M.D., will commend themselves to thoughtful people. To any young woman who will give heed to the sensible instruction it contains, this chapter will be more than worth the price of the whole book. Dr. Mary Wood-Allen has written an introduction to the work, and gives it her cordial sanction. Published by Oliphant, Anderson & Ferrier, 21 Paternoster Square, London.

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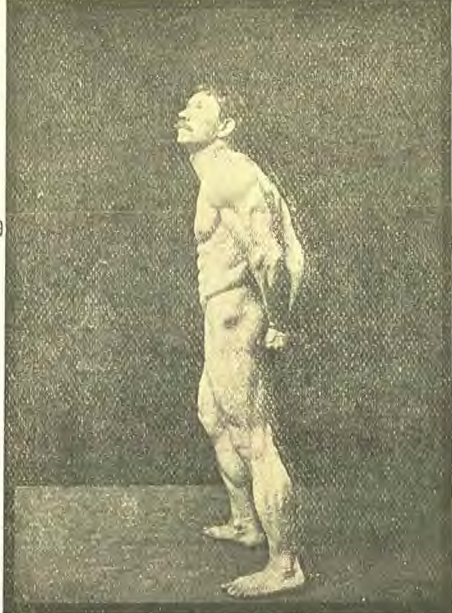


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BY DR. J. H. KELLOGG.



A unique work which tells what every intelligent, progressive man wants to know about himself.

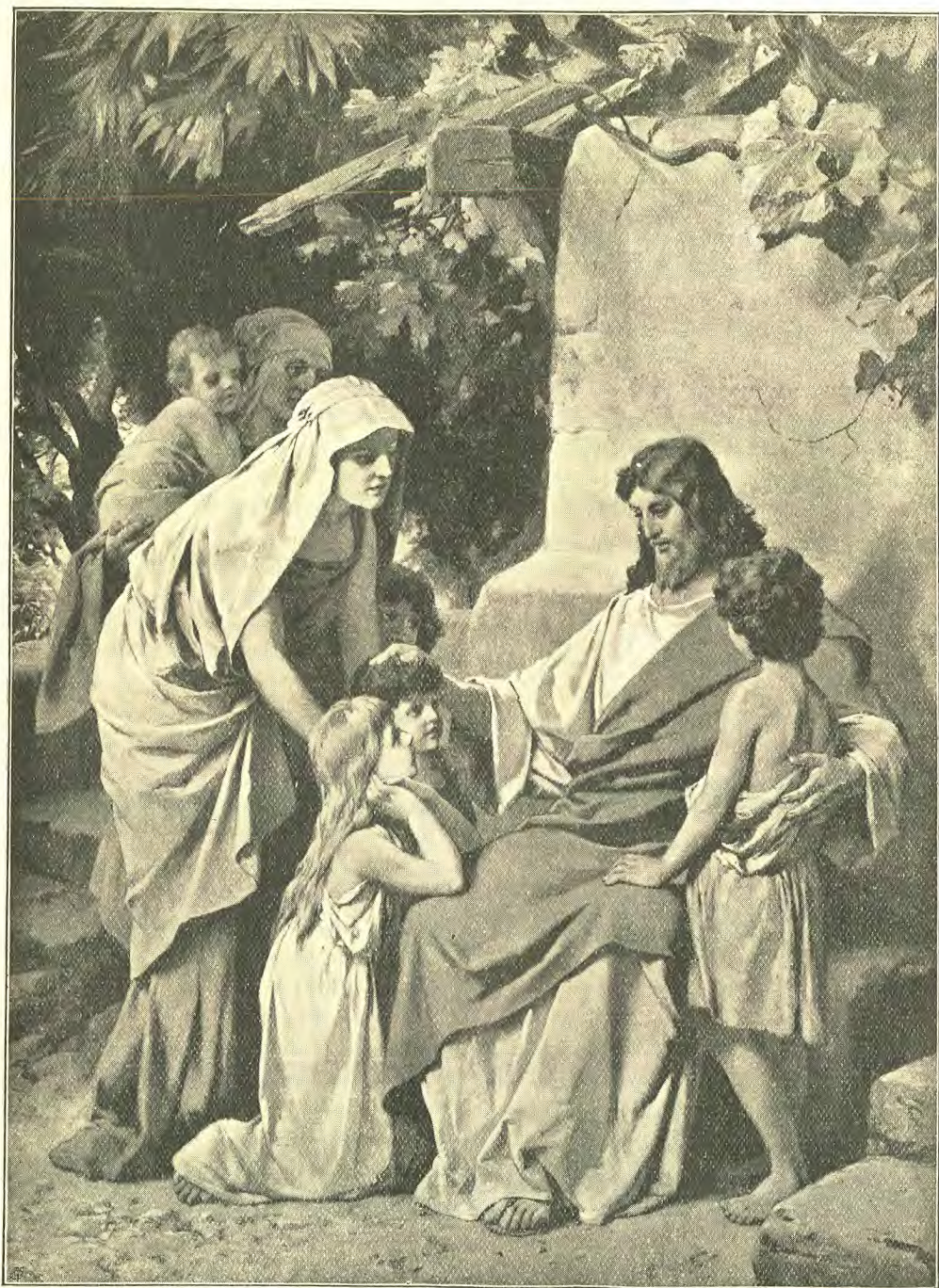
THE information contained in this book can be found in no other volume. A single chapter is worth the price of the whole book. Every young man and boy approaching manhood should secure a copy. While we earnestly recommend this valuable work to the young man, it is of equal importance to men generally. The advice given for the eradication of diseases contracted during youth is of remarkable value.

The book contains 628 pages, substantially bound in a handsome style, and illustrated with 30 coloured plates.

"Ladies' Guide" is a companion book for women.

For prices and full particulars address:  
**Good Health Supply Department, 451 Holloway Road, London N.**





The Children's Friend.





# Good Health

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

Entered at Stationers' Hall.

Vol. 1.

December, 1902.

No. 7.

TINNED salmon and rabbit pie recently caused two deaths, "ptomain-poisoning" being the verdict.



ACCORDING to the chief inspector of foods and drugs for Durham, cheap chocolate sweetmeats contain paraffin-wax, which, when eaten, tends to bring on appendicitis.



**Unsanitary Barbers' Shops.**—Our barbers' shops are hardly creditable from a sanitary point of view. A person who values health and immunity from distressing skin diseases, finds it safest to do his own shaving. As far as we know, America is the only country where a serious attempt has been made to conduct barbers' shops on strictly hygienic lines.



**Air Starvation.**—Since the sensational death of the novelist, Zola, the newspapers have reported two similar cases. One was an exact parallel. A young man of eighteen went to sleep in a bedroom the atmosphere of which was poisoned by coal fumes proceeding from a stove in the passage. If only he had observed the simple precaution of sleeping with his window open, the tragedy could not have happened. The fact is that thousands of persons are half-poisoned every night because they insist on keeping out the fresh air. No wonder they feel tired and languid in the morning.

**Pork Pie Again.**—The newspapers report a fifth victim to the Derby pork pies. It is said that the demand for this kind of food has fallen off to an extent. We remember General Booth saying on one occasion: "A man with pork pie on his stomach can't sing hallelujah." Neither is he fit to do the best work in any line. Gross feeding dulls the mind, and lowers the spiritual aspirations in much the same way as do alcoholic drinks.



**A Non-Smoking President.**—Frank T. Bullen, recounting a pleasant visit with President Roosevelt, mentions that the president is a non-smoker. The same is true of our present Prime Minister, of General Roberts, Sir Michael Hicks-Beach, and many other prominent men. It is hardly likely that even the most ardent devotee of the weed would seriously advise any of his friends to contract the smoking habit. After all is said, tobacco is a "ne'er-do-well" and a deceiver.



**Shall we Sup just before Retiring?** A correspondent sends us a clipping from one of the religious weeklies, which expatiates on the danger of going to bed hungry. According to the writer, whose knowledge of physiology is by no means profound, "to go to bed sustained [i. e. by 'a light meal' of bread and butter, sandwiches, potted meat, etc., taken just before

retiring] for the long night hours will bring us the sleep we so long for." It will do nothing of the kind. The five-meal-a-day plan is prolific of digestive disorders and a general congestion of the system. Late suppers are a dietetic sin punishable by unpleasant dreams, wakefulness, or a heavy stupor which is anything but refreshing sleep, and from which one arises depressed, languid, and with a bad taste in the mouth.



### Is Moderate Drinking Harmful?

—A correspondent asks, "Can the very moderate use of tobacco and stimulants do any harm?" Yes, a great deal, one way or another. The man who has swallowed fifteen glasses, and reels about the street singing lewd songs, or lies helpless in the gutter, is said to be drunk. But the man who has taken one glass, is also under the influence of liquor. If the stimulant has no effect, why take it? If it affects you at all, it must affect you harmfully. Tobacco is a milder form of stimulant; but as a habit it is often harder to break off than the use of alcoholic drinks.



**A New Sanitary Problem.**—We notice in a late number of the *British Sanitarian* an article by Dr. Josiah Oldfield on "The Sanitation of the Alimentary Canal." The title is certainly suggestive. Who can deny the need of such sanitation? Truly the stomachs of some modern epicures are as likely objects for thorough flushing and disinfection as a London sewer. Think what a mixture it would make if, instead of eating a fashionable dinner, one were to put it in a receptacle by one's side. There would be soup, gamy meat, fish, vegetables, pickles, pastries and sweets, strong cheese, coffee, and various other foods, good and bad. Imagine the odours that would be produced, if the dish were put in a moderately warm place. Is it any

wonder that dyspepsia is so prevalent when the stomach is treated like a sewer?



**Health in Relation to the Temperance Problem.**—Lady Henry Somerset was quoted as saying, while in New York City recently, that England had become a nation of drunkards, and it seemed hopeless to work for its reformation. These words, it has since transpired, were not used by her ladyship. Nevertheless, if such a statement had been made, it would not be far from the truth. The outlook for a sober England is not rosy. Temperance workers, with all their earnest efforts, have not been able to turn the tide; drunkenness, especially amongst women, is still on the increase. Nevertheless the agitation has certainly accomplished much. In its absence, the general situation would be far worse.

One encouraging feature, of recent years, is the growing recognition accorded to health as a factor in the temperance problem. It is already generally admitted that the unsanitary quarters, bad air, and uncleanly habits of the people of the slums, predispose them to the craving after stimulants. We trust the time is soon coming when all temperance workers will recognise more fully the part played by unwholesome food in creating a desire for strong drink and other stimulants. The cheap restaurant, furnishing a poor quality of meat, made more stimulating by irritating condiments, is really purveyor to the public-house. A man feeding on such food, cannot but feel weak and out-of-sorts. He takes to drink as a pick-me-up, but the result, in the long run, is that he is dragged a little farther down. It is the same way with the women. If the wives could be taught to select and prepare good, wholesome food, that would stay by a man without stimulating animal passions, and creating artificial thirst, that alone would mark a decided advance step, in the temperance movement.

## THE HOME TREATMENT OF CHRONIC RHEUMATISM.

BY J. H. KELLOGG, M.D.

THE rheumatic patient must be furnished with an ample supply of easily digestible foods which he can relish, and which will furnish to the body the needed nutritive elements with the least outlay of vital energy. If dyspepsia be present, which is true in many cases, cereals must be used in a dry and well-dextrinised condition (zwieback and other cereal food products dextrinised by heat). Porridge must be carefully avoided, also starchy vegetables. Purées of peas and beans may be eaten in moderate quantities, but the skins of these legumes must be excluded.

Mustard, pepper, and condiments of all sorts must not be used; the use of tobacco in any form must also be strictly prohibited for the reason that the nicotine not only depresses the heart, but greatly taxes the liver and kidneys, first in the work of oxidising and destroying the poison, and second in eliminating it.

## COPIOUS DRINKING.

Copious water drinking is a measure of the highest value. All the vital work of the body is done under water. To the great thinning of the blood which follows copious water drinking, is due the remarkably increased activity of kidneys, skin, and bowels, which it produces. Distilled water, or water containing the smallest possible amount of mineral matter, is most readily absorbed. In most cases it is best to take the water at the ordinary room temperature. Deluging the stomach with hot water relaxes the organ, and lessens the digestive power.

## EXERCISE.

Next in importance to the regulation of the dietary is the question of exercise. Every chronic rheumatic must be made to perspire daily. It is not well to produce constant and profuse perspiration, but the highest

activity of the skin, short of actual sweating, may be maintained with benefit. The skin ordinarily eliminates from an ounce to an ounce and a half of liquids per hour. In profuse sweating, this amount may be increased to from fifty to sixty ounces hourly.

The amount of exercise to be taken each day must be designated, and must be increased daily as the patient's capacity for muscular work increases. Care must be taken to tone up the skin by suitable cold application after taking exercise of any sort with sufficient vigour to produce perspiration.

## HYDROPATHIC APPLICATIONS.

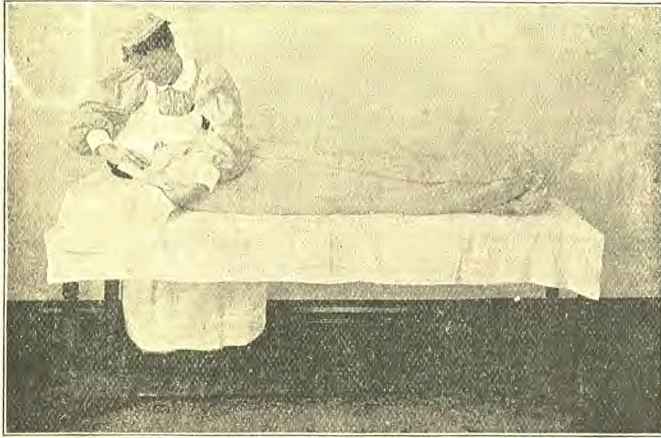
All forms of hot baths are beneficial in rheumatism. The hot-water bath, the vapour bath, and the electric light bath—especially the latter—are to be preferred, for the reason that these are the quickest and most efficient means of securing an elevation of the bodily temperature, and thus increasing nitrogen oxidation.

Hot baths of all sorts are attended by the inconvenience that they produce a decidedly depressing effect. All the vital processes are depressed; the heart action, in particular, is diminished in vigour. The relaxed condition of the blood vessels of the skin, as the result of the hot bath, exposes the body to injury from the rapid loss of heat, resulting in chill, and an aggravation of the symptoms which are at first relieved. These several inconveniences may be wholly avoided by the application of a proper cooling procedure immediately after the hot bath.

If a hot-bath immersion has been administered at a temperature of 105° to 108° (about the proper limits), the temperature of the water may be lowered, within one or two minutes, to 80°. The patient may be kept in the bath with gentle rubbing for

two to five minutes, by which time the temperature of the skin should be sufficiently lowered to make it safe to remove the patient from the bath, wrapping him in

the passive congestion is converted into the active movement of the blood. These hot applications may be applied with advantage twice daily, and should be followed by a heating compress. The latter consists of a linen cloth wrung dry out of cold water, wrapped around the joint, covered first with oiled muslin or mackintosh, and then with several thicknesses of flannel, so as to retain the heat.



GIVING THE HOT BLANKET PACK. (SEE NOTE ON PAGE 220.)

a Turkish sheet and woollen blankets, and permitting him to lie quietly until his skin is thoroughly dried.

The hot-blanket pack may be followed by a short wet-sheet rub, the vigour of which may be gradually increased from day to day by lowering the temperature of the water employed. In very feeble cases, the cold-towel rub or cold friction may be employed.

The most important of all local applications is heat, which may be employed in the form of vapour or the fomentation [flannel cloths wrung out of very hot water]. The dilatation of the vessels by heat leads to an accumulation of the blood in the part, and promotes tissue cleansing and renovation.

This is especially true if the hot application is followed by a very short cold application, whereby

pack or fomentation, or some other hot application which has been followed by a very short cold application to prevent chilling by evaporation.

The building up of the general health is a matter of primary importance in chronic rheumatism. Every effort must be made to improve the general physical condition of the patient.



WRINGING THE FOMENTATION.

## HOW TO KEEP IN GOOD FORM.

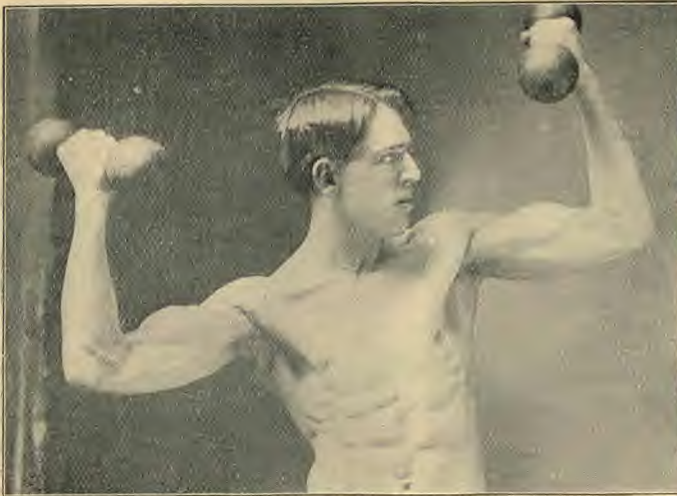
THE fact is daily winning wider recognition that good muscular form is an aid to mental as well as to physical labour. Brain and muscle are not by any means opposed to each other. The harmonious development of the whole man or woman is essential to the highest success in attacking the practical problems of life.

Good digestion, a hearty appetite, and a cheerful, happy disposition are among the many good effects of systematic, daily exercise of the muscles. But to yield the

ten minutes with any good exerciser, or with light dumb-bells. The clothing should be exceedingly light, and the movements brisk. Follow immediately with a cold dip, or a rub-down with a wet bath towel. Partially dress, and continue the exercise for five or eight minutes more, to start gentle perspiration, or go out for a brisk fifteen minute walk. This is the best preparation for a simple, wholesome breakfast, which will be taken with hearty appetite.

In the evening, after partially disrobing spend five minutes again with your exerciser, and end with some deep breathing movements. An air bath may be taken to advantage before or during the exercise. Exposing the whole body freely to the air, is an excellent means of giving tone to the skin, and overcoming susceptibility to colds.

In general, take all the exercise you can get. Walk to your place of business in the morning; if not all the way, then two



best results the exercise must be taken with real zest and enjoyment. This is easy enough when one is engaged in an exciting game; but it requires will-power to enjoy exercise with dumb-bells or a Sandow exerciser.

The best time for most people to take a little special exercise to keep their muscles in trim, is in the morning immediately on rising, and again before going to bed. We say these are the best times, because they are usually the most convenient, and unless convenient, regular performance is almost impossible.

Immediately on getting out of bed, take

or three miles of it at least, and be careful to walk without your overcoat. If you are perspiring at all when you enter your place of business, that is the time to put your overcoat on. It is an excellent plan to take off a half day once a week for a good long walk, at a brisk rate, followed, on returning, by a sponge-off and change of clothing. Walking is the best all-round exercise. If you are an exceptionally busy man, and cannot take off a whole afternoon, take only one-quarter the time, and let it be a brisk trot, followed, of course, by a rub-down.

## THE BOY WHO SMOKES.



At 14.



24.



40.

Doubtful  
whether  
he gets  
any older.

?

## THE MORAL EFFECTS OF CIGARETTE SMOKING UPON BOYS.

BY M. ELLSWORTH OLSEN.

Not long ago a youth was on trial for a certain crime in a large American city. The lawyer for the defence pleaded that his client was a "cigarette fiend," and therefore ought not to be held responsible for his actions.

This is doubtless an extreme case. Not every boy who smokes is to be regarded as utterly untrustworthy; nevertheless such a boy has taken a step in the downward path; he has entered the service of a hard master, from whom he will find it very difficult to escape.

Juvenile smokers are headed the wrong way. It is the cigarette-smoking boys that fill our reformatories, and recruit the hooligan gangs of the East End. In years past strong drink has been the bane of our manhood, but these little rolls of tobacco are ruining our boys at the very threshold of life, and making it impossible for them ever to become strong, noble men.

How can the fumes of tobacco affect a boy's moral character? The question involves the structure of the growing body of the boy, and the essential nature of the narcotic. The marvels of the human body are beyond description, but the nervous system is the crowning work of the Creator. Centring in the brain, its minute fibres penetrate to all parts of the body, and exert a powerful influence over the health

and well-being of every organ. It is through this exceedingly delicate instrument that God reveals Himself to mankind. He speaks to His earthly children through the medium of the senses; and the brain is the organ by which man is able to comprehend the divine requirements, and yield to them.

Now a boy's nervous system is still in a state of growth and development, and the reason why tobacco is especially harmful to him is that its active principle, *nicotine*, has a paralysing influence upon the higher nervous centres. It is the harmonious development of these centres that constitute a well-balanced character. Evidently, then, the injury which nicotine inflicts upon this part of the system, must tend to moral, as well as mental, deterioration.

Nicotine is also a heart-depressant, and on that account interferes with the sending of a proper amount of blood to the brain. Hence the organ is not properly nourished, and its development is stunted. Whether the tests are made in the primary departments of the public schools, or in the universities, smokers on the average show a lower scholarship than non-smokers. This fact demonstrates beyond cavil that nicotine injuriously affects the intellectual powers of the children and youth. But if it unfits for ordinary intellectual work,

## THE BOY WHO DOESN'T SMOKE.



At 14.



24.



40.



70.

much more does it dull the spiritual perceptions, and enfeeble the moral sense. Boys who sustained a good character previous to contracting the smoking habit, have from that time on, made rapid strides downward. Parents who love their children cannot be too careful to warn them against the use of tobacco in any form.

Young men who look forward to a useful and honourable career, cannot afford to

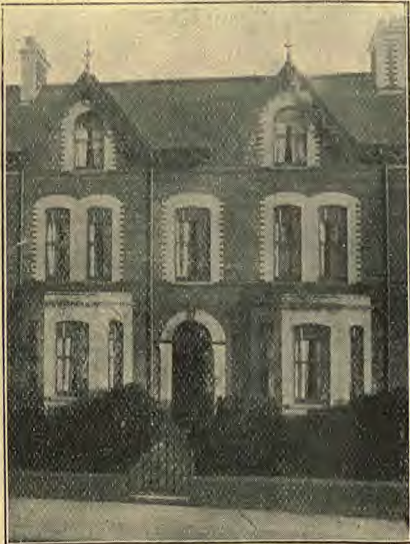
cripple themselves at the outset by contracting any unphysiological habits. Life is beset by so many subtle temptations that the young man of to-day needs, in a pre-ëminent degree, the keen sense of right and wrong, the vigorous grasp of truth, and the alert spiritual faculties which are usually attendant upon a simple, natural mode of living.

(Cuts furnished by kind courtesy of *The Captain*.)

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 BELFAST BRANCH SANITARIUM.

WE are glad to tell our readers that a small institution has been opened in Belfast where those who wish may avail them-



selves of the principles of diet and treatment advocated by GOOD HEALTH.

The staff consists of a physician and nurses trained at the Battle Creek Sanitarium, U.S.A.

The bath rooms are suitable for treating both lady and gentleman patients.

Among the treatments given, the following may be noted: Electric-, Vapour-, Shower-, and Sitz baths; Sprays, and Douches and various other hydrotherapeutic applications; electricity in different forms, and massage.

The house is comfortably furnished and can accommodate quite a number of resident patients, who are sure to find a pleasant home.

The institution is located in one of the most healthy suburbs of Belfast, near Alexandra Park and Cave Hill, within easy reach of town by penny tram service.

The terms are moderate. Any of our readers desiring further information can apply to the Secretary, Sanitarium, 39 Antrim Road, Belfast.

## DINNER-TABLE DISSIPATION.

BY J. H. KELLOGG, M.D.

PROBABLY comparatively few of those who are addicted to harmful and vicious dissipation at the dinner-table are really aware of the fact that they might properly be charged with gluttony. Gluttony is eating for the pleasure of eating, without regard to the taking of food to satisfy the necessities of the body, or to preserve life. The question with the vast multitude of people in civilised lands is not, "Do I need to eat?" but, "Can I eat?" It is not, "Does my blood need nutrient material to nourish it?" "Do my muscles need material with which to support the demands made upon them for energy?" "Do my nerves need recreation, or a supply of material from which the nerve

cells may be provided with energy?" "Does the ever-consuming fire within my body need fuel to maintain animal heat?" The more common question is, "Can I obtain pleasure from the taking of food?"

Nature usually employs a sufficient safeguard against repletion by taking away the appetite when an excessive amount of food has been ingested. Man, however, contrives to circumvent nature, and refuses to take the hint that no more food is needed, by creating an artificial appetite by the use of mustard, pepper, pepper-sauce, and various other condiments, and by stimulating the palate by means of highly-seasoned dishes, and palate-tickling combinations in great variety.

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 WHAT IS CANCER?

BY ALFRED B. OLSEN.

CANCER is a peculiar form of disease. It consists of a new growth of unhealthy, useless tissue. From the very beginning the growth is an abnormal one, and there is a waste of vitality. Energy which ought to be used in supporting the body and maintaining life, is diverted to building up a diseased growth.

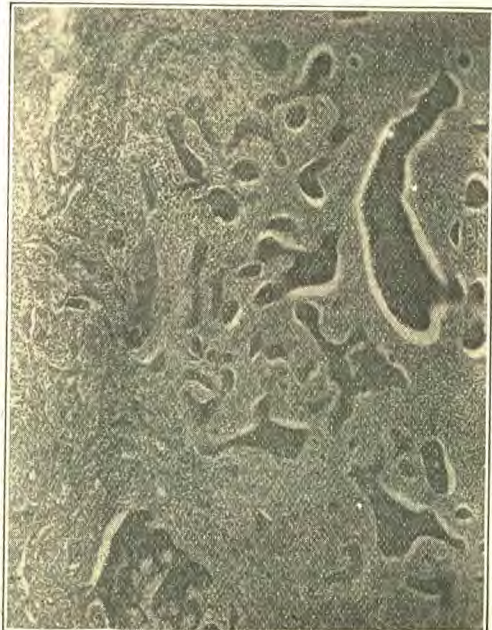
## The Nature of Cancer.

Notwithstanding the large amount of study and research that has been given to this question, but little is known of the real nature of the disease. Some think it is a parasitic disease, that is, one caused by micro-organisms, and there seems to be some evidence in support of this theory. Other theories have been put forth, but it still remains an open question.

## How the Cancer Grows.

It usually begins as a swelling which is often hard. The swelling steadily increases in size, sometimes with consider-

able rapidity. There is an increase of tissue substance, which grows out in all



CANCER IN MAN.



# EDITORIAL.

## HOW TO KEEP WARM IN WINTER.

MAN is a warm-blooded animal. His average temperature, when in a state of health, whether in tropical or arctic regions, is about 98.6° Fahrenheit. A slight rise produces a state of fever. A difference of only ten degrees, one way or the other, would probably result fatally.

### The Source of Heat.

Food is the fuel of the body. When taken into the system it undergoes a form of combustion called *oxidation*. The heat thus produced keeps the body warm. Starches, sugars, and fats are best adapted to furnish heat and energy, while albumens build and repair the tissues.

### The Supply of Fuel.

In cold weather more fuel is required to keep the body warm than in summer time, and so more food is eaten. It is a mistake to think that large quantities of beefsteak and other flesh foods are necessary. Grain preparations and breads are not only more wholesome, but much more economical, and far better adapted to supply heat. According to Dr. Hutchison, one shilling's worth of bread contains *twelve times as much heat-producing material* as the same value of beef.

The food-value of fruit is not half appreciated. According to the same authority a shilling's worth of apples, which are usually considered of little

value from a nutritional standpoint, possesses three times as great a quantity of heat-producing material as a shilling's worth of beef.

Well-cooked grains, such as rice, oat-preparations, cracked wheat, and some of the prepared foods, such as Granose and Toasted Wheat Flakes, are all excellent heat producers; and the same is true of breads. Raisins, figs, dates, prunes, bananas, and the various nuts, are also valuable as heat producers.

### A Good Draught Necessary.

No form of combustion is possible without oxygen. In order that the fire in the grate may burn well, a good draught of air is necessary. The same principle holds true of the fires within the living body. The lungs are the bellows, and the air breathed is the draught.

### The Importance of Ventilation.

A fresh air supply is only possible where there is efficient ventilation. This requires an inlet for the pure air, and an outlet for the foul. The open fire-grate forms an excellent outlet, and ensures a good circulation,

provided there is an inlet for the fresh air. This can easily be arranged by opening the window. Never occupy a room that is not properly ventilated. Don't be afraid of the night air. It is the only kind of air to be obtained at night.



COASTING.

### The Seat of Combustion.

At one time it was thought that heat was produced only in the lungs, while others thought that the blood was the seat of combustion. Now we know that heat is produced in all the tissues of the body, in the muscles, in the kidneys, the liver, etc. The blood coming from the liver is said to be the hottest in the body. This is an indication of the activity of that organ. The greater the activity of an organ, the larger the amount of heat produced. Exercise, which means action of the muscles, makes a person warm. If you are cold, take exercise out of doors in the fresh air, and thus stir up the fires of the body, and warmth will result.

### The Distribution of Heat,

which is most essential to health and comfort, is brought about by the circulation of the blood, which, passing to all parts of the body, equalises the warmth.

Cold feet and cold hands are quite as likely due to a poor circulation as anything else. Exercise, again, is one of the best means of improving a poor circulation, for it stimulates the action of the heart as well as increases respiration. The morning cold bath is another excellent measure.

### Hugging the Fire and Toasting the Feet.

These are bad habits and productive of evil. Indeed, they are a prolific source of colds, catarrh, and sore throats, especially if the room is close and the air impure. It is far better to take a brisk walk in the fresh air. This will give the needed warmth and also produce a gentle exhilaration of the body that is very beneficial.

A close, warm room is enervating. The artificial heat produces a relaxation of the skin, and weakens the circulation, so that when the person goes out, he is less able to stand the cold, and the sudden change

is likely to result in an acute catarrh, or "cold in the head," or something more serious.

### Suitable Clothing.

This is also of importance. The clothing should be such as to afford equal protection to all parts of the body except the head and hands. Most people err by putting too much about the waist, and neglecting the legs, ankles, feet, arms, and neck. This is a great mistake, and causes much physical suffering.

Wear warm, woollen underwear, that reaches to the hands and feet and neck. Use rather heavy woollen hose, and high-topped, heavy boots with waterproof soles. It is well to use gaiters when going out.

The mackintosh should always be of porous cloth, and goloshes should only be worn when it is wet and stormy.



### The Muscular Activity of the Stomach.

THIS interesting subject has recently received the attention of Moritz, who conducted a series of experiments on dogs. His results confirm the observations of previous investigators.

Pure water is rapidly expelled from the stomach by means of muscular contractions. Indeed, all fluids are soon ejected. The effect of heat is decided, hot water passing out of the stomach more quickly than cold water.

Carbonated water is less readily evacuated than plain water, and beer remains still longer in the stomach.

Under ordinary conditions there is but very little absorption of fluids from the stomach, scarcely more than five per cent.

Solid foods are of course retained much longer than fluids. Three quarters of an hour passed before the stomach began to evacuate a meal of raw, chopped meat, and seven hours were required to empty the organ.

# QUESTIONS AND ANSWERS.

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

**Hot or Cold Water to Drink.**—A. E. W.: You recommend drinking an abundance of water. Should it be hot or cold?

*Ans.*—Cold water, *not* iced, for those who can take it. Some who are feeble can take tepid water to advantage. The constant use of hot water is debilitating; but there are times and conditions when it should be taken.

**Pain in the Stomach—Expectoration.**—D. D.: What treatment would you recommend for pain in the stomach in the early part of the morning with expectoration?

*Ans.*—A rubber bottle half-filled with *hot* water, and applied to the stomach will probably afford relief. If you will write further particulars as to diet, character of pain and expectoration, etc., enclosing stamp, you will receive further suggestions by post.

**Pimples and Bad Breath.**—D. C.: I would esteem it a favour if you would kindly give me remedies for pimples on the face and bad breath.

*Ans.*—Both are symptoms of nutritional disturbances. Wash your face in soft water, using a mild, non-irritating soap. Pure Castile soap is good. Dry gently, without rubbing the skin. For diet, etc., see "Biliousness, Its Cause and Cure" 1½d., post free.

**Quinine and Iron.**—J. A. A.: 1. I should like to know if quinine and iron are injurious to the health. 2. Is it possible to straighten legs made crooked by much rowing?

*Ans.*—1. The habit of drug taking is pernicious, and cannot be recommended. Both quinine and iron are poisons, and their continued use would be detrimental to health. Such tonics as pure air, a brisk walk, or the cold morning bath, are far preferable. 2. Yes, by use of massage and manual Swedish movements. It is hardly probable that mere rowing would bring about the difficulty. Consult a physician as to the cause.

**Palpitation.**—R. C.: I have been suffering for a long time from palpitation of the heart. It is worse when I walk up-hill or run. I always have a tired feeling after my dinner. Please advise me.

*Ans.*—Avoid exertion that brings on palpitation. Take tepid sponge baths followed by light friction. Soak your feet alternately in hot and cold water daily, keeping them in the hot water about two or

three minutes, and in the cold ten seconds. Repeat three or four times, and dry them out of the cold water. Adopt a diet consisting of fruit, bread, grains, and nuts. Eat sparingly, masticate your food well, and avoid late suppers. Lie down for an hour or two *before* your dinner. Take plenty of sleep, and live out of doors as much as possible.

**Weak Throat—Ulcerated Tonsils.**—F. M.: Please tell me what is the best thing for a weak throat. I have small ulcers on the tonsils.

*Ans.*—Get a few ounces of Peroxide of Hydrogen from the chemist, and swab the throat and tonsils with the strong solution. Add half water, and use as a gargle two or three times a day.

**Loss of Hair.**—T. C. T.: Kindly let me know if there is any cure for loss of hair.

*Ans.*—Loss of hair indicates an interference with the nutrition of the scalp and a lowered state of vitality. The general health must receive attention. For local treatment shampoo the scalp once a week with Packer's Tar Soap. Massage the scalp for ten minutes morning and evening, dipping the fingers in cold water and rubbing briskly. Avoid the advertised hair restorers, some of which are harmful.

**Nervous Palpitation.**—X. Y. Z.: I am subject to nervous palpitation, and the doctors tell me that the mitral valve of my heart is affected. Sometimes I experience a pain from my heart towards my left shoulder, and any exertion puts me out of breath. Now I should feel greatly obliged if you would let me know in GOOD HEALTH for October, —[Too late for the October and November numbers.—Ed.] 1. What causes the murmur in the valve, and (2) what treatment would you consider best for my weakness. I have been waiting anxiously to see the notice about the opening of a Sanitarium in Belfast.

*Ans.*—1. Probably a leakage. 2. Daily exercise out of doors, such as walking; a plain, rather sparing diet; the non-use of alcoholics, tobacco, tea and coffee; and an abundance of fruit. Have all your rooms well ventilated, and take plenty of rest and sleep. Bathe the chest with tepid or cool water each morning; also the entire body, and especially the extremities. If very weak, don't bathe the heart region. Be regular in all your habits.

A branch of the Battle Creek Sanitarium has recently been opened in Belfast. For full particulars, address the Superintendent, 39 Antrim Road.

# Good Health

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451 Holloway Road, LONDON, N.

Telegraphic Address: "Uprising," London.

A MERRY CHRISTMAS to all our readers! Good Health and a merry heart go well together. To be in vigorous health, and engaged in loving service for one's fellow men, is lasting joy.



THE Good Health School of Physical Culture is started to supply what seems to be a widely-felt need. Training of this sort under the supervision of a qualified physician who is in entire sympathy with the principles advocated by *Good Health*, will prove in the highest degree valuable. We have no doubt that the enterprise will receive the hearty approval of our readers.



THE striking cuts on smoking which appear in this number of *GOOD HEALTH* are the work of Mr. E. F. Skinner, and were kindly lent us by the editor of *The Captain*. Probably most of our readers are acquainted with this magazine, which occupies a high place in the juvenile literature of the day. The article by Alfred T. Story, in a recent issue, entitled "How Smoking Hurts You," makes excellent reading for old as well as young, and is well worth the sixpence charged for the whole magazine.



THE hot-blanket pack, mentioned in the article on Rheumatism, should preferably be given by a nurse. See full instructions in *GOOD HEALTH*, No. 4, old series. A blanket wrung out of hot water is laid across the bed on top of three or four dry blankets. The patient immediately lies down in the middle, and is quickly enveloped first with the wet, then with the dry blankets, reinforced, if necessary, with further covering, and with a hot-water bottle at the feet. This is an excellent means of inducing free perspiration.



OUR issue of next month will deal with several matters of special importance. It will contain the first instalment of the promised series of articles taking up the subject of Food and Dietetics. "Why People Have Cancer," is the title of another prominent article, which will throw some light on a very perplexing question. The alarming increase of cancer during the last ten or fifteen years, is one of the serious problems of the day. "A Bad Cough, and What to Do for It," will be another

timely feature. But the magazine will contain a large variety of interesting things besides, and to make sure of getting it in good season, you would do well to order a copy at once of your newsdealer.



It is surprising how many different health foods are on the market nowadays. Evidently the public interest in the diet question is growing. We have been pleased to learn that the factory of the International Health Association at Birmingham, is running night and day, and even then finds it difficult to supply the demand. Its leading products, Granose Flakes and Biscuit, and Toasted Wheat Flakes, have, in common with the well-known Shredded Wheat Biscuit, a definite status at the breakfast table in thousands of homes. "thoroughly cooked cereals of this general class are decidedly superior to soft, sloppy foods.



THE selection of proper underclothing is one of the practical problems that will confront our readers this winter. Judging from the samples which the manufacturers have been good enough to send for our inspection, the Sanis Woollen Underwear is made of first-class material, warm yet thoroughly porous, and convenient to wear because "woven to the natural formation of the body." This underwear is also subjected to a process which renders it, with fair usage, unshrinkable. The International Supply Stores, 79 and 81 Porters' Road, London, N., are the sole proprietors, and they will take pleasure in sending price lists, etc. to any reader of *GOOD HEALTH*.



THE November issue of the "HEALTH AND STRENGTH" Magazine is a remarkable two-penny-worth, and contains the following articles, etc., together with a rich array of photos and drawings:—"The British Soldier: How Physical Culture Could Improve Him" (illus.), by S. A. Briggs (London); "Will Power and the Cure of Disease," by Matthew H. Hoad (Battley); "Diet for Athletes and Others," "Specimen Diets and Some Dishes," by Eustace Miles, M.A. (Cambridge); "Physical Culture and Morality," by A. H. Price (Birmingham); "Physical Training in the French Army" (illus.), by F. J. Harvey; "How to Form a Physical Culture Club," by Douglas Hume (Late Hon. Sec. and Hon. Treasurer of the London Central Weight-Lifting Club); "The Qualities Necessary for Sports and Pastimes," by J. Percy Wood (Capetown), late Principal of the Bradford School of Physical Culture; "Excessive Eating," by Horace Aldridge (Leicester); "Walking Tours," by Percy Longhurst (Sutton), late Leader of Wrestling Orion Gymnastic Club; Readers' "Experiences" (illustrated); "Physical Culture at Tyneside"; The "HEALTH AND STRENGTH" School Notes (illus.), by J. St. A. Jewell; "How Good Bread is Made" (illus.), by "Ursula."

Some of our readers may like to know that the annual subscription to "HEALTH AND STRENGTH" is only 3s. 6d., though, of course, it may be obtained every month through any bookseller.

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## Home and Health.

THERE is a sweet peace that comes with the knowledge that you are in harmony with God, yourself, and your fellows.—*Topham.*



MOTHERS, cultivate the helpful, happy side, the sunny, loving side of your boys and girls, and they will be loyal, true subjects. You will find it pays to remember these words of Madame Willard to a young mother, "Never let any human being separate you from the knowledge and love of your little ones."—*Nettie B. Fernald.*



"CHILDREN are often fed to death. If the baby cries, it is given food; if it wriggles about or turns over in bed, it must have food. It may be that there is a pin sticking into it somewhere, or it may have become chilled, or it is aroused from sleep by a noise. Whatever the cause, it must have food; food is the remedy for everything that troubles the baby."

### The Value of Rest.

It is as cheap to rest half a day Thursday as to be sick all day Friday; and it is decidedly cheaper to rest than it is to pay doctor's bills. Multitudes of women drag out their lives, never doing their work easily and pleasantly, simply because they are constantly over-worked. They have so much to do that they have no time to rest, and failing to rest, they never do anything properly. No horseman would think of driving his horse without feeding or resting because he had a long journey to perform. If he had much to do, he would be all the more careful to preserve the strength without which the work could not be done.—*The Safeguard.*

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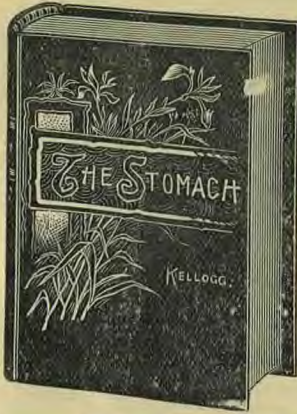
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# Good Christmas Advice.

**A Pleasant Surprise.** If you would give your friends a pleasant surprise this Christmas, send us their names and addresses, together with one shilling and sixpence apiece, to pay for a yearly subscription to **GOOD HEALTH**, beginning with the Christmas Number. Its monthly visits will be a pleasant reminder of your thoughtfulness, and may vastly improve the health status in that home.

**Christmas Boxes.** Tons of sweets are eaten in the Christmas holidays, and cause more or less digestive difficulties. **Good Health Caramels** are a delicate, tasty confectionery, entirely free from ordinary cane sugar or glucose, and yet deliciously sweet. They are both wholesome and very nourishing. Box containing twenty-four caramels sent on receipt of thirteen penny stamps, post free.

**Pass It On.** Of course **GOOD HEALTH** readers will not profane their Christmas by "dinner-table dissipation," but in case you should have any friends, who, having ignorantly committed such excesses, are suffering the consequences, our **Antiseptic Charcoal Tablets** are helpful in relieving flatulence, acidity, heartburn, and hindered ailments. Small sample box, 2d. Twenty-tablet box, 1/1; forty-tablet box, 2/1½. In each case post free. Dose: One to four tablets after each meal.

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# Important Announcement.

GOOD HEALTH will be brimful of the most interesting and important instruction relating to health during the next few months. Following are a few leading features:—

## Food and Dietetics.

A series of practical articles dealing with the food problem in its many phases, and taking up such questions as, What are the Best Foods? and Why? Economy in Diet; Food Adulteration; Principles of Healthful Cookery; The Dietetic Value of Fruit; Good and Bad Food Combinations; A Well-balanced Bill of Fare; Classification of Food Elements, etc.

## Practical Hydrotherapy in the Home.

There are a large number of simple water treatments that relieve pain more effectually than drugs, and exert a powerful influence for good upon the whole system. Some of the principal ones will be taken up and fully explained in a series of illustrated articles, which will be invaluable to every home.

## The Gospel of Health.

The "greater gospel," as someone has denominated it, includes the whole man, and embraces health of body and soul. GOOD HEALTH will soon begin a connected series of talks on the general subject of health in relation to Bible religion.

## Familiar Talks with Mothers.

In this series of heart to heart talks, much helpful instruction will be given in home matters, such as the Care of Children, Hygienic Dress, the Selection and Preparation of Food, and all practical health questions that mothers need to solve.

## Common Diseases: Cause and Treatment.

Interesting, instructive talks, with a view of enabling our readers to form an intelligent idea of some of the most frequently-occurring maladies, that they may co-operate most effectually with the family physician.

Give your newsagent instructions to order GOOD HEALTH for you regularly each month, that you may not miss any of these important articles. Or, send 1/6 for a year's subscription post free.

"GOOD HEALTH," 45 Holloway Road, London, N.

# Christmas Fare

In order that

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