



The Ideal Temperance Drink.



Good Health

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

Entered at Stationers' Hall.

Vol. 1.

April, 1903.

No. 11.

EDITORIAL CHAT.

It is said that there are in Scotland seven hundred congregations which use non-alcoholic wine at the communion service. Such churches are at an advantage in fighting the drink traffic.

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THE birth-rate in London in 1901 was 29·0 per thousand of the population, the lowest since civil registration began. It is good to be able to add that the death-rate was also the lowest thus far recorded, namely, 17·1 per thousand.

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The Plague Still Raging.—India is still in the grip of that dread disease, bubonic plague, the victims numbering more than 15,000 weekly during the closing weeks of the year 1902. This is double the mortality rate of a year ago, so that the disease is increasing, though little is now said about the subject.

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A Beneficent Holiday.—Utah(U.S.A.) has appointed a new legal holiday, to be known as "Health Day." It has been enacted that on the first Monday in October all dwelling houses, shops, theatres, public halls, etc. shall be thoroughly cleaned and disinfected. Failure to observe the Act entails a penalty of £10. This is certainly a step in the right direction. We would suggest at least two such public cleaning days,—one in the spring as well as one in the autumn. Filth in one form or another

is without doubt the cause of a large amount of disease. A decent regard for cleanliness is one of the things which could properly be enforced by law.

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Great Britain's Drink Bill.—The inhabitants of these isles spent in 1900–1901, the enormous sum of £189,072,000, on intoxicating drink, which amounts to £4 11s. 2d. per head. England spent the most, her average being £4 16s. 11d., while Scotland and Ireland come in at £3 14s. 4d. and £3 6s. 7d. respectively. If we eliminate 14,500,000 non-consuming children and 3,000,000 adult total abstainers, we find that the average per head of non-abstainers is over £7. It is difficult to realise the magnitude of the national bill for intoxicants. Perhaps it will help us to recall that the sum equals the entire revenue of the country, and closely approaches the cost of a South African war. It is estimated that the working classes spend fully one-seventh of their income on drink. Is it at all to be wondered at, in view of this fact, that one-third of the men who have reached the age of sixty-five must receive public relief? The children of our populous slums are thin and anæmic for want of food, while the parents spend their hard-earned shillings at the public-house. Yet it would be a light thing if the money were merely wasted. Sad to say it is invested in that which unmans the husband and father, and dulls the fine

sensibilities of the mother ; which renders the one less efficient as a wage earner, and unfits the other for the sacred responsibilities of home life and motherhood.



Dr. Hutchison on Tea and Meat Extracts.—"Some things taken largely are of no use in keeping up the human fabric and supplying energy. Tea is one of these things, and the much-lauded meat extracts are certainly not of any use in replacing the wear and tear of the body." These statements, taken from a recent lecture by Dr. Robert Hutchison, an acknowledged authority on foods, may possibly startle some people ; but they will bear investigation. The question that every sensible person will naturally ask himself next is, "If these things are useless as foods, why should we take them at all ?"



That Tired Feeling.—Stimulants of all sorts are taken to remove the languid, tired feeling that is especially common in the spring ; but how much better it would be if, instead of covering up an unpleasant symptom, people endeavoured to discover the cause, and then set about to remove it. If one is working too hard, then the proper remedy is rest,—more sound, refreshing sleep in a well-ventilated bedroom. If the cause is waste of energy through overeating or the use of an unwholesome dietary, the adoption of a simple, abstemious diet of bread and fruit, will give prompt relief. Perhaps the diet is not to blame, and yet there is lack of energy, owing rather to sedentary habits and too little fresh air and sunshine. Here we may learn a lesson from the birds and trees and flowers. What abounding life and vitality, what a superabundance of energy they display in the springtime ! Whence does this power come ?—From the Great Creator, in the first place, but the immediate agency is

the sunshine. How sickly and languid and pale plants become in a dark cellar ! Yet we expect to have health and energy while spending a large part of the day in dark, poorly-ventilated offices, and at night breathing over and over again the foul air of a close bedroom. Let us give these divine agencies a proper chance, and they will really effect a cure and a lasting one. If we cannot spend as much time as we would like in the open air (modern life is more or less artificial at the best), baths, warm and cold, will be found very helpful in relieving weariness.



The Candy Habit.—Go where you will in England, you can always get three things : A drink, a cigarette, or a supply of sweets. Provision dealers close early. You can't buy a loaf of bread on Sunday. But you can buy sweets by the pound. We very much fear that the candy habit bears some remote resemblance at least to the drink habit and the cigarette craze. To be sure, sweets are a food, but they are not usually taken because one is hungry and the system requires nourishment. One eats chocolates and candy mainly to gratify taste, which is in reality a form of intemperance.



Increase of Drunkenness among Women.—It is very sad to have to acknowledge that the drink habit has obtained a strong footing amongst the mothers of our country, and threatens, if it continues to advance at the present rapid rate, to utterly subvert the health and stamina of the nation. Whenever it is possible to do so, let a hand be put forth to rescue these poor, weak victims of a terrible appetite. Kindness will accomplish the most. In the words of Lady Henry Somerset, "if there is a power that can win souls back to light and life, it is only to be found in love, and it is only by

loving these lonely ones that their bleeding feet will ever return to ways of peace and pleasantness." We believe this is the spirit of the work that is being done at the Duxhurst Home, and the various rescue agencies conducted by the Salvation Army.



The Bishop of London at a Temperance Meeting.—Gatherings for the discussion of temperance questions are not, in the nature of things, noted for large numbers; but the meeting held in Holloway Hall, North London, on the nineteenth of February, was remarkable both for numbers and enthusiasm. Several speakers took part, but our limited space allows us to note only some remarks by the bishop, who seemed to be in his element in the discussion of the temperance problem.

He said he was very glad to be at a temperance meeting. He considered temperance work the most delightful work in which a man could be engaged, and also one of the most hopeful. Real advancement had been made. Getting drunk had at least come to be considered as contrary to good manners, which was hardly the case a hundred years ago. Efforts to save the boys and girls of the slums by providing wholesome recreation and amusement had proved successful. *Once get it into a boy while young that he enjoys himself best in the right way, and he won't go into the wrong way.* A kindly interest taken in the welfare of the poor and unfortunate members of society, would bring large returns in higher ideals and nobler lives.

The church had a duty to perform in this matter. It must take hold of the work with earnestness and zeal. What was the good of a church that rested in its feelings, and made its feelings a test of its condition? The real test of a Christian church was, what wrongs had it conquered? what evils had it trampled under foot? Personal workers were needed—men who would look after their erring brother, help him safely past the public-house, and see him to his home.

There was much more of equal interest, showing on the part of the bishop that very practical acquaintance with the whole subject which his work in East London has given him. The fact that the bishop has been for twenty years a total abstainer, also lent force to his words. We wish all our readers could have attended this meeting. Surely all preventive work in the way of organising clubs and giving



THE RIGHT REV. WINNINGTON INGRAM,
LORD BISHOP OF LONDON.

popular instruction, etc., is to be highly recommended. We trust that the efforts being made in this direction will meet with the hearty public support that they deserve.



What is Temperance?—Temperance is too frequently narrowed down to apply only to the use or non-use of intoxicating beverages. It is in reality an all-pervading principle in the daily life, perfect temperance involving perfect control of appetite, and the subordination of the senses to an enlightened reason. In the temperate

man, the spiritual nature not only predominates, but rules, the body with its various organs obeying the behests of the will. There is need of temperance in eating as well as in drinking. Excess in the quantity of food brings on a state of stupidity akin to that produced by alcoholic drinks. The same or similar effects follow indulgence in highly stimulating foods and those causing disturbances of digestion, such as fermentation, etc. Moreover, to take anything merely because it tastes

good, regardless of its effect on the system, is to be intemperate. "If when in good health," writes Dr. Keith, "we took only the food necessary for our comfort and for our work and no more, instead of working the stomach to the utmost, and helping it when it flags by dainties, as well as by drugs and stimulants, we would have much more pleasure from our meals and a much larger continuance of strength and health. We would also escape many of the ills that life is said to be heir to."

ALCOHOL AND GOOD HEALTH.

BY G. SIMS WOODHEAD, M.D.

President British Medical Temperance Association.

THERE are people who still believe that alcohol is essential for, or at any rate assists very materially in, the maintenance of a state of sound physical health. If, however, we read the signs aright, many who at one time would have held this opinion very strongly are being driven back on the view that, although not a necessary part of the diet of a perfectly healthy individual, alcohol is to be recommended as a beverage in cases where the health is slightly "below par."

This is rather an interesting state of affairs, especially as it cannot but be felt that many of those who recommend the "moderate" use of alcohol in certain forms of dyspepsia or indigestion, would be the very first to recommend sufferers "not to be always drugging themselves." If it can be proved that alcohol is useful as a drug, it should be put amongst pharmacological agents or drugs, and should be kept there, in which case its indiscriminate and continued use must be looked upon as an unmitigated evil. As soon as a patient begins to lean upon alcohol as an everyday stimulant, he almost invariably finds that in order to obtain the desired effect, the dose must be regularly and continually increased; of no food with which we are

acquainted can the same be said. In connection with this faith that some people seem to have in alcohol as a panacea for every ill, however small or however great, one cannot help calling to mind people who have suffered from dyspepsia, headache, and asthma, for many years of their lives, and who have taken alcohol as a remedy during the whole of this period. Had any other "remedy" been tried with equally small success, the doctor who prescribed it would have been proclaimed as knowing precious little about his business. In spite of the dicta of certain physiologists, but in accordance with what others hold, I have not the slightest hesitation in maintaining that to a healthy individual alcohol is absolutely unnecessary, and that in nine cases out of every ten, or I might say in ninety-nine out of every hundred, it does far more harm than good to patients who are suffering from minor illnesses, or slightly enfeebled health from what ever cause.

One is sometimes told that, as we get older and acquire a little more experience, our views on these points become modified. In my own case these views are becoming modified, but I may frankly say always in the direction of a more marked, and I think, better founded, distrust of alcohol, even as a drug.

LADY HENRY SOMERSET ON THE DRINK PROBLEM.



[Owing to severe illness, Lady Henry was not able to accept the invitation to write an article especially for this number of **GOOD HEALTH**; but we are sure our readers will be interested in the following

extracts from her ladyship's annual addresses before the British Women's Temperance Association, which we have the author's kind permission to use. Lady Henry's strenuous and successful labours in behalf of temperance and other allied reforms, is too well known to need mention. The name is a household word.—ED.]

Why Advocate Total Abstinence?

"WE have come to recognise the fact that anything that affects the absolute integrity of the brain, is in itself an evil. For this reason we should advocate total abstinence, believing the brain to be saner, the thought steadier, the eye quicker, the hand better adapted to the delicate work of these intricate days, when no brain poison enters the system, no narcotic dulls the sense, and no drug produces a temporary elation."

The Misery Caused by Drink.

"The authority of specialists, and the common consent of the public, admit that fifty per cent. of the disease, seventy-five per cent. of the crime, and ninety per cent. of the pauperism, are the outcome of using intoxicating liquors as a drink. It is admitted that the misery caused by war, pestilence, and famine, all in one, are not to-day as great as the misery caused by alcoholic beverages; it is admitted that

nothing has imbued the barbarous tribes and Oriental countries with a distrust of Christianity so deep as the fact that Christian nations have fastened upon them the the curse of drink."

Our Duty in Respect of the Drink Problem.

"What ought I to do about it? This is the storm-centre of the whole discussion. In answer to this query, which every sane mind and honest heart must ask itself a thousand and a thousand times, men and women, who by long observation and experience have become experts in the temperance movement, unite to make this declaration: At one pair of lips we will stop the tawny, seething, nauseous tide; we will so act that if our action were taken as a guide, this curse would be banished from our land ere another sun should rise. The products of the vineyard, the brewery, the still, shall find no place on our tables; the wine-glass, the beer-mug, and the decanter shall never be lifted by our hands."

The Children of Intemperate Parents.

"A famous Swiss physician took notes in the Children's Hospital at Berne of the history of ten families of drunkards and of ten families of temperate persons. He observed these two sets for twelve years. The direct posterity of the drunkards amounted to fifty-seven children. Of these, twenty-five died during the first few months from insufficient vitality and brain affections, six were idiotic, five stunted in figure, five epileptic, five had congenital deformities. Out of the fifty-seven, only ten, or 17.5 per cent. had ordinary health in childhood. Now let us turn to the children of the temperate families, numbering sixty-one. Five died from insufficient vitality, four had curable nervous maladies, two had congenital defects. The remaining fifty, or 81.9 per cent. were healthy during the years of childhood when the physician had them under observation."

THE PROGRESS OF MEDICAL TEMPERANCE OPINION.

By the Editor of the "Temperance Record"

"A SOUND mind in a sound body," is the desideratum for individual and national efficiency. Proficiency in all "manly" sports has been a feature in the daily life of both sexes during recent years, and along with the cultivation of such exercises has gradually come a recognition of the fact that alcoholic drinks are incompatible with front rank excellence in any of them—as somebody said in our hearing the other day, "beer and the bicycle won't go together."

It is only right, however, to state that the great advance in medical interest in the temperance question has been mainly owing to the pioneer labours, in this special sphere, of the National Temperance League, the late secretary of which, Mr. Robert Rae, was a man who devoted his long service in the cause to obtaining evidence in its favour from all influential sources.

No work ever undertaken by the League has been so productive of "established facts" as that in the medical profession,



"FIVE BRIGHT BRITISH BOYS."

Members of the Greenwich Royal Hospital Schools' Band of Hope.

But while "drink" is discredited in connection with physical training, it is still held by most to be a quickener of the brain, and its free use is deemed to be consistent with mental alertness and efficiency. That is to say, this is the idea of the average man; but it is emphatically NOT the opinion of the scientist, nor of the intelligent student of the modern developments of the temperance problem. To describe how the medical profession has gradually evolved, from clinical and experimental research, the exact equation of alcohol in relation to the brain and nerve cells would occupy more space than is at our disposal.

which began as far back as the year 1862, when the first conference with doctors was held in London. A breakfast was given in the same year to the Social Science Association, which was of cognate interest, and since that period the annual progression of thought and discussion, at the conferences of the leading learned societies, has been one of the most remarkable signs of progress which temperance workers have had.

Commencing with but few adherents in the profession, the Total Abstinence movement has grown, until we have to-day an association consisting entirely of abstaining medical men, numbering some five hundred, with an equal number of student-associates.

This solid body of practical abstainers presents an illustration of the results of accumulated testimony acting upon the intellect of the country. The reason why the evidence has not similarly affected the public mind, in the same proportion, is not far to seek.

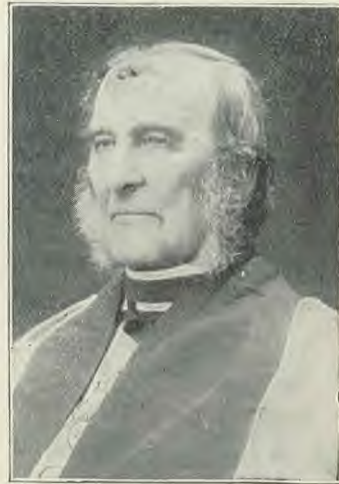
The most recent authoritative deliverance we have had is that placarded upon the walls of Paris, printed on the special paper of the Government, and signed by the Prefect of the Seine and the Director of Public Charity. The declaration is of extreme value as indicating the conclusions of modern scientific enquiry, and while some interested objection is taken to them, the proclamation can be sustained by the evidence of the leading pathologists of this country and the Continent. It will be generally agreed that the statement, of which the following is the text, is a most remarkable document:—

“Alcoholism is chronic poisoning due to the habit of drinking spirits, even though such indulgence does not lead to unruly drunkenness or even tipsiness. It is a mistake to say that alcohol is of service to men engaged in work that puts a strain upon the muscles, or that it gives heart to the workman, and enables him to withstand fatigue. The artificial excitement it gives rise to is soon followed by nervous depression and weakness. The truth is that alcohol is of no use to anyone, and is injurious to everyone who drinks it. The habit of drinking spirits rapidly leads to alcoholism or the alcoholic state. But some drinks classed as hygienic also contain alcohol. The only difference is in the quantity taken at a time. A man who often imbibes these drinks becomes after a time as certainly alcoholic as if he drank spirits. The so-called aperitive drinks (absinthe, vermouth bitters), the aromatic liqueurs (mint, juniper meadow-sweet, etc., extracts), are the most ruinous to health of all, as they contain, besides alcohol, essences that are rank poison.

“The habit of toping wrecks the home, destroys family life, the health, the sense of duty, brings on a splenetic disgust for work, and poverty and crime. Its least evil is to lead the alcoholised workman to the hospital, for alcohol is the parent of many diseases in their worst form—of paralysis, epilepsy, madness, affections of the liver and stomach, and dropsy. It is the most common source of tuberculosis, and it so aggravates typhoid fever, pneumonia, and erysipelas, that any of these diseases kill off the habitual toper, though a sober man would only suffer from a mild attack.

“The alcoholic state into which the drunkard or toper falls is visited on his children. If the latter survive the early months of infancy, they are threatened with idiocy, epilepsy, or, should their lives be spared beyond infancy, with tubercular meningitis or consumption. Alcoholism is one of the most terrible enemies of the toper and his family.”

The cause of the conditions thus so graphically described has been ascertained and stated by the latest medical science, to be the use of alcohol in quantities usually deemed moderate. The doctrine now



THE LATE DR. TEMPLE, ARCHBISHOP OF
CANTERBURY.
President of the National Temperance League.

enunciated by expert opinion goes far back from the present generation, and traces to a long continued drinking habit, the degeneration of the vital forces of the physical and mental organism which is responsible for the inebriety and inefficiency of to-day. This degeneration in the first place creates inability to resist the alcoholic environment thus set up, and in the second place, through the accumulated effects of alcohol upon the brain and nerve cells, prevents perception of the actual cause of inebriety and inefficiency. The most recent medical science, it will be seen, confirms the wisdom of the temperance pioneers in seeking to cure and prevent drunkenness by the practice and advocacy of total abstinence.

It is only by educating public opinion, mainly by spreading the light of scientific truth upon the subject, up to the point of cutting off the entail of the heredity of habit, that we shall effectually remove the



THE LATE ROBERT RAE.

Secretary for 40 years of the National Temperance League.

evil of drink. The evidence of experience shows that this is practical and efficacious. That total abstinence is essential to good

health need not be now argued; non-abstainers are, as a class, far below the average health line, not to mention their longevity ratio to that of abstainers. Perhaps no better example of *mens sana in corpore sano* could be found than the late Archbishop of Canterbury, who became an abstainer when nearly fifty years of age, and testified to the value it was to his health and labours. For thirty-two years the National Temperance League has carried on a Band of Hope in the Royal Hospital Schools, Greenwich, from which as many as ten thousand lads have been sent out during that period to make their way in the world as total abstainers. Here we have an illustration of how physical health, and mental efficiency, may be restored to the generations to follow. In the effective presentation of the principle of total abstinence we have the greatest factor in the arrest of that degeneration and decay which must inevitably overtake a nation which neglects to conquer its own vices.

FIRST APPROACHES OF INTEMPERANCE.

BY J. H. KELLOGG, M.D.

THE relation of bad cookery to intemperance is not often considered, and, in fact, not generally understood. Nevertheless it is true that intemperance and unhealthful, unhygienic cookery are often related to each other by laws of cause and effect. In the first place, bad cookery leads to indigestion, and frequently the indigestion leads to the taking of bitters of some sort to correct it—a remedy which is worse than the disease. The victim goes first to a doctor, who prescribes some variety of tonic bitters, ready prepared or otherwise, and in a little time the man gets to buying bitters for himself.

Bitter substances do stimulate the stomach, and are thus a temporary aid to digestion; but their help is simply what the whip is to an overworked horse. They impart no strength, and in the end leave

the stomach worse than they find it. Using bitters to-day only makes the demand still more urgent for them to-morrow.

Spices and condiments in the seasoning of food also lead to intemperance in the cultivation of a taste for hot, irritating substances. They create a craving for more food than can be digested, and for liquors as well. Persons who do not know how to cook, seek to make food palatable by using spices and condiments to hide defects. Really good cookery consists in increasing the digestibility and improving the palatableness of food. Bad cookery ignores the natural flavours of food, and adds a variety of high seasonings which render it still more indigestible than the unskilled preparations would be without them.

The more serious and deeper reason

why high seasonings lead to intemperance, is in the perversion of the use of the sense of taste. Certain senses are given us to add to our pleasure as well as for the practical, almost indispensable, use they are to us. For instance, the sense of sight is not only useful, but enables us to drink in beauty, if among beautiful surroundings, without doing us any harm. The same of music and other harmonies which may come to us through the sense of hearing. But the sense of taste was given us to distinguish between wholesome and unwholesome foods, and cannot be used for merely sensuous gratification without debasing and making of it a gross thing.

Yet how widespread this habit of sensuous gratification through the sense of taste is. If we call upon a neighbour, the first thing is to offer refreshments of some kind, as though the greatest blessing of life came from indulging the appetite.

This evil is largely due to wrong education, which begins with childhood. When Johnnie sits down to the table, the mother says, "Johnnie, what would you like?" instead of putting plain, wholesome food before the child, and taking it as a matter of course that he will eat it and be satisfied. The child grows to think that he must have what he likes, whether it is good for him or not. It is not strange that an appetite thus pampered in childhood becomes uncontrollable at maturity; for the step from gormandising to intoxication is much shorter than most people imagine. The natural, unperverted taste of a child

will lead him to eat that which is good for him. But how can we expect the children to reform when the parents continually set them bad examples in the matter of eating and drinking.

Many people treat their stomachs as if they were pockets; in truth, they put things into them that they would be shy of putting into their pockets—Gorgonzola cheese, for instance. But no one has a right to eat or drink except to meet the demands

of the body, and wholesome, nutritious, unseasoned food can always be prepared so as to be palatable to an unperverted taste. Of course, it takes more skill to cook simple foods so that their natural flavours shall be preserved than it does to rob them of natural flavours by poor cookery, and supply the deficiency by using a plentiful amount of condiments. So it behoves every one who has these important matters of health and



THE LATE HUGH PRICE HUGHES.*

temperance at heart to learn scientific cookery. We have senses through which we may seek enjoyment, and which will lead us to a higher plane; but using the sense of taste for personal gratification can never be anything but debasing to young or old.

[*THE cause of temperance reform has lost a faithful disciple and able advocate in the late Rev. Hugh Price Hughes, the keynote of whose strenuous, self-denying life is probably to be found in his own words:—"Every man is saved that he may save others. The test of a man's religion is the degree of his enthusiasm for uplifting humanity."—Ed.]

THE EFFECTS OF ALCOHOL UPON THE STOMACH, LIVER, BRAIN, AND OTHER ORGANS OF THE BODY.

BY ALFRED B. OLSEN, M.R.C.S., L.R.C.P.

ACCORDING to the best scientific authority, alcohol acts upon the body, first as a *functional poison*, as in acute narcosis; second, as a *tissue poison*, causing degeneration of the tissue elements; and third, as a *checker of tissue oxidation*. It is our purpose to state briefly and concisely some of the injurious effects of alcohol upon the vital organs. We say "injurious," for in our opinion the ultimate effect of alcohol-containing drinks is never anything but harmful to the organs and tissues of the body.

Alcohol Causes Gastric Catarrh.

When taken into the stomach in one form or another, alcohol irritates the delicate lining membrane, and produces a slight inflammation. As an antiseptic and a preservative, it retards the digestion of food. This constant irritation after a time sets up *catarrh* in the stomach, which soon becomes chronic and exceedingly obstinate to treat.

There is also loss of appetite, a furred tongue, bad taste, and a foul breath. The stomach and bowels become inactive, and perform their functions in a very sluggish manner, and constipation results.

All this means, sooner or later, a serious interference with the processes of digestion and nutrition, and through this the loss of vitality and sound health.

Alcohol Hardens the Liver.

The effect upon the liver, the largest and most important glandular organ in the body, is very striking. The accompanying illustration shows the appearance of a "hob-nailed liver," so called because of the nodular protuberances on the surface. It is also popularly known as a "gin-liver," from the fact that gin drinkers often suffer from this disease.

A "gin-liver" is hard, shrunken, and deformed. A fatty degeneration has de-

stroyed the liver cells, and a new growth of hard, fibrous tissue has rendered the organ almost useless. The normal functions are perverted, or remain unperformed, and the whole body suffers in consequence.

Alcohol has a similar effect upon the kidneys. The functional epithelium degenerates, and the fibrous frame-work, which is scarcely perceptible in the normal organ, is enormously increased, and encroaches upon the excretory epithelium. A peculiar form of chronic inflammation results, which often leads to chronic Bright's disease, an organic affection considered incurable.

Alcohol Weakens the Heart.

It is the function of the heart to pump the blood to all parts of the body. In performing this duty the heart beats or contracts 110,000 times every twenty-four hours and does work equivalent to raising 120 tons a distance of one foot.

There is no more important work in the body than the circulation of the blood, and any interference with the central organ is serious, and not infrequently fatal.

Now, alcohol possesses the peculiar property of causing fatty degeneration of the living tissue. So the heart muscle is gradually destroyed, and diseased fat takes its place. In this direct way the muscle is weakened, and is soon so enfeebled that it is unable to meet the demand for any extra exertion, and heart failure results. The free use of alcoholic liquors is one of the most common causes of heart disease and sudden heart failure.

Alcohol Paralyzes the Brain.

Being pre-eminently a nerve poison, alcohol paralyzes both the cells and fibres of the nervous system, thus blunting sensibility and weakening function. The mental processes are hindered, the judg-

useful in curing Pulmonary Consumption, but that fallacy, fortunately, is now well recognised. Quite the reverse opinion is held by the best authorities to-day, *viz.*, that the use of alcohol favours tuberculosis, and that chronic drinkers are much more likely than abstainers to become affected by it.

This is only natural, and the explanation is a simple one. Alcohol is a *protoplasmic* poison; it destroys life, *i. e.* *diminishes vitality*. When the tissues are in a state of lowered vitality, the germ has a better chance to get a foothold and grow.

We have already seen how alcohol induces Bright's disease. Its influence in gout—in which it is one of the most patent causative factors,—in diabetes, pneumonia,

and chronic valvular disease of the heart, is too well known to require mention.

Yes, alcohol helps to bring disease and physical distress, but it has never been known to cure any disease. Its rôle is not to heal or build the body, but solely and only to tear down and destroy.

As a food, alcohol is a fraud; and as a medicinal agent, it is no less a fraud. For, while it stimulates temporarily, depression is sure to follow a little later, and the apparent ephemeral stimulus is more than neutralised by the marked reaction.

Alcohol is at best a false prop and a dangerous poison, injurious alike to the best interests of body, mind, and soul.

Beware of alcohol in any form.

THE ROOT OF TEMPERANCE.

BY E. J. WAGGONER, EDITOR OF "PRESENT TRUTH."

THE word "temperance" is much used and much abused. To some it means total abstinence from all intoxicating liquor. To others it means a "moderate" use of anything one may fancy, the word "moderate" being a very elastic term, indicating from one to a dozen glasses a day, according to the taste of the individual. Many even go so far as to call total abstinence intemperance, making a virtue of drinking. In this short article we shall go at once to the root of the matter. It is true that a tree is known by its fruit; but when there is a controversy as to what the fruit is, the nature of the stock must be understood, in order that we may know what sort of fruit to expect.

"The Word of truth" gives us the required information: "The fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance." Now we have it. Temperance is a fruit of the Spirit, and anything that is in any way or in any degree opposed to the Holy Spirit of God, is not true temperance.

"Wherefore be ye not unwise, but understanding what the will of the Lord is. And be not drunk with wine, wherein is excess; but be filled with the Spirit."

We have learned that temperance is the fruit of the Spirit; the text just quoted takes us a step farther, and shows us that wine, "wherein is excess," is opposed to the Spirit, and hence opposed to temperance. The spirit of wine—alcohol—has nothing in common with the Spirit of God. The one is death, while the other is life. God would have us full of life, and therefore He would have us to be filled with the Spirit. But one cannot be *filled* with the Spirit of life if there is present any measure of another spirit, especially a diametrically opposite spirit, as the death-dealing spirit of wine. Therefore the conclusion is irresistible, that the use of alcoholic liquor to any degree whatever is incompatible with true temperance.

"Wherefore abstain from fleshly lusts, which war against the soul, and "whether ye eat or drink, or whatsoever ye do, do all to the glory of God;" and it will be for your own highest good.



Dangers in the Use of Absinthe and Bitters.

BY P. A. DEFOREST, M.D.

Superintendent Institut Sanitaire (Basle).



It would be difficult to find a more diabolical compound than absinthe as it possesses, in a high degree, the narcotic and poisonous properties of alcohol, combined with those peculiar to absinthe, hyssop, fennel, legwort, and other drugs.

Absinthe contains from 45 to 75% of alcohol, about 22% water, and about 3% of an extract of the essences of the before-mentioned herbs, principally of absinthe and anise. Hyssop leaves give it a greenish opalescent colour, seductive to the eye. The essence of absinthe is so toxic that one-fifteenth of a grain suffices to produce epileptiform convulsions in a dog; the essence of hyssop is rather less poisonous.

One of the greatest dangers in the use of this terrible drink is the *quantity* and *quality* of alcohol which it contains. The combination of odoriferous essences hides the acrid, disagreeable, pungent taste of impure alcohols (ethylic, propylic, methylic, etc.), but at the same time enhances their value to degrade and destroy both body and mind.

The popular delusion that one must be stimulated in order to accomplish anything, has led to the invention of a host of so-called tonics which combine alcohol in varied proportions with all sorts of drug stimulants, narcotics, tonics, and hypnotics. The simple tincture stands at one end of the list, and absinthe is at the other end.

The reputation of bitters as tonics is based on the supposition that they create an appetite, but without doubt their ingestion merely irritates the delicate mucous membrane of the stomach, and this irritation is reflected as a feeling of hunger when in reality the stomach is less able to digest food than before.

Absinthe produces the same effects as alcohol with the added effects of the poisonous essential oils that enter into its composition. Its use predisposes to diseases of the nervous system, in addition to having evil effects on the digestive organs and the liver. The victim of absinthe is a prey to hallucinations of sight and hearing. He is impressionable, irritable, melancholic. His sleep is much more disturbed and his dreams more frightful than those of a common drunkard, he is tormented by pains in the limbs, in the abdomen, and in the spinal column, and he finds his muscular force diminishing with a prospect of apoplectic or paralytic attacks before him.

The hereditary effects are even more terrible than when alcohol alone is used. Epilepsy, rickets, consumption, and idiocy constitute a part of the sorrowful harvest which the children of absinthe drunkards must reap.

Legislators in France are becoming so alarmed over the dire results of the habit that measures are now under consideration

to prevent the sale of absinthe, poisonous bitters, tonics, etc.

"Wine is a mocker, strong drink is raging, and he that is deceived thereby is not wise." Absinthe is the prince of mockers, a mixture which has certainly been concocted by Satanic ingenuity, and yet it only stands as the extreme logical conclusion to which all will come who pin

their faith on "something to take" in order to have appetite and strength instead of taking that which has been already prepared by the Creator,—good food, fresh air, pure water, rest, etc. Happy is the man and woman who walk in nature's ways rather than in the way which seems right at the beginning but whose end is death.

THE WINE AT THE MARRIAGE IN CANA.

BY REV. JOHN PYPER.

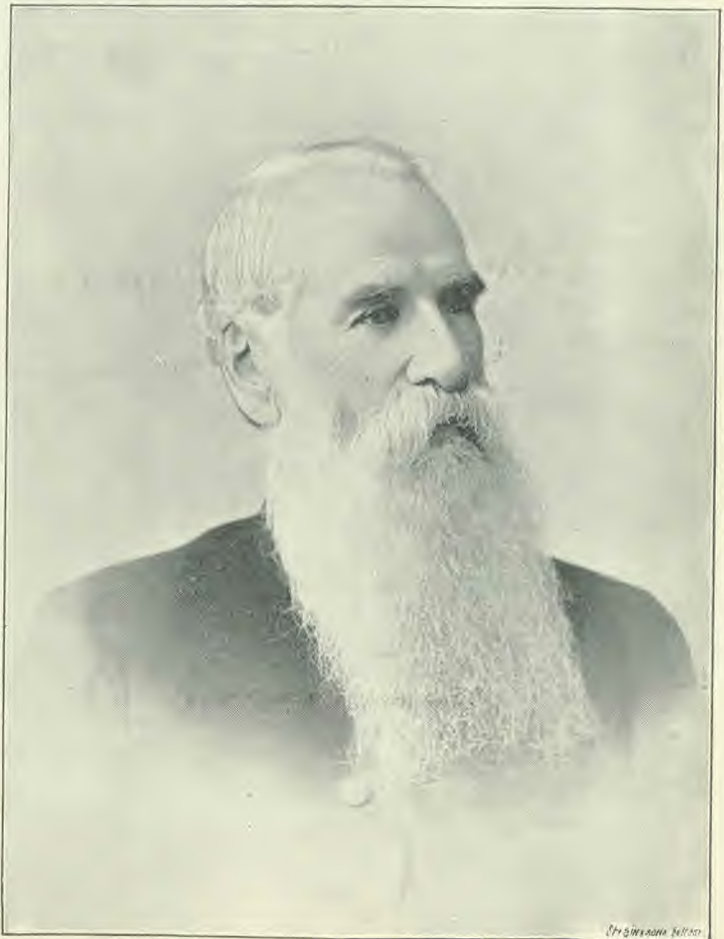
Editor of the "Bible Temperance Educator."

THE first miracle, or sign, by which Jesus manifested His glory as the Divine Messiah, was the instantaneous changing

of water into wine at a marriage feast. From this sublime act, it has been most erroneously inferred that He was a Maker and Dispenser of alcoholic drink. His making of wine is no evidence whatever that He made intoxicating drink, because "wine" is a generic term, like man, angel, or spirit, and is frequently applied in Scripture to the fruit of the vine or juice of the grape in its natural, wholesome, un-intoxicating state, as well as in the fermented, unwholesome, poisonous state into which it is so sinfully converted by "art and man's device."

The miracle in Cana was not the only occasion on which Jesus turned water into wine.

"All things were made by Him," and as the Creator He has been making wine in abundance every year since the creation



REV. JOHN PYPER.

of Adam, in the growth of the vine and its luscious fruit, "the new wine found in the cluster;" but the wine thus furnished by His hand is always absolutely free from the body-and-soul-destroying poison, alcohol. Which, then, is the fair and reasonable inference to draw: That Jesus "manifested His glory" by making wine of the same innocent, nutritious kind that He makes in such munificent abundance every year, or that upon this one and only occasion He made wine of the poisonous, seductive character, which as "a mocker" deceives the drinker at first, and "at the last bites like a serpent and stings like an adder"? Would not the former harmonise with all the loving, compassionate acts of Jesus, and the latter resemble the malicious, cruel acts of the the evil one, whose "works He was manifested to destroy"?

Could any enlightened Christian, without an accusing conscience, imitate the example which our Lord is thus blasphemously represented to have set at this marriage feast? By such false interpretation of Scripture, He is represented as giving countenance by His presence to the imbibing of intoxicating liquor to the verge of inebriety at least, and as then, instead of warning the drinkers of their sin and danger, supplying them with a practically unlimited quantity of alcoholic wine, and saying to them in effect—"Drink, yea drink abundantly"! Could Christian lands be otherwise than the drunken lands of the world, as, alas! they are, under the delusion of such infernal doctrine as this? But, thank God, the doctrine is as unscriptural and false, as it is obviously unphilosophic and immoral.

The Old Testament was the Bible of Jesus, inspired by His Spirit, and read, expounded, and enforced by Him as the Great Prophet of His Church, throughout His glorious ministry. That Sacred Book denounces intoxicating wine as "a mocker,"

"a defrauder," and a deceiver. Did Jesus, the great Undeceiver, "the Light of the world," supply the marriage guests with such a "mocker," deceiver, and tempter to sin as alcoholic drink? Ten thousand times—No! He is God, and "God is not tempted of evil, neither tempteth He any man."

His own prohibitory command is: "Look not thou upon the wine when it is red. . . . At the last, it biteth like a serpent and stingeth like an adder." The phrase in this prohibition, "when it is red," necessarily implies that the God-given, Heaven-sanctioned wine is not red. It is not red while unfermented, and it turns red just as it becomes alcoholic, through the action of the newly-formed alcohol, which as a strong solvent dissolves the colouring matter in the skins of the trodden grapes, and thus reddens the wine. Therefore, the injunction to abstain from "the wine when it is red" is a clear Scripture command to abstain from intoxicating drink for the reason annexed—"At the last, it biteth like a serpent and stingeth like an adder." Wine of this injurious, ruinous, Bible-condemned character was never made, used, or presented to others by Jesus Christ, "the Lamb of God that taketh away the sin of the world." From everything so diametrically opposed to His Word, His providence, and His grace, He was most undoubtedly a Total Abstainer.

"Dare ye say that the Holy Jesus
 Made by His power Divine,
 For the marriage guests at Cana,
 The poison that ye call wine?
 Would He change the crystal water
 That fresh from the fount had burst,
 And give to the thirsting people
 The draught that quenches not thirst?
 Not so! for His perfect wisdom
 Well knoweth our frame within:
 He lends no aid unto Satan
 By the tempting of men to sin."

—♦—

No spice but hunger; no stimulant but exercise.



The Relation of Diet to Drink.

BY A. J. HOENES, M.D.

Superintendent Fridensau Sanitarium (Germany).



THE human system requires two or three quarts of water every twenty-four hours. This amount must be furnished in our foods, or in drinks taken at or between the meals.

Many foods contain more water than is usually supposed.

Fresh vegetables	contain	about	90%	of water.
Fresh fruits	"	"	85%	"
Fresh meats	"	"	75%	"
Bread	contains	"	25%	"
Milk	"	"	86%	"
Eggs	contain	"	70%	"
Nuts	"	"	7%	"

It is evident that unless we eat only the most succulent foods, it is necessary to drink quite a quantity of water to make up the amount necessary for the health of the individual. In what form this amount of drink should be taken, as well as when, what, and how much to drink, are important questions in hygiene.

Hippocrates, over two thousand years ago, recognised the fact that immoderate drinking was as great an evil as immoderate eating, and certainly our experience since that time has demonstrated the correctness of his opinion. We drink more from habit than from necessity, and so the habits with regard to drinking are different in each country, and each nation has also its national drink. Let those, therefore, who are trying to live for health, regardless of the habits of the country in which they live, learn also the art of drinking for health.

The habit of drinking large quantities of tea, coffee, ice water, ale, etc. at meals is ruinous to digestion, as it prevents the free flow of saliva necessary to the digestion of the starches, dilutes the gastric secretion (thereby preventing the proper digestion of the albumins of the food), and dilates the stomach. Cold drinks chill the stomach, and alcohol precipitates the pepsin, thus further retarding digestion.

It is a good habit to drink a glass or two of water or fruit juice an hour or so before each meal, then the desire for drink at meals will not be so great. A slice of toasted bread or a hard biscuit may be eaten with advantage at the beginning of each meal, as vigorous mastication stimulates the flow of saliva. Soups should always be eaten with toast or bread, for when swallowed without chewing, they are apt to disturb the digestion of the whole meal. If mostly dry foods are eaten at any meal, a small cup of milk, grain coffee, or fruit juice may be taken, not, however, as a vehicle to convey the food into the stomach, but sipped between the morsels of dry food to supply the proper amount of liquid to the meal. If a sensation of thirst is felt soon after a meal, very small quantities of water may be taken at short intervals without causing harm.

Physiology teaches that 66 per cent. of the weight of the body is composed of water, and 34 per cent. of solids. Water is no doubt the best of all drinks. The many additions to improve its flavour, so

long as they are not *foods* which can be appropriated by the system, are superfluous and harmful, and are apt to create an unnatural desire for drink. The enormous amount of beer consumed in Germany, the wine habit in France and other Southern European countries, the immoderate indulgence in malt liquors in England,

and the universal consumption of tea and coffee, taken at or between the meals according to the customs of the different countries, are examples of drinking from habit, and physicians in the various countries are armed with pills and potions with which to counteract the various shades of evil effects.

Health and Temperance.

GOD will heal His children when they know
The vanity of idle wish and empty show ;
That His strict laws of life are love and truth,
And simplicity's the fount of endless youth.

—*William Allen Wood.*

* * *

THIS is one of the dreadful evils of alcohol, that it kills insidiously, as if it were doing no harm, or as if it were doing good, even while it is destroying life.—*Sir Benjamin Ward Richardson.*

* * *

WHAT the world is suffering for to-day, perhaps more than anything else, is good fathers and mothers who will conscientiously train their children in the right methods of thinking and acting.—*Industrial Educator.*

* * *

Few people take an adequate amount of water to meet the daily wants of the system. A very large number are actually falling behind in health for the lack of a little more pure water to cool and refresh the overheated blood.—*Dr. Elmer Lee.*

* * *

ALL stimulation is wrong, for thus we merely enjoy to-day by mortgaging to-morrow ; and just as we rise a few inches above our normal level to-day, we shall fall to-morrow the same amount below it.—*Alexander Haig, M.D.*

HEALTH is a state of the body which cannot be benefited by alcohol in any degree ; indeed I will go farther and say, that this state is always in some way or other, injured by alcohol ; health is a state in which a sort of discord is produced by the use of alcoholic drinks, for alcohol, even in small doses, will take off both the mental and moral bloom.—*Sir Andrew Clark.*

* * *

CHILDREN see strange things in the life of their parents. They are shrewd observers and thinkers. When they hear mamma say that she knows tea is not good for her, but she can't resist it, is it any wonder that her solemn warning concerning a stomach-ache does not deter them from over-indulgence in confectionery, or pie, or cake?—*Mary H. Rossiter.*

* * *

NOTHING contributes more to the highest success than the formation of a habit of enjoying things. Whatever your calling in life may be, whatever misfortunes or hardships may come to you, make up your mind resolutely that, come what may, you will get the most possible real enjoyment out of every day ; that you will increase your capacity for enjoying life, by trying to find the sunny side of every experience of the day.—*Success.*



A YOUNG PROHIBITIONIST.*

TEMPERANCE AND THE GROWING CHILD.

BY MARY WOOD-ALLEN, M.D.

AMONG the various virtues desirable for the child to possess is that of temperance. It would seem at first flush as if this were not a virtue suited to childhood; but we must remember that the foundation of all mature characteristics is laid during the period of immaturity. Sensations, constantly repeated, make impressions on the plastic brain, and there form pathways, as it were, over which pass the impulses which eventuate in action; and thus are formed the habits of life.

It seems to be a common idea that the child comes into the world in a starving condition, and therefore must have something put at once into its stomach. The premise being false, the conclusion is inevitably false. At birth the child, if normal, is fully fed, having been constantly taking in nourishment during its prenatal life. It can well afford to wait, fasting, for

the arrival of its natural food. A little warm, unsweetened water is all it needs for the first two or three days. Oils, teas, or foods of any kind, only serve to irritate the digestive organs, and lay the foundation for future dyspepsia, and that bad condition continued in later life may produce a craving for stimulants.

The baby may be put to the breast every few hours in order to stimulate the mammary glands to action, and also for it to begin to learn its lesson of working for a living. The first secretion of the breast is its normal first food; and it is a great unkindness to feed it before that arrives.

Some nurses give the new-born infant brandy and water, or quiet it with soothing syrups, both of which methods are direct lessons in intemperance. Soothing syrups are made up of alcohol, opium, and other deleterious substances, and are most dangerous both in their proximate and their ultimate effects.

*The son of Mr. G. H. White, an ardent prohibitionist of New Zealand.

The use of beer, ale, wine, or other alcoholic beverages is equally objectionable. The baby may sleep better because the mother takes beer, but it is the sleep of alcoholic stupor. It is stated by some authorities that in some localities in France and other European countries, it is difficult to find a sober baby, as all are more or less intoxicated by the alcohol-poisoned milk of the beer-or-wine-drinking mother.

Giving children food in order to stop their cries is a method which tends toward intemperance. It is teaching the lesson of quieting pain or forgetting discomfort by putting something into the mouth. The discouraged man who attempts to forget his discouragement by the aid of alcohol, is following the same plan.

Overeating is in itself intemperance in the use of food, and tends to intemperance in drink. Unfortunately people have ob-

tained the idea that because they feel the discomfort of a big dinner less after they have taken a glass of some alcoholic drink, they have therefore been benefited, when, on the contrary, digestion has been retarded, and they only feel better because sensation has been deadened by partial paralysis of sensory nerves. The use of alcohol in any form as a home remedy is a lesson in intemperance. The same may be said of its use in cooking.

Many a fond and pious mother is praying for the destruction of her children more effectually through her cookery than she is praying for their salvation by her agonising petitions. Tea, coffee, spices, rich and highly-seasoned foods, create irritations that demand soothing by the inundation of fluids. She is a most unwise mother whose home table offers a temptation to visit the public-house in order to quench the thirst her cooking has created.

New Food Recipes.

It is always a little difficult to learn to prepare a new dish, especially if it involves the application of new principles. Our readers must have noticed that the recipes in GOOD HEALTH differ materially from those appearing in other journals and in the ordinary books on cookery. The reason for this is that we have kept foremost in mind the wholesomeness of the food, while the usual tendency is to think first of the taste. We believe that food is taken to supply strength to the body; that the gratification of appetite is entirely a secondary matter. The food which supplies the most strength at reasonable cost, and without injury to any part of the system, is the best food.

The foundations for a truly temperate life are certainly laid in the kitchen. Wholesome food prepared in such a way as to bring out its natural flavours, is not only free from irritating qualities, which tend to inflame the system and create an artificial thirst, but is also best calculated to build up the strength of the system, and supply a full amount of energy, thus doing away with all demand for a stimulant. It

is really want of good food that leads thousands to resort to drink. Intemperate eating usually goes before intemperate drinking.

Fruit Dessert.—Sliced bananas and oranges, about equal parts, sprinkled with a little powdered sugar, makes an appetising dessert for the spring-time, when the system craves for acids. Bananas are not wholesome until thoroughly ripened.

A Meaty Gravy.—An excellent dressing for potatoes and other vegetables may be made by the use of equal quantities of ordinary white flour and the digestive lentil flour, seasoned with a little nut butter.

Nut Cheese.—Dissolve one cup of pea-nut butter and one-half cup of cornflour in one cup of tomato-juice. Add one teaspoonful of salt, and beat for five minutes. Turn into a granite dish, cover, and steam four or five hours. Dry it off in the oven, and turn from the bowl. Use the same as ordinary cheese.

A Good Breakfast Dish.—When you have finished baking your bread, suggests a Hull correspondent, put some rice in the oven in shallow tins, and brown till of a golden colour. Rice prepared in this way can be cooked by steaming or boiling in half the time otherwise required, and is far superior as a breakfast dish to pasty oatmeal porridge. Serve with cream or stewed fruit.

HOW TO DO WITHOUT ALCOHOL IN EMERGENCIES.

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

A. *Keep Cool*

B. *Employ Nature's Methods*:—REST, not forgetting rest to the stomach; warmth, or in rare cases, cold; a free supply, usually, of water, and always of fresh air; sufficient time for the organs to recover their ordinary working power, and especially for the nervous system to make up its waste energy.

C. *Avoid medicines of all kinds, alcoholic stimulants, and food.*

When we use alcohol we are not doing the right thing, for since alcohol is poison to one in health, it stands to reason that its administration in illness must be bad, as it lessens the already low vitality of the body.

What substitute can we have?—Hot water!

The most valuable method of applying heat and water in sickness is by combining them, and you will find by experience that simple, plain, hot water is the most real stimulant we have. It supplies ready-made the heat which, in health, is the product of the chemical laboratory in the body. When the system is in a feeble condition, we not only need a stimulant, but also a supply of heat to keep the temperature up to normal, to promote the absolutely necessary movement of the heart and lungs, and to assist the functions of the nervous system.

There has been a great change since 1845 in the treatment of accidents in general. *The old school*, as quoted before, was to employ means to "set up the system." In this connection it is instructive to note that its chief exponents died young from diseases of the liver. *The new school* follows Nature. She provides in most cases against harmful results by stopping all appetite for food, while usually increasing the desire for water. Now water undergoes no change in the body, and requires no

digestion. Our natural store of food (laid by for use in emergencies) only requires absorption to fit it for carrying on all the ordinary functions, such as supplying heat, and generating the force which keeps the heart, respiratory, and other muscles of the body moving. Solution of the "store" is rendered possible by taking a little plain water only.

We will now enumerate a few of the more common emergencies that are met with in daily life, and show how they can be successfully dealt with, without having recourse to the employment of a single drop of any alcoholic stimulant:—

BLEEDING FROM THE STOMACH OR LUNGS,
"FLOODINGS."

This is much more quickly stopped without brandy than with it. The remedies should be complete rest, ice if necessary, and the administration of small quantities of milk, and barley-water, or soda-water. By so doing the hæmorrhage ceases. The brandy would have had two bad effects—to increase the beating of the heart, and also to render the blood less coagulable than normally, thus aggravating the difficulty.

Take the case of

APOPLEXY.

The only chance for the patient lies in *absolute* rest and freedom from food and stimulants. A mild enema and attention to the bladder (if necessary) is to be recommended. Strict abstinence will soon diminish the volume of the blood and help to absorb the clot in the brain. Thirst, if it comes on by and by, may be relieved by frequent minute sips of cold water better than by a large draught of any liquid; and later, if there be any sign of exhaustion, or heart failure, hot water will prove to be of far more use than any alcoholic stimulant. Many cases, apparently hopeless, in which

for some days there was no sign of consciousness, have been pulled through if Nature has thus been permitted to rely entirely on her own resources. In fact, in one remarkable case Dr. Keith speaks of complete recovery, without any sign of paralysis, resulting. Others have been able to perform a large amount of head-work after such an attack, and have died in a good old age of diseases of quite a different character.

Now let us consider more particularly

BLEEDING FROM AN INTERNAL ORGAN.

In the past, the idea has been to make up the loss as quickly as possible, or keep up the strength by stimulants. Those who do not pursue these methods run a risk of lowering themselves in the public estimation. But it is the candid opinion of an old practitioner of more than forty years' standing, that he is glad to say that he has never had any cause to regret a completely opposite course of treatment, *i.e.*, assisting Nature and combating the wrong ideas of the effects of stimulants—which in fact is the reason this article appears.

Let me give you one instance. "A gentleman of middle age and healthy constitution was long addicted to turns of deep drinking. One morning an urgent message came. He had vomited an enormous quantity of blood—about ten or twelve pounds. No pulse could be felt in any of his extremities which were cold, and his heart could scarcely be heard to beat. He had some consciousness, and, putting my ear close to his mouth, I heard in the faintest whisper, 'a big drink.' I got a tumbler of quite hot water, a little of which he swallowed with some effort. The same dose was repeated in twenty or thirty minutes, and at intervals during the day. By evening reaction had set in, and to the astonishment of every one he made a steady recovery."—*Keith*.

FAINTING.

When a person faints, where do their

friends immediately fly? I fear to the public house, or the chemist's shop for some medicinal stimulant. It is mistaken kindness. There has been some good reason for the cessation of the heart-beats, and ten chances to one, if we accelerate its action, the patient will have to pay for it in the long run. How much better to lay the person down on the back flat, with no pillow, loosen the tight clothing round the neck, chest and waist, bathe the face and hands with cold water, and, most important of all, allow free access of air. When conscious, give hot drinks, such as hot water, hot lemon water, Caramel Cereal, hot milk, bran tea, or Brunak.

Those subject to

EPILEPTIC FITS

should be similarly assisted, with the additional precaution that a little bit of wood or cork, or indiarubber, should be placed between the teeth to prevent the tongue from being bitten. The furniture, or any other obstacles within the patient's reach, should be removed during the violent stage. Do not attempt to restrain his movements, nor to give him anything to drink. When he falls to sleep, see that he is comfortable and warm.

In conclusion, let me emphasise the fact that children's little ailments never require stimulants. I hope no mother reading the *GOOD HEALTH* Magazine will be guilty of turning to the spirit bottle or any soothing Syrup to quiet her infant. Of course "Good Health" babies are *never* fractious! All the same, if they do happen to have

A CONVULSION

from indigestion, or while teething, place them at once in a warm bath for from ten to twenty minutes, while applying wet sponges wrung out of cold water to the head. Repeat this if necessary. Before putting them to bed a small enema of plain water, or one containing half an

ounce of glycerine to the pint of water, may be injected into the bowel. Let me just caution you that in your haste and excitement you do not scald the child. To

avoid this, put the cold water in the bath first, add the hot water gradually, and use your naked elbow (not your hands) as a thermometer to test its temperature.

Semi-teetotalism: Its Value.—Half a loaf is better than none, but it is not as good as a whole loaf. To do without alcoholic drinks between meals is a considerable advance step for many; it does away with "treating" a custom productive of much harm, and it places certain restrictions on the individual which tend to moderation in the use of intoxicating liquors. On the other hand, it seems to lend some countenance to the old idea, repeatedly shown to be erroneous, that wine, beer, and similar drinks are beneficial additions to the principal meals. This is unfortunate. As a stepping-stone to total abstinence, semi-teetotalism may be a good thing; but for it to take the place of the former is entirely out of the question. Alcohol is utterly foreign to the human body, it supplies no natural need, and has no basis at all except as a harmful luxury, the very moderate use of which the system manages to tolerate but always with the effect of lessening the expectation of life and rendering one more liable to disease.

Drinking freely at meals is not favourable to good digestion, even though the fluid taken be entirely unobjectionable. The proper time to drink is between meals. Nevertheless, we would not be understood as saying anything to discourage a person from pledging himself to the partial abstinence involved in semi-teetotalism. Only let him realise that there is something far

better in store for him across the line in the realm of total abstinence, and let our veteran temperance workers continue to devote themselves whole-heartedly to teetotalism pure and simple. M. E. O.

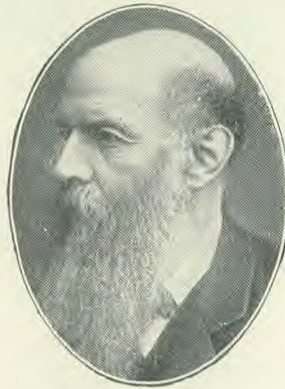
How to Get Rid of the Drink

Habit.—The tapering off plan is seldom successful. Alcohol is both useless and harmful. Hence the sooner it is entirely dropped, the better. Give up at the same time any stimulating foods that you are in the habit of using. Drink plenty of pure water, and eat temperately of the best food you can get. Make a full surrender to your Maker, and trust Him for the power to resist inclination.

The following suggestions from Dr. David Paulson, of Chicago, who

has had a wide experience in treating such cases, are right to the point:—

"What the poor, struggling victim of the drink habit needs is pure, wholesome, nourishing, but non-stimulating food, obtained from the natural products of the earth and prepared in a palatable manner. Fruit should be partaken of in abundance. In fact, our experience has taught us that four meals per day, consisting exclusively of various fruits, strictly adhered to for a couple of days, has often been the means in the hands of God of removing the shackles of drink from many a poor inebriate, even when his hopes were practically crushed by his long record of previous failures to be emancipated."



SIR WILFRED LAWSON.

Pres. United Kingdom Alliance, whose loyalty to the temperance cause and able advocacy of its principles, have won the gratitude of all friends of this much-needed reform.

QUESTIONS AND ANSWERS.

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

Deafness.—H. M.: Could you give me a remedy for deafness? The cold weather affects it. I am not permanently deaf, only when I have a cold in my head.

Ans.—Take the cold morning bath, get out of doors in the fresh air as much as possible, and thus fortify yourself against the cold. To relieve the catarrh and deafness, obtain a Pocket Vapouriser with bulb attachment, and use it fifteen or twenty minutes twice a day. Be simple and abstemious in your diet.

Cold Morning Bath—Seven Hours of Sleep—A Morning Fast.—W. J.: 1. Is it advisable to continue the cold morning bath when suffering from slight cough or nasal catarrh? 3. Are seven hours of sleep enough for an active person? 3. When rising at 5.30 a.m., is it advisable to go without food until 8, considering that the latest meal on the previous day is at 5 p.m.?

Ans.—1. Yes, if you have a good reaction, and feel no bad after effects. 2. Most people require eight hours of sleep. 3. There is no special objection to the practice; though if lunch or dinner be taken at 12, an earlier hour for breakfasting would be preferable.

Bad Breath.—Constant Reader: Could you advise me what to do for bad breath? I have plenty of out-door exercise, take no tea or coffee, and but very little meat.

Ans.—Keep the mouth and teeth clean, cleansing them after each meal and on rising and retiring. Keep the bowels active and regular. Avoid liquors of all kinds, including beer and stout. Sometimes the use of milk will produce fermentation and give rise to bad breath. Cheese should not be allowed, and all rich, indigestible foods are best discarded. Catarrhal diseases of the throat and nose sometimes cause bad breath.

Stinging Pain—Coated Tongue—Languor and Irritability.—A. B.: I have suffered for three months with a stinging, burning pain in my right side which at times moves to my stomach. Sometimes there is a mist over my eyes, so that I can scarcely see. My tongue is thickly coated, and I feel very languid and irritable. Kindly advise me what to do.

Ans.—Adopt a bread and fruit diet, using fruit freely both fresh and stewed. Take but two meals a day for a time with an interval of six or seven hours between. Drink water freely. To relieve the pain apply hot fomentations. It would be well for you to take a course of treatment at a well-regulated health institution, such as the Belfast Sanitarium, 39 Antrim Road, Belfast.

Excessive Stoutness.—G. M. wishes to know what she can do for excessive stoutness.

Ans.—Adopt a plain abstemious diet, two meals a day, and a systematic course of exercise and physical training. Live out of doors as much as possible. Avoid sugar and foods rich in starch, such as rice, potatoes, as much as possible, and discard puddings and pastries. Drink water freely, three to six pints daily, to assist elimination. Take a hot immersion or vapour bath three times a week.

Nervous Debility—Welch's Grape Juice—Three Meals.—A. L.: 1. Would a case of Nervous Debility or Depression be benefited by the use of a Gem Cabinet Bath? 2. Is Welch's Grape Juice good for any one in that condition? 3. Is it really non-alcoholic? 4. Would it be likely to make Rheumatism worse? 5. You recommend not more than three meals a day. Does that apply only to people in health, or to chronic invalids as well?

Ans.—1. Yes, probably. 2. Most excellent. 3. Yes. 4. No. 5. To both, unless the patient is on a liquid diet and can take but a limited amount at a time.

Colitis.—Subscriber: 1. Will you kindly explain the meaning of the term, *Colitis*? 2. What is the cause of this disease? 3. Is it likely to prove fatal? 4. Is it related to Diabetes?

Ans.—1. Colitis is an inflammation of the colon or large intestine. 2. Among the causes may be mentioned indigestible and irritating food, irritating medicines, chronic constipation, exposure to cold, alcoholism, and lead poisoning or painters' colic. It is generally believed that the direct cause is a specific microbe. 3. Not necessarily. That depends upon the cause and many other conditions. 4. No.

Cooking Nuts.—K. H. B.: 1. Kindly name a simple method of cooking nuts so as to render them easy of digestion. 2. What are the best nuts to build up the body?

Ans.—1. Chestnuts may be baked or roasted until mealy. They may also be boiled and then dried in the oven. If prepared either way, they are easily digestible. Other nuts, such as almonds, filberts, monkey nuts, etc. may be roasted or thoroughly cooked by boiling.

2. Almonds, pecans, walnuts, filberts, pine kernels, monkey nuts, cashew nuts, hickory nuts, chestnuts, Brazil nuts, and cocoanuts are all very good. Probably the almond is the best for most people.

Good Health,

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

Edited by

ALFRID B. OLSEN, M.D.
M. ELLSWORTH OLSEN.

Managing Editor:

M. ELLSWORTH OLSEN.

[The managing editor is responsible for all unsigned editorial matter.]

Business communications should be addressed to
**Good Health, 451 Holloway Road,
London, N.**

All communications referring to editorial matters should be addressed to the Editor, GOOD HEALTH 451 Holloway Road, London, N.

Telegraphic Address: "Uprising," London.

GOOD HEALTH may be ordered through any newsdealer.

The cost of a yearly subscription, post free, to any country in the Postal Union, is 1/6.

Single copy, 1d.; by post, 1½d.

We take this opportunity of acknowledging the numerous letters of appreciation that have accompanied renewals, to the magazine. It is our earnest endeavour to make GOOD HEALTH a real friend in the home, a bearer of good tidings, a teacher of life-giving principles, and we greatly need, as we heartily appreciate, the kind co-operation of our friends.



THE brief but conclusive article on "The Root of Temperance," which appears in the present number, will be followed next month by one from the same writer dealing more fully with some particular phases of this general subject, and answering one or two objections that might arise in the minds of some.



Now that so many are pledging themselves to abstain from alcoholic drinks between meals, the idea that such beverages are really nourishing will most likely come to the front again. If any of our readers are troubled over the matter, or have friends they would like to set right, we should advise them to secure a copy or two of the booklet appearing as No. 2 of the *Good Health Library*, entitled "The Food Value of Alcohol." Though necessarily brief this timely tract covers the essential points of the subject, and gives a very good summing up of the real character of alcohol. To be had of the Good Health Office. Price 1d. Post free, 1½d. Special rates in quantities.

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PUBLISHER'S NOTES.

OWING to very pressing work, Dr. Ottosen was not able to furnish us the promised article on "The Effects of Drink upon Mind and Morals" in time for use in this issue.



OUR little branch Sanitarium at Belfast is well filled with patients, and is doing a most excellent work. The Caterham institution, announced more fully on the cover page, is also getting well started, and has the best of prospects.



WE have received the first number of a new volume of *The Medical Missionary and Gospel of Health*, a bright, attractive magazine brimful of interesting experiences, reports, etc., from our Sanitariums all over the world. The subscription price is 2/ per year, post free, and the magazine may be ordered of the GOOD HEALTH office.



WE were happy to have the pleasure recently of meeting the Rev. John Pyper, editor of the *Bible Temperance Educator*, who came to the city to attend a meeting of the London Auxiliary of the Bible Temperance Association. The *Educator* is an excellent magazine to send to any who are troubled as to the Bible teaching regarding intoxicating drinks.



It gives us pleasure to be able to recommend the four vegetarian restaurants whose announcement has appeared in GOOD HEALTH for some time. The proprietor, Mr. McCaughey, is doing a much-needed work in demonstrating the practicability of a bloodless diet. Care and cleanliness in the preparation and handling of the food are marked features in these restaurants, the kitchens of which will bear inspection any time.



The Medical Temperance Review is an able, energetic monthly devoted to the advocacy of temperance principles among members of the medical profession. As organ of the British Medical Temperance Association it is doing a vastly important educational work. A series of articles by Prof. G. Sims Woodhead on "The Pathology of Alcohol" has formed a very valuable feature of recent issues. Subscription price, 2s. 6d. per year.



NEXT month we shall have an interesting and well-illustrated article on the "Health Habits and Home Life of the Boers." Dr. J. J. Bell, of Belfast, will have something to say about "Tea as a Beverage," and Dr. A. B. Olsen will contribute a much-wanted article on the "Hygienic Treatment of Eczema." We would announce some further interesting features, but refrain from lack of space. Of course our serial will be resumed.

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HEALTH & STRENGTH

MAGAZINE

Vol. V. No. 4. October, 1902.

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PUBLISHERS' NOTES.

OUR regular readers will miss certain departments in this issue of GOOD HEALTH. Some regular features have been omitted for once to make room for a goodly variety of articles dealing with various phases of the temperance problem. Intemperance is such an insidious, dangerous, and far-reaching enemy of health that we feel justified in devoting practically the whole number to the consideration of the best means of combating it. Friends can do much by putting forth a little special effort to give this number a wide circulation.



NEURASTHENICS usually look on the dark side of things in general, and of their own cases in particular. Professor Richard J. Ebbard, in his book "How to Restore Life-Giving Energy," which is directed especially to sufferers from sexual neurasthenia, bids the most despairing victim to take courage. He lays especial emphasis upon the importance of strengthening the will-power and cultivating a hopeful frame of mind; he also makes some valuable suggestions in regard to general hygiene. It seems to us that he rather minimises the evil effects upon the system as a whole of nervous affections of this character, but such a course is preferable to greatly exaggerating the evil, as is usually done by the makers and vendors of patent medicines. The book is to be had of the Modern Medical Publishing Co., 57 and 58 Chancery Lane, London, W.C.



WE have pleasure in inviting attention to our worthy contemporary the *Temperance Record*, which has recently been changed from a weekly to a monthly magazine, with a view of reaching a wider class of readers. The bright red cover of the paper in its new form is only suggestive of the attractive and interesting contents. A notable feature of the January and February issues is a symposium giving the views of prominent temperance workers as to the present position of the movement and the outlook for 1903. Excellent in tone, and thoroughly alive to the importance of the reforms for which it stands, the magazine should find a warm place in the hearts of all believers in temperance principles. It is the official organ of the National Temperance League, is edited by the Secretary, Mr. John Turner Rae, and will keep its readers in touch with the best that is being done in behalf of a great and needy cause.

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PUBLISHER'S NOTES.

Health and Strength, one of our most highly-prized exchanges, while not devoting a large amount of attention to purely temperance matters, is nevertheless exerting a strong influence in behalf of total abstinence. Its editor and proprietor, Mr. H. Hadley, has our hearty sympathy in the excellent work he is doing for the young men of the country. Among the special features of the March number we note the following:—

"Cyclists muscles: How to perfect them," (illustrated) by W. Macdonald Smith (London) is the first part of an article of great technical value to cyclists who wish to be expert wheelmen; Albert Broadbent (Manchester) writes about "Good Food Compounds," in his third "Common Sense Papers on the Art of Living"; "Physical exercise for the middle aged," F. J. Harvey (Exeter), should serve as timely warning to those upon whom time begins to make headway. There are many other excellent articles.

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