





**Family of Workers at the Battle Creek Sanitarium.**



# Good Health

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

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## EDITORIAL CHAT.

A "Slaughter of the Innocents."—According to a writer in the *Daily Mail* about 40,000 larks come into the London market daily for table purposes, while "quite as many are sacrificed for the sake of their feathers and for sale in the bird-shops." France is said to have killed and eaten most of her feathered songsters, so that the absence in that country of bird music is noticeable. We seem to be following a bad example. "Blessed are the merciful."



**Marriage Limited to the Healthy.**—At the opening a few months since of the law courts in Madrid the Minister of Justice (according to the *British Medical Journal*) stated that in future candidates for the estate of matrimony must produce a medical certificate of constitutional soundness. It is hardly likely that such a measure will be carried out, though the idea has been suggested a great many times in the last few years, and the need of some such legislation is very apparent. The result of such a law would be either to materially lessen the number of marriages, or induce more general and widespread interest in physical culture. Possibly it would do both.



**The No-Supper Plan.**—We are pleased to notice a reference in one of our exchanges to an English society of "No-Supperites." The custom (peculiar to

Great Britain and possibly some continental countries) of taking a hot supper just before retiring, is decidedly inimical to health of body and clearness of mind. Sleep on a full stomach is not refreshing sleep so much as it is a sort of stupor. This is especially the case where the meal is composed of rich, indigestible foods. If a light tea be taken, say at six o'clock, then there is surely no natural or physiological call for further nourishment that day. In fact a great many people find that breakfast and dinner alone suffice entirely. Mr. Karl Mann while in training for his 125 mile race found this the preferable plan.



**"A Clean and Wholesome (!) Spirit."**—"We guarantee this whisky to be very old and thoroughly matured. It is entirely free from patent spirits, saccharine, and other materials injurious to health, and is a clean and wholesome spirit." These sentences quoted from a trade circular sent us are enough to make one smile. How could whisky, containing alcohol in considerable quantities as its essential constituent, be regarded as wholesome under any circumstances! Surely any person of average intelligence must know that saccharine is an innocent substance compared with alcohol. And yet it remains a sad fact that alcoholic concoctions of various kinds are still taken in the fond belief that they are healthful

and strengthening. Mothers take stout, and oftentimes it makes them grow stout, but never healthy. Alcohol is an insidious poison, and whether taken in large enough quantities to produce intoxication, or in very minute doses, its influence is always against health.



**How to Avoid Tuberculosis.**—“The tubercle bacillus,” said Sir James Crichton Browne in a recent address, “is burglarious in its nature; its deeds are deeds of darkness, and it cannot abide the light. It is foul in its tastes, and prefers an atmosphere loaded with impurities. . . . The chosen habitat of tubercle is a dirty, ill-ventilated, dingy, ill-lighted, badly-drained house, but let fresh air come in at the door, and the bacillus flies out at the window.” What is said here of the tubercular germ applies as well to other disease germs. The body must have light. If you would be well, roll up the shutters, open the windows and let in the fresh air and the sunlight. If the sun injures carpet and furniture, that is better than that you should fall a prey to the ravages of disease.



**Have Men a Right to Wear Corsets?**—The *Daily Mail* has been publishing some interesting correspondence on the corset question, from which it would appear that there are a few men (?) at least, who aspire to an abnormally small waist. Fortunately they are not numerous, nor are they gifted with a very large amount of “common sense.” When it comes to a question of rights, however, the men are on an equal footing with the women. In fact they have a slight advantage, for *naturally* a man’s waist is, in proportion to the rest of the body, just a little smaller than a woman’s. But men who have serious work to do cannot afford to hamper their lungs. Moreover, as a class,

men are less willing to endure pain and discomfort than women. Hence there is very little danger of corsets ever becoming popular with the male sex. We need waste no sympathy on the few effeminate men who practise tight-lacing on themselves. We feel sorry for the thousands of women who, sometimes against their will, are virtually forced to follow a style of dressing which is neither beautiful nor healthful. As long as men persist in admiring a waspish waist, so long will the women torture themselves to obtain it.



**“Fellow of the College of Health.”**—“Wanted—A College of Health” is the title of an interesting and suggestive article by Bertram G. Theobald, B.A., in the *Vegetarian Messenger*. Some idea of the general scope of the proposed college may be gathered from a brief quotation:—

“With regard to the examinations, I think very special emphasis should be laid on the desirability of a fairly high standard, both in theoretical knowledge and actual bodily health. However well informed a person may be in the theory of health culture, no certificate should be granted unless he has himself reached a certain level of vigour and physique. . . . We want people not only to *be* healthy and *look* healthy, but also to be capable of grasping for themselves and explaining to others the fundamental laws of physical culture. I look forward to the time when a ‘Fellow of the College of Health’ will command at least as much respect as a member of Parliament, or a Fellow of the Royal College of Physicians.”

One of the most valuable features of such an educational institution would be the opportunity afforded for original research along various lines of health culture. The present tendency is to spend vast sums in studying the phenomena of certain diseases with a view to curing them, while insufficient attention is given to improving the standard of health, and thus rendering the body superior to the attacks of disease.

**Good Advice.**—Health rules are often valueless, but no one is liable to err by adopting the following formula, given by Eleanor Kirk:—

Leave work before you are tired.

Stop eating before you are stuffed.

Think less of the troubles of the world and naught of your own.

Let nothing come between you and your God.

And last, but not least, in the words of the immortal Irishman, "if you can't be aisy, be as aisy as you can."



**Wherein the Danger Lay.**—Many an invalid becomes such by letting the mind dwell on insignificant symptoms until some real disorder has fastened itself upon the system. An exchange tells an excellent story of a young lady of this general class, who called a physician for a very slight ailment which in her own mind had assumed considerable dimensions.

"Run," said the doctor to a servant, giving him a prescription, "to the nearest drug-store, and bring back the medicine as quickly as you can."

"Is there much danger?" asked the young lady in alarm.

"Yes," said the doctor, "if the servant is not quick, it will be useless."

"O Doctor! shall I die?" gasped the patient.

"There is no danger of that," said the doctor, "but you may get well before John returns."



**How to Walk Correctly.**—An expert who has given considerable study to the subject, offers the following practical suggestions concerning a correct gait:—

"The heel of the forward foot should strike the ground first and the leg be straight when the weight falls upon it. The weight should lie forward on the balls of the feet, with the body slightly inclined, the chest erect and leading, and the head gracefully poised.

"The trunk should aid in its own progression, instead of being 'toted' along as dead weight by the long-suffering legs. The arms should swing easily, and the trunk move without any swaying or rocking motion. The legs should operate from the hip and not the knee, and the toes should not pierce the air as if skyward bent. Whether they turn in or out will depend a great deal on the rapidity of the gait.

"Tall people should remember that short steps are more graceful than long reaches, and that their shoe heels will thus wear more evenly."



**A Worthy Enterprise.**—The London Vegetarian Association is doing an excellent work in furnishing wholesome dinners to poor children at only a penny each. We learn from a late copy of the *Vegetarian* that over 65,000 meals have been served, and funds are urgently needed. Surely such a worthy enterprise deserves hearty support.



**Anti-Smoking Bill.**—*Beacon Light* has announced that a bill will be introduced into Parliament to prohibit persons under sixteen years of age from smoking or using tobacco in any form. We wish the bill every success. There can be no doubt that juvenile smoking is causing the ruin, physically and morally, of thousands of our boys. They contract the habit without realising its harmfulness, and almost before they know it, find themselves in a terrible bondage from which the escape is both uncertain and hard. We owe it to our children to protect them, at least in their tender years, from the tobacco curse. If the fathers would go a little further, and set the example by themselves refraining from the use of the weed, then the habit would soon die out altogether, and we should be a cleaner, happier, healthier people than we are to-day.



BATTLE CREEK SANITARIUM (MICHIGAN, U.S.A.).\*

### THE BATTLE CREEK IDEA.

SOME time ago the chairman at a public meeting, being a little doubtful how to announce one of the speakers, who happened to be the superintendent of the Battle Creek Sanitarium, said finally: "Dr. J. H. Kellogg will now address you on the 'Battle Creek Idea.'"

The term thus used for the first time has ever since clung to the reform principles, practised at the Michigan Sanitarium and its numerous branches in various parts of the world, and advocated by the health books and magazines published in connection with the movement.

To get an adequate idea of these principles, which have to do especially with health and healthful living, one would need to study the literature devoted to their exposition, or better yet, perhaps, to reside for a short time at one of the numerous sanitariums where their great intrinsic value is daily demonstrated. In this brief article the most that can be done will be to touch on the truths which lie at the heart of the movement, and perhaps sketch very briefly its history.

The Battle Creek Sanitarium, with its numerous large buildings, with a family of more than nine hundred nurses and helpers, and treating thousands of patients annually, began its work in a cottage less than forty years ago. The facilities were poor, but the principles of treatment were correct, and the patronage increased steadily with the result that the work has reached a world-wide development, and it is difficult now to go to any country where something is not known of this great institution and its marvellous success in treating the sick.

One thing which assisted greatly in the dissemination of the principles was the starting of a monthly health magazine, at first known as the *Health Reformer*, since changed to *Good Health*, which has now reached its thirty-eighth volume, and

[\*Our cut shows the buildings and grounds as they appeared before the disastrous fire of about a year ago. The two principal buildings are now replaced by one mammoth fire-proof structure, with all the modern improvements, which is soon to be dedicated. A cut of this new building appeared in our January number.]

is represented by about a dozen journals, mostly of similar names, and teaching the same truths, in different countries. One of the youngest of these, still in its first volume (not counting the seven issues of the old series), is the *British Good Health*, the magazine now in the hands of the reader, which has met such a cordial welcome on the part of the reading public that it has been able to maintain during the past year a monthly circulation running between forty-five and fifty-five thousand copies.

#### SANITARIUMS.

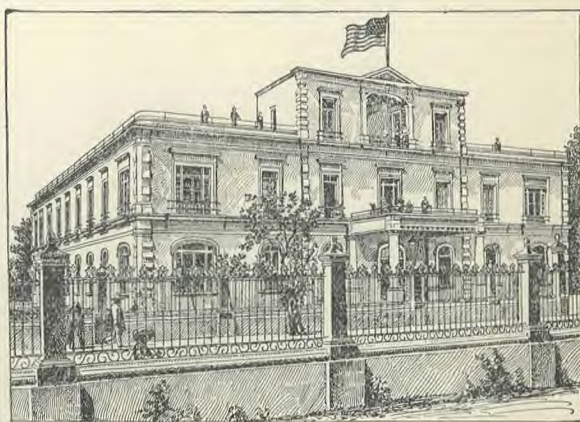
The illustrations accompanying this article show only a few of the sanitariums and branch institutions scattered over a large part of the world. Working-men's Homes, Good Health Restaurants and Eating-houses, Rescue Missions and Dispensaries in large cities, and other relief and health reform agencies are phases of this medical missionary work which cannot be dealt with here. It may as well be said in this connection, however, that the whole movement is of a strictly philanthropic character. All the institutions connected with it are so organised that whatever profits accrue can be used solely in increasing the facilities and in doing charitable work for the sick poor. No individual or set of individuals can possibly become enriched through this work. On the other hand, physicians, nurses, and other helpers cheerfully sacrifice in the matter of salaries in order to enable the institution to do the maximum amount of charitable work.

#### UNDERLYING PRINCIPLES.

So much for the work and the way it is carried on. Now a few words as to the principles, which are the most essential feature of the movement. As one of the

doctors put it, "We are only a small and insignificant band of workers; but God has intrusted us with great principles; let us, then, hold ourselves in the background, and push the principles to the front."

Perhaps the most fundamental and striking feature of this movement is its recognition of the dignity and sacredness of the human body. "Know ye not that ye are the temple of God, and the Spirit of God dwelleth in you?" has been taken to mean just what it says. The laws governing the care of the body and the uses of its various organs are regarded as of Divine origin. Disobedience of these laws, whether intentional or otherwise, results in disease. Therefore the proper cure of disease consists in an effort to ascertain what laws have

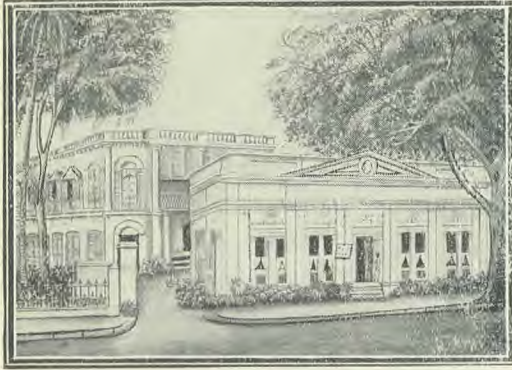


GUADALAJARA SANITARIUM (MEXICO).

been disobeyed; in other words, in what respect the life and habits of the patient have been out of harmony with right principles. This matter having been settled, it only remains to leave off hurtful indulgences, correct the wrong habits, and by the employment of simple, natural remedies, assist nature in effecting a perfect cure.

The natural remedies employed at our sanitariums consist of baths of all kinds, including hot and cold applications, a carefully classified dietary, suited to the individual needs of each patient, training

in physical culture, manual and mechanical Swedish movements, massage, abundance of sunlight and fresh air, and various forms of electricity. Physiological therapeutics is a term which includes all the treatments,



CALCUTTA SANITARIUM.

the purpose of which is to assist nature in effecting a cure. Drug medication, which often cures one disease only to bring on another, is not relied upon. By sanitarium methods the patient is treated rather than the disease. This principle is winning the approval of some of the foremost men in the medical profession, the general tendency being to depend less and less on medicines and more on hygiene, careful nursing and suitable hydropathic and other natural remedies.

#### THE FOOD QUESTION.

Diet reform occupies a prominent place in the galaxy of truths which constitute the Battle Creek Idea. Stimulating foods are injurious to the system as well as stimulating drinks; in fact, they lead up to the latter. Fruits, grains, and nuts, with the most nutritious vegetables and the best dairy products are held to form a complete diet. Hygienic cookery is of great importance. Irritating condiments, such as mustard, pepper, and vinegar, are injurious to the delicate walls of

the stomach and wholly unnecessary. The best cookery is that which most successfully brings out the natural flavours, and prepares the food for ready digestion and assimilation.

Out of this effort in the direction of diet reform has grown the demand for pure foods, to supply which various food companies in America, Germany, Australia, Great Britain, and other countries have been for some years manufacturing such well-known products as Granose Flakes, Avenola, Protose, Nuttolene, Nut-butter, etc.

#### DRESS REFORM.

Healthful dress receives its full share of attention. Abundance of pure air being one of the first requisites of health, it must be entirely wrong to make full inspirations impossible by constricting the waist with a corset. Moreover tight-lacing, aside from reducing the breathing capacity, seriously interferes with the position and normal development of the stomach, liver, and other abdominal organs, thus giving rise to numerous distressing aches and pains usually attributed to other causes.

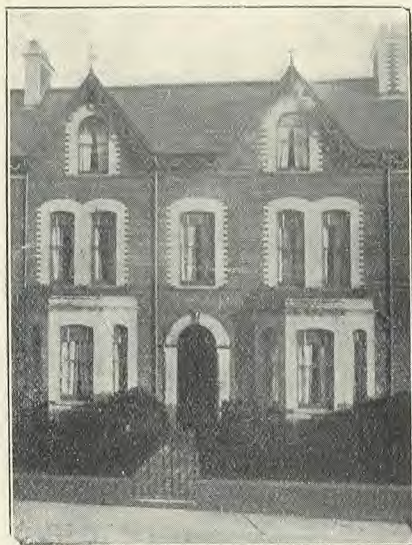
The various reforms mentioned all spring from the central idea of God dwelling in our bodies and manifesting continually His healing, restorative power. The invalid, often suffering as much from a troubled mind as from physical infirmity, is pointed to One who alone can perfectly satisfy every desire. The physicians and nurses



SKODSBORG SANITARIUM (DENMARK).



in all our sanitariums are firm believers in the Gospel promises, and while sectarian views are never pressed upon the patients, their attention is directed as opportunity offers to the value of prayer and perusal of the Scriptures as a means of getting into



BELFAST SANITARIUM.

harmony with God and co-operating most efficiently in bringing about a perfect cure.

#### WORK IN GREAT BRITAIN.

Sanitarium work is only just getting a start in Great Britain. The institution known as the Belfast Sanitarium was opened last autumn, and is already well filled with resident patients, besides giving treatment to others who do not reside on the premises.

The building, to which our cut hardly does justice, is not only fitted up with a view to the comfort of the patients, but is supplied with a very complete line of treatment facilities, such as Electric and Russian Baths, Swedish Shampoo, Combined Shower, Needle Spray, and Douche Apparatus, Sitz Bath and Effervescing Baths, etc. Massage and Manual Swedish Movements are given by carefully trained manipulators.

The institution is located in a very healthful suburb of Belfast, near the Alexandra Park and Cavehill. Although it has been run such a short time, the Belfast Sanitarium has already won the confidence of the public in a remarkable degree, and bids fair to do honour to the famous parent institution in Battle Creek.

We also have a Sanitarium in England. Nearly two months ago the last payment was made on the Surrey Hills Hydropathic Institution, which, after undergoing some desirable alterations and improvements is about to receive patients. It has an ideal location in the upper reaches of the well-known Caterham Valley. Natural scenery of rare beauty and attractiveness abounds in the immediate vicinity and for miles in every direction. The treatment facilities are excellent, and the pure, bracing air quite an item in itself.

Both institutions, it may be added, are supplied with nurses and physicians trained at the Battle Creek Sanitarium, and offer special opportunities, not only for treating disease in various forms, but also for becoming thoroughly acquainted with the laws of health.

Several Health Schools have been held during the past year, and Good Health Leagues have been organised in a number of places for the purpose of conducting monthly meetings to study the health principles. These Leagues are in a



SOUTH SEA ISLANDS SANITARIUM (APIA, SAMOA.).

flourishing condition, and it is expected to start others in the near future.

The real object of this whole movement is to teach a higher physical life, to hold up the principles of health and healing, and by inducing people to adopt them to

alleviate some part of the sickness and suffering with which the world is afflicted. In this work we need the co-operation of all our readers and well-wishers. There is something for everyone to do, and the work brings its own reward. Nothing gives the soul such an uplift or so energises the whole body as a determined purpose to live for the glory of God and the good of humanity.

We cannot close without some reference to Dr. J. H. Kellogg, who has been conspicuously connected with this work almost

from the beginning, and whose writings and public addresses have contributed so much to make the principles known and loved all over the world. The doctor finds time in the midst of his exacting duties as superintendent of the Battle Creek Sanitarium, president of the Medical Missionary and Benevolent Association, and editor of several magazines, to take a very active interest in the work in other lands. It was largely due to his efforts that our British GOOD HEALTH was started, and he has also done much for our Sanitarium enterprise.

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### THE LIVING TEMPLE.

BY J. H. KELLOGG, M.D.

God dwells in all nature. Every tree, every flower, as well as every shining orb and every circling world, is an expression of the great master mind, the intelligence which upholds, controls, dwells in the universe, and "inhabiteeth eternity."

Man is but the expression of a Divine thought. God dwells in man, and makes him, as the most perfect expression of Himself, His witness in the world. Every beautiful face is the token of a beautiful character, somewhere, sometime; and every graceful form the result of a pure and noble thought.

The laws that govern man, that determine his weal or woe, are one with the laws which control the mighty suns which move in space, which rule the sea in storm or calm, which lift the rocks into gigantic mountain chains, which shake the pillars of the world in the earthquake. We bow with reverence before these mighty manifestations of the Divine power and intelligence, forgetful that these same forces are ever in operation all about us, and not only around us, but within us.

The mighty forces which we see in the storm, in the cyclone, in the lightning's flash, in the thunder's roar, in earthquake, cataract, and tidal wave, are identical with those which, ever active in our bodily frames, propel the life-blood in our veins, maintain the breath, perform the subtle alchemy of digestion, plant roses on the lips and jewels in the eyes, attune to harmony that harp of a million strings, the brain and nerves, maintain with critical exactness the tension of every muscle and

tendon, and sustain in hidden furnaces the never-ceasing flame of vital heat.

What delicate care we bestow upon a pet canary or a favourite dog. With what deep solicitude the florist nurses and feeds his hot-house pets. We gaze with awe and love upon the giant forest oak, and cry, "O woodman, spare that tree!" when utilitarianism seeks its life. We bind up the wounds of trees and plants, so that the vital fluid which has for its mission the development of unfolding buds and flowers, shall not escape; we turn aside if likely to tread upon some humble flower raising its head above the sod, because we see in its sweet innocence and loveliness an expression of Divine power and beauty, and are shocked at the thought of crushing it.

But how do we treat ourselves? With what sacred fidelity should we preserve the integrity of that marvellously constructed mechanism, that never-ceasing miracle of wisdom and power, the human form divine. When we remember that God dwells in this house not made with hands, will we not make it the object of our deepest solicitude to preserve, to nourish, to develop, to protect,—in harmony with God's wise and beneficent laws,—these wondrous bodies of ours? or will we heedlessly exhaust by sensuous indulgence our vital forces, or taint by the gratification of gross appetites the crystal streams of life which flowing in and out among the cells and fibres, structures, tissues, and organs, feed the secret springs of thought and character?

## TRAINING FOR LONG-DISTANCE CYCLE RIDING.

A brief account of the habits and training methods of Mr. G. A. Olley, the long-distance amateur champion.

WITH the return of warm weather cycling is resuming its place as a popular and healthful form of recreation. Probably a large number of the readers of *GOOD HEALTH* are interested in the wheel. Many have followed the records made, and have noticed that for two years the chief honours have been carried off by G. A. Olley, a member of the Anerly B.C., Polytechnic C.C., and Vegetarian C.C.

We were much pleased to meet Mr. Olley the other day at the annual meeting of the latter Club, when the prizes were distributed.

This hero of many races is twenty-two years of age, and an excel-

lent specimen of good health; he stands five feet eleven inches in height, and weighs 154 pounds stripped, when fit. He started racing at fourteen years of age, and now holds the following among other records and prizes:—

London to Portsmouth and back (143 miles) without a dismount, in 8 hrs. 31 min. (This ride still stands as the best amateur performance, but has been improved upon by some 15 mins. by a pro-

fessional. We understand, however, that Olley hopes this season to bring this record down to close on 8 hrs.)

193 miles in twelve hours over Southern roads (record).

All the world's amateur records from 101 miles to 277 miles, including the six hour record (151 miles), and the twelve-hour record (277 miles).

The Glendinning Shield, Challenge Shield, the Abingdon, Anglo-Bavarian, Havant, and V.C.C. Challenge Cups, Stephen's Bowl, Monkham's Bowl, Ladies' Bowl.

Aside from these and other trophies, he holds the Carwardine Gold Cup (value 150 guineas) and

the historic Dibble Shield, which are the only two classic open long-distance events held in the Kingdom. He has won these during the two consecutive years 1901 and 1902. If he wins them the present year, they will be his property permanently.

With such a list of records, one cannot help feeling considerably interested in Mr. Olley's habits. He tells us that he lives on "very plain food" which he varies as little as possible. His diet consists of



MR. G. A. OLLEY.

bread and butter, well-cooked grains of various kinds with milk, fruit, fresh and stewed, eggs, vegetables, etc. He does not use patent preparations of any sort.

His daily programme while in training is as follows: Rising hour, 7:30, at which he takes a glass of milk. Then follows brain work till nine, when he breakfasts, after which a thirty to forty-mile bicycle ride is enjoyed. Lunch at 12:30. Brain work until 6:30, when supper is taken, followed by a walk, gentle cycle ride, or brain work. Retiring at ten.

He thinks that to be a successful long-distance rider one must be passionately fond of cycling. When in training one must never over-exert oneself so as to feel "done-up." If one always rides hard, yet well within one's strength, overtraining will be unknown, and the more time given to riding, the greater one's chances of success. It is well to accustom oneself to long rides of say sixty to seventy miles without a dismount. We ought, perhaps, to mention that for short-distance racing an entirely different course of training must be undertaken. Such men as Reed (the short distance champion 1902), and Ingram

(the captain of the "Poly" team), do little long-distance riding on the road, but confine themselves to "short and sharp" work on the track of an evening. G. A. Olley, although pre-eminently a long-distance rider, won, however, in 1899 the one mile championship of the Southern Counties, and in 1900 beat the three-quarters and one mile world's amateur un paced records.

It is interesting to notice that Mr. Olley even while undergoing training, continues to do a fair day's work at his regular business, that of an estate agent and architect. It will be noticed also that he allows himself an abundance of sleep, which is highly essential for anyone undergoing strain.

G. A. Olley, we regret to say, is not entirely free from the tobacco habit, but admits that "no harm and possible benefit would be derived by total abstinence from smoking." While in training he limits himself to two cigarettes per week, which is certainly a small allowance. During training he abstains entirely from all alcoholic drinks as well as from tea and coffee, though he sometimes takes tea with egg as a stimulant during a hard race.

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## TEA AS A BEVERAGE.

BY J. J. BELL, M.D.

THAT tea is in no sense a food, but is more properly classed as a drug, is perhaps not known by all who partake of it so freely. It contains an alkaloid, theine, which must moreover be classed as a poison because of its effect more especially on the nervous system; an astringent, tannic acid, which produces a deleterious effect on the organs of digestion; and a volatile oil.

Tea, when taken into the stomach produces immediately a feeling of exhilaration or imparted strength. That this first action is due to its influence on the nervous system is evident from its rapidity of action. It excites the nerve endings of the stomach. This excitation is immediately conveyed to the brain, and intoxication to a limited extent is produced. This immediate feeling of vivacity produced cannot be due to any food value because no time has elapsed in which food could be digested. This is further proved

from the fact that absorption from the stomach is infinitely small. The action of tea is still continued, as it is gradually absorbed into the blood-vessels from the intestinal tract, and carried to the nerve centres. There is not a particle of energy imparted to the system by this pseudo-stimulation, but only a false feeling of well-being that stimulates the living machinery to unwonted action, borrowing on the future strength just as a whip will seem to impart energy to a tired horse.

The secondary effect of tea is manifest in disordered digestion, wakefulness, palpitation of the heart with irregularity of its action, tremor, headaches and constipation.

Tannic acid is present in quantities ranging from 15% to 20%. This retards the digestion of food and also has an astringent action on the mucus lining of intestines, thus producing constipation.

Theine, of which tea contains 2% to 4%

when administered to animals in small doses gives rise to excitement of the cerebral centres with partial loss of sensibility, increased activity of the heart, a quickening of the respiration, a rise of artificial pressure, due to stimulation of the centres in the medulla. In larger doses, flashes of light before the eyes, noise and singing in the ears, increased activity of the kidneys, muscular tremulousness, rise of temperature, delirium, sleep, rapidity of the pulse-rate, with irregularity of the heart action are produced. In very large doses the

loss of sensibility is complete, tetanic convulsions and death follow.

It is also probable that the alkaloid of tea has a direct influence in the production of gouty and rheumatic conditions on account of its close relation to uric acid.

Just as far as tea stimulates the feelings above par, will be the reaction below par when this influence is exhausted; and the individual, who has become a slave to its use will in all probability seek a stronger stimulant, perhaps in the form of alcoholic drinks.

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## THE TRUE NATURE OF ALCOHOL.

BY E. J. WAGGONER.

SOME will challenge the statement that alcohol is death-dealing. Many claim that it is "the friend of old age," in that it conduces to strength and longevity. The question is easily settled. No one will deny that alcohol is intoxicating. Everybody knows that non-alcoholic drinks, such as unfermented grape-juice, lemonade, etc., are not intoxicating. Now take the meaning of "intoxicating." It is from the Greek word meaning "poison," and means "poisonous." To say that a liquor is intoxicating is the same as to say that it is poisonous. But a poison is "any agent capable of producing a morbid, noxious, dangerous, or deadly effect upon the animal economy, when introduced either by cutaneous absorption, respiration, or the digestive canal." It ought not to need any argument to show that an agent that tends to produce death cannot at the same time tend to sustain life. Therefore it is as clear as language can make it, that alcohol is opposed to the Spirit that gives life, and so foreign to temperance.

But still, in the face of this evidence, and the demonstration that is forced upon us every day, some will come with the plea that alcohol does not poison everybody, or that a little of it can do no harm; and they will refer to men who drink regularly, yet who are never "the worse for liquor." The same sort of argument would prove

that opium, arsenic, or chloral are not poisons; since people use them regularly, and not only tolerate them but demand them in increasing quantities. But let no one deceive himself. Any agent that always poisons if an "overdose" be taken, does so only because it is poisonous in its very nature. The fact that its effects are not in certain cases visible, does not prove that it is not working. The truth is, that whoever takes poison in any quantity whatever, whether it be alcohol or any other poison, is always "the worse" for it.

This is what the Scripture says: In wine there is excess. "Excess" inheres in alcohol, whether it be a gallon or a spoonful; if there be enough wine so that one can say that it is wine, containing the spirit of wine, there is excess in it, and the truly temperate man will abstain from it.

If space allowed, I might show that temperance pertains to eating as well as to drinking. Alcohol that is produced within the body is just as poisonous as that which is produced in a still, and then swallowed. When food is taken of such kinds or in such quantity or combination that fermentation takes place in the stomach, it is intemperance just as truly as when whisky is taken. But this will be dealt with more at length at another time.

## HEALTH HABITS AND CUSTOMS OF THE BOERS.

THE Boers of South Africa are not by any means ideal health reformers. They are more or less addicted to smoking (the men, however; not the boys), drink a good deal of black coffee, and use more flesh food than is for their good. On the other hand, they have it to their credit that their life is spent almost entirely in the open air.

Farming and stock-raising on the wind-swept plains is an ideal occupation from a health standpoint. The man who thus earns his bread by the sweat of his brow is pretty sure to be a stranger to indigestion, and to enjoy sound sleep every night, and have a physical endurance far in advance of the city-bred man. Country life has in itself a healing influence upon all the bodily functions. It calms the nerves, and gives stamina to the whole system.

In their general habits, the Boers are remarkably simple. What the Englishman

regards as necessary comforts, the Boer considers harmful luxuries. Bread and meat, vegetables, mealies (maize) with milk, and coffee form the diet day in and day out. Fuel is expensive, wood being spoken of as "a penny a sliver," and so in cold weather one must depend upon a good circulation and warm clothing.

The women are strong and muscular, doing a considerable share of the out door work, besides looking after the simple needs of the household. It is needless to add that they are not given to tight-lacing. That is a custom which originated in the cities, and which is quite foreign to the conditions which obtain in a rough country district.

The Boer children are a hardy lot, but by no means slow in their studies. In the rainy season the roads are frequently flooded, when the little Dutch lads and



A TYPICAL DUTCH HOMESTEAD.



TRAVELLING BY OX-WAGGON.

lassies are happy to take off their shoes and stockings and wade to school. The vigorous exercises keep them warmer than the children who ride or drive.

Nervousness is not a trait of the Dutch. Life is serene and quiet, free from worry and care. This also, no doubt, has much to do with the robust physical condition which generally prevails amongst the burghers. Early to bed is one of the rules, and a little rest after dinner is also generally

insisted on. These are commendable precautions for all labouring men.

Sanitary laws are not very well understood. Hence, in spite of the hardihood and endurance of the people, the deathrate is not excessively low. When improvement is made in some of these matters, and the unhealthful habits referred to above are given up, there is no reason why the Dutch farmers of South Africa should not make a splendid physical record.

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## DRESSING THE SCHOOLGIRL.

BY DINAH STURGIS.

THE dress of our schoolgirls should be especially loose. No woman should ever wear tight dresses; they are uncomfortable, unhealthful, and unlovely; but for schoolgirls, a dress that is loose enough when first made is often too tight before it is worn out. Allowance should be made in a girl's dress for growth. This means not merely allowance for added height. From a health standpoint it really does not matter whether a sleeve or a skirt is an inch longer or shorter. The important provisions for growth are round the waist and across the bust.

Growing girls should wear neither corsets nor the ordinary corset waists. They should have perfect freedom, and if they are allowed this their muscles will provide the "support" needed, and correct clothing will provide the warmth.

To begin at the beginning of dress: the schoolgirl should wear union undergarments, woven of some elastic material. Ready-made woven underwear is so common nowadays, and so cheap in very good qualities, that it is within the means of everybody if everybody did but know it.

Over her union undersuit the schoolgirl

should put on her stockings, and these should be supported by elastics that are in turn attached to an underwaist. The extension straps that go over the shoulders are uncomfortable. Over the stockings she should wear a pair of woven "equestrian tights." These are to take the place of the clumsy, thick underskirt which weighs down the body, and lets the cold attack it at the same time. For cold weather the union suit should reach to the ankles, to the neck, and to the wrists. The tights should reach down far enough to be held by the tops of the boots when the skirt of the dress is below the boot-tops. When it is not, the tights should reach over the knee, and the legs from the boot-tops to the knees should be protected by warm gaiters, that fasten easily and securely so that they can be taken off upon reaching school, and be put on when leav-

ing. Most children are dressed too warmly indoors, and not warmly enough out-of-doors.

If a petticoat is deemed necessary, it should be of light-weight, though warm, flannel, of the colour of the dress, never of the heavy moreens lined; and should be attached to a shaped hip yoke, which in turn is fastened to the underwaist.

The outer dress may be fashioned after any desired style; neatness, simplicity, and utility being kept in view. If mothers would take a little pains to plan for their girls dresses that conformed to the rules of health, and also looked attractive, girls would not rebel against hygienic dress, and throw it aside as soon as they are free to do so. There is as much reason for wishing to look well as there is for wishing to be surrounded by beautiful nature and art. Few people understand that it is possible for wholesome dress to be attractive.

## ⇒ OUR SERIAL. ⇐

### A DEAR EXPERIENCE.

(Continued.)

BY S. ISADORE MINER.

WHEN Amy awoke, the first grey dawn of morning was struggling through the closed blinds. Somebody had relieved her of her burden, and it lay again in the crib. A note on the table stated that George had gone to the police-station, and would be back with Dottie to breakfast. The air was cool, almost with the dewy freshness of early spring, for the storm had been followed by a calm only equalled by the joyful peace that stole into Amy's heart as she threw open the blinds and gazed out. The sparrows were already calling to each other, and all the signs of good cheer without seemed glad omens to her rising spirits.

She again examined the little stranger's clothing for some clue of her name, "although," as she thought, "it is of no consequence, as Dottie will be here so soon;" but her search was as vain as before. She satisfied herself, however, from the texture and needlework, that it was no child of common parentage, and this gave her hope of a speedy exchange. As she lifted the embroidered dress, she recalled how, when George had taken the carriage the night before, she had noticed it particularly, because she was quite sure she had put a lace-trimmed one on Dottie. The night before—only the night before; why, it seemed a year at the very least!

The baby was now awake, and was trying to catch a sunbeam that fell athwart the crib. Amy caught its little dimpled hand in her own, and kissed it, once for



itself and many more times for someone else. It was an unusually bright child, and seemed to have been endowed with a happy, contented disposition. It cooed and jumped and threw out its plump arms in a manner quite irresistible to Amy, who indulged in a hearty frolic with it almost before she knew it. The little French clock chiming seven, called her to the fact that time was flying by, and the breakfast hour nearing; so she hastened to attend to baby's toilet, which was made as scrupulously as ever was Dottie's.

"There," she said, "my little visitor, you are as sweet as a peach; but I won't eat you, for I expect I shall be called to account for you soon," and she laid its jaunty bonnet on a chair, to be ready at the shortest notice—a notice which she was now momentarily expecting.

Breakfast hour came, but no George, and no breakfast, at least for Amy. Amy had hers. Nine o'clock,—Amy began to be anxious. Ten o'clock,—she was frantic; and then George came. She met him at the door, but one look at his face showed how unsuccessful had been his search.

"We will surely find Dottie by noon," said George. "I have placards and hand-bills scattered everywhere, detectives at work, and if nothing is found out before, I shall offer a reward this afternoon. It's the strangest thing that the other party hasn't put in any inquiries. Don't look so disheartened, dear, it will all come right soon."

Amy's pitiful, pleading look was indeed worse to witness than last night's tempest, of which George anticipated a renewal. But she had seemingly exhausted her tears, which were now succeeded by that stony, unnatural grief, sad to see in one so young, and which, as the days wore on, bringing no trace of the missing child, gradually settled into a dull, life-sapping apathy, from which nothing could rouse her.

It was perceptible to all around her that

Amy was fast losing hope and strength. Her nights were sleepless, or if she did drop into a doze, it was only to toss and mutter uneasily. George would have much rather she indulged in tears and complaints, than to be the witness of her silent grief. Even the old doctor sadly shook his head. But a relieving drop never stole from beneath her white, drawn lids. She never uttered a reproach, or alluded to George's share in the household tragedy. The nearest she came to showing any life or feeling, was when her mother-in-law called to express her condolence; and then she was not like the old Amy.

She was sitting in the nursery, when George, who rarely left her now, announced that his mother was awaiting her in the parlour. For a moment her eyes flashed fire, her bosom heaved, and her fingers closed convulsively. She seemed not to find words till her outward agitation subsided; but when she did, they were decisive; she utterly refused to see her. In vain George pleaded with her. She was as cold and impassive as a block of marble, and equally as unyielding. In vain Mrs. Norton called, "Never mind coming down; I can just as well come up there." Amy fled to her own room and locked the door. Down deep in his very heart George did not blame her. By degrees Amy had discovered the extent of his mother's intrigue, and he, too, felt that she had been at the bottom of the whole business, as he expressed it, to himself in rather emphatic terms, to his mother as gently as he could; for although he wished to show her respect, he also wished her to understand why Amy refused to see her and that he fully exonerated her.

Mrs. Norton went home a sadder but a wiser woman. She was not entirely an unfeeling woman, only frivolous, and this sudden sorrow in her family, all the direct result of her pride, really found the heart that had been lying dormant for many years.

She thought deeper and to more purpose than ever before. She upbraided herself vigorously, and determined to inflict a self-imposed punishment—that of renouncing the society of "Lady" Elting, and writing a letter of confession to Amy.



## The Food Problem.

### FAT AS A PART OF THE DIET.

THE average person requires about two to two and a half ounces of fats per day. Pure fat is a very concentrated food, one ounce furnishing as much energy to the body as  $2\frac{1}{4}$  ounces of carbohydrates, or starchy foods.

While a certain amount of fat is essential, too much of this element is very sure to give trouble. Strange to say, the eating of much fatty food diminishes the quantity of bile secreted by the liver. As the bile not only effects the emulsifying of fats, but also acts as a disinfecting agent in the intestines, the lack of it in the presence of unusually large amounts of fatty food is very distressing. The fats cannot be properly digested, fermentation arises, various by-products are formed and taken into the circulation, and the whole system suffers. This is the condition of a bilious person, who really suffers from too little rather than too much bile, but who has usually indulged freely in rich, fatty, or indigestible foods.

### Fats Best Taken Cold.

Most foods are rendered more digestible by cooking; with fats the opposite is true. Hence the indigestibility of such common articles as fried potatoes or rissoles, fried meats, eggs, etc. The prolonged heat causes changes in the structure of the fats

by which fatty acids are formed. Moreover when starchy foods are subjected to the frying process, the starchy particles being impregnated with the oil cannot be digested till the latter has first been emulsified, and in the course of the delay, fermentation is likely to set in. Fats are best taken cold. Butter spread on stale bread is far more wholesome than when spread on hot bread or toast. In the latter case the melted butter hinders the digestion of the starch and gluten in the bread.

### Some Fats to Avoid.

In general, animal fats such as lard, suet and dripping are inferior to vegetable fats both on the score of purity and digestibility. Emulsified fats, as nuts, nut creams and dairy cream, are more easy to digest than free fats, as the ordinary butter, or nut oils. The latter may, however, be made into a sort of emulsion by beating with an egg-beater, water being added meanwhile in very small quantities. Nut oils thus prepared form a valuable form of shortening for nut rolls and other unleavened breads.

Dairy cream would be an excellent form in which to take fat if only it could be had in a reasonably clean condition, and free from microbes. The well-known Devonshire cream is probably the most reliable brand on the market. The kind ordinarily supplied over the counter is, like the milk,

anything but clean, and frequently "doctored" with cornflour and other less innocent ingredients.

For those who can properly chew them, (and this is a very essential matter), such nuts as almonds, Brazil nuts, and pine kernels are doubtless much to be preferred to any kind of animal fat. Proper chewing, it should be remembered, means sufficient mastication to make a fine cream of the nuts. Coarse particles not only pass through the system without being digested, but produce irritation. It is not a bad plan to chew with the nuts some other hard substance, such as zwieback, freshly toasted avenola, or biscuits.

Those who are unable to chew nuts properly may have recourse to nut butters and creams prepared by grinding the nuts

in a mill and slightly diluting with water. Olives are the only fruit containing oil in any quantity. Ripe olives are perfectly wholesome, but very difficult to obtain, the public apparently preferring the pickled green ones.

While the system requires a comparatively small quantity of fat, it cannot readily do without it. Taking an extra amount of carbohydrates, which also supply the body with energy, may in part compensate for the lack of fat, but cannot entirely take its place without injury to the system. Too little fat in the food often causes constipation; sometimes it causes rickets in children. Fat being a comparatively expensive article of diet, the poorer classes often get too little of it, while the people with money get too much.

### Healthful Recipes.

WE extend to our readers a hearty invitation to try these and the other recipes that may appear in the magazine from time to time, and to give us the benefit of their conclusions. GOOD HEALTH will also be glad to receive original recipes which have been thoroughly tested and found practical. We shall then test them a second time in our experimental kitchen, after which, if suitable, they will be offered to our readers. Other general suggestions in the direction of practically carrying out health principles in the kitchen will be thankfully received. Let every reader give these matters careful study, and endeavour to contribute something toward the common stock of knowledge.

**Wheatmeal Rolls.**—INGREDIENTS.—2 breakfast cups white flour; 2 breakfast cups brown flour; 4 tablespoonfuls olive or salad oil; 1 tablespoonful castor sugar; 4 or 5 Brazil nuts; 1 cup of water.

**METHOD.**—Put the oil in a basin, add to it half the cup of water. Beat together and gradually add the other half till the whole is of the consistency of thick cream. Stir this gently into the other ingredients which have been mixed together

beforehand. Work the whole into a dough, and divide up into pieces small enough to roll out into thin rolls with the hands. Cut into desired lengths, and bake in a hot oven till crisp and biscuit-like throughout.

**Fruit Caramels**—INGREDIENTS.—3 lbs. dates; 1 lb. cocoanut (desiccated).

**METHOD.**—Stone the dates, and place in an oven till they are soft. Then beat with a fork, adding the cocoanut till the whole is well mixed. Turn out on to a pasteboard, roll to a level thickness, and cut into squares.

**Potato Puff.**—Mix a pint of mashed potato (cold is just as good if free from lumps) with a half cup of cream and the well-beaten yolk of an egg; salt to taste, and beat till smooth; lastly, stir in the white of the egg beaten to a stiff froth. Pile up in a rocky form on a bright tin dish, and bake in a quick oven until heated throughout and lightly browned. Serve at once.

**Prune Dessert.**—Prepare some prunes by cooking and rubbing through a colander. Stew until most of the juice is evaporated. Put in a square graniteware dish, placed inside another dish containing hot water, and cook in a slow oven until the pulp is dry enough to retain its shape when cut with a knife. If desired, add a meringue, dotting the top with pink sugar. Serve in squares in individual dishes.



## CHILDREN'S PAGE.

### THE HOUSE BEAUTIFUL.

HAVE you heard about the tonsils, Mary? There are two, and they are situated in the sides of the mouth near the root of the tongue. In a state of health they are so small that you can scarcely see them. But sometimes they become inflamed, and swell up so as to interfere with swallowing, and also make it painful.

Besides these two there is a third tonsil, which is situated directly behind the nose. If this tonsil swells and becomes diseased, it hinders breathing by partially closing the openings of the nose behind.

The effect of such a growth of diseased tissue upon breathing through the nose is serious, and soon the bad habit of breathing through the mouth is formed

In the early stages the treatment is very simple, and consists of washing the nose with warm water to which a pinch of salt has been added. Draw the water up through one nostril until it comes into the mouth. The other nostril should be closed while the water is drawn in. Repeat until the nasal chamber is well cleaned, and then apply the same treatment to the other nostril.

Sometimes the tonsil becomes so diseased and enlarged that it can never become healthy again. On account of the

enlargement it blocks up the nose and interferes very much with breathing. Indeed, the condition is so bad at times, that it is almost impossible to breathe through the nose, and the pernicious habit of mouth breathing is formed.

In such extreme cases it is necessary at times to have the growth of diseased tissue removed, and this requires a slight operation.

But once the habit of mouth-breathing is formed, it is difficult to overcome, even after the nose is open again, and children must be constantly reminded to close the mouth and breathe through the nose.

Next month I will tell you something about a "common cold in the head."

HATH thy heart sunshine? Shed it wide;  
The wearied world hath need of thee.  
Doth bitterness within abide?  
Shut fast thy door, and hold the key.

—Priscilla Leonard.

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Undertaker (to youth who is lighting a cigarette) — "That's right. You smoke the cigarettes; we do the rest."—*New York Press*.

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\* \*

THE more children are coddled to keep them from catching cold, the more likely they are to catch cold.—*Popular Science*.

# QUESTIONS AND ANSWERS.

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

**Wart.**—J. J.: I have a wart on the end of my nose, which is a disfigurement and a source of annoyance to me. Could a doctor remove it by cutting?

*Ans.*—Yes, possibly. Consult a good surgeon.

**Chapped Hands.**—X. would like to know how chapped hands should be treated.

*Ans.*—Use mild, non-irritating soap, and keep the hands strictly clean. It is a good plan occasionally to apply a few drops of glycerine just before washing, as this greatly facilitates the cleansing process. After washing carefully the last thing at night rub in thoroughly some good preparation such as oatmeal-cream.

**To Keep from Smoking.**—A. P.: Will you kindly let me know in next month's GOOD HEALTH what I could do to keep from smoking. I have tried to stop it for two years now, but have not been successful.

*Ans.*—Throw away your tobacco, cigars, cigarettes, pipes, etc., buy no more, and with the help of all your God-given moral strength and will-power, stop the habit at once. Tapering-off is a failure, but a manly and firm *no* to the perverted appetite which craves it, will gain the victory. We do not recommend either substitutes or drug cures for the tobacco habit.

**Cancer.**—H. J.: Will you kindly tell me: (1) What kind of pain is produced by cancer? (2) How much time would elapse before a cancer of the breast would break through the skin?

*Ans.*—1. The character of the pain varies so much under different circumstances that it would be difficult to say that any particular pain was typical of cancer. It is always best to consult a physician or, if possible, a specialist. 2. That depends upon the nature and rapidity of the growth.

**Sciatica.**—S.: The other day I had a pain attack me in the back, going into the thigh, and then to the ankle. It is a most excruciating pain, and I cannot sleep with it. Can you tell me (1) what it is, (2) the cause, and the best treatment?

*Ans.*—1. Probably Sciatica. 2. The exciting causes are exposure to wet and cold, especially after severe muscular work, injury, etc. Those subject to rheumatism often suffer. Carelessness in diet, dress, and ventilation are predisposing causes. 3. Rest in bed with hot applications to the affected part usually gives relief. Warm baths and other hydrotherapeutic measures are more satisfactory than drugs. Sciatica is often very obstinate, and then requires careful treatment such as can only be obtained at a first-class hydrotherapeutic institution where the diet receives proper attention

**Psoriasis.**—W. B.: 1. Will you kindly tell me what to do for psoriasis? 2. How should I diet myself?

*Ans.*—1. Take vapour baths three times a week, and apply ichthyol ointment (10%) after removing the softened scales. 2. Adopt a plain, simple, non-stimulating diet, consisting largely of fruit, both fresh and stewed, bread and grain preparations, nuts, nut foods, a few vegetables, and milk and eggs if they agree with you.

**Protruding Stomach—Cold Hands and Feet—Cocoanuts.**—Constant Reader: 1. My stomach protrudes, especially after meals. How may I cure this? 2. When exposed to cold, my hands and face turn blue, and I suffer greatly from the cold. Is it due to bloodlessness? 3. Are cocoanuts a good food? 4. Would you advise me to drink water between the meals?

*Ans.*—1. By the use of a proper abdominal supporter, such as can be obtained from the Good Health Supply Co. A systematic course of physical training would strengthen the abdominal muscles and gradually relieve the difficulty. This could be obtained by joining the Good Health School of Physical Culture. 2. Possibly, or your circulation may be poor. You need more exercise. Adopt a plain, wholesome dietary, consisting of fruit, grains, breads, nuts and nut foods, vegetables, and milk and eggs if they agree with you. 3. Yes. 4. Yes; also on rising in the morning and before retiring at night.

**Food Value of Protose—Meat Extract—Nut Butter.**—D.: 1. How much protose would be equal in nourishment to eight ounces of the best lean beef? 2. Is there much starch in protose? 3. What is the most digestible way of cooking protose so as to have it juicy? 4. May it be gently stewed (how long), and then slightly grilled in a griller over which a little nut butter has been rubbed? 5. Is it best to take meat extract at the beginning or end of a meal? 6. Which is most digestible, nut butter prepared by cooking or roasting the peanuts? 7. Is hazel nut butter prepared by roasting the nuts?

*Ans.*—1. About six ounces. 2. No. 3. Probably by steaming. Protose is already well cooked and ready to serve at once if taken cold. It may be boiled, broiled, baked, stewed, or steamed, as desired. 4. Yes. 5. It is better still not to take it at all. A meat extract is a stimulant (and a poor one too) and not a food. 6. Nut butter prepared by cooking the nuts. 7. Hazel nut butter, too, should be prepared by cooking the nuts.

# EDITORIAL.

## THE HYGIENIC TREATMENT OF ECZEMA.

A COMMON name for eczema is salt-rheum, and it is also known as moist tetter and by a number of other names. Eczema is essentially an inflammation of the skin, and, like all inflammations, may be either *acute* or *chronic*. It is the most common of skin diseases, according to some authorities forming about one-half of all cases.

### A Multiform Affection.

There are many varieties of eczema; indeed, its multiformity is characteristic of the disease. It may manifest itself simply as a group of red spots, or there may be slight red elevations of the skin, or little vesicles containing a yellowish watery fluid, or even offensive matter, and both scales and large crusts may form.

Fortunately eczema is not a contagious disease, and consequently is not transmitted from one person to another. The one constant symptom is itching, which is often severe, and at times may be almost intolerable. But don't scratch under any circumstances, for it only aggravates the condition, and may be the means of prolonging the disease for years.

### Eczema a Symptom.

It is generally believed that in most cases eczema itself is merely a symptom, indicating lowered vitality and a deterioration of the blood. It may be symptomatic of dyspepsia, which happens frequently; of gout, rheumatism, and other dyscrasias. Sometimes it is due to certain drugs, and is then known as a medicinal eczema. Then there is the dietetic form, caused by errors of diet, which is by no means uncommon.

## Irritation the Cause of Eczema.

Broadly speaking, eczema is due to some form of irritation, which may be either external or internal. The external irritation may be mechanical, such as friction from coarse underwear; thermal, e.g., excessive heat; chemical, as when produced by irritating soaps, lotions, or ointments; or parasitic, that is, due to lice or micro-organisms. Indeed, all forms of eczema are more or less complicated by the action of micro-organisms, and often these are the direct cause.

Chronic eczema is usually the result of a long-continued irritation of some kind that has been neglected. To expect a cure while the causal factor is still at work is unreasonable.

### Lack of Bathing.

The *lack of cleanliness* is undoubtedly one of the most prolific causes of eczema. The accumulation of filth acts as an irritant, and soon inflames the skin. Such a condition invites the presence of parasites, and an aggravated case of eczema is quickly set up.\*

Eczema is no respecter of persons apparently, for it attacks both sexes and all ages from the baby at the breast to the old man in his dotage. It attacks all classes of society, both rich and poor. The poor man is compelled to be frugal in his diet, but is often careless about his person, and thus becomes a prey to the disease. The rich man on the other hand, while scrupulously clean on the outside, often has impure, or, in other words, dirty blood, due to high living, and so he is also subject to eczema.

### First Remove the Cause.

It is obvious to anyone that the first

step in the treatment of eczema is to remove the cause, if possible. Whatever the cause may be, internal or external, seek it out and remove it. On the removal of the exciting causes, the inflammation soon ceases, unless it has become chronic, and even then it is alleviated.

### Build up the General Health.

After removing all known and possible causes, give careful attention to the general health. The patient is almost always in a run-down condition, and requires tonic treatment. Adopt a plain but nutritious and wholesome diet, plenty of restful sleep, and a well-regulated course of physical training. It is very important to improve digestion and nutrition in most cases, and also to secure regular action of the bowels. Pickles, pastries, sweets, cheese, and all rich and greasy foods should be strictly avoided, since they are difficult of digestion. It is well to drink plenty of water, and fruit, both fresh and stewed, can usually be taken freely. By these simple means the blood will be purified, and the healthy, active body will soon be able to shake off the local disorder of the skin.

### The Local Treatment.

The part should first be cleaned thoroughly, and then always kept clean, and soaps of all kinds should be avoided in acute cases. Warm, soft water may be used, or better still, bran or oatmeal-water. The oatmeal-water may be prepared by boiling the meal in a bag, and squeezing it in the water to be used.

Acute eczema always requires soothing treatment. A lotion containing bicarbonate of soda is very useful, also carron oil.

Bathing and sponging with hot water, together with the use of lead lotion and tar preparations, also camphor, will relieve the itching. A weak solution of carbolic acid, one per cent., is often very effective to allay itching. But don't forget that carbolic acid is a deadly poison, and the

greatest precaution possible must be taken in its use. Creolin, soda, and alkaline baths may be used to advantage at times. For a soothing powder starch alone is sometimes serviceable, but a good talcum powder is better. Vaseline is an excellent ointment, and may be made still more effective by the addition of small quantities of carbolic acid, salicylic acid, oxide of zinc, or resorcin, etc.

### Chronic Cases.

Chronic eczema, on the other hand, requires stimulation, and tar preparations are very useful, also mercury and sulphur ointments. Hard crusts and scabs may be softened by sweet oil or vaseline, and then removed, and the ointment or lotion applied. In old cases where the skin is much thickened, a hot spray for five or ten minutes twice a day is often helpful.

Simple hydropathic treatment without the use of ointments or local applications of any kind, is often sufficient to effect a cure. Usually the patient's diet is at fault. With this properly corrected, and the system cleansed and purified by suitable baths and exercise, the distressing symptoms are pretty sure to disappear.

In treating eczema of the scalp it is well to cut the hair quite close, and then the affected part can be reached to better advantage. The same would apply to affected portions of the face covered by a beard.

It is often difficult to prevent children from scratching, which only aggravates the disorder and causes it to spread. In such cases the affected part should be well protected, and the irritation relieved by proper treatment.

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IF a man eats a late supper, he must take it to bed with him, and then the stomach and brain will be active for seven hours before it is empty.—*J. H. Kellogg, M.D.*

# Good Health,

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and the Principles of Healthful Living.

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book in three different languages, English, German  
and French, may be had for the very reasonable  
price of 9s; Ladies size only 7/6. Order of the  
American Importing Company, 8 Long Lane,  
Aldersgate Street, London, E.C., or of your local  
dealer.

## COUNTY FLOUR CONTAINS the complete nutriment of the wheat, and makes real BROWN BREAD. BUT NOT BRAN BREAD.

County flour is a whole meal, produced from ear-  
ly selected wheats, milled and prepared by a  
special process with the object of retaining the com-  
plete food properties of the grain, and rejecting the  
outer covering or bran.

Bran is unpalatable and indigestible for all, and  
actually damaging for many whose digestive organs  
are easily irritated.

### Made From County Flour

BREAD is sweet, wholesome and nourishing.  
CAKE is rich in colour, flavour, and food properties.  
PASTRY is short, toothsome and digestible.

N.B. In the use of county flour for pastry, the quan-  
tity of shortening used should be reduced 25 per cent.  
from usual recipes, lest the result be too rich.

Terms: cash with order at prices as below.

120 lb. bag 17/6, carriage paid anywhere in England.

20 lb. linen bag..... 3/6.

1½ lb. sample by post..... 6d.

In ordering 120 lb. if you prefer 6 linen bags  
of 20 lbs. each, you should remit 18/6 in place of 17/6.

Sole proprietors:

**COLLYER BROS.,**

Bath Lane Mills LEICESTER.

A new & high class . . .

# Vegetarian Restaurant

HAS NOW BEEN OPENED BY THE

**Food Reform Co., Ltd.,**

.. AT ..

**4 FURNIVAL STREET,  
Holborn, E.C.**

(Opposite the Prudential Assurance Co.)

All the directors are themselves vege-  
tarians; and no pains will be spared to render  
this restaurant worthy of the patronage  
of Food Reformers.

A commodious room is available for  
evening meetings

**H. D. Kerr, Chairman.**

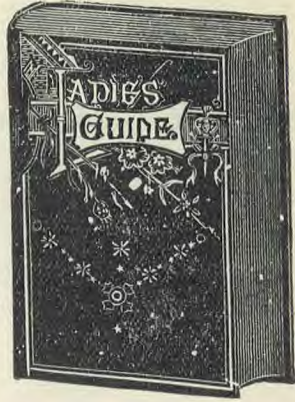
**Bertram G. Theobald, B.A., Secretary.**



DIRECTORY OF SANITARIUMS. *The Ladies' Guide*

In Health and Disease.

BY  
J. H. KELLOGG, M.D.



GIRLHOOD.  
MAIDENHOOD.  
WIFEHOOD.  
MOTHERHOOD

THE following institutions are conducted under the same general management as the Sanitarium at Battle Creek, Mich., which has long been known as the most thoroughly equipped sanitary establishment in the United States. The same rational and physiological principles relative to the treatment of disease are recognised at these institutions as at the Battle Creek Sanitarium, and they are conducted on the same general plan. Both medical and surgical cases are received at all of them. Each one possesses special advantages due to locality or other characteristic features. (This is only a partial list.)

- BATTLE CREEK SANITARIUM, Battle Creek, Mich.  
J. H. KELLOGG, M.D., Superintendent.
- SURREY HILLS HYDROPATHIC INSTITUTION,  
Caterham, Surrey.  
ALFRED B. OLSEN, M.D., Superintendent.
- BELFAST SANITARIUM, 30 Antrim Rd., Belfast.  
J. J. BELL, M.D., Superintendent.
- SKODSBORG SANITARIUM, Skodsborg, Denmark.  
CARL OTTOSEN, M.D., Superintendent.
- FRIEDENSAU SANITARIUM, Post Grabow, Bez.  
Magdeburg, Germany.  
A. J. HOENES, M.D., Superintendent.
- INSTITUT SANITAIRES Basle, Switzerland.  
P. DE FOREST, M.D., Superintendent.
- CALCUTTA SANITARIUM, 51 Park St., Calcutta,  
India.  
R. J. INGESSOLL, M.D., Superintendent.
- NEW SOUTH WALES MEDICAL AND SURGICAL  
SANITARIUM, "Maaford," Gower St., Summer  
Hill, N.S.W., Australia.  
D. H. KRESS, M.D., Superintendent.
- GUADAJARA SANITARIUM, Apartado 138,  
Guadalajara, State of Jalisco, Mexico.  
J. W. ERKENBECK, M.D., Superintendent.

672 octavo pages. Illustrated with thirty-five chromo-lithographic plates, cuts, etc.

Full particulars of this valuable work will be given on receipt of a postal card containing name and address of the sender.

Good Health Supply Department,  
45 Holloway Road, London, N.

# Spring is here

Make the most of it while it lasts.

Avoid heavy, indigestible foods that clog the system, and keep you from enjoying the sunshine.

Use our HEALTH FOODS, pure, light, perfectly cooked, quickly digested, and share the abundance of life and health around you.

If you feel well, our Foods will make you feel better.

If you are ill, try our Foods. They are cheaper than medicine, and will help you as they have helped others.

One Shilling Sample package sent, post free,  
to any address, on receipt of Postal Order.

The International Health Association, Ltd., Birmingham.

In answering advertisements kindly mention "GOOD HEALTH."

## PUBLISHERS' NOTES.

SHOULD any of our readers be taking an American trip this summer, they will find Carl Rasmussen's Restaurant, corner 6th Avenue and 24th Street, New York, an excellent place for appetising, wholesome meals. Similar establishments conducted on GOOD HEALTH principles may now be found in nearly all the large American cities.



MANY have responded heartily to the call for special help in circulating our Temperance Number. Fifty-five thousand copies were printed, and at the present writing the orders are coming in as rapidly as we can supply the papers. To the numerous friends who have rendered assistance in the wide circulation of this number we tender hearty thanks.



WE have pleasure in heartily recommending Mrs Hume's Establishment in Bournemouth as an ideal, homelike place, where food reformers will find their tastes well catered for, and others who have not previously adopted a correct dietary will be so well pleased with living on the fat of the land that they will not sigh for the flesh pots of Egypt. Mrs. Hume makes an ideal hostess, as we know from experience.



THERE is always some danger in laying off warm woollen underclothing too early in the season. Sanis light-weight woollen underwear seems to be ideal for use in the spring and on cold, damp days in the summer and autumn. Being perfectly porous it affords free access to the air, while protecting against changes of temperature. The fact that this underwear has been rendered unshrinkable (subject to fair treatment) by a special process, further adds to its value. We strongly advise our readers to give these goods a trial. Full particulars as to quality, prices, etc., may be had of the sole proprietors, International Supply Stores, 79 and 81 Fortress Rd., London, N.



OUR readers will doubtless be glad to learn that the long-promised Sanitarium is ready to receive patients, in fact has already received some, and bids fair to be filled up before long. The formal opening, according to present arrangements, will not be held till the latter part of May. The institution is especially fortunate in its location, nestling among the beautiful hills of Surrey, in the upper portion of the well-known Caterham Valley. No more delightful place for walks and drives could be found. The equipment for giving treatments is also very good, and with trained nurses from the far-famed Battle Creek Sanitarium, and a resident physician who has been connected with that institution for some years, the prospects for its success as a curative establishment are remarkably good.

"The Beef of the Vegetable Kingdom."  
"A Perfect Food"



Make delicious Puddings and Soups. Genuine, natural flavour and taste. Adapted to Invalids and Weak Digestions. Boiling unnecessary.

In 1- Tins; Sample Tins 1/4 post free. In Packets, 2d; Sample Packets, post free, 3d. From Chemists and Grocers, or Wholesale from the Manufacturers,

**THE DIGESTIVE FOOD CO.,**  
PAISLEY.

## A Homelike Home.

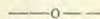
Delightful. Highly recommended.  
Two minutes from the sea.

Conducted on Food Reform lines.

Near the chimes, pleasure gardens, and town.

Accommodations,—the best.

Charges,—moderate.



Write for terms, mentioning GOOD HEALTH.

**Mrs. Hutteman-Hume, "Loughtonhurst,"**  
West Cliff Gardens, Bournemouth.

## EVERY WOMAN

is interested and should know about the Wonderful

"MARVEL"

**Whirling  
Spray Douche.**

(Patented.)



Ask your Chemist for it. If he cannot supply the Marvel, accept no other, but send 1d. stamp for book—SEALED. It gives full particulars and directions invaluable to ladies.

**MARVEL CO.,** Dept. 160,  
11 Queen Victoria Street, London E C

In answering advertisements kindly mention "GOOD HEALTH."

# Extension of Business.

PLEASE note that the "Sochon" Co. have removed to larger and more commodious premises, at 12 Wood Street, London, E.C., where all communications should be addressed.

WORKS: KENTISH TOWN, N.W.



No unhealthy or poisonous matters used in our process, as in the tanneries.



**WILL NOT CRACK.**



Non-Conducting  
(Heat or Cold).



Absolutely Waterproof

**BUT NOT AIR-PROOF.**



The New Vegetable Leather for

## Boots, Shoes, and Sandals.



**A**n important part of our covering which should necessarily be reformed from the standpoint of health and humanity.

The material used is made solely of a vegetable fibre, chemically treated; **NOT A DUCTILE BASE WITH A SOLUTION ON THE SURFACE**, but a substance prepared in its entirety.

**PRICES.**

	MACHINE SEWN.	SUPERIOR FINISH WELDED.	REAL HAND SEWN.
Gentlemen's Boots . . . . .	12/9	16/9	20/-
"    Shoes . . . . .	10/9	14/9	18/-
Ladies' Boots . . . . .	11/9	15/9	19/-
"    Shoes . . . . .	9/11	13/9	17/9
Sandals.—Gent's, 2/11; Ladies' 2/6.			

**POLISH** for cleaning the "Sochon" Boots and Shoes, in preference to ordinary blacking. Complete in Cabinet containing Brush, Pad, and Tin of Polish, 1/5.

Call or write to Head Office for self-measurement form or send pattern boot.



Fitted with Asbestos Inner Soles.



**T**he asbestos inner soles (discovered and patented by Dr. Hogenes), of which we make a speciality, are a cure for cold, wet, perspiring or bad feet; corns, chilblains and bunions.



Made in Black and Brown.



## PUBLISHERS' NOTES.

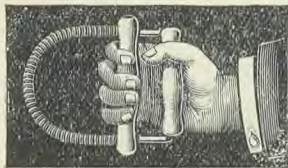
OF course our readers will not expect us to vouch for the accuracy of the ingenious salamander episode referred to in our advertising pages, but we are glad to commend the Pure Water Still manufactured by the Gem Supplies Co. A supply of pure, soft water for drinking purposes is of very great utility in the culture of health. Most people do not drink enough; some find that the ordinary more or less hard water disagrees with them. No doubt every person would benefit healthwise by confining himself as far as drinking is concerned to distilled water.



THE Vegetarian Cycling Club, which now has over 200 regular members, held its annual conversazione in Memorial Hall, Farringdon St., March 9th. E. H. J. Frost, Esq., of Leicester, proved an able chairman, and Lady Harberton, who distributed the prizes, dropped a few well-chosen remarks on health culture. The gentlemen present vociferously applauded what was said of the harmfulness of tight-lacing; but it was the ladies' turn to cheer when smoking was referred to. The prizes included a massive silver Challenge Vase, value £50, the "Monkhams" Cup, presented by Mrs. A. F. Hills, the "Appletree" Shield, presented by Andrew Glendinning, and a number of medals.



WE have received from the makers, Messrs. Herbert Terry and Sons, Redditch, London, a sample of their new Grip, a most ingenious little



TERRY'S PATENT  
APPLIED FOR

Diligent use of the Grip will doubtless give excellent hand and forearm development. The price is 3s. per pair; athletes', 3/6. The Grip may also be attached to the Terry Exerciser in place of the ordinary handles.



ONE of our readers has taken us to task for our antagonism to pastry; but we have nothing to retract. As ordinarily prepared with an excess of shortening, and that shortening of a most questionable character, pastry is a prolific cause of dyspepsia. However, it can be made in such a way that it will be at once healthful and palatable. We shall give some recipes for hygienic pastry in our next month's issue. Meanwhile it may be said that Collyer Brothers' "County" flour has an excellent reputation for the making of digestible pastry. We are giving it a thorough test in our experimental kitchen, and will probably give further particulars later on.

## J. HEIDE, 332 Portobello Road, London, W.

Manufacturer of zwieback (brown and white), a specially prepared, pre-digested bread, invaluable to dyspeptics and invalids. (6d. per lb.) As used in the Battle Creek Sanitarium and its branch institutions.

Agent for all the foods of the International Health Association. Orders to the amount of 2s. and upward delivered free in West London.

AGENTS WANTED.



## The Whitely- Hendrickson Exerciser Combined,

THE NEWEST PHYSICAL  
DEVELOPER.

Is going strong, and its users are growing stronger.

It is the best cure for obesity, and if you want more muscle it is a muscle builder.

It combines everything that has been produced in the way of a physical developer or a home gymnasium.

If your occupation keeps you confined in the office or warehouse, it is invaluable.

If you wish to start out in the morning with an inclination to do a good day's work, the W.-H. is the thing you require.

If you wish to train for an athletic competition of any kind, the W.-H. will do the thing for you.

It is for sale by all up-to-date Athletic Outfitters.

If yours does not keep it, write us, and we will send you full particulars.

PRICES, complete with manual:

Ladies .....	7/6
Men's .....	9 -
Athletes .....	10 6
Jumbo .....	12 6

SOLE AGENTS:

AMERICAN IMPORTING Co.

8 Long Lane,  
London, E.C.



IT IS UNIVERSALLY ADMITTED  
that to see

## VEGETARIANISM

## PROPERLY PRESENTED

You must visit  
one of the following Restaurants:

Belfast: The X • L •, 27 Corn Market.

Dublin: The College, 3 & 4 College Street  
(with HOTEL attached).

Glasgow: The Eden, 6 Jamaica Street.

Leeds: The Old Bank, 28 Commercial St.

All under one Proprietorship  
and Management.

Everything High Class, except Prices.

In answering advertisements kindly mention "GOOD HEALTH."

THE LEADING  
MAGAZINE  
6<sup>d.</sup>  
Monthly,



FOR ALL  
INTERESTED  
IN PHYSICAL  
CULTURE.

# SANDOW'S MAGAZINE


Of Physical Culture and British Sport.

Of all Newsagents and  
Railway Bookstalls. . .



Published on the 15th  
of each month. . . .

.. SEE THE ..

**Empire**  **Muscle Competition in each monthly Number.**

Subscription, post free, 8s. 6d. per annum, 4s. 3d. post free, six months.  
Address Postal Orders as below.

.. THE ..  
**NEW SANDOW POSES,**

Printed on fine art paper,  
Price, 6½d. per set, post free.




These will consist of five  
sets of unique poses.  
Now ready.

**READY FOR FRAMING.**

The latest portrait of  
**Mr. Eugen Sandow.**

Beautifully printed in colours  
on fine art paper. Price, 3½d.  
post free; two copies, 6½d.

 All orders should be addressed to THE MANAGER,  
SANDOW'S MAGAZINE, 45 St. Martin's Lane, London, W.C.

In answering advertisements kindly mention "GOOD HEALTH."

## PUBLISHERS' NOTES.

UNLEAVENED breads are in many respects superior to those raised by yeast. The Wallace Bakery (3 Vernon Place, London, W.C.) turns out a large variety of air-raised breads and cakes of various kinds. Judging from the samples sent us, they are not only wholesome, but to a natural taste very toothsome.



It is most encouraging to note the enthusiasm displayed by the different societies organised in the interests of physical culture. We note that the Leeds Society of Physical Culture and Health have acquired for their use one day in the week the Leeds Corporation Gymnasium, and are conducting weekly lectures and demonstrations.



"Constipation, Its Cause, Prevention, and Cure."  
By Peter M. Short, B.Sc., Published by E. Brown,  
492 Stratford Road, Manchester. Price, post free, 2d.

An informing pamphlet dealing with a subject of considerable importance to health. The writer advises less meat and more vegetables. He shows the evil of resorting to drugs, but recommends one or two preparations that in his opinion are unobjectionable. Two or three oranges half an hour before breakfast, with reasonable exercise, and a plain diet, including wholemeal breads, prunes, figs and other fruits, ought to cure any ordinary case of constipation.



"The Hygienic Physician, Vol. I.: Dyspepsia."  
By John W. Taylor. Paper covers, 1s.; Cloth, 1/6.

This little work contains a number of practical hints in regard to diet and the general care of the health. The author is not always consistent. For instance, after explaining quite fully the injurious character both of tea and coffee, he goes on to inform the reader that he makes daily use of weak coffee, and occasionally of tea. Probably most readers, under these circumstances, will follow Mr. Taylor's practice rather than his teaching. He deprecates drug medication, and earnestly advises total abstinence, as well as a diet of pure foods.



DOUBTLESS many of the readers of GOOD HEALTH were present at the Annual Party of the Ivy Leaf Society, held at Tolmer Institute, London, the latter part of March. One of them has kindly favoured us with an interesting account of the evening which only lack of space prevents us from printing in full. The work of the society is admirably represented by that bright little magazine, *The Children's Garden*, which by the way is clubbed, with the stout-paper edition of GOOD HEALTH, at only 2/6 per year for the two. We would like to see this magazine in the hands of all the children in the kingdom because of the spirit of love and kindness that it breathes, and the influence for good it cannot but exert upon the boys and girls growing up in our midst.

In answering advertisements kindly mention "GOOD HEALTH."

# The Belfast Sanitarium,

(Branch of the Battle Creek Sanitarium, U.S.A.)

Is now open to receive patients. It is situated in one of the most healthful suburbs of the city, near the Cave Hill.

Electric, Vapour, and Needle-Spray Baths, and other hydropathic agencies.

Massage and Electrotherapy.

Special Dietary.



Physician and trained nurses.

Non-resident patients received for treatment.

For terms and further particulars apply to:  
SECRETARY, 39 Antrim Rd., Belfast.

## Vegetarian Foods. Cereal Foods.

DON'T DELAY, write

**Fredk. BAX & SON,**

35 Bishopsgate Street, Without, E.C.

and we will send you our  
New Price List and Cookery Book FREE.

REMEMBER:

We send our goods free to your door.

YOU DON'T KNOW  
AND WON'T KNOW

How very delicious and healthful these Cereal Foods are, and what a saving to the pocket, until you have tried them.

**T. J. Bilson & Co.,**  
86 Gray's Inn Road,  
London, W.C.

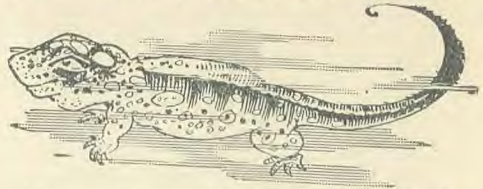
**SUPPLIES of The Best Dried Fruits and Nuts of all kinds.**

Also a full stock of the foods of the **International Health Association**, such as *Bromose, Protose, Granose, Toasted Wheat Flakes*, etc.

Special offer made with respect to **Welch's Grape Juice**, a most delicious food-drink, and real tonic.

**Send Stamp for full Price List, in which you are sure to be interested.**

## SWALLOWED A SALAMANDER.



After more than a year's ill-health, much suffering from pains in the stomach, and an insatiable thirst which could not be alleviated, a French postman was attacked with sickness and vomited a Salamander. Doctors, hitherto puzzled by the case, declared that the man must have swallowed the Salamander when he was drinking at a public fountain, and that it lived and grew in his stomach until ejected. This extreme case reminds us that the

### IMPURITIES OF WATER

—the germs of malignant diseases such as typhoid fever—cause thousands of cases of typhoid, and kindred diseases; and by introducing into the system lime and other impurities in vice Dyspepsia, Kidney and Bladder Diseases, Rheumatism, etc. Look in your tea-kettle and see what you drink.

#### THE ONE SAFE-GUARD

is the use of distilled water produced by the "Gem Pure Water Still."

**No. 1 Gem Pure Water Still 36/-, post free.**  
**The No. 2 Automatic Still** (which can only be used where gas and water are laid on) **£3 10s.**

*AS SUPPLIED TO H.M. GOVERNMENT.*

**THE GEM SUPPLIES CO., LTD.,**  
121 Newgate Street, London, E.C.

**HEALTH & STRENGTH**  
**MAGAZINE**

Vol. V. No. 4. October 1902.

**2<sup>d</sup>**

ROLAND SPENCER, Chief Instructor at the H. & S. Physical Culture School, at 21 New Bridge Street, Ludgate Circus.

Specimen cover of **"Health & Strength."**

At all . . . . **2d.** Post free, One Year, 3s. 6d.  
New-agents. **Valuable Reading.**

**HEALTH & STRENGTH MAGAZINE Co., Ltd.,**  
21 Stonecutter Street, Ludgate Circus, E.C.

## 'Sanis' Underwear

Is made from **PURE WOOL**, and is a new British Manufacture.

**'Sanis' Underwear** Assists the process of "Sweating" which cleanses the body of the waste products by its natural system of drainage.

**'Sanis' Underwear** Is porous and throws off the vapour emitted from the body which in most underclothing is permitted to remain—a perpetual menace to health.

**'Sanis' Underwear** Is a **HEALTH NECESSITY** and should be worn by everyone, old and young, rich and poor.

**'Sanis' Underwear** Is a Health Preserver, is economical, is very durable, is very comfortable and warm.

**'Sanis' Underwear** Has come to stay, and because of its undoubted merits is sure to win a leading place in underwear.

Write for Prices to the **Secretary, 79 and 81 Fortress Road, London, N.W.**

In answering advertisements kindly mention **"GOOD HEALTH."**

## PUBLISHERS' NOTES.

WE have pleasure in announcing that the Sochon Shoe Company, which manufactures the excellent leatherless boots and shoes, has moved into more commodious quarters at 12 Wood St., Cheap-side, London, E.C. The enterprise is meeting with a good degree of success, and this is as it should be. Leather shoes are not, in respect of health and comfort, fully up to the needs of the 20th century. The Sochon article is a decided improvement.

-+3-

WE have heard of some instances where persons have found difficulty in securing a copy of GOOD HEALTH at news-stands. This should not be possible. The magazine may be ordered through any first-class newsdealer in the kingdom, and our friends will be doing us a favour by insisting on getting it. If you can get your dealer sufficiently interested to order a few copies regularly, and display a poster, this will further facilitate the work of circulating the magazine. The mere fact that GOOD HEALTH has, since its enlargement last June, had a monthly circulation running from forty-five to fifty-five thousand is good evidence that there is a real demand for it. But it requires some time for a magazine to get thoroughly known and established; we will therefore appreciate the kindly co-operation of friends in introducing it to those who are likely to become subscribers.

-+3-

*Health & Strength* for April is to be a typical Spring Number, in keeping with the gayer season of the year. A smart cover in red and brown attracts the eye, the subject being an original

treatment of Professor Pierre Vigny and Miss Sanderson in their "Walking-stick Self-defence" performance. The illustrations have been made a special feature this month and include several full-page plates and some comic sketches. Among articles of special interest, Part II. "Cyclists' Muscles: How to Perfect and Use Them," by Wm. Macdonald Smith (London), takes prominent place, Part I. having excited much comment and enthusiasm on the subject; "Cure by Physiological Means," by a doctor, is an excellent description of the practical methods in use at Apsley House, Slough, Bucks., a civilised nature cure establishment; "The Muscles and How to Develop Them," by F. J. Harvey, Exeter, recommends itself as coming from an expert on this subject; a second instalment of "The Methods of 'Hooligans' and Self-defence," by an International Detective, details terrifying possibilities to the nervous and physically weak masculine reader; "The Great Problem—Food," by Lewis H. C. Froment, throws some fresh light on this vexed question; "School and Club Notes," illustrated, and "Readers' Experiences," complete a particularly interesting number.

-+3-

**Bound volume of "Good Health."**—In reply to numerous enquiries we have pleasure in announcing that we shall be able to supply the first volume of "Good Health" neatly bound at 2/6. Post free 2/10. Also the first volume bound together with Nos. 1-7 of the old series at 3/. Post free 3/4. Orders may be sent in at once. The books can be supplied any time after the middle of May. Address Good Health Supply Dept., 451 Holloway Rd. London, N.

Your Stomach is not your slave. It's your friend.  
Don't abuse your friend. Help your friend.

# Avenola

And your stomach will work well together. The stomach will get just the materials it needs in the form it likes. Avenola is quickly assimilated. As it enters the stomach it might be compared to snowflakes falling on a warm sponge.

## TRY IT.

See our list of Foods advertised elsewhere in this magazine.

International Health  
Association, Ltd.,  
BIRMINGHAM.

