

PACKING PINEAPPLES IN THE HAWAIIAN ISLANDS.

Good Health

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

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EDITORIAL CHAT.

Only the Poor Become Centenarians.—It is reported that there are ten centenarians living in County Down, Ireland. How is it that one never hears of a wealthy man, surrounded with all the modern comforts and luxuries, reaching the age of a hundred years? Is it not very evident that hardship and even want are more conducive to health and long life than is high living? After all, the man of small income, who is obliged to consult economy in all his habits, is usually possessed of better health than the man with a fortune.

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Semi-Teetotalism: A Popular Movement.—Rev. F. S. Webster's chance suggestion that persons unwilling to sign the teetotal pledge, should at least promise not to use any intoxicants between meals, has received the warm approval of many eminent men, and bids fair to have quite a following also among the working-men. It is at least a move in the right direction; alcohol is, of course, a poison, and the less taken of it the better. We dissent from the view, however, that alcoholic drinks taken at mealtime are harmless. Entirely apart from the evil influence of alcohol upon the nervous system, it has been amply proved that even a very small amount taken with food interferes with its proper digestion. It is to be hoped that many who sign this partial pledge,

finding that they can do without their favourite beverage between meals, will conclude to part with it entirely.

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Importance of Bath-room Ventilation.—In the death of Mr. Quintin Hogg, the well known philanthropist, we have another instance of the danger connected with lack of proper ventilation. A geyser can in a very short time exhaust the air in a small bath room, and replace it with noxious vapours, which are all the more deadly because not readily perceptible. It is especially necessary to be on one's guard when in the bath-room because a hot bath is somewhat enervating, and of itself sufficient to cause fainting in some persons. The room should have some sort of ventilation, even if this end cannot be secured without making it a little cool.

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The Country Boy Ahead.—The medical officer of health for Halifax has examined 500 school boys in various parts of the borough with a view to ascertaining how they are affected physically by their environment. The results are naturally in favour of the country as a place for bringing up boys. The average country boy of eleven years is 4ft. 4½in. tall, weighs 4 stone 11 lbs., and has a grip equalling 25.6

kilogrammes. The town boy of the same age is 4ft. 3in. tall, weighs 4 stone 9lbs., and has a grip of only 21.3 kilogrammes.



Tobacco and Its Effect on Endurance.—When Major Greely returned from his ill-fated polar expedition, he was asked why the nineteen who perished did not bear up as well as the six survivors, and he replied: "Of the six who lived to see their country again, all were of the most strictly temperate habits in every particular. Four of them never used tobacco. The two others would sometimes, on festive occasions, to oblige a friend, smoke a part of a cigar. Of the nineteen who perished, the large majority were users of tobacco, some in moderation, some to excess."



More Work for the Lungs.—Good ventilation is often enforced when another matter of vital importance is neglected. We refer to the utilisation of fresh air by deep, full breathing. The vast majority of people only half breathe; this is one main reason for the prevalence of lung diseases. If you have contracted the habit of shallow breathing, a good way to overcome it is to set apart a few minutes every day in which you will make it your first business to get as much pure air into your system as possible. Full breathing energises the whole system, and improves digestion.



The Best Precaution Against Appendicitis.—This disease, scarcely known a decade ago, has now become, as one writer expresses it, a "public nightmare." Naturally people feel some anxiety to secure immunity from such a distressing affection. While the exact cause in each particular instance may not be so clear, it seems to be generally agreed that a feverish state of the system brought on by the use of irritating condiments, rich foods and

other dietetic errors, is in many instances a strong predisposing factor. The man who is careful to put only clean, wholesome food into his stomach, and avoids anything bordering on intemperance, is quite as likely to avoid the disease as the individual who has had the appendix removed by a surgical operation.



Less Meat, more Health.—A prominent Philadelphia physician wrote the following to the *New York World*:

"I have been greatly pleased with your advice to the people to turn the tables on the beef trust by eating other food than meat. Rheumatism, gout, and all the diseases that are caused by uric acid, are on the increase among us. Uric acid is a meat product. Less meat and more grain and vegetable foods would improve the health of nine out of ten Americans."

The conditions being much the same, this statement applies equally well to the average Englishman. Meat is already expensive enough in this country to make it very advisable from an economical standpoint to use but little of it.



More Deaths from Tight-Lacing.—The pernicious idea that tight-lacing is an innocent custom coming under the condemnation mainly of faddists and eccentric people, is fortunately giving way to actual facts. Several fatalities have occurred recently, the verdict in one being, "Death due to peritonitis caused by an ulcer, accelerated by tight-lacing." In another case, that of a servant girl, the medical evidence showed that "death was due to cardiac syncope accelerated by tight-lacing." Were these occasional fatalities the only results of this foolish custom, we should say little; but it is unfortunately true that for every sudden death from this cause, there are hundreds of cases where the custom has brought on a condition of semi-

or complete invalidism. To endeavour to fit the body to the clothes instead of the clothes to the body, is entirely contrary alike to reason and common sense, and always a very unsafe thing to do.



Growth of Food Reform Principles.—We are pleased to note the rapid growth of public interest in things pertaining to health, and more especially in the food question. The popular articles by Mr. Eustace Miles and Dr. Hadwen in the London *Daily Mail*, and the numerous comments of readers, point to a very widespread and intelligent interest in this subject. The book and periodical literature on health is also increasing steadily. There has come to our table recently an advance copy of the new Scottish vegetarian magazine, entitled "Health, Food, and Cookery," a bright, cheery-looking journal edited by the Rev. C. A. Hall. We bid this new comer a hearty welcome. There is great need of popular literature giving reliable information regarding the proper care of the body, and every effort to supply this need should meet with hearty support.



Good Advice to Invalids.—"Be not too anxious about your symptoms, those little things; think rather of great, enduring, eternal things,—the purity of the air, the brightness of the sun, the sweetness of human love, the glory of human destiny. Furthermore, enlist your natural interests in this reform. Withdraw your attention from the bad feelings by dwelling on the good ones. Make capital of your pleasures; taste your food with relish, or, if that is impossible, sense as keenly as you can the play of muscles when you walk; if it be so bad that you are bed-ridden, at least be wheeled into the warm sunshine, and thank God for it. Finally, if you are still weary, and ill, and sore oppressed; if life is indeed a bitterness to you, then, poor soul, bear it as best you

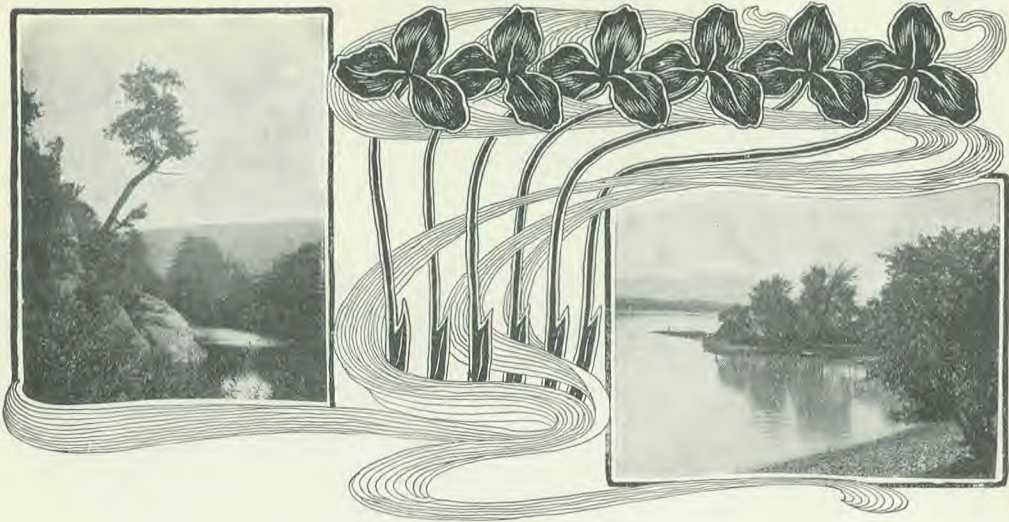
may, and take what props you can get; but even then, remember that you must communicate your bitterness as little as possible to others; remember that you can even then wring a happiness from your stern and chivalrous campaign of silence."

There is much to commend in this paragraph from an article by Daniel Gregory Mason, in *Scribner's*. But why not open the door of hope a little wider? The chief happiness of a suffering child is the presence and loving ministry of the mother. Likewise, it may be the invalid's chief joy to trust in God as a loving heavenly Father, who doeth all things well. Peace and contentment of mind are the first requisites to a good recovery. If the glorious Gospel promises were oftener read in the sick-room, patient and nurse would both be happier, and more rapid progress would be made healthward. God is ever at work to heal and restore; it is His presence and power that make the simple remedies applied effective, and bring the patient up from the bed of sickness.



More About Sewage-Fed Oysters.

—The official report of Dr. Collingridge, Medical Officer of Health for London, gives our oyster supply a very bad character. Not only is Emsworth a breeding place for the deadliest bacilli, but all the sources of oyster supply which have been examined are contaminated, while the water of a creek near Leigh-on-Sea, in which cockles are laid, is found to contain a quarter of a million of microbes per cubic centimetre, so that the doctor simply calls it "dilute sewage." Evidently we are not so wasteful as our political economists would have us believe. We have, after all, been utilising our sewage—though hardly in a way that we would wish to admit. How much disease has resulted from the use of these filth-aden shell fish, no one knows; but cases are being reported. The German emperor is reported to have been among the sufferers. He has now, it seems, given strict orders to exclude English oysters from his table in future. We trust that a good many have taken the wiser course of doing without this form of food entirely. We have before called attention to the fact that an oyster is at best composed mainly of water, very dirty water too, and it requires fourteen of the bi-valves to equal in nutriment a single egg.



THE ESSENCE OF BEAUTY.

BY J. H. KELLOGG, M.D.

BEAUTY is, in its essence, a quality, not of matter, but of soul. Back of everything beautiful, whether animate or inanimate, there must be soul beauty; there must be perfection of character, of which that harmony of colour or of form, of movement or of sound, which we call beauty, is but the physical expression.

Every beautiful face is the outgrowth of a beautiful mind and heart, a noble character that lived sometime, somewhere. Every beautiful thing in nature,—the rainbow, iridescent with the splendours of all the diamonds of Golconda; the sunset with its marvellous procession of colours from brilliant, gorgeous, golden hues softening to neutral sombre tints and gray; the landscape with its subtly changing atmosphere which no artist ever captures; the wonderful kaleidoscopic painting of the aurora borealis, in which one can almost see the mysterious Artist's hand at work; the exquisite grace of flowers and foliage; the Æolian music of the wind; the melodious murmur of the waves;—everything in all the universe that appeals to the æsthetic sense of intelligence, is only an

expression of the infinite beauty of that all-pervading, creating, and upholding force which the Athenians worshipped as "The Unknown God," and which Herbert Spencer calls "The Unknowable Intelligence." Hence the ultimate source of beauty is God Himself, and to love beauty in the true sense is to love God. Beauty is only an expression of God.

The truly beautiful, then, must be truly good, and the truly good must likewise be beautiful. Sin cannot be beautiful; beauty cannot be sinful. As we sometimes find diamonds in the mud, so beauty may be hidden by its unbeautiful surroundings; and the beauty of goodness, like that of the diamond in the rough, may not appear until the polishing has been applied.

To be handsome is one thing; to be beautiful, quite another. A handsome face may be so marred by unbeautiful signs hung out upon it as to be positively repulsive; while a less regularly formed countenance may be fairly luminous with the beauty of character behind it. Goodness, health, grace, beauty, are one and the same thing. Goodness is the perfection or beauty

character ; health, the perfection or beauty of body ; and grace, the beauty of activity. The ancient Greeks seem to have had a glimpse of this truth when they placed over the entrance to their temples the maxim, "A sound mind in a sound body ;" but they fell short of their aim because they failed to recognise the fact that perfection of character is an element essential to the development of bodily and mental perfection ; for the highest beauty can only be attained by the harmonious development of spirit, soul, and body.

That person only whose whole being is

attuned to the grand symphony which all nature sings in the universal expression of beauty in form and sound and colour, is truly prepared to worship God "in the beauty of holiness."

Soul beauty is to be found within, not upon the surface. Real beauty is more than skin deep. It cannot be acquired by "surface work" of any sort. This is just as true of physical as of moral beauty ; indeed, it is impossible to separate physical and moral beauty so as to make a comparison between them ; for both spring from the same root—beauty of character, genuineness, and purity.

DISEASE IN RELATION TO CRIME.

BY M. ELLSWORTH OLSEN.

A PROMINENT criminal lawyer, arguing from the increasing number of murders, manslaughters, and suicides, has expressed the opinion that the nation is growing more hysterical and sentimental. Commenting on this feature of our times, the *London Express* notes "a tendency to crime from over-strain or morbid degeneration of the nerves or brain," and finally asks : "Are we not all losing our balance, and is not the increase of suicide and 'passionate' crimes just one symptom of this ?"

Unfortunately there is much truth in the suggestion. Our lunatics are increasing in double ratio to the population, and the proportion of nervous, run-down persons who have no disease in particular, but are completely wanting in bodily energy and vitality, was never greater. With all our knowledge of medicine and our system of public hygiene, which is certainly far in advance of that which obtained some years ago, we are still retrograding health-wise, undergoing a sort of involution, which, unless it receives a decided check, will ultimately lead to the utter subversion of the race.

Crime and disease are both steadily increasing, not only in our own, but in practically every leading nation of the world. Is there a definite relation between the two? Is the latter frequently the cause, direct or indirect, of the former? Let us take an example. The professional shop-lifter is a well-known character in all our large cities. Dr. Paul Dubisson, a prominent French physician, recently examined medically 120 women of this class. Eight were found to have general paralysis, three had softening of the brain, and of the remaining 109, *no less than a hundred were suffering from disease*. The great majority were afflicted with some form of hysteria ; the next largest class consisted of those affected by brain disease, the others had nervous debility, or some functional disturbance, or were slaves of narcotics. Can we wonder, in the face of these facts, that Dr. Dubisson believes a relation does exist between disease and theft?

To be sure, this represents only one class of criminals. The subject has not been investigated with sufficient thoroughness to warrant sweeping statements, but we believe enough has been seen to demon-

strate that a rich field awaits the investigator of the relations between crime and disease.

Something may be gathered from experience. Is it not true that the occupant of the prisoner's dock seldom bears the credentials of radiant, vigorous health? The clear, bright eye, the rosy cheeks, and the alert, vigorous step, which betoken a robust physical state—how seldom they are met with among the criminal classes!

And if we enquire into the history of the typical criminal, do we not usually find that he sprang from parents whose excesses of various sorts had depleted their systems, and upset the nervous balance? Add to a naturally weak constitution the unhealthy surroundings in our populous slums—the poor food, bad air, and crowded quarters, together with the early use of intoxi-

cating liquors, and we have all the elements necessary to produce the hollow-eyed, poorly-developed, ill-balanced men and women that largely make up the criminal classes.

Good health if it does not always connote good morals, surely exerts a strong influence in that direction, and *vice-versa*. Health is dependent on right habits. The gross feeding of our working classes, is responsible in large part for their addiction to drink and tobacco. Pure air and pure food, with wholesome surroundings, opportunities for baths, etc., would do much toward lessening crime, as well as cutting down the amount of disease which is affecting humanity. Judicious care of the body is often the most effective means of cultivating the soul and elevating the whole plane of living.

The Gospel of Health.

BY E. J. WAGGONER.

A WHOLE MAN.

LET us bear in mind that we are studying "the Gospel of health." This phrase, like many others in common use, is very faintly understood by most people, and fully comprehended by none. It is our business to study the thing itself so thoroughly that the name will have a vital meaning to us.

A healthy man is a whole man. It is an easy matter, when one's attention is called to it, to see the connection between the words "heal," "hale," and "whole." All are from a single Saxon root, *hæl*, meaning "whole." This is still the word for "whole" in the Scandinavian languages, and from it comes the word "holy." In the Danish the identity is very apparent, for *hel*, whole, by a little addition becomes *hellig*, holy. A holy man is simply a

whole man, a man as complete and perfect as Adam was when "God saw everything that He had made, and, behold, it was very good." The fact that holiness has any connection with the body has been almost lost sight of, the popular idea being generally that "saints" were always men with feeble bodies. This false idea is a legacy from the Middle Ages, when most of the so-called saints were characterised by repugnance to cleanliness, and ill-treatment of the body. No charge is brought against the piety of those misguided men, and it is not denied that many most devoted Christian men and women have been physical wrecks; but it should nevertheless be understood that this is not the Scripture presentation of holiness; for we read, "Beloved, I wish above all things that thou mayest prosper and be in health,

even as thy soul prospereth ;" and, "The very God of peace sanctify you wholly ; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ."

With the popular conception of the holy man as a pale-faced, stoop shouldered, weak-limbed, hollow-chested person, contrast such Bible heroes as Ab aham at the age of a hundred years, running nimbly to wait upon his unexpected guests ; Moses, beginning his life-work at the age of eighty, when most men consider theirs finished, if they chance even to be alive, and after forty years of such wearing labour as no modern statesman ever knew, laying it down with undimmed eye and unabated vigour ; and the prophet Elijah, after a long journey, followed by a most trying ordeal, running ahead of the chariot of Ahab fleeing from a coming storm.

That wholeness and holiness are in the highest sense identical, is evident from the life-work of Jesus of Nazareth. His name means, "Saviour," and He was so named because His work was, as it still is, to "save His people from their sins." He Himself declared that His mission was "that the world through Him might be saved ;" yet at the very outset of His career He "went about all Galilee, teaching in their synagogues, and preaching the Gospel of the kingdom, and [healing all manner of sickness and all manner of disease among the people ;]" and as He began, so He continued. He "went about doing good, and healing [all that were oppressed of the devil ; for God was with Him." Jesus was pre-eminently a physician ; His first work [seems nearly always to have been to heal men's bodies ; and the record of His miracles of healing is the most prominent feature] of the Gospels.

These things should teach us that true holiness includes health of body. In this connection it should be noted that the words of Jesus, "Thy faith hath saved thee ; go in peace," spoken to the woman who was notorious [as "a" sinner, and to

whom He had just said, "Thy sins are forgiven," are identical with the words which He addressed to the poor woman who "had spent all her living on physicians, neither could be healed of any." To this one, who, like the other, touched Him, He said, "Thy faith hath made thee whole ; go in peace." The words, "made whole" and "saved" are from a single word in the Greek.

How little Christ's mission to earth, and the full meaning of His Gospel, is comprehended even to-day ! Yet how obvious it is from the Scripture record, that the forgiveness of sins involves the healing of the body, and is accomplished by the same power. This is vividly presented in the case of the palsied man, to whom Jesus first said, "Thy sins be forgiven thee ;" and then, to make it evident that He had power on earth to forgive sins, He caused Him to rise and walk. The rising and walking by the palsied man was a visible evidence of the forgiveness of his sins.

Lastly, for the present, we have the promise of God to ancient Israel, that if they hearkened diligently to the voice of the Lord, to do that which was right, He would take disease away from them (Ex. xv. 26 ; xxiii. 25), proclaiming Himself their Healer ; and this exhortation and promise, which all would do well to heed : "My son, attend to My words ; incline thine ear unto My sayings. Let them not depart from thine eyes ; keep them in the midst of thine heart. For they are life unto those that find them, and health [medicine] to all their flesh."

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"THE world's most precious heritage is his
Who most enjoys, most loves, and most for-
gives."



"On the day of judgment," says Jean Paul, "God will perhaps pardon you for starving your children when bread was dear ; but if He should charge you with *stinting them in His free air*, what answer shall you make ?"

SOME HINTS ON SPRING HYGIENE.

PASSING the boundary line between winter and spring seems fraught with a certain amount of danger to the health. Unsettled weather probably has something to do with the prevalence of disease at this season. The system is endeavouring to adapt itself to the changed conditions, and so has less energy to use for other purposes.



FEELINGS of malaise, lack of tone and general debility are rather frequent in the early spring, and unfortunately drive many people to the use of drug tonics and pick-me-ups. We say unfortunately, because, in our opinion, the cure in such cases is worse than the original difficulty. It is not surprising at all that there should be a slight falling off in appetite, and to a certain extent, possibly of energy, on the approach of milder weather. Cold air is a tonic. Appetite is keen, digestion is at its best with a low thermometer; in winter a person can, if he desires, indulge in rich, unwholesome foods without feeling any immediate effects, because the crisp, cold air gives an extra amount of tone and vigour to the whole system. The effects of such a course of action make themselves felt with the advent of the comparatively warm and relaxing weather of early spring.



EVIDENTLY the proper treatment in such cases (and they are very numerous) is to heed nature's warning, and not insist on sharpening the appetite by the use of an artificial tonic. Rather eat very lightly for a few days. Oranges are now in the market, very luscious and wholesome. Let them be your sole diet for three or four days. Eat them if you like at intervals of about five hours, possibly oftener, and not in sufficient quantity to tire of them. If you prefer, add apples for a change, or any fresh fruit that you can

most easily get. You will be surprised at the improvement made on such a regime. The dull, heavy feeling will depart, and so will the bad taste in the mouth; you will soon have the pleasure of feeling clean within as well as without.



REFERRING again to the host of proprietary medicines, we most strongly advise our readers to avoid them. If you must have drugs, let it be at the prescription of a properly qualified physician. Then he, at least, knows what you are getting, even if you do not yourself. Printers' ink, and plenty of it, is the staple of the patent medicine trade. The unblushing advertisements which crowd the columns of both the secular and the religious papers, are ingeniously worded so as to catch the unwary multitude. The whole business is an unqualified success financially, because of the enormous discrepancy between the cost of the ingredients and the price of the finished product. One company, which manufactures a much-vaunted hair-restorer, has recently declared a dividend of three hundred per cent. Some of these mysterious concoctions are comparatively innocent, many decidedly harmful, including powerful drugs which cannot but produce in the long run a diseased state of the vital organs.



By all means, break yourself of the medicine habit. Physicians, as a rule, use very few drugs upon themselves or their families, and the most prominent and successful members of the profession depend far more on skilful nursing, pure air, wholesome food, etc., than upon the elaborate preparations of the chemist. Coarse, simple fare, exercise out of doors, an open window at night, a sufficiency of restful sleep, and a hopeful, cheery view—these

simple precautions will go far towards ensuring to man that abounding life and vitality which in spring-time is observable on all the face of nature.



BUT we must not forget to mention that excellent natural tonic, the morning cold bath. If the chilly winter mornings have been too much for you, don't wait any longer. Join the cold-bath brigade, and you will soon be a warm advocate of this delightful custom. There is nothing like it for an appetiser and all-round tonic. We are indebted to Mrs. Mary Rossiter, of the American *Good Health*, for the following excellent hints to inexperienced ones:—

1. "If you feel cross when you wake up, don't speak to anybody until after you get out of the bath.

2. "If you wake up discouraged and tired, don't lie in bed and think about it, but take your bath immediately.

3. "Don't stand shivering on the bath

rug, looking at the water and thinking how cold it is, but get in at once.

4. "Don't plunge in head first or crawl in by inches, but step in quickly, and splash yourself all over as speedily as possible.

5. "Don't remain in too long if the temperature of the water is below 60°. The effect is best when one simply gets in and gets out. It is seldom necessary to emphasise this.

6. "If you are able, do your own drying. If one rubs himself the wrong way, it does not make so much difference; and vigorous rubbing of the entire body is a capital exercise with which to begin the day's work.

7. "After this bath, do not put on any tight waists, corsets, bands, belts, collars, shoes—anything that will interfere with the fine circulation of blood that has been established by nature's 'best tonic,' and that is making you feel like a new man or woman."

A SUBSTITUTE FOR THE CORSET.

BY EULALIA SISLEY, M.D.

ALTHOUGH much has been said during recent years against the use of the corset, many women are still to be convinced of its harmfulness.

They appear to regard indigestion, headache, constipation, backache, and various pelvic disorders, as their natural inheritance, little thinking that these maladies are largely attributable to the corset or other constricting garments.

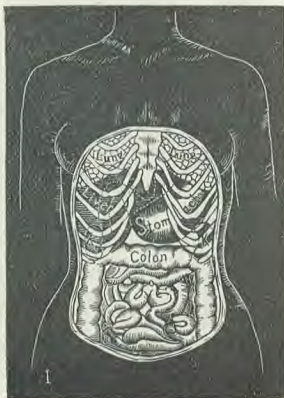
Among the injurious effects of the corset are:—

I. Displacement of the abdominal and pelvic organs.

Normally these organs are held in position by the abdominal muscles from without and by elastic membranous ligaments within. Then, too, each organ helps to support the other by the nicety with which all are fitted together in the abdominal cavity. These three factors, when unhindered, are sufficient to maintain the

abdominal organs in their proper position. By the interference of constricting garments, the organs are gradually displaced.

The displacement is downward because of



A NORMAL WAIST.



A CORSET-FORMED WAIST.

gravity, and also because the abdominal walls and pelvic floor offer less resistance than the chest wall and the diaphragm above.

This displacement causes various disorders. The organs crowd one upon the other in such a way that the blood cannot circulate freely through its vessels, and congestion results. The stretching of the ligaments is accompanied by a corresponding stretching of the nerves lying within the ligaments. This nerve stretching produces pain, and is the most frequent cause of backache, from which so many women suffer.

II. Interference with respiration.

The corset prevents the full expansion of the chest and abdomen so that the wearer cannot take a full deep breath. An insufficient amount of oxygen being taken into the lungs, the blood is compelled to return to the tissues a large share of the waste material which should have been exchanged for oxygen.

III. A weakening of the abdominal and trunk muscles. This muscular weakness is productive of various deformities, such as a flat or hollow chest, drooping shoulders, and a protuberant abdomen. The natural curves of the body are destroyed, and with them its exquisite beauty and symmetry. Improper postures and an awkward gait are also caused by this muscular weakness.

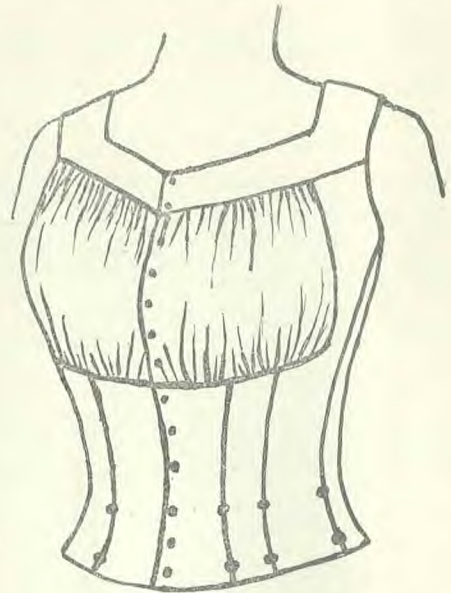
The woman who is wedded to her corset, even though convinced of its harmfulness, is reluctant to give it up. She feels that it is almost a part of her being, and that without it, she would "fall to pieces" and become a "shapeless" mass.

When she resorts to this artificial support, she is leaving unused the muscles provided by her Maker. After a time these muscles become weak and practically useless, so that she is indeed dependent upon this bone and steel accessory. Let her abandon this prop, and insist on her

muscles doing their appointed work. They have been off duty so long that it will take will power and perseverance to maintain the body erect. A few moments spent daily in systematic exercise will accomplish much in the way of muscular development.

A number of appropriate movements were described in the article "Nature's Corset" published in the October number of this journal.

As to the frequent objection that discarding the corset involves ill-fitting gowns and a poor figure, the answer is a decisive negative. It has been proved beyond doubt, that it is quite possible for a woman to be healthfully dressed, and at the same time *well dressed*. The latter term is a comprehensive one, including harmony of colour, artistic design, in fact all in the



FREEDOM WAIST (FRONT VIEW).

realm of dress so dear to the heart of woman.

The question then is, What shall be worn in place of the corset? It must be a garment which will afford ample support, and at the same time allow freedom of

movement and respiration. It must be well fitting, yet produce no constriction in any part.

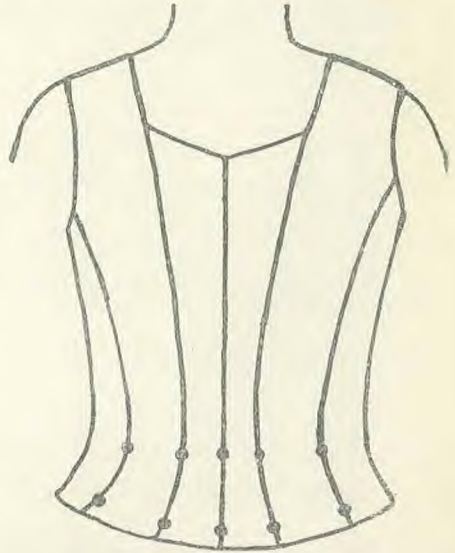
For those who desire ready-made garments, there is an article on the market known as the "Good Health Adjustable Waist," which serves as an admirable substitute for the corset.

Those who prefer to make their own garments will find the "Freedom Waist" suggestive. It is so modelled that when supporting the skirts, their weight falls equally from the shoulders. The gathered front gives the desired fulness to the bust—as well as comfort to the wearer. This waist should be made of good material, the heavier qualities giving the best satisfaction. For winter wear, black sateen is suitable, and for summer, twilled calico or linen. The stout woman who wishes a heavy waist may make the garment double.

The freedom waist may be finished in any desirable way and with such decorations as suit the individual taste. When a thin gown is to be worn a conventional "corset cover" may be worn over the freedom waist, this garment being as elaborate as the taste or purse of the wearer will admit.

She who would be healthfully dressed, must bear in mind that tight bands and unsupported skirts, are equally injurious with the corset. The freedom waist serves as an excellent support for the skirts. It is best to use two rows of buttons, the

lower one supporting the light underskirt, and the upper row the heavier garment. The dress skirt should also be supported,



FREEDOM WAIST (BACK VIEW).

so that the weight of the entire clothing may be carried by the shoulders. This leaves the abdominal and pelvic organs free to perform their vital functions undisturbed.

The woman who accepts and conscientiously carries out the principles of healthful dress, may reasonably expect such improvement health-wise as will lead her to adopt other needed reforms. Thus will she receive ample reward for her efforts in the consciousness of returning health and strength.

CONTENT.

Do not worry, heart of mine :
There is rain as well as shine
In this strange old world of ours.
There are tears as well as smiles,
But the sunny afterwhiles
Shall be sweeter for the showers.
There are crosses, there are bars,
But the nights are crowned with stars,
And the days are gemmed with flowers.

—J. A. Edgerton, in "Everywhere."

ONLY NATURAL.—*Esteemed Family Physician* (to young patient, convalescent from the influenza),—"Well, my dear, what did you dislike most about the influenza?"

Ethel (aged seven)—"The medicine!"

* * *

NOTHING conduces more to health than abstinence and plain food, with due labour.

—John Wesley.



THE HOME.

A Popular Pure-Air Resort.

DAVOS-PLATZ (Switzerland) with its beautiful mountain scenery, bracing climate, and superb natural facilities for winter sports of all kinds, has been called, not inaptly, the "Playground of Europe."

It is very popular with invalids, more especially those affected with lung troubles. While the weather is cold and blustering, even in summer, the air is dry and clear, with bright sunshine.

Invalids come to Davos-Platz just to enjoy the air, and the percentage of cures is very encouraging. Very likely most of

them would have recovered equally well had they remained at home, and taken the air. Some who come are too feeble to bestir themselves at all; they just sit out on the balconies in all kinds of weathers, and breathe.

It is to be hoped that the remarkable success attending the open air treatment of consumption, will lead to its adoption, perhaps under a modified form, for the treatment of many other diseases. Better still would it be, if the healthy portion of mankind would adopt it as a preventive measure. Pure air is the most valuable of all nature's gifts, and is likewise the least



THE VILLAGE OF DAVOS-PLATZ.

appreciated. Our dwellings are only half-ventilated. Public buildings, such as schools, lecture rooms, and churches, are mostly constructed with other ends entirely than the supplying of a proper amount of pure air to the people who crowd them. It is time for a reform along these lines. The mere fact that one man in every seven or eight is bound to die of consumption, a disease essentially due to breathing bad air, should make us consider seriously the need of good ventilation.

Whoever wishes to ensure himself most effectively against disease, should make up his mind to breathe the purest air attain-



TAKING THE CURE.

able. This is a hygienic rule which does not admit of exception.

HOW TO FEED THE BABY.

BY J. H. KELLOGG, M.D.

MILK is the natural and proper food for children from infancy to the age of twelve or eighteen months. Starchy foods cannot be digested, owing to the fact that the digestive element of the salivary secretion is not formed in sufficient quantity during the first few months of life to render the child able to digest farinaceous foods, such as potatoes, rice, bread, and the like.

An infant may be fed once in two or three hours during the daytime, and once at night, until one month old. After this time it should not be fed at night, and should take its food no more frequently than once in three hours during the daytime until four months of age. Between four and eight months the intervals should be gradually prolonged to four hours.

As a rule the amount of milk secreted by

a healthy mother is just sufficient to meet the demands of the infant. When insufficient, the mother's milk must be supplemented by suitable preparations of cow's milk. If the mother's milk is furnished in excess, as indicated by inability of the child to take as much as is furnished, or by regurgitation from overfeeding, the length of time which the child is allowed at the breast should be diminished.

The cutting of the teeth is an indication of the ability of the child to begin to digest starchy food. It should not, however, be given potatoes or vegetables of any sort, but may be given thin bits of bread which have been dried or baked in the oven until slightly brown, or very thin wafers made of flour and water, or with the addition of milk or cream, but without yeast or baking powder.

These will be very crisp if made from a stiff dough well kneaded, rolled very thin, and baked until slightly brown.

When the child has attained the age of eight months, it should regularly take some dry food. The advantages of this are: (1) It encourages the development of the teeth by properly exercising them; (2) it secures a proper admixture of saliva with the food; (3) it prevents overeating.

A vigorous child taking all its food in a fluid or semi-fluid state, especially when fed with a spoon or allowed to drink from a cup, is very likely to drink too much, and to suffer from indigestion as a consequence. Overeating is not a very serious matter in a young infant, as the stomach readily rejects any excess of food; but as the child becomes older the stomach no longer protects itself in this way, and consequently overdilatation of the stomach with the gases resulting from the fermentation of food, may give rise to permanent dilatation of the stomach, a condition which often begins in early childhood, laying the foundation for lifelong invalidism.

At the end of a year the child may begin

to eat regularly, at two of its four meals, the various preparations of cooked grains. Care should be taken that the grains are very thoroughly cooked. Oatmeal should be cooked at least three or four hours. Rice, the various wheat preparations, and maize meal are more readily digested than oatmeal. The grains may be eaten with cream, but should always be accompanied by a bit of zwieback, or twice-baked bread, in thin slices, granose, or toasted water crackers, so that the child will have something hard, requiring the exercise of its teeth in mastication. Avenola is an excellent food for young children. Stewed fruit of almost any kind, not too acid, may also be taken; but very acid fruits should be avoided, especially in connection with starchy food, as they interfere with digestion. Some fresh fruits are also wholesome. The best fruits are very ripe peaches, baked sweet apples, fresh strawberries, blueberries, raspberries, blackberries, very ripe pears, stewed raisins (the skins and seeds being removed) and prune purée. Bromose, nuttose, and nut cream are also very wholesome foods for children.

Some Things to Do for Headache.

HEADACHE may be caused by either an excess or a deficiency of blood in the brain. It is quite probable that headache is as frequently the result of a diminished blood supply as of an excess of blood. Headache due to excess of blood is usually accompanied by throbbing of the temples, flushed face, exhilarated pulse, and other indications of vascular excitement. Headache resulting from deficiency of blood is indicated by pallor, uneven pulse, and the general symptoms of anæmia.

For relief of headache due to excess of blood in the brain, cold applications may be made to the head by means of ice bags, cloths wet with cold water, or the simple application of cold water to the head by

means of a sponge or the hand. The hair should be well moistened, so that the cold water will come in contact with the scalp. The applications must be made continuously, otherwise the effect of the cold will be to increase rather than diminish the amount of blood in the brain. Derivative applications may be made to other parts of the body, especially if the circulation is defective in these parts, such as warm sitz baths or leg baths, massage to the legs and abdomen, or the application of the flesh-brush to the whole surface of the body.

For anæmic headaches, warm applications should be made to the head, and the patient should swallow a quantity of hot water. Water may also be taken to advantage by enema. The water should be introduced into the bowels slowly, so that

it can be retained. By the absorption of the water taken through the mouth or by enema, the amount of blood is so increased that the blood pressure in the brain is also augmented. The simple act of sitting in warm water seems to increase the blood-flow to the brain, and often gives relief from a very distressing headache.

—*Good Health* (American).

Pineapples for the Digestion.

FRUITS have so many good qualities that it takes some time to learn them all.

that they contain a digestive principle similar to pepsin, and so powerful that, according to the *Lancet*, it will digest one thousand times its own weight within a few hours. If a slice of fresh pineapple is laid upon a raw beefsteak, the surface of the steak soon becomes gelatinous owing to the solvent powers of this enzyme, which is said to be destroyed by cooking.

Entirely apart from its digestive properties, the pineapple is a very wholesome and appetising food. Pine chunks make an excellent dessert. If the stomach is rather sensitive, it will be best to reject the somewhat tough fibre, after extracting the



PINEAPPLES GROWING IN THE FIELD.

Pineapples have been known as a luscious and most refreshing form of nourishment; but only recently has it been discovered

juice by chewing. This fruit is especially grateful in the spring before the arrival of summer fruits and vegetables.

EVERY hour you steal from digestion will be reclaimed by indigestion.

NEVER eat until you have leisure to digest.



THE FOOD PROBLEM.

BY M. ELLSWORTH OLSEN.

Balanced Menus—The Best Sources of Proteids.

INTELLIGENCE in the arrangement of the daily menu often makes all the difference between a satisfying diet and one quite the opposite. The scientific cook arranges the different parts of a meal with something of the same care that a chemist uses in preparing a potion, keeping in mind three things especially: Nourishment, Digestibility, and Palatability. To properly nourish the body a meal should be composed of foods containing the various food elements, and in the proper proportion. As this is not true of any one food, it is evidently desirable to have some variety. The digestibility of food usually depends mainly on the manner in which it is cooked.

In building up a menu, one might begin with bread as a basis. Good wholemeal bread, well baked, is a food which most people never tire of, and one which approaches as nearly to being a perfect food for adults as any food in ordinary use. The composition of the average wholemeal bread sold in this country, is as follows:—

	PER CENT.
Water,	45.0
Proteid,	6.3
Fat,	1.2
Starch, sugar, and dextrin,	44.8
Cellulose,	1.5
Mineral matter,	1.2

The requirements of the system being fifteen parts starch, three parts proteid, and two parts fat, it will be noticed at once that there is a deficiency in bread, both of fats and proteids. The fat is usually supplied by the addition of butter. A better plan, in most cases, would be to use nuts. Filberts and hazels, for instance, contain 66.4 per cent. oily matter, and are, when properly chewed, very wholesome. To supply the proteids wanting in bread, we turn naturally to the legumes,—peas, beans, and lentils. A small quantity of either, prepared in some wholesome form, would make the meal complete, so far as nourishment is concerned. It would still be lacking somewhat in bulk, and this might well be supplied by some such food as apples, or if preferred, one of the finer grained vegetables. We should then have a meal composed of wholemeal bread, a small quantity each of nuts and legumes, and plenty of fresh fruit, or one or two vegetables.

Perhaps the following very simple menus will prove suggestive:—

BREAKFASTS.

1.

- Maizemeal Porridge with Milk.
Brown Bread. Stewed Dried Apples. Dates.

2.

Toasted Wheat Flakes.

Unleavened Rolls. Stewed Californian Prunes.
Hazelnuts.

3.

Zwieback with Almonds or Nut Butter.
Apples and Oranges.

DINNERS.

1.

Baked Beans. Mashed Potatoes with Nut Sauce.
Brown Bread. Oranges.

2.

Baked Potatoes with Lentil Gravy.
Brown Bread. Rice Pudding.

Proteids, as explained last month, are the most important food element, being used in the building up of the body tissues. The amount of water-free proteids required daily by an adult is given at not less than three ounces; some advise four or five ounces. Lean meats are popularly regarded as valuable sources of proteid; but the objections to this form of food are worthy of consideration. First, meat is not an economical food. A pound of either of the legumes contains far more nourishment at a much lower price. Even nuts are less expensive than meat. The difficulty with both nuts and legumes is that, taken in their ordinary form, they do not seem to agree with a delicate stomach. This fact has given rise to a variety of manufactured foods that are coming on the market, notably those of the International Health Association of Birmingham. Such nut foods as Protose, Nuttose, Nuttolene, and Nut Butter are peculiarly rich in proteids, and at the same time very digestible. They are also free from the poisonous animal extractives which are always present in flesh meats, and are not subject to infection by disease germs as are the animal foods.

Milk is a cheaper and better form of proteid than meat. Because of its liquid form, we too often regard milk as a drink instead of a food. The greatest objection to milk is (1) the slight regard for cleanli-

ness so characteristic of the average milker, and (2) the unscrupulous methods of the dealer, who is not content with adding water, but must use colouring matter and various other ingredients at his discretion. The extent to which such practices are followed in our large cities is greater than most people think.

Eggs contain considerable proteid matter. Their total nutritive value is about the same as that of lean meat, though the latter is somewhat richer in proteid, and the former in fats. Where eggs can be obtained fresh, they may with advantage form a part of the diet, being valuable as ingredients in other dishes, as well as to use alone.

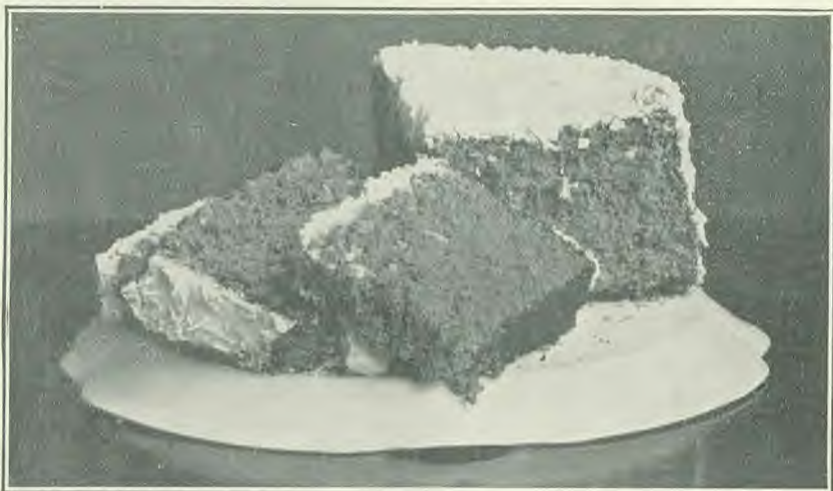
Wheat gluten forms a very excellent proteid food. A few spoonfuls stirred into a cup of hot milk makes a rich, nourishing dish for breakfast or tea. Ordinary white and brown breads are of about equal value in respect of proteids; in fact some white breads actually contain a larger amount of proteids than the cheaper kinds of brown bread, though the latter is always richer in mineral matter, and because of its coarseness has a slightly stimulating effect upon the bowels. Moreover, in brown bread there is always less starch than in the white; hence *proportionally* it is the better-balanced food. Hovis bread really is rich in proteids, the Hovis flour being prepared in part from the germ of the wheat which contains considerable proportions both of fat and proteids. The Reynolds' digestive wheat flour is also very rich in the proteid element.

Of the ordinary foods, then, we may consider nuts, legumes, milk, and eggs as good sources of proteid material, while among special preparations, gluten meal, Protose, Nuttose, and Hovis bread stand high. With such a variety to select from it is hardly necessary to resort to flesh meats, which are in many ways unsafe, or even to the ordinary varieties of cheese, most of which are both difficult of digestion, and swarming with germs.

HEALTHFUL COOKERY.

A Really Hygienic Cake.

Most people are fond of cake, and don't care to be told that it is not good for them. We are glad to give our readers directions below for making a cake free from chemicals and from grease, yet perfectly delicious. The eggs make it light, and the nuts furnish shortening. It is called Nut Sponge Cake.



NUT SPONGE CAKE.

INGREDIENTS.—5 large eggs, or 6 small ones. 1 cup pastry flour. 1 cup chopped walnuts or Brazil nuts. 1 cup sugar. 1 small tablespoonful lemon juice. 1 teaspoonful vanilla essence.

METHOD.—Sift the flour twice, and put it back into the sieve. Chop the nuts. Add a portion of the lemon juice to the yolks, and thoroughly beat; then stir in the sugar. Beat the whites till they have reached the maximum bulk; then add remainder of lemon juice, with a pinch of salt, and beat till very stiff. Stir in the yolks; add the chopped nuts, followed by the flour, which should be sifted in. Do not beat more than absolutely necessary after adding the flour. Add last the vanilla, and put into a loaf cake tin, as quickly as possible. Only the bottom of the tin should be slightly oiled, as the sides may be disengaged with a knife. Bake from forty-five to fifty-five minutes, not allowing it to brown for the first twenty minutes. Any plain frosting may be used.

OTHER RECIPES.

Celery in Tomato. Cook together equal quantities of strained tomato and celery sliced fine, until the celery is just tender, no longer. Add salt enough to cover the acid taste of the tomato. Serve.



Stewed Raisins.—Soak a pint of good raisins, cleaned and freed from stems, in cold water for several hours. When ready to cook, put them, with the water in which they were soaked, in a

fruit kettle, and simmer until the skins are tender. Three or four good-sized figs, chopped quite fine, cooked with the raisins, give an additional richness and thickness of juice. No sugar will be needed.



Asparagus with Cream Sauce.—Cook asparagus until tender. When nearly ready, place the asparagus on slices of toast, and pour over it just before serving the following sauce,—

SAUCE.—One tablespoonful flour.
 “ “ thick cream.
 Salt (pinch).
 Yolk of one egg.
 Half pint hot (not boiling) milk.

Put the milk over the fire to heat. Rub the flour and cream to a paste. Then add the salt and the egg, mixing all together. When the milk is hot, add it very gradually. Put the sauce in a double boiler, and stir constantly until it boils.

A DELIGHTFUL TONIC: THE SALT GLOW.

SURF bathing is a well-known and delightful tonic; but one available only during a small portion of the year, and then to comparatively few. The treatment known as a *Salt Glow* can be given on short notice in any ordinary home, and in its refreshing, stimulating effects it closely approaches a bath in the sea.

The directions are simple. Fill your bath one-third or one-half full of moderately hot water. Step in and, sitting on a small stool, or standing, rub every part of the body with moderately coarse salt which has been moistened by warm water. The salt may be kept in a basin, and be rubbed on by the bare hands. To finish up add sufficient cold water to make that in the bath lukewarm or even cold, have a dip in it, washing off the salt, and then dry quickly with a bath towel. After such a bath, the skin will be all in a glow and delightfully smooth; there will also be a general sense of warmth and comfort. Rubbing in a little oil or fine vaseline is an excellent means of closing the pores, and increasing the elasticity of the muscles.

Where an attendant can give the treatment, it can of course be done more thoroughly. Even a very feeble person can endure a salt glow very well, and derive much benefit from it. In such cases it is not best to finish with the cold plunge, but the salt may be washed off with warm or tepid water. A careful attendant can give the glow, in a modified form, to a patient confined to his bed.

The powerful tonic effect of the salt glow must be experienced to be realised. Care should be taken not to injure the skin by using too coarse salt or by too vigorous rubbing. Ordinary table salt is sufficiently coarse for most persons. The treatment should be given quickly, five minutes sufficing. Use both hands vigorously in applying the salt, and begin preferably with the lower extremities, taking care that every part of the body surface receives proper attention.

Any diseased condition in which the patient feels depressed or physically weak, will be relieved by this treatment, which is infinitely superior to a drug tonic.



⇒ OUR SERIAL. ⇐

A DEAR EXPERIENCE.

BY S. ISADORE MINER.

In vain George and the doctor in turn tried to force a few morsels of comfort on the distracted mother. "Why, my good madam," said the doctor, "just reason a moment. That little child sleeping in your nursery is probably some other mother's darling, spending her first night away"—

But at the mention of a "night away," Amy's grief again overpowered her, and it was something terrible to see. Having once more succeeded in calming her into a listening state, George would begin:—

"In some other home right in this very city, my dear, some mother is suffering just what you suffer. Just think of it! And to-morrow, very early, there will be a great running to police-stations to tell all about the exchanged children; and then by breakfast time they will have been exchanged again, and probably breakfast in their own homes."

As thinking of another's sorrow is the most speedy and effectual cure for our own, so Amy became, little by little, more calmed by the thought that someone else in that great city was suffering anguish like hers that night. George soon dis-

covered her vulnerable point, and lost no time in enlarging on his argument to the best of his ability.

"Didn't you notice," said he, "with how much taste and care the child was dressed—almost like Dottie?" She is probably the daughter of people of means, who will spare nothing to find her."

Again Amy was interested, and a new thought struck her. Perhaps the strange baby's clothes were marked, though to be sure Dottie's weren't, because she had not yet found time. But as most mothers do mark their children's clothing, she might find some clue that would help restore the lost. Animated by this thought she sought the nursery, where so many happy hours had been spent, but which now looked so desolate.

Had she not been intent upon her investigation, the many little tokens that spoke as plainly to the eye as a voice to the ear, would surely have overwhelmed her with emotion. Dottie's little night-gown lay across a rack where she had thrown it to catch the sunshine. The tiny sleeves hung down, rounded out by the impress of dainty, plump arms, and curved slightly from the bend of dimpled elbows. A pair of ridiculously small boots looked down demurely from the mantel-piece, their toes turned jauntily up like saucy pug noses, showing too well Miss Dottie's propensity for making both ends meet. Several little toys and articles of baby's toilet were scattered about, for Amy's nursery, though always sweet and clean, was never prim.

The little crib Dottie used for her daytime naps stood in the middle of the room, and into this the little stranger had been unceremoniously dumped, clothes all on, by the excited servants, who had since been too engrossed in gossiping over the strange events of the evening to give a second thought to its comfort. It had evidently been sleeping soundly, if uncomfortably. Its face was puckered in a pretty little frown, tiny beads of moisture stood on its fair brow, while a golden halo of hair drooped in damp rings over its forehead. It stirred uneasily, as if conscious of some discomfort, and Amy's heart smote her.

"Poor little thing!" she said, "How selfish I have been! I hope Dottie has fallen into more thoughtful hands, and that

some one has cared for her to-night as if she were their own." Now taken up with a new view of the matter,—an anxious desire to do her duty,—she raised the sleeping baby and deftly began disrobing it. Though every garment was carefully scanned, not a mark of identification could be found. She reached the small night-gown hanging conveniently near, and soon her little guest's confined limbs were rejoicing in a loose robe.

But all this had thoroughly aroused it, and it began to protest against midnight intrusions on its repose. Its cry seemed partly from fear of the unfamiliar surroundings, but it was pitched in an unmistakably hungry key that touched a responsive chord in the hungry mother heart. Instantly a white breast was bared for its approval, and though for a minute baby eyed it with a somewhat curious look, a look half recognition, half wonder, it needed no second invitation.

How strange yet how true a thing is mother love! This little child, as sweet and fair as Dottie in her sunniest mood, though she might take her place in every outward form, was as far removed from that inner temple as though neither had existence. Yes, were she twice as fair, the prayer of that aching heart would still have been, "*My baby.*"

The swinging motion of the rocker had a soothing effect on more than one in the little nursery. Amy's heavy, tear-swollen eyelids drooped, and nestling in the easy chair she fell asleep, baby's golden head still resting on her shoulder. The doctor had long since taken his departure, and George had thrown himself wearily down on a couch. Thoroughly exhausted he lay quietly watching the swinging rocker, till its motion seemed to be shared by everything else. The room became one vast cradle, and he its luxurious tenant; and whoever hushed him to sleep had not long to wait.

[THIS serial was commenced in the October number. It will be continued next month.]

—♦—

Doctor (thoughtfully)—"I believe you must have some sort of poison in your system."

Patient—"Shouldn't wonder. What was that last stuff you gave me?"



CHILDREN'S PAGE.

THE HOUSE BEAUTIFUL.

WHAT do you do with your nose, Mary? "I smell with it." And is that all the use you make of your nose? Think, a moment, dear. "I take in air through the nose."

Yes, of course you do. You breathe through the nose. That is the most important use of the nose. The air contains a very important food called *oxygen*. It is a gas, and floats in the air. When we breathe in the air, the oxygen comes with it, and is taken into the lungs. There it meets the blood.

What makes the blood red, Mary? You don't know? Well, let me tell you. It is this oxygen of which we are talking. The oxygen purifies the blood, and gives it a bright scarlet-red colour.

So you see, dear, that in order to have pure, red blood, one must breathe plenty of oxygen.

There are two breaths. The first is the air we breathe in. Before taking in another of these breaths we must breathe out. The air thus passing out through the nose is impure. It contains poisonous matter from the body that we want to get rid of.

This bad air, or the air we breathe out, soon poisons the air of the room, and makes it unfit to use. Consequently it is necessary to provide plenty of fresh air by opening the windows.

To let in the pure fresh air, and get rid of the bad air, is what people call *ventilation*. I am sure you can see how important it is to provide plenty of fresh air for all the living rooms, both day and night.

Always breathe through the nose, for that is the natural way. Sometimes the nose becomes stopped up by a growth of diseased tissue, and then it is difficult to breathe through the nose. Next month I will tell you more about the nose, and what to do in such cases.

THE editor of the *Sunday-school Times* recently met ten boys on Chestnut street, Philadelphia, smoking cigarettes. He stopped them, and spoke to them in kindly warning against their folly. After a little conversation on the subject, one of the boys looked up in all earnestness, and said: "I wish I'd never begun to smoke; but I can't break it off now." "How old are you, my boy?" asked the editor. "Going on eight," said the little tobacco slave.

EDITORIAL.

The Hygienic Treatment of Diabetes.

TRUE diabetes, or *Diabetes Mellitus*, is a nutritional disorder. There is an accumulation of sugar in the blood, and the excess is eliminated through the kidneys, giving rise to a large increase of pale, sweetish urine.

Diabetes is a disease of the higher classes. Children are but rarely attacked, and the majority of victims are between the ages of thirty and sixty. Men are more frequently affected than women, and nervous people are particularly prone to the disorder.

Summary of Symptoms.

The onset is usually a gradual one, and the first symptoms noticed are great thirst and a marked increase in the flow of urine. The appetite increases with the thirst, the skin becomes dry and rough, and there is progressive emaciation and general weakening of the physical forces. Constipation is usually present.

The amount of water passed varies enormously in different cases. It may not be more than five to ten pints in the twenty-four hours, or it may increase to thirty or forty or even fifty pints.

Diet for Diabetics.

It is generally agreed by medical authorities that the medicinal treatment of diabetes is very unsatisfactory. In our opinion diet and exercise are the two most important considerations.

In many cases a careful regulation of the diet will relieve the symptoms, and greatly reduce the loss of sugar.

A diabetic patient can usually take green vegetables, such as lettuce water-cress,

celery, spinach, Brussels sprouts, cauliflower, green peas, French beans, tomatoes, and cucumbers. He may also use gluten gruel and biscuits, almond and cocoanut biscuits, most kinds of nuts and nut foods (except chestnuts), cream, eggs, kumyss, buttermilk, curds, butter, and milk in small quantities. Most varieties of fruit, except dates, figs, and bananas, may be taken to advantage.

Ordinary white bread should be discarded. Wholemeal or "bran" bread, granose flakes and biscuits, and brown zwieback may be included in the diet.

Remember, in selecting the diet for diabetics, that only those articles which are easily digested and assimilated should be used. Starchy foods must be avoided.

How to Relieve the Thirst.

Large quantities of water are excreted with the sugar, and this loss must be made good. The thirst is a natural symptom under the existing conditions. It may be relieved by sipping hot water, or by sucking bits of ice. Plain water or lemon water (without sugar) may be taken in half-glass doses hourly. Orange juice may be taken quite freely.

But the patient should be urged to control thirst as much as possible, and water and other fluids should always be taken in moderation.

The Benefits of Exercise.

Every patient suffering from diabetes should arrange to take a course of systematic exercise and physical culture. Exercise stimulates the vital processes of the body and thus increases combustion. But the exercise should be carefully regulated to suit the condition of the individual case, and be taken under proper directions.

Exercise out-of-doors in the fresh air is always desirable. Walking, cycling, and riding are excellent forms of exercise. Breathing exercises, too, must not be neglected. Take deep, full breaths, and breathe out slowly. Expand the lungs to their full capacity. Have an abundant supply of fresh air when taking any form of exercise.

Of course not all patients suffering from diabetes are strong enough to take even light exercises. For those who are weak and emaciated, quiet rest in bed is indicated. Then gentle massage must take the place of exercise.

Hydrotherapeutic Measures.

One of the best and most efficacious of these is the morning cold bath, followed by vigorous friction. This treatment can be adapted to the requirements of the particular case.

Fomentations to the abdomen are indicated in most cases, and should be taken daily. The abdominal girdle should be worn at night. It consists of a suitable towel wrung out of cold water and wrapped firmly around the trunk, extending from the nipples to the hips. The wet towel should be covered with two or three thicknesses of warm flannel, which should overlap above and below, so as to exclude the air as much as possible. The girdle is removed in the morning before taking the cold bath, and need not be worn during the day.

Abdominal massage is very helpful in many cases, especially for constipation.

How to Avoid Diabetes.

Although diabetic patients occasionally get well, and appear to remain well, true diabetes is a very difficult disease to cure. When once seated it is almost impossible to eradicate it from the system. So prevention is by far the safest course.

While comparatively little is known of the real nature of this disease, still many of

the predisposing causes are recognised. Among these are certain constitutional diseases, namely, malaria, syphilis, and gout. Obesity, too, not infrequently precedes diabetes.

Among the general predisposing causes may be mentioned injuries to the brain and nervous system, mental shock and exhaustion, nervous strain and worry, and various dietetic errors. Indeed, over-indulgence in rich and unwholesome foods and the use of strong drink, together with a sedentary life, doubtless account for a large number of cases. The free use of sugar, sweets, and pastries is undoubtedly detrimental to the health, and a prolific cause of nutritional disorders including diabetes. No one can afford to abuse the digestive organs, for sooner or later retribution in the form of disease and physical suffering will be the result.

To all we recommend a plain, simple dietary, consisting largely of fruit, bread, and nuts, with plenty of out-door life, moderate exercise, regular habits, pure water for drink, and eight hours of sleep. Attend faithfully to the natural requirements of the body, enjoy an abundance of sunshine and fresh air, and health will be the result. Good cheer is a good medicine, and a veritable antidote for worry. The greatest safety from disease lies in a simple, natural life, a clear conscience, and a joyful heart.



Clothing and Gas Absorption.—

Clothing of any material absorbs gases to a greater or less extent. Recently experiments have been made to determine the absorptive power of different fabrics, and it was found that woollens absorb much more of a given gas than cotton fabrics. Ammonia is quickly absorbed, some other gases more slowly. Hence a woollen suit will retain odours longer than one of cotton.

QUESTIONS AND ANSWERS.

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

Superfluous Hairs—J. H. M.: Kindly let me know if there is any cure for superfluous hairs.

Ans.—They can usually be removed by the use of electricity, which destroys the roots of the hair. The services of a specialist will be required. The so-called "cures" for this condition are worthless and often dangerous.

Habit Spasm—L. H. would be glad to know the cause of her little boy of twelve having a twitching of the muscles of the nose and mouth and eyes. Otherwise he is perfectly healthy. What should be done?

Ans.—It is a nervous disorder usually found in rapidly growing children or those in bad health, and in the majority of cases passes gradually away after some months. Warm baths with gentle massage will be helpful.

Hot Water Bottles to Induce Sleep—M. R.: Some people use hot water bottles in bed for warming the feet, and so obtaining sleep. Can you tell me if there is any objection to this practice from a health point of view?

Ans.—None whatever, except that in some cases it may have a debilitating effect. Such means for securing sleep is far superior to the use of drugs. A brisk walk or some other exercise for half an hour before retiring, will often bring the necessary warmth, and also favour sleep. The bed should always be dry and well aired.

Roughness of the Face—S.: I am troubled with roughness of the face, which in cold weather is almost unbearable, and I am obliged to keep it rubbed with vaseline. Can you tell me the cause and cure?

Ans.—In washing the face, use soft water and a mild, non-irritating soap, such as Olive Oil Soap, and always dry it well, especially before going out. Your skin is doubtless thin and tender, and it might be well to dust it with borated talcum powder occasionally. When drying your face, lay a smooth, clean towel on the skin, and then rub the towel gently, and thus avoid irritating the skin.

Yorkshire Pudding—Cheese—Crackers—Substitute for Tea—Cigars—E. E. S.: 1. Is Yorkshire pudding a good thing to eat? 2. Cheese? 3. Is it well to take biscuits with tea? 4. What would you recommend me to drink in place of tea? 5. Are cigars injurious to the body? 6. Is there any harm in keeping woollen drawers on in bed? 7. Is there any harm in sleeping between blankets instead of sheets?

Ans.—1 and 2. No. 3. Better without the tea. 4. Caramel Cereal, a food-drink, prepared by the International Health Association, of Legge Street, Birmingham. 5. Yes. 6. The clothing worn in the daytime should always be completely changed on retiring at night. 7. No.

Constipation—Bacon—A. P.: Some time ago I was subject to constipation, and was advised to take bacon for breakfast. I did this and it answered the purpose; but in other respects I hardly think it is beneficial. Could you recommend a substitute?

Ans.—The free use of fruit, both fresh and stewed, and coarse breads will regulate the bowels. Stewed figs and prunes are especially valuable, and an orange or a glass of water taken immediately on rising is also helpful. Fat may be taken in the form of nuts, or such a nut preparation as Bromose. (International Health Association, Birmingham.) If cream agrees, it is also an unobjectionable fat. Bacon is one of the most unwholesome of flesh foods, and ought not to be used.

Varicose Veins and Constipation—J. E. P.: Kindly give advice for the treatment of varicose veins. I think they are due to constipation and long hours of standing in the shop.

Ans.—Remove the causes as far as possible. Take fruit freely and coarse breads, and use water enemata instead of straining at stool. Avoid standing so much. The use of elastic stockings or bandages sometimes affords great relief. When sitting or reclining, keep the affected limb elevated to favour the return flow of blood. Alternate applications of hot and cold water may also give relief. To effect a radical cure a surgical operation may be necessary.

Bad Taste—Foul-smelling Breath—Pain in the Stomach—O. A. has a bad taste in the mouth every morning, a foul-smelling breath, and pain in the stomach after the mid-day meal, also depression of spirits, and oftentimes horrible nightmares. He asks advice as to treatment.

Ans.—Drop the supper, confine your diet largely to fruit, grains, and nuts, and avoid drinking at mealtime. Your meals should be six hours apart. Fomentations will relieve the pain. Regulate your bowels by the use of fruit, also plain water enemata if necessary. Lie on your side at night. Take a tepid or cold sponge bath every morning.

Good Health

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

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Single copy, 1d., by post, 1½d.

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451 Holloway Road, LONDON, N.
Telegraphic Address: "Uprising," London.

OUR booklet "One Hundred Hygienic Food Recipes" is having a steady sale. Many find it an excellent means of interesting their friends in the adoption of a simpler and more wholesome dietary. Price only 2d. Post free, 2½d.

A BREAKFAST food which owes its popularity, not to flaming advertisements on the hoardings, but to its own intrinsic worth, is *Avenola*, manufactured by the International Health Association, of Birmingham. A few spoonfuls taken with hot milk form a breakfast or supper dish that will give the maximum amount of nourishment with but small drain upon the digestive system.

THE April or Easter number of *Good Health* will be a special temperance number, a fuller announcement of the various features of which appears on another page. We shall spare no pains to make this a very interesting and valuable number, and invite the hearty co-operation of all our friends in giving it the widest possible circulation. Let us hear at once from all who are willing to help.

THE Universal Cookery and Food Association will hold its 14th Exhibition at the Royal Albert Hall, from April 21st to 24th, under the patronage of Her Majesty the Queen. The Exhibition will comprise Artistic and Household Cookery, Confectionery and Bakery, Cookery for the Sick, etc. The Schedule also comprises Food Products and Commercial Exhibits, and covers a wide range of subjects of interest to Caterers as well as the General Public.

THE Digestive Food Co., of Paisley, have favoured us with samples of their specially prepared pea flour and lentil flour. We are giving these foods a thorough trial in our Experimental Kitchen, and will be able later to make definite suggestions in regard to their use. From what we have already seen, we believe we are safe in recommending these preparations for the making of soups and gravies, and in cases where lentils and peas as ordinarily prepared do not seem to agree with the stomach.

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* *

THE Sanitarium enterprise mentioned last month is making satisfactory progress. Liberal donations have come, not only from friends in this country, but also from America, and it is expected that sufficient funds will be in hand early in March to make the final payment, and enable the institution to enter upon its work free of debt. The Sanitarium is located in Surrey, but inquiries, applications for admittance, etc., may still be directed in care of the GOOD HEALTH Office, 451 Holloway Road, London, N.

* *

THE Good Health School announced last month as about to be held in Leicester, was a real success. The class lumbered nearly a hundred very intelligent and progressive students. Practical questions were asked almost without number, and the demonstrations and lectures were listened to with marked interest. The instruction was given by Dr. & Mrs. A. B. Olsen, who carried away very pleasant memories of Leicester. Special mention is due Mr. Goodwin and Miss Cliff, of the Leicester Food Reform Society, as well as to Messrs. Buckland and Buxton and their wives, who all rendered valuable assistance, Mr. Buxton giving some of the afternoon talks.

* *

THE February number of *Health & Strength* contains several specially good features of particular interest to all readers. Dr. Alexander Haig, one of the most eminent dietic authorities of the day, contributes an article describing the "Uric Acid Free Diet;" Mr. Alfred Broadbent (Manchester), gives his experience of "Balanced Diet" as the second point in his series of articles, "Common-Sense Papers on the Art of Living Healthily." An extremely interesting article is "Control and Quickness of Muscle," by L. Ehremeyer (London), bringing forward several new points upon the question of muscular development; Part II. of "Physical Training in Elementary Schools" (by "Herculean"), deals with "The Model Course," and its insufficiency as a system of National Physical Education, a subject that parents should carefully consider; "Physical Culture Reading," A. B. Coombe (Truro), provides much matter for careful thought and selection. Another interesting feature this month is a page plate of selected badges from the Badge Competition, and Readers' Experiences are of special note. Jack Carkeek, the "King of Wrestlers," makes a fitting subject for the Cover, and the advantages of the "Health & Strength School" of training are illustrated by an exceptionally fine specimen of manhood, with notes by Mr. J. St. A. Jewell (Hon. First Leader, H. & S. School and Club). A fine photo plate of readers of the magazine lends a personal touch and serves to illustrate the work done by the magazine.

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Important Announcement.

GOOD HEALTH for next month (April) will be a

SPECIAL TEMPERANCE NUMBER.

It will be crowded from cover to cover with facts and principles of vital interest bearing directly on the great temperance problem. It will contain among other illustrations the portraits of a number of the leading temperance workers of this country. A full-page half-tone engraving showing the effects of alcohol upon the various organs of the body will be a very valuable feature. Following is a brief enumeration of the leading articles that will appear in this number:—

- “First Approaches of Intemperance.”**
By J. H. KELLOGG, M.D. Editor *American Good Health*; author of “Man the Masterpiece,” “Ladies’ Guide,” etc.
- “Alcohol and Good Health.”**
By G. SIMS WOODHEAD, M.D., President British Medical Temperance Association.
- “The Root of Temperance.”**
By DR. E. J. WAGGONER. Editor *Present Truth*; author of “The Gospel in Creation,” etc.
- “The Effects of Drink upon Mind and Morals.”**
By J. C. OTTOSEN, M.D. Editor *Sundhedsbladet*; Supt. Skodsborg Sanatorium, Denmark.
- “The Relation of Diet and Drink.”**
By A. J. HOENES, M.D. Editor *Gute Gesundheit*; Supt. Friedensau Sanatorium, Germany.
- “Dangers in the Use of Absinthe and Bitters.”**
By P. A. DEFOREST, M.D. Editor *Le Vulgarisateur*; Supt. Basle Sanitarium, Switzerland
- “How to Treat Emergencies without the Use of Alcohol.”**
By F. FLEETWOOD TAYLOR, M.B., Ch.B., of London.
- “The Wine at the Marriage in Cana.”**
By REV. JOHN PYPER, of Belfast. Editor *Bible Temperance Educator*.
- “Temperance and the Growing Child.”**
By MARY WOOD-ALLEN, M.D. Author of “Almost a Woman,” etc.
- “The Effects of Alcohol upon the Stomach, Liver, Heart, Brain, and other Organs of the Body.”**
By ALFRED B. OLSEN, M.R.C.S., L.R.C.P.



Will you help?

Our readers will see at once that this number of GOOD HEALTH will be brimful of live temperance matter, and therefore an excellent means of spreading the principles. May we not ask the help of every one of our readers in giving it a very extended circulation. Who will take a dozen, two dozen, three dozen, 50 or 100 copies to circulate amongst all classes of society, particularly among the poor, who are now spending such a considerable portion of their hard-earned shillings in the public house?

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“GOOD HEALTH,” 451 Holloway Road, London N.

EXPERIENCE CORNER.

THE following experience, like that given last month, is from an enthusiastic and successful worker. Our readers will notice that the restoration to health was effected, not by drugs, but by correcting the habits, and thus getting into harmony with the Creator, who is ever at work restoring and healing His children.

New Life through Health Principles.

The Health Reform has been indeed new life to me. When I took hold of it I was worn out with disease, and suffering. I was to all appearances ready to drop into my grave. Life was only a weary existence. My first intimation of these principles was when a friend suggested to me that tea was not a good thing for me. I was nervous, and a real slave to the use of this beverage. I took it as often as I could get it. Doctors told me to give it up. I would do this for a while, but start again as soon as I felt a little better, and I am safe in saying that I had just as much of a struggle to give up that habit as the most confirmed beer-drinker could have in giving up his favourite beverage. Then came the meat question. I was told that flesh foods were not good for me; also that I must not use cheese, and that my little bit of bacon in the morning was harmful. I must confess that I became frightened, and said: "What in the world shall I eat? I shall surely starve." Then they said, "Well, are you not really starving now." Indeed I was wasting away. My tongue was so thickly coated that I could just scrape the fur off with a small penknife I kept for that purpose. A bad taste was always in my mouth, and my head was continually aching. Sometimes I would be so distracted with the pain as to wonder if I were going out of my mind. I was also subject to frequent fainting spells, and scarcely a day would pass without one.

I first let my tea go, determined never to touch it again. To begin with I was sorely tempted to use it over and over again. My head would ache, and I would tremble, and feel such a longing for a cup. Nevertheless I gained the victory, and have never gone back to tea since. That is seven years ago. I also dropped my meat, coffee, and other harmful things, and have never regretted it to this day. However, I did not get well all at once, and for a time did not look very much better. At first my efforts to carry out these principles were

very faulty, but I clutched at every little ray of light. I had been in poor health all my life, and knew that it would take some little time to get the full benefit of these health principles. I held on to the word of God, believing that in due time I should receive the blessing.

I see now that one reason why I was not helped sooner was that my motives were somewhat selfish. I wanted to be well for my own sake. I have learned since that the one thing to keep in mind is the glory of God. I rejoice in the health principles to-day because they have taught me what a wonderful Saviour we have, and how He watches over us healthwise, and gives us grace and strength for our work. These principles have done wonders for me. My friends have all acknowledged the remarkable change in my physical condition. I am so anxious to do what little I can to let others know of the help that one may receive by faithful obedience to these divine principles.

Bradford.

E. B.

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No. 3.—"One Hundred Hygienic Food Recipes." 32 pages, price 2d. Post free, 2½d.

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THE foods included in the following list are called "Health Foods" because they are entirely free from all that is injurious, and contain just the elements required to build up the human system, both in health and disease. They are made from the purest materials, combined in the proper chemical proportions, and so perfectly cooked as to be easily digested by all.

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Granose Flakes.—The entire wheat berry perfectly cooked and ready for use, in the form of thin, crisp flakes. Can be eaten by persons with delicate digestion, infants, invalids, and athletes with equal advantage. A perfect food. In packets, containing about thirteen ounces,7½d.

Granose Biscuits.—The same as Granose Flakes, but pressed into biscuit form. Per box,7½d.

Toasted Wheat Flakes.
—Sweetened with Malt Honey (Nature's Health Sweet). To 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.

Avenola.—A combination of choice grains, combined in the proper proportion to secure perfect nourishment. Makes porridge in one minute. Makes delicious puddings. Packed in airtight canister. In 1 lb Package,7d.

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.

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HEALTH & STRENGTH MAGAZINE

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