





JUNE BLOSSOMS.



# Good Health

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

Entered at Stationers' Hall.

Vol. 2.

June, 1903.

No. 1.

## EDITORIAL CHAT.

**Food Adulteration.**—The analyst for Islington has discovered adulterations in thirty-two out of 147 samples of foods and drugs sent him. Evidently there is need of closer inspection. It is safest to purchase only standard goods. Some things are rarely got in a pure condition. Essences, of various kinds, for instance, are largely prepared from coal tar, the imitation of the natural flavour being so close as to defy ordinary means of detection.

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**Drinking in Summer.**—An abundant supply of pure, soft water, is especially necessary in summer. The idea, which some people have, that the less water taken, the better for the health, is very far from the truth. Just before retiring and immediately on rising in the morning are very good times for drinking. A large glass of water, hot or cold, taken at these hours provides a sort of internal bath; in the one case it encourages sleep, in the other, cleanses the digestive tract preparatory to breakfast. Drinking at, or shortly following, meals, should be discouraged.

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**Consumption Increasing in Ireland.**—While England and Wales have been reducing their death-rate from consumption at rather a rapid rate, in Ireland the figures tell an entirely different tale. One-sixth of all the deaths in the Emerald

Isle are now due to tuberculosis, which is accountable for one-half of all the deaths between the ages of fifteen and thirty-five. The following table, for which we are indebted to Mr. Robert Brown (Donaghmore), Honorary Secretary of the Ulster Branch of the National Association for the Prevention of Consumption, shows the deaths from consumption per thousand of the population in England and Wales, and in Ireland, at different periods in the course of the last thirty years.

Average.	England and Wales.	Ireland.
1870-1875	24	19
1880-1885	19	21
1895-1900	14	21
1901	13	23

### The Chief Causes of this Increase.

Mr. Brown attributes this sad increase in a disease which, in most civilised countries is being gradually stamped out, to the lax sanitary arrangements in Ireland. The dwellings of the poor are unhygienic, and insufficient attention is given to personal and household cleanliness. Many of the "model" cottages which are now being built, are, from a health standpoint, even inferior to the old hovels, which were so loosely built as to admit the air without opening the window, while the modern cottage is plastered throughout, but has no proper arrangements for ventilation. Mr. Brown further calls attention to the im-

poverished diet which prevails. Instead of porridge, the old-time standby, the people are bringing up their children on tea, white bread, and tinned meat. An immense proportion of the working classes take strong, stewed tea, three or four or even five times a day.



**Appearances Often Deceptive.**—“All is not gold that is of goldish hue,” neither is a man really healthy because he says so. Sometimes a big burly beer-drinker measures himself against a slightly-built and almost delicate-looking abstainer, and ridicules the whole cult of health reformers. But follow the history of the two men, and you will see that the man who cultivates health by intelligently obeying physical laws comes out best every time. Many people mistake quantity for quality. A may not be as healthy as B, though he tip the scales at twice the latter's weight. Appearances are sometimes so deceptive as to throw a practised physician off the track. An American insurance company paid out during the year 1901 about £200,000 in death losses upon policies which had not been twelve months in force. In fact sixteen persons died within a few weeks after having received a certificate of good health.



**Six Hours Without Food.**—Birmingham postal workers are doomed to work six hours without food, the usual meal-time privileges being withdrawn. It seems that a deputation was sent, by way of protest, to Mr. Chamberlain, who is said to have treated the matter with “a certain amount of levity.” Whether the report is correct or not, it does seem rather amusing that able-bodied men and women cannot work for six hours without something to eat. While there might possibly be a few exceptions, it is safe to say that in a vast majority of cases, there would be real

benefit from allowing six hours to intervene between meals. According to excellent authorities, it requires not far from six hours to digest the kind of meal that most people take, and the faithful stomach ought to have a little time for rest before starting in again. The real cause of getting faint and hungry so soon after a meal is that the diet is wrong. Flesh food, contrary to the popular belief, is not noted for staying qualities. A simple meal of hard bread, fruit, and nuts, will stand by a man longer than the ordinary full meal of meat, vegetables, and dessert.



**Bathing for Health.**—Sandow says a man ought to bathe almost as often as he eats. This might be carrying the matter a little too far, but no one should let a day pass in summer without enjoying some kind of a bath. The wet-towel rub, the sponge bath, the wet-hand bath, the cool spray, or cold plunge—all these are valuable forms of cleansing the skin and giving tone to the system. Neither should we neglect the warm bath, with soap and flesh brush, a most excellent means of removing effete matter from the surface of the body, and quickening the sweat glands.



**Garden Cities.**—Double the average birth rate and a low death rate are among the results already seen at the garden cities of Bournville and Port Sunlight. Efforts on the part of employers to provide comfortable, pleasant homes for their hands, will in the long run pay financially as well as otherwise. The discriminating public prefer to patronise the wares turned out by healthy, contented workmen in ideal hygienic surroundings rather than those made by a system almost approaching slavery. It is in the power of the great captains of industry to vastly improve the physical conditions of the working classes, and we rejoice to see that the matter is receiving some attention,

**Sensible Advice on Avoiding Tuberculosis.**—*The Notion*,† a bright little monthly which has something to say, and knows how to say it, gives the following excellent advice to persons who would avoid tuberculosis :—

“Live a wholesome mental and physical life; cultivate an intimate friendship with nature; live in the open-air; enjoy a tussle with the tempest; leave tram-cars and ‘buses severely alone, walking instead; sleep with your windows open; expose your body to the sunshine as much as possible; have a cold sponge every morning; eat good, but natural and simple food; avoid stimulants and quacks; make up your mind to be as strong as Hercules; don’t smother yourself with superfluous clothing; and absolutely refuse to patronise any public institution which is not properly ventilated.”

Not only consumption but all other diseases would gradually disappear if only such wholesome advice were generally followed. In fact, good common sense in matters physical is the great desideratum of to-day. If people would be really sensible, they might in most cases be healthy.



**Public Health and the Churches.** Equally just and to the point are *The Notion’s* remarks on the relation of the churches to matters of health and hygiene. “The Master of the churches,” we are reminded, “healed the sick in body as well as the diseased in mind. A thorough-going Christianity does not forget to emphasise, in strong terms, the laws which make for physical health, and one of its best results is ‘mens sana in corpore sano.’ The churches have an immense influence in the community: let them use some of it in leading the people to adopt healthy ways of living.”



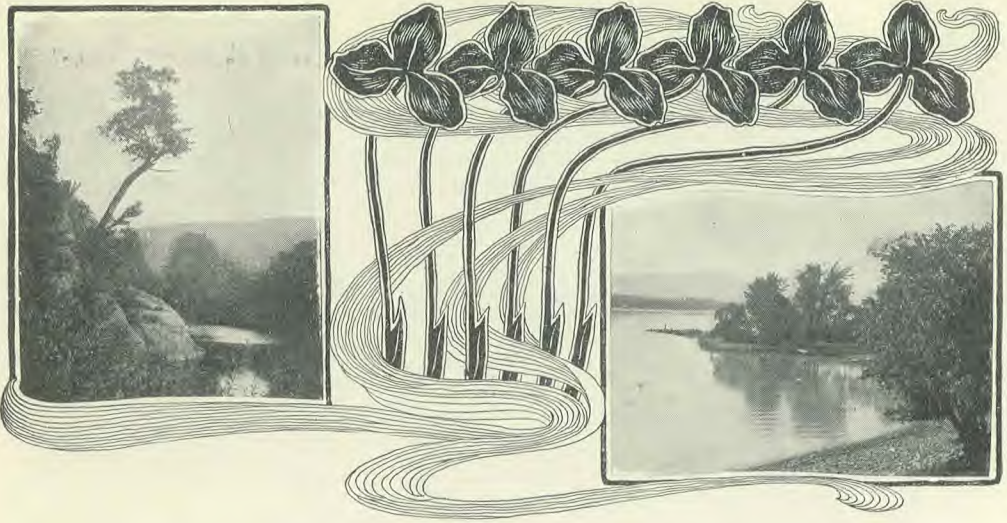
**The Value of Simplicity.**—A great many wearing cares and burdens most destructive of health, grow out of an unnecessarily complicated style of living.

Our diet might be far more simple with real advantage both to the health and to mental pursuits. A traveller, recounting a recent visit to Tolstoi, says that while the guests were regaling themselves with a six-course dinner, their host and his daughter made their simple meal off a dish of pottage and a loaf of rye bread. The real needs of the system are fully met by what many people would call a starvation diet, while the senses are keener on such a régime and the joy of existence is greatly increased. Try the plan some warm summer morning of simply eating a few slices of dry bread or zwieback followed by a little fresh fruit. Your mind will be clearer for the forenoon’s work, and the system will be well sustained. Hot food is not necessary to health; certainly not in warm weather.



**Superfluous Bric-a-Brac.**—We can cultivate simplicity also in other directions. Why overburden our living-rooms with so much rubbish in the way of pictures, curios, and bric-à-brac in general? We are not saying anything against a few good pictures and other ornamental articles; but there is a strong tendency to overdo the matter. As Herbert Spencer says, you cannot make a room beautiful simply by filling it with beautiful things. Overcrowding is disastrous to artistic effect. A room thus filled with ornaments is rarely properly cleaned, and becomes the resort of germs innumerable. Banish the worthless things to the dust-bin, and give half the remaining ones to some poor family with bare walls, and empty mantels, or if you are loath to part with your treasures, put them in a box somewhere, out of reach of the dust. A room thus stripped of superfluous ornaments may be far easier cleaned, and is at the same time more pleasing and restful.

† A new and very well-got-up twopenny magazine. Edited by Henry James Reade; published by Alexander Gardner, Paisley.



### THE BEST SLEEP PRODUCER.

BY J. H. KELLOGG, M.D.

THERE are many chronic invalids and others who cannot sleep. Usually the chief reason for this condition is, that they do not work. The Bible says, "He that will not work, shall not eat." And Nature says, "He that does not work, shall not sleep." Work is just as necessary for sleep as it is for an appetite. A person must earn an appetite if he wants one. So, if one is to enjoy sound, refreshing sleep, he must earn it. The Bible says that the sleep of the labouring man is sweet. The chronic invalid is sedentary; he has no vigour for exercise. Because he does not work or exercise, there are certain poisons which are not eliminated. These accumulate in his body, and irritate the nerve cells, thus keeping him awake.

The exercises which a man takes in the open air, produce substances adapted to make him sleep. When a boy comes home from skating, and sits down by the warm fire, it is not more than five minutes before he is nodding. And when he goes to sleep after such exercise, his sleep is refreshing and sweet, like that of an infant. This is because of the generation within the body, of substances which have power to put an animal to sleep. This is the reason the sleep of the labouring man is sweet. It is the reason exercise is a means which enables us to sleep.

The chronic invalid, on the other hand,

does not work because he has not strength enough. The sleep-producing substances naturally formed by exercise are lacking. So, when he goes to bed, he has the "fidgets," and keeps twisting and turning about; because he has no sleep-producing substances in his body. Instead, his body is full of the poisons which accumulate during idleness, and the influence of these is irritating and exciting to the nerves. The man is uneasy, his brain is excited, he keeps thinking, he cannot stop thinking. His legs twitch and jerk, he cannot find a comfortable position; he lies first on one side and then on the other; he cannot be quiet long enough to go to sleep.

What is to be done for sleeplessness? In the first place, we must recognise these physiological facts in order to understand physiological treatment. We must not simply inquire "What will put a man to sleep?" There are many things that will do this. Bromide of potash, opium, alcohol, chloroform, or ether will put men to sleep; but the sleep they produce is not of the most restful sort, and one must always reckon with the after results.

What we want to do for the man who cannot sleep, is to put him in a condition favourable to sleep,—a condition in which he can sleep physiologically and naturally; and the way to accomplish this is to remove the cause of the sleeplessness. Here

is a man who has broken his leg; he is accustomed to sound sleep, because he has worked hard and has earned the right to sleep. But now he cannot sleep because he cannot exercise. To produce natural sleep we must give him exercise. Some simple passive movements, such as bending the limbs, serve the purpose well, when greater activity is impossible.

There is really no excuse for anyone being sedentary. A man said to me not long ago, "I cannot take exercise for any length of time; I am a student, and I have no time for exercise." But the man who is sitting at his desk can take exercise, if he will, without interfering with work. By simply extending the arm and holding it perfectly steady, the muscles are given some work to do, and after about two minutes the arm will be so tired that it cannot stay in that position any longer. Drop both arms at the sides, and enervise every muscle, straighten out all the fingers,

make them stiff, and hold them so; or, bend one leg up close to the body, make it rigid, and hold it in that position, and you will be astonished to see how tired you will become.

One can put all his energy into one set of muscles in trying to set the limb in motion, and all his energy into another set of muscles in trying to hold it still. This is just as hard work as it is to lift a heavy weight. One can make his muscles work just as hard in this kind of exercise as in ordinary work, by putting one set of muscles in opposition to another set, as the flexors in opposition to the extensors of the arm. Set the muscles absolutely rigid, hold them so, and in five minutes one will be perspiring profusely. A large number of movements of the head, limbs, and trunk can be made by the bedridden invalid, by which the benefits of good, hard exercise may be secured. All this work the sedentary invalid can do for himself.\*

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## PHYSICAL PERFECTION AND HOW TO ATTAIN IT. No. I.

BY THOMAS W. ALLEN.

"PHYSICAL perfection!" I imagine I hear some reader exclaim: "The perfecting of our physical frame is absolutely impossible of attainment. None of us are perfect, no not one, either morally, spiritually, mentally or physically." Quite so, dear reader; but it is quite possible to so improve ourselves, as to be as near perfection as the limits of our organisation will permit, if we care to take the pains. Although absolute physical perfection cannot be attained by all, or perhaps by any, yet by studying ourselves physiologically, and by applying the knowledge gained to the improvement of our physical powers, we may attain in some few months' time, a truly remarkable physical development.

This and succeeding articles are written more especially for those persons who wish to improve their muscular systems, and add to their physical vigour, but the aspirant to athletic fame may also find herein some practical hints

The necessity for the exercising of the muscular system is all important, as mental work is usually performed under conditions the reverse of healthful. The student

with his large brain and highly-strung nervous organisation, with a zeal and ardour found in no other temperament, pores over his book hour after hour in an atmosphere often full of impurities, utterly regardless of his physical constitution, and apparently oblivious of his bodily needs. Thus he pursues his studies month after month; but soon his prolonged and constant mental work begins to leave its marks upon him, his physical strength slowly but surely lessens, and if he still persists in goading himself to study, he eventually experiences a complete break-down. Through lack of physical exercise he has not only reduced his physical vigour, but has also weakened his mental powers, as they are interdependent one upon the other. Wise man is he, if he learns by experience, and for the future exercises both body and mind equally and harmoniously. Frequently through lack of sufficient physical exercise men drag out an unhappy existence, always suffering from different ailments, never experiencing that perfect health and concomitant happiness.

\* Next month some simple hydropathic measures for inducing sleep will be considered.

A man may possess splendid intellectual talents, but without the physical vigour to put those talents to practical use, they will avail him very little. A healthy, robust man will always accomplish more than a weak, debilitated man. Health too, like disease is contagious, and the healthy person always carries about with him a stock of vitality which acts with a salutary effect upon those he is brought in contact with.

There is, of course an abuse, of the physical frame, just as there is an abuse of the mental faculties, and men of almost perfect physical proportions are to be found, who are much below the average standard of intelligence, simply because they have exercised the body and neglected the exercise of the mind. This is the reason

why so many athletes fall into disreputable habits after they have given up taking any active part in athletic exercises. They have neglected to exercise the mental faculties, consequently when bodily exercise is abandoned, the mind through disuse has become almost impotent, hence the degeneracy of character. Athletic exercises, like every other good thing, are frequently abused and indulged in to the detriment of character and health, but when not carried to excess they may be the means of not only strengthening the body, but the mind also. To secure balance and harmony between body and mind, both must be exercised equally; when this is done there will be that great desideratum, "a sound mind in a sound body."

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## ARE WE A NATION OF INVALIDS ?

BY M. ELLSWORTH OLSEN.

ARE we a nation of invalids? At first thought it may seem preposterous to ask such a question; but careful examination of the facts will convince any unprejudiced mind that if we have not already arrived at a condition of at least *quasi* invalidism, we are journeying rapidly in that direction, and will certainly get there in time.

We have been called a nation of athletes, and the term may have been correctly applied to us in the past, but not so at the present day. Our athletes are in a hopeless minority, and their feats of strength exert about as much influence on the nation's physique as did those of the gladiators upon the degenerate Roman youth.

### OUR YOUNG MEN.

What is the physical condition of the young men of to-day? Recruiting sergeants tell us it is very bad. In Manchester, in 1899, 11,000 men presented themselves for service; although the standard of the army has been repeatedly lowered in the course of the last fifty years, and the present demands in the way of sound organs and general development are most moderate, only 1,000 of these young men could be admitted into the regular army. Two thousand more were judged good enough for a place in the Militia. The remaining 8,000 were totally rejected.

If our young men are so largely semi-invalids, what about their fathers and mothers? A few facts may be of interest. The hospitals of London alone treated more than a million cases last year. As only the very poor are dependent upon the hospitals, the better situated classes being amply provided with medical assistance from the thousands of physicians in private practice, this does not speak well for the health of the London populace. But there is still a very large class of invalids for whom the patent medicine fraternity, numbering some 35,000 makers and sellers, zealously cater.

Thousands of people not under regular medical care are continually dosing themselves with somebody's liver pills or digestive tablets or tonics. The man of forty with perfectly sound stomach, liver, and kidneys, and with a reasonably good set of natural teeth and a scalp well covered with hair, is the exception rather than the rule. Even the young people are not blessed with sound teeth. It is getting to be rather common for youths of twenty or twenty-five to require a partial set of artificial ones. More than half of the young men who apply for army service, have to be rejected because of their miserable teeth. If it were only a matter of teeth, it would not matter so much, because a skilful dentist can make



a fairly good substitute; but unsound teeth show poor nutrition, and a general breaking down of the constitution. Who would buy a horse with a mouth full of rotten teeth!

Let us take a look now at the children of school age. Surely they, who are just starting in life's race, ought to be sound and healthy! Yet the facts are otherwise. Nearly half our school children are afflicted with some weakness or disease of the eyes; in a large number the hearing is defective, slight spinal curvatures and other deformities are exceedingly common, a weak nervous system is the rule rather than the exception, and the clear, rosy cheeks for which English children have been noted are getting scarce.

There are some other very disquieting features to be noted. Mr. George F. Shee, in an able article on "The Deterioration in the National Physique" in last month's *Nineteenth Century*, mentions the following:—

#### DECLINE IN THE BIRTH-RATE.

"1. The steady and rapid decline in the birth-rate from 36.3 per 1,000 in 1876 to 29.4 in 1898.

"2. The increase in the death-rate of infants under one year old from 149 per 1,000 in the period 1871-80 to 163 per 1,000 in 1898.

"3. The increase of deaths among infants owing to 'congenital defects' from 1.85 to 4.08, or 130 per cent. in less than thirty years.

"4. The rapid increase in the proportion of female children born

"5. The increase of deaths from premature childbirth by 300 per cent. in the last fifty years.

"These figures," the writer continues, "are the more striking when we consider that sanitary science, hygiene and therapeutic medicine have made enormous strides, thereby lowering the death-rate, chiefly among old and infirm persons."

Upon careful consideration it will become evident that the skill of our physicians and surgeons, instead of improving the race, really contributes to its steady deterioration. In the days when public hygiene and sanitation were not known, there were periodic visitations of the plague which overran whole cities, and weeded out the weaker members of society. The physicians of those days, depending mainly on bleed-

ing and similarly heroic measures, doubtless weeded out a few more; so that in spite of the loss of a great many of the active and able-bodied men through war, the general standard remained high.

To-day our system of public hygiene combined with marvellous medical and surgical skill, serves to prolong the lives of the feeble and disease-ridden portion of the community, thus lowering the standard of physical efficiency.

#### INCREASE OF CANCER.

Some diseases, it is true, are less frequent than they were, but their places are filled with new maladies. Cancer is coming more and more to the front, and every year shows a longer list of victims. It has gained in frequency a hundred per cent. in the last thirty years. Insanity and idiocy are likewise increasing. A short time ago the Colney Hatch tragedy called public attention to the fact that, in London at least, lunatics were increasing much faster than the facilities for their accommodation. The rate-payers of the city have 17,000 mental patients on their hands, 1,400 of whom are accommodated in temporary buildings, and they face the gloomy prospect of having to erect every four years a fresh asylum for 2,000 inmates.

#### THE HEALTH OF OUR SOLDIERS.

We have referred to the difficulty of the Government in securing young men of sound bodies for the army; but our soldiers do not score well in the matter of health. "In 1900," Mr. Shee tells us, "the admissions to hospitals represented a ratio of 827.7 per 1000, and there were over 10,000 men constantly non-effective from sickness." He gives the following comparison between the English and German armies:—

	Admissions to Hospital.	Constantly non-effective through sickness.	Death-rate per 1,000.
England,	827.7	46.08	9.05
Germany,	689.0	10.6	2.4

Other facts of a similar nature might be adduced did space permit, but enough has been said to show that race deterioration with us is a fact which must be reckoned with.

Next month we shall consider the causes of this sad state of things.

### The Restorative Influence of Life in the Country.

"WHAT is the pill," asks Thoreau, "which will keep us well, serene, and contented? Not my or thy great-grandfather's, but our great-grandmother Nature's universal, vegetable, botanic medicines, by which she has kept herself young always, outlived so many old Parrs in her day, and fed her health with their decaying fatness.

So many seem to be of the opinion that it is necessary to go abroad to enjoy fine scenery, and yet there is no more beautiful country in the world than Great Britain. Beauty abounds on every side, if our eyes were but open to behold it. The habit of searching for the good and the beautiful is in itself most beneficial to the health. It contributes to cheerfulness and serenity of mind, and makes one forget many things that cause worry and annoyance.



"AT PEACE"

[Courtesy of "The Animals' Friend."]

For my panacea, instead of one of those quack vials of a mixture dipped from Acheron and the Dead Sea, let me have a draught of undiluted morning air."

Playful words these, but containing a great truth. If invalids would but stop dosing themselves with somebody's liver pills or cough lozenges, or tonic, and adopting simple natural habits, put themselves in touch with the healing, restorative influences which are everywhere at work in nature, they would make far more rapid recoveries.

Walks and drives in the country are to be most heartily commended as a health measure. City life is distinctly prejudicial to the highest health and activity. Crowding is everywhere the rule; men and women become or tend to become mere mechanical factors of a great machine. Individuality is lost in the mass, and freedom of development sacrificed. Man is tempted to forget his Maker while compelled to live all his life in a wilderness of brick and mortar.

Out in the bright sunshine, with budding trees and fragrant flowers and the

melodious songs of birds, and the blue sky overhead, everything testifies to the presence and all-healing power of the Creator. We earnestly advise our readers to avail themselves of every reasonable opportunity to get out into the country, and subject themselves to the cheering, vivifying influence which there abound.

### The Significance of a Coated Tongue.

THOUSANDS of people are going about with their tongues and mouths in a thoroughly infected condition, little suspecting the real significance of this symptom. Not infrequently the fact that the tongue is coated, is quite ignored, in harmony with the prevalent notion that it is a trivial circumstance; but a knowledge of the fact that a coated tongue means a germ-infected mouth, and that the permanent presence of germs in the mouth is an indication that the body in general has lost its power to defend itself against germs, would lead to an entirely different view of the situation. No person can habitually carry about with him a coated tongue without laying the foundation for a possibly incurable disease—Bright's disease, chronic maladies of the liver, and various other grave disorders.

One of the best means of cleansing the tongue is a diet of fruit. Nearly all fruits have the property of destroying some germs or preventing their growth. For the best effect, fruit should be taken without mixture with other food. An excellent plan is to make one of the daily meals exclusively of fruit. This plan may be followed for a long time, or if the fruit is carefully selected, for an indefinite time, without injury. Bananas, figs, and apples are the most nourishing of fresh fruits to be obtained in our market.—*J. H. Kellogg, M.D.*

### Palpitation of the Heart.

THIS now common affection is in most cases due to indigestion, but not infrequently results from some disease of the heart or of the nerve-centres controlling it. When it results from indigestion, relief will be found by removal of the offending matters from the stomach. This may be best accomplished by copious draughts of

hot water, the effects of which will be to either cause the stomach to contract, forcing its contents into the intestine, or to cause vomiting.

In cases of palpitation in which the difficulty is not dependent upon disordered digestion, and even in many cases of the latter class, the irregular action of the heart may be readily corrected by application of cold over the region of the heart. The application may be made in a variety of ways. A sponge dipped in cold water and applied to the chest is a very convenient means, but for continuous application a rubber bag filled with ice is more serviceable. It is important that the application should be made at the right point. To locate the heart, find the apex beat, which can usually be felt about two inches to the left of the sternum, just below the fifth rib. The application should not be made at this point, but from this point upward, covering a space about as large as the hand.—*Good Health (American).*

### Pointed Paragraphs on Health.

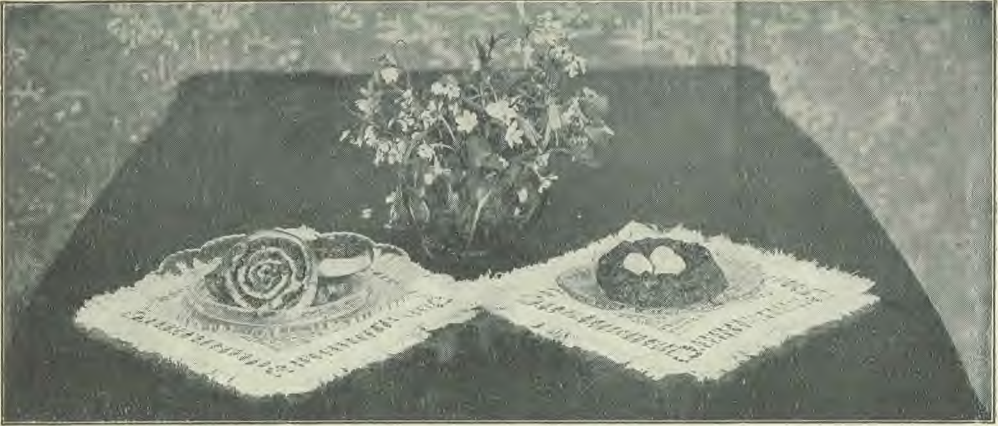
A MAN with a disabled stomach, who attempts to live upon improperly cooked food, goes through life half anesthetised, on account of the poisons produced by undigested food.

One of the quickest ways of getting disease is to get impure blood, for the actual condition of nearly any part of the body depends almost entirely upon the character of the blood; hence any food substance that produces pure blood is to that extent healing to the man.

Boiling is one of the best and most practical ways of purifying water. It is not necessary to boil it a great length of time, as the most dangerous germs are either paralysed or killed when it is merely brought to the boiling point.

Morphine paralyses the nerves, and in this way allays pain; but it likewise paralyses the nerves of elimination, so that the poisons largely remain in the body, and continue to cause damage.

It seems strange that rational beings will suppose that they can steadily violate nature's laws, and then in some way atone for their violation by swallowing a few teaspoonfuls of some highly-coloured fluid.—*David Paulson, M.D.*



## The Food Problem.

### Strength-Giving Foods.

PROTEINS supply the body with building material ; but we must look to the starches and sugars for strength and energy. As Dr. Hutchison expresses it, "Muscles do their work upon carbohydrates."

Starch is found in greatest abundance in the grains, such as wheat, rice, barley, etc., while natural sugars occur most freely in sweet fruits, as grapes, cherries, apples, bananas, figs, and dates. Starch is also the chief food element in potatoes, turnips, and similar vegetables, though usually in connection with such large amounts of water and cellulose as to make these foods desirable more to supply bulk than for the nourishment they contain.

It is sometimes thought that meat in some form or other is the food *par excellence* for strength ; but a little reflection will convince anyone that the hard work of the world from the earliest dawn of history down to the present moment, has been done by people who have been practically vegetarians. Farm hands in the days of Ruth, made their principal meal of parched corn. The founders of the Roman Empire lived on the products of the soil, and when they degenerated into epicures,

they were vanquished by the corn-eating barbarians from the north. The Russian wood-chopper attains a superb development of muscle on a diet of black bread ; the lithe Arab, after trotting for hours beside his donkey, has strength sufficient not only to scale the pyramids himself, but to practically carry the beef-fed Englishman. In fact the hardest working men in Great Britain eat but little meat. They cannot afford it. Farm labourers live mainly on what the farm produces. Iron workers in the Black Country scarcely have meat more than once a week. Their diet consists mainly of cereals and vegetables ; yet they maintain a high degree of strength.

Starchy foods require very thorough cooking. Neglect of this precaution has caused many a case of serious stomach disorder. Porridges, as ordinarily served, are not half cooked, and so lie heavy on the stomach. Baking or toasting is a better mode of cooking starches than boiling, as it furnishes the higher temperature necessary to change the starch into dextrine, itself a form of sugar. This double-baking is what makes zwieback such a valuable food. Anyone can make

excellent zwieback with a little practice. Cut rather stale bread into slices half an inch thick, and bake in a slow oven until thoroughly crisp throughout. If the bread is sweet and light to begin with, the zwieback made from it will have a pleasant, nutty flavour, and will not be too hard.

Such baking changes the starch of the bread into dextrine, and thus partially digests it. Someone might ask, "Is not the habit of taking such predigested foods harmful for a healthy person?" Not in the least. Zwieback is really a more natural food than ordinary bread, since it presents the starch in a form closely resembling the grape sugar found in sweet fruits. The human stomach is not well adapted to digest raw or only partially cooked starch; while on the other hand, it can readily assimilate the various forms of natural sugar, of which dextrine is one.

Everyone knows the difficulty experienced in taking unripe fruit. A green apple, banana, or plum gives distress by reason of the raw starch it contains. When by the action of the sunshine this starch has been changed into fruit sugar, the fruit is ripe, and may be freely eaten with impunity. The double baking of cereals corresponds to the ripening process in fruits. Hence the result is a perfectly natural food, and one adapted to impart to the system a

maximum amount of strength with the least expenditure of vitality in digestion.

Thoroughly dextrinised cereals may well form a very large part of the regular diet. With fresh or stewed fruit and a few nuts they make a perfect meal, and one from which a person will arise feeling really refreshed and not in the least degree oppressed. Pasty porridges and doughy bread, on the other hand, are liable to give trouble to any but the strongest digestive organs. They cannot be properly chewed, hence are not thoroughly mixed with the saliva, which acts on starch, and their digestion is necessarily slow and unsatisfactory. Rice is made more digestible, and to many palates also more agreeable, by being roasted in the oven to a delicate golden brown. This browned rice requires less time for boiling, and the kernels keep their shape much better than in the rice which has not been thus prepared.

Persons giving up meat and therefore using more largely the various cereals, do well to give special attention to this matter. Otherwise they are liable to conclude after a time that vegetarianism does not agree with them. Many who say they cannot eat bread, and therefore must use flesh foods to gain strength, would find this twice-baked bread a real "staff of life."



**The Care of the Eyes.**—On arising in the morning, the eyes should be bathed gently in cold water; twenty "passes" are said to be decidedly strengthening. While using them closely, they should be rested at intervals of an hour or two, for the strain of constant reading or sewing is like that of extending the arms at a certain height immovable. Imagine the taxing of the eyes, which cannot complain save after years of irreparable neglect. When dust settles in the eyes, warm water will soothe

them of any inflammation; rose-water is extremely refreshing, but should be bought in small quantities, as it keeps but a short time.—*Selected.*



It is related of Dr. Garth, in his last illness, when he saw his fellow doctors consulting together at his bedside, that he raised his head from his pillow, and said with a smile, "Dear gentlemen, let me die a natural death."



### THE MANTLE.

"Charity covereth a multitude of sins."

ALL day long at the loom of love,  
A beautiful angel sat and wove.  
The woof was of silver threads of light,  
The warp was of gossamer dainty white,  
Beaded with dew from the tender skies,  
That lay in the depths of the angel's eyes.

Back and forth the shuttle flew,  
Weaving a web of texture new.  
Nothing like it in heaven was known,  
From the veil that hung before the throne  
To the mist-like robes, so strangely fair,  
That the star-eyed infant angels wear.

Nothing like it in earth was seen,  
From the summer morning's golden sheen  
To the drapery draped of a winter night  
O'er the window-pane of crystal white;  
Naught in earth or heaven so fair,  
That with this web it could compare.

As the pattern grew, a sweet surprise  
Came, more and more, in the angel's eyes,  
And the Rose of Sharon upon her cheek  
Blushed faintly, and, as if to speak,  
Her lips were open, as one by one  
The threads flashed through, till the work  
was done.

Alone, in silence, the angel wrought  
The secret of her holy thought;  
Something was needed down there below,  
In the sin-cursed world of death and woe,  
To hide from the sight of earth and heaven  
The stains of sin by Christ forgiven,—

Something to hide the faults of men  
From the vulture's eyes, whose greedy ken  
Hunted them out, by night and day  
That human souls might be its prey.  
To meet this want, the angel wove  
That wonderful web in the loom of love.

And she fashioned a mantle, with sweeping  
train,

That nothing of earth could ever stain;  
A mantle for Christian hands to take  
And backward bear, for Christ's dear sake,  
And cast, wherever a soul doth lie  
In shame, a sport for the passer-by.

—Mrs. S. M. T. Henry.

### Hygienic Pastry.



"So much has been said and written about the dietetic evils of pastries," writes Mrs. E. E. Kellogg in her book "Ev-

ery Day Dishes," "that the very name has become almost synonymous with indigestion and dyspepsia. That they are prolific causes of this dire malady cannot be denied, and it is doubtless due to two reasons: first, because they are generally compounded of ingredients which are in themselves unwholesome and rendered doubly so by their combination; and second, because tastes have become so perverted that an excess of these articles is consumed in preference to more simple and nutritious food.

"Foods containing an excess of fat, as do most pastries and many varieties of cake, are exceedingly difficult of digestion, the fat undergoing in the stomach no changes corresponding to those which occur in the digestion of other elements of food, and its

presence interfering with the action of the gastric juice upon the other elements. In consequence, digestion proceeds very slowly, if at all, and the delay often occasions fermentative and putrefactive changes in the entire contents of the stomach. It is the indigestibility of fat, and this property of delaying the digestion of other foods, chiefly, that renders pastries and cakes so deleterious to health."

And yet pastry, if properly made, need not be so difficult of digestion. The shortening usually employed is lard, which is by no means a wholesome form of food. Far better would it be to use a little good cream, or possibly a small amount of the best butter. A still more ideal way is to use ground nuts. Brazil nuts, almonds, walnuts, and pine kernels finely chopped and pressed through a sieve or simply ground in an Ida mill, make excellent shortening. Two parts of flour to one part of this nut meal moistened with cold water, will make a most toothsome and at the same time perfectly healthful crust. Some prefer to use equal parts of the nut meal and the flour. Pure olive oil or nut oil beaten into an emulsion by the addition of water in very small quantities, is very good. Using half the usual quantity of nut meal and a very little of the oil, is a method preferred by some, while nut cream, prepared from nut butter, or almond butter, is a favourite with others. For a single undercrust, at once delicate and wholesome, we think that avenola mixed with about an equal quantity of rice milk, or very thin cream, or nut cream, is ideal. This is especially suitable for custard, cream, and lemon fillings.

We append some further practical suggestions by Mrs. Kellogg:—

"Always prepare the filling for tarts before making the crust, if the filling is to be cooked in the crust. Have the materials for the crust on the table, measured and in readiness, before beginning to put together.

Have all the materials cold, handle the least possible to make it into a mass, and do not knead at all.

"In preparing materials for cream and custard tarts, if the milk used be hot, the tarts will be improved, and the time of baking be considerably shortened. The heat should be so adjusted as to bake the bottom crust first."

#### RECIPES.

**Cream Filling.**—One cup of rich milk or part cream, heated to boiling. Into this stir one scant tablespoonful of flour, previously braided smooth with a little cold milk. Add to this the well-beaten yolk of one egg and a small tablespoonful of sugar. Turn this mixture into the hot milk, and stir until it thickens. Flavour with a little grated lemon rind or vanilla, or, if preferred, flavour the milk with cocoanut before using. Fill the tart shells, and meringue with the white of the egg beaten stiff with a tablespoonful of sugar.

**Cocoanut Filling.**—Steep one-half cup of cocoanut in a pint of milk for one-half hour. Strain out the cocoanut, and add sufficient fresh milk to make a pint. Allow it to become cold, then add a quarter of a cup of sugar, and two well-beaten eggs. Bake with an undercrust only. When done, the top may be covered with a meringue, if desired.

**Dried Apricot Tart.**—Stew together one part dried apricots and two parts dried apples or peaches. When soft, rub through a colander, add sugar to sweeten, and if very juicy, stew again until the juice is mostly evaporated; then beat until light, and bake in an avenola crust.

**Fruit Tarts.**—Apples, peaches, and all small fruits and berries may be made into palatable tarts without rich crusts or an excess of sugar, or the addition of unwholesome spices and flavourings. Prepare apples for pies by paring, coring, and dividing in eighths. Fill crusts in which the fruit is to be baked quite full and slightly heaping in the centre. If flavouring is desired, let it be that of some other fruit. For apple tarts, a teaspoonful or two of pineapple juice, a little grated lemon or orange peel, or a little strawberry or quince syrup, may be used for flavouring. For tarts made of apples, peaches, and fruits which are not very juicy, add a tablespoonful or so of water or fruit juice; but for very juicy fruits and berries, dredge the undercrust with a tablespoonful of sugar and a little flour mixed together before filling, or stir a spoonful of flour into the fruit so that each berry or piece may be separately floured.

"CARE should always be taken to have the extremities warm while taking the meals, as cold extremities indicate poor circulation, congestion of the digestive organs, and lessened secretion of the digestive juices."

## SYMPTOMS IN CHILDREN: A Few Hints to Mothers.

BY EULALIA SISLEY, M.D.

THE mother who would keep her little ones in health should strive as far as possible to familiarise herself with the marvellous workings of the human body. She should acquire a fair knowledge of the most common diseases, with simple remedies for their relief. Not only should she study these things in general, but she should observe especially her own children, taking notice of each one's peculiarities of constitution.

Often such a mother is able, by taking care, to protect her children from disease; or, if illness does come, she is enabled to detect its first approach, herself giving a timely remedy, or promptly calling a physician, according to the severity of the disease.

The following suggestions may be of some assistance to mothers in enabling them to read the language of disease.

A healthy infant, when awake, should be happy and contented, though brimful of activity; but during sleep its every feature should suggest repose. Any marked variation from this normal condition would indicate ill-health.

### CONSTANT FRETFULNESS.

The child that, whether awake or asleep, is constantly restless and fretful (unless it be a spoiled baby) is in discomfort, the cause of which should be diligently sought out.

The baby may be thirsty, a fact too often overlooked by mothers. Even the nursing infant should be given a small drink of water several times a day.

He may be uncomfortable because of a pin which is pricking him, or because of a band which is too tight. His little feet may be cold, or he may be suffering from an over-worked stomach.

Though an infant is unable to tell its troubles, the observing mother may learn much by keeping her eyes and ears open. The child's *gestures* are often indicative of disease.

Babies often involuntarily place their hands near the seat of pain, as to the mouth when an inflammation exists there, or to the ear in earache.

A frequent picking of the nose would suggest the presence of intestinal worms, although too much importance must not be attached to such movements.

### EXPRESSION OF THE FACE.

The *expression of the face* should also be observed. A wrinkling of the forehead denotes pain, and often at the beginning of a serious illness the face wears an expression of distress.

A baby's eyes should be entirely closed during sleep, a failure in this respect being considered an alarming symptom, as it occurs only in severe illness. A movement of the nostrils in breathing is usually a symptom of inflammation of the lungs.

If a baby habitually snores in its sleep, its nose and throat should be examined by a physician, as there is probably an enlargement of the tonsils or a growth in the nose. Grinding of the teeth frequently accompanies teething. It generally indicates an irritated nervous system due to indigestion or the presence of worms.

Some attention should be given to the nature of the infant's *cry*. An incessant cry is most often due to hunger or earache. A paroxysmal cry, very violent for a time and then ceasing rather suddenly, usually occurs with colic. The accompanying symptoms are distention of the bowels and an alternate doubling up and straightening of the body. An expulsion of gas from the bowels often causes these symptoms to disappear as quickly as they came.

The lusty cry which is simply an exhibition of temper must not be confounded with the cry of colic. With a severe cold in the head the cry has a nasal tone. Crying when the bowels are moved indicates some intestinal disorder. Crying when attempting to nurse is a symptom of sore mouth. When there is an inflammation of the throat, a cry often follows the act of swallowing.

It is a curious fact that the young infant sheds no tears, no matter how hard it cries, as tears are not secreted until after the third or fourth month.

### CHARACTER OF THE COUGH.

The character of the *cough* is also instructive. A loud and almost painless cough accompanies bronchitis or "a cold on the lungs." When the cough loosens,



the condition is improving. A short, tight cough, followed by a cry, occurs with inflammation of the lungs.

Most mothers are familiar with the brassy cough which announces spasmodic croup. In true croup, the cough is hoarse or almost noiseless.

As to the baby's temperature, mothers should remember that in infancy and childhood a relatively high fever is frequently produced by slight causes. A temperature of 103° often accompanies a cold or a mild disturbance of digestion. However, a decided or continued rise of temperature should not be overlooked as of trifling consequence.

The tongue of a young infant is usually coated with white; but this should cause the mother no anxiety. After the fifth or sixth month, when the saliva begins to be secreted, the tongue should assume the usual colour.

A healthy baby should cut its first teeth at about the age of seven months, the lower central ones usually being the first to appear. Should teething be much delayed, it would be very suggestive of rickets, a disease occurring in poorly-nourished children.

Other symptoms of this disease are: An enlarged abdomen, profuse perspiration of the head during sleep, and a delayed closure of the soft, pulsating spot just back of the forehead. This spot, known as the fontanelle, should close at about the end of the first year.

If a baby is suffering from rickets, its diet and treatments should be prescribed by a physician.

Next month some simple treatments for ailing babies will be considered.



It is often the things that are accounted most trivial which are of most importance in the hygienic welfare of the household.—*The Housekeeper.*

**Carrying the Baby.**—Those having the care of babies would do well to give attention to the following practical suggestions given in *Leonards Illustrated Medical Journal*, by whose courtesy we are able also to reproduce the cuts.



CORRECT METHOD OF HOLDING BABY.

“The child should always be lifted with both hands, held lightly but firmly, the entire length of the back and the head being carefully supported. One of the



INCORRECT METHOD OF HOLDING BABY.

most common and dangerous errors is leaving the back or the head unsupported. When this is done, the movements of the body of the mother or nurse in walking, or indeed, the sudden lurching of the baby itself, may seriously affect the head and spine.”

### How and When to Give the Fomentation.

THE fomentation is what might be termed a hot compress. It consists of a cloth wrung out of hot water, and applied to the part to be treated.

As a means of allaying pain, hot water, applied judiciously, yields very gratifying results. The remedy is so simple that many who have not used it, have little faith in its curative properties. The application of a fomentation to a part stimulates the circulation, brings more blood to the part, and by so doing relieves the tissues of the stagnant blood which has accumulated; this relieves the pressure on the nerves, and brings a stream of pure blood to help repair the injured tissues.

The indications for the use of the fomentation are many. It is indicated in cases of local pain without excessive heat or acute inflammation. Neuralgia, tooth-

stomach, all give way to the fomentation cloth.

A fomentation may be prepared in several different ways, the particular way depending somewhat on the facilities at hand. Whatever the method used, the cloth should be *hot*—warm cloths will not do—and wrung out as dry as possible. The cloth should be folded in several thicknesses, and be of such material as is capable of retaining heat for a considerable length of time; woollen or part woollen material is preferable. The cloth when folded may be grasped at each end by the hands, and then dipped in boiling hot water, leaving a sufficient length dry at each end so that it can be wrung out by twisting without burning the hands. If the cloth is not large enough to be wrung out in this way, it may be held by one end and dipped in the water, then placed lengthwise in a dry towel, and wrung dry by twisting the

ends of the towel. If a wringing machine is convenient, the cloth may be put through it. If there is no boiling water at hand, the cloth may be dipped in cold water and placed between pieces of paper, and then laid on the hot stove. The wet paper prevents the cloth from burning, and the steam generated soon heats the cloth sufficiently.

Four fomentation

cloths of proper size may be made by tearing an old blanket into four equal parts. The hot cloth may be brought into immediate contact with the skin (in which case it is necessary to observe great care not to burn the patient), or a single layer of thin flannel may be laid over the part first, and the fomentation



WRINGING THE FOMENTATION.\*

ache, and pleurisy, are quickly relieved by it. There are a great many other disorders in which the fomentation may be used with equally good results. Sprains and bruises, rheumatic pains, headaches due to lack of blood in the head, pain in the

\* These cuts have appeared in an earlier number of GOOD HEALTH, but are reproduced by request.

applied over it. The latter plan is the best one in most cases.

The fomentation is not the only means by which heat may be applied. In some instances it may be difficult to obtain



THE FOMENTATION IN PLACE.\*

cloths with which to make the application, and if such be the case, other means may be utilised: such as heated clay, bricks, bran, salt, or in fact anything which will retain heat for a considerable length of time. A hot brick, or still better a rubber bottle filled with hot water, covered with a moist cloth, will answer the purpose of a fomentation admirably. Other measures will suggest themselves as occasion demands, and one should learn to adapt himself to circumstances.

To obtain the best results the applications should be repeated from three to six times, each application lasting from five to ten minutes. In some cases, such as colic, sprains, dislocations, severe bruises, inflammation of the bowels, etc., it is often necessary to keep up the applications for several hours. CHARLES STEWART, M.D.

“WALKING is an excellent exercise for the old, because a large amount can be done without causing immoderate excitement of the heart and lungs.”

### Bowel Difficulty in Children.

THE following simple suggestions will avoid nearly, if not all, bowel difficulties in children, not only in summer, but at all other times of the year. First, make sure of pure water, and if you are at all doubtful about the purity of the supply, boil it well before using. Boil the milk thoroughly, and have all food properly sterilised by cooking. Avoid the use of green fruit. Ripe, fresh fruit may be eaten freely at meals, but at no other time; yet there are thousands of persons who never think of eating fruit except between

meals. This imposes extra burdens upon the stomach, and makes many dyspeptics. The stomach gets tired out by being continually worked, and by-and-by declares a “strike,” in the shape of a sick headache. The constant use of any muscle will induce excessive fatigue. Try moving the hand gently but constantly for twenty-four consecutive hours, and you will gain a clearer meaning of what a task you impose upon your stomach by keeping it constantly at work. It is a muscular organ, and should receive at least the consideration given to muscles less delicate.

It is probably true, as someone has observed, that “more people catch cold at the dinner table than anywhere else.” Overeating is a common error, which results in clogging the system and filling the body with hurtful substances. Rich and highly seasoned foods, condiments, and stimulants of all kinds should be carefully avoided.

### Exercise of the Waist.

BETWEEN the pelvis and the ribs, the only bones are those of the spine. The waist depends for its strength and vigour upon the broad muscles which make up the walls of the trunk at this place; hence the need of that condition of these muscles which only exercise will produce.

safe delivery of children, since the abdominal muscles are the secondary force of childbirth. Weak and useless abdominal muscles have prolonged many a confinement, and led to many a laceration by instruments when the trouble might have been avoided had the mother possessed strong abdominal muscles. For want of



### THE SAND PILE FOR HEALTH.

Not every child can spend the summer at the seaside; but most fathers could arrange for a load of sand to be placed in a sunny corner of the garden. The children will have no end of delight in playing with the soft, yielding mass, and it will not soil their clothes. If you would have vigorous, healthy, contented children, make them live out of coors. The sand pile will pay for itself over and over again in reduced doctor's bills.

Here comes in one of the great evils of any device in dress which by any degree of rigidity gives *support* to the body. To the extent of the support given, the muscles are relieved of their proper functions. They accommodate themselves to the demand made upon them. The less the demand, the weaker do they become. The tight or boned waist becomes a splint. A splinted muscle loses power. Strong abdominal muscles are a great essential to easy and

strength in these muscles, prolonged labour, an exhausted uterus, and an after-hemorrhage have carried away the mother, and oftentimes the child.

So we emphasise abdominal exercise for all women; to secure a better figure, more vigour of body, and above all, greater safety in child-bearing.—*Dr. A. T. Halstead, in Physical Education.*

◆◆◆

EAT slowly and live long.

## ⇒ OUR SERIAL. ⇐

### A DEAR EXPERIENCE.

BY S. ISADORE MINER.

*(Continued.)*

WHETHER Mrs. Norton was influenced at all by the fact revealed by some acquaintances just returning from Europe, that the cousinship existing between Mrs. Elting and her titled relatives was only of the seventh degree, and only by marriage, will never be known. But her letter to Amy was certainly genuine, and really pathetic; so much so that it accomplished its purpose, and she was received back into favour, where in daily intercourse during that unhappy time, she received such constant reminders of the wrong she had done, that her future life was influenced for good, and seeds of unselfish love sown, of which her own family reaped a bountiful harvest.

"Hope deferred maketh the heart sick," and Amy's was sick unto death when the second week passed and still no sign. A large reward had been offered, detectives had been busy, the daily papers had at first waxed eloquent over it, and then devoted their columns to newer and more startling events. Children's hospitals had been searched, every lost child closely scrutinised, and every nursemaid and child put under surveillance. But the great storm on the eventful night had proved but a prelude to wet, threatening weather, so but few nurses and children appeared on the streets, and the park was entirely deserted. Ellen had been duly advertised for, and appealed to by numerous personals, but no clue of her whereabouts was ever obtained.

It was a strange, strange thing throughout. People wondered at it, and then forgot it, for strange things are of daily

occurrence. And so the third week was ushered in.

On the other side of the public park from George Norton's, lived John Parkinson, the rich coal-dealer. He was a whole-souled, genial man, just in the prime of life, but one whose business cares and duties were so exacting that he had as yet never felt himself at liberty to cease from the busy toil and moil after an inexhaustible supply of duplicates of the one thing needful—the almighty dollar—long enough to get acquainted with his family. He had always meant to; he had promised himself that pleasure from time to time, always setting the happy period a little further on in the future. But one day he was rudely aroused from his money-getting and pleasure-dreaming, to find that one member of his family had gone—gone, never to return. The wife and mother had slipped her thin hand from his, and death had led her away.

When it was too late, John Parkinson wondered that he had not recognised the ghostly presence that had been lurking round his hearth-side ever since a heavenly messenger had stooped to lay a sweet rosebud, a tiny token of God's love, on the breast that now lay so pulseless and peaceful under the sods in Greenwood. Though the little bud had taken kindly to earth's atmosphere, the parent stem had gradually faded away.

But after "life's fitful fever" she "slept well," and only John Parkinson was left to solve the problem how he should now fill both mother's and father's place to his almost wholly orphaned daughters; for he did not try to conceal, even from himself, that he had hitherto fallen far short of his duty as a father. He bitterly realised his unremediable mistake—a mistake that had

taken from his life a love that he neither hoped nor wished to replace by another. Henceforth his only aim should be to avoid similar ones regarding his children, and he solemnly consecrated himself thereafter to their best good.

He pondered the matter carefully, pro and con, and came to the conclusion that he could better carry out his designs by keeping the family and home intact. His wife's only near relatives were her aged parents, and an elder sister, whose house was already filled to overflowing with children. Hence it was impossible to expect anything from them. His house must have a head, a housekeeper, whose interest should not be wholly that inspired and absolved by the getting of hire. Gertrude, his eldest daughter, was just turning twelve, the very age when she most needed a loving, tender, yet firm hand to guide her. Bessie, the baby, had not yet seen a full set of seasons, yet he knew that the discipline of the first few months of a life were often but the initial pages of the whole volume. In this dilemma, his mind turned instantly to Helena Parkinson, his dear and only sister. To be sure, she was an old maid, as age determines, but her heart was young and fresh, and he felt certain that the love she had always borne him, would extend to the second generation,—so certain that he became fixed in his determination to secure her aid if possible, and thereupon sat down and wrote her a most appealing letter,—for a coal-merchant.

And Helena came. John's best anthracite couldn't have warmed her loyal heart to better purpose than that letter, and she fairly yearned to be with him, to comfort him in his affliction, and to clasp both his darlings to her heart in a motherly embrace. Still it was with many misgivings that she prepared for the undertaking. "Of course," she said to her many friends, "I feel somewhat competent to take charge of Gertrude. She is quite a girl now, and a sensible one, too, I hear—so much like her

dear dead mother. But there's the baby, I know I shall love it, but dear me! the idea of *my* taking care of a baby! Why, I always said I never could tell one baby from another, and I always shall say it. They all look alike to me. Never can see the least mite of difference, only as to colour, till they are two or three years old. No more individuality about a baby, to *my* mind, than there is about a lump of dough; and then the idea of John's wanting *me*, of all persons in the world, to take care of his Bessie. Of course he keeps a nurse-girl, but—well—there's no one else to go, so I might as well make the best of it."

So a few days later saw Miss Helena Parkinson duly installed in her new position. She had but one of her future charges to look after at first, for Gertrude had accompanied her grandparents when they returned home from their daughter's funeral. For this poor Miss Helena felt grateful, as her first plunge into the household had disturbed the domestic waters of the kitchen and nursery considerably, and a reign of terror ensued for the first few days, which resulted in the abdication of cook, nurse-girl, and chamber-maid. These three worthies had been ruling their little kingdom on plans entirely their own for the past few weeks, much to Mr. Parkinson's discomfort, and it was with a good deal of dissatisfaction, and a firm determination to still walk in the old paths, that they viewed the arrival of the new mistress. But their schemes came to naught; for dirt, waste, and carelessness were Miss Helena's pet aversions, and with Brother John to back her, she waged an immediate war on the enemy's camp, with the above results. A new force of servants were immediately drafted in, and as soon as the domestic machinery began to revolve smoothly again, Mr. Parkinson announced his intention of going on a double errand. His unaccustomed family cares had greatly interfered with his business, and now some urgent matters in the coal industry needed immediate attention, so much so that he decided to visit the coal regions himself, and then, as it would lie in his route, bring Gertrude home on his return trip, rather than allow her to make the journey alone. He would be gone about two weeks.

# QUESTIONS AND ANSWERS.

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

**Granose Biscuits, Malted Nuts, Stewed Apples.**—A. M. D.: 1. How many Granose biscuits should be taken for breakfast? 2. Should they be eaten dry or with dairy butter? 3. How many teaspoonfuls of Malted Nuts to a small cup? 4. How much Bromose or Protose should be taken at a meal? 5. Is there any objection to stewed apples?

*Ans.*—1. Two to six, according to the quality and quantity of other food. 2. They may be taken either way as desired. 3. Two to four or more, according to taste. 4. It is difficult to lay down rules as to the quantity of any particular food that should be eaten. Each individual must act on his own judgment in such matters, for there are no two persons exactly alike or requiring precisely the same amount and varieties of food. Two to four ounces of the food mentioned, and on occasions a still larger quantity may be taken. 5. No; they should be perfectly wholesome.

**Causes of Paralysis—Premonitory Symptoms—Short Necks—Influence of Tobacco.**—C. T.: 1. What are the causes of paralysis? 2. Are there any premonitory symptoms? 3. If so, what are they? 4. Are people with short necks more liable to an attack than others? 5. Are the victims of this affliction excessive smokers of tobacco? 6. Do women enjoy an immunity from this ailment because they do not smoke? 7. How can an attack of paralysis be cured? 8. Do you publish a pamphlet on this ailment?

*Ans.*—1. Venereal diseases, severe exposure, alcoholism, over-exertion and injury, are only a few of the predisposing causes. 2. Yes, sometimes. 3. They differ widely according to the form of paralysis. 4. No, not that we are aware of. 5 and 6. We have no data on which to base an opinion. 7. By rest and careful treatment. Some forms are incurable. 8. No, but the Home Hand-Book of Domestic Hygiene and Rational Medicine contains several excellent articles on the different varieties of paralysis. It can be obtained from the GOOD HEALTH office.

**Cold Feet.**—G. is greatly troubled with cold feet while engaged in sedentary work. What can he do to remedy the difficulty?

*Ans.*—Give your feet special treatment twice a day, putting them first for a few moments in water as hot as you can stand, and then for a couple of seconds in very cold water, followed again by holding for a minute or two in the hot.

Finish with the cold water, and rub the feet very vigorously with a coarse bath towel. Wear woollen socks, and change them frequently. Take five or six miles' walk in the sunshine and fresh air daily, and look after your diet and general health. It might be an advantage for you to get a pair of Sochon shoes, as they are lighter and more porous than the ordinary leather footwear.

**Cure for Sea-sickness.**—J. H. is taking an ocean trip, and asks how he can avoid sea-sickness which he is greatly subject to. His usual diet is porridge, of which he is very fond, bread, fruit, dairy products, etc.

*Ans.*—Sea-sickness is a very difficult malady to prescribe for. In general follow a diet of pure, wholesome foods, easy of digestion. If you take porridge at all, be sure that it is properly cooked, say two or three hours or more according to the fineness of the meal. We should think that some dry grain preparation such as Granose biscuits or flakes, or Shredded Wheat might be better than the ordinary porridge. While on shipboard it would be best for you to avoid the porridge, as it is not properly cooked, and is liable to lie heavy on the stomach. Have with you plenty of good fruit (Californian tinned peaches, pears, and apricots are very wholesome, and convenient to handle), also fresh oranges and apples. One of the best foods that you can get on shipboard will be the ship biscuit. Eat temperately, and chew your food well. Be on deck as much as possible, and do not forget to take some exercise every day. It would be well for you to eat rather lightly the last day or two before going on board, but we should not advise fasting. If you have, as you say, a poor liver, your diet should consist to a large extent of wholemeal zwieback, or other thoroughly baked bread, and fruits of various kinds. Some persons find great relief in sea-sickness from the application of ice in an icebag to the stomach, but this is not a sure cure by any means. It would probably be well for you to have a cool salt water bath daily, followed by vigorous rubbing. There are no medicines of any kind that you could take to advantage. Limit yourself strictly to three meals, and see that your cabin is ventilated.

**Deafness—Hissing Noise in the Ear.**—R. R.: What can be done for a hissing noise in the head? My hearing is also affected.

*Ans.*—Consult an ear specialist.

# Good Health,

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

Edited by

ALFRED B. OLSEN, M.D.  
M. ELLSWORTH OLSEN.

Managing Editor:

M. ELLSWORTH OLSEN.

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

Business communications should be addressed to

**Good Health, 451 Holloway Road,  
London, N.**

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

Telegraphic Address: "Uprising," London.

GOOD HEALTH may be ordered through any newsdealer.

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

Single copy, 1d.; by post, 1½d.

At the present writing the Surrey Hills Hydro-pathic Institution is rapidly nearing completion, and will soon be receiving some of the numerous patients who have applied. The managers have made more extensive alterations and improvements than was at first expected, with a view of increasing the comfort of the guests, and giving them the benefit of the largest variety of treatments.

\* \* \*

WITH this number we enter upon our second volume. We do not care to occupy space in talking about ourselves, but will thank our readers for the hearty support they have given the magazine during the past year, and ask for a continuance of their kind co-operation in the year to come. It will be our earnest endeavour to continue to present the life-giving principles of the Gospel of Health in a clear, simple manner—in short, to help our readers either to get well, or keep well, according to the condition they find themselves in at the start. Suggestions from our friends and readers are always thankfully received.

\* \* \*

THE International Health Association are having numerous requests for the shilling sample packet of their foods. Their ready-cooked products are especially adapted for use in the summer when people do not like to stand over a hot kitchener more than necessary. Avenola with thin cream makes a most desirable breakfast in warm weather. It may also be eaten dry with nuts, or moistened slightly with fruit juice or stewed fruit. Granose flakes is another very appetising breakfast food, and Protose is by far the best substitute for meat which has yet been offered the public.

In answering advertisements kindly mention "GOOD HEALTH."

## ESTABLISHED 1851. BIRKBECK BANK

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INVESTED FUNDS TEN MILLIONS.

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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 Fortess Road, London, N.W.

**THE 30/- GEM Turkish Bath Cabinet.**

Purifies the body of effete matter, vivi fles the blood and secures

**PERFECT HEALTH**

Recommended by Leading Physicians.



**VARIOUS DESIGNS. ABSOLUTE SAFETY.**

Can be fitted with **OUTSIDE HEATER.**

Full particulars free. Satisfaction given or money returned.

Sole Makers-The GEM Supplies Co. Ltd. (Incl. No. 78) 121 Newgate St., London, E.C. 4



HOW TO ACQUIRE AND STRENGTHEN

**WILL-POWER.**

A national system of training and developing Will-Power, Energy, Determination, &c., after first removing all impediments to the same, such as Neurasthenia, nervousness, nervous debility and exhaustion, hysteria, bashfulness, blushing, melancholia, despondency, weak memory, indigestion, insomnia, stage fright, &c. **No drugs, no medicines.** Prof. R. J. Ebbard's famous self treatment, based on the principles of the Nancy Physicians—Self-help, self-improvement.

"Valuable doubtless to the chronic nervous invalid, whose chief difficulty is a mind prone to dwell upon his aches and pains."—GOOD HEALTH

Write for an explanatory booklet, free if you mention GOOD HEALTH.

Modern Medical Publishing Co., (DEPT. 22.)  
57 & 58, CHANCERY LANE, LONDON, W.C.

**Brunak**

Dr. Allinson's New Drink  
instead of Tea or Coffee.

Dr. Allinson says:

"It is as refreshing as TEA; as tasty as COFFEE; as comforting as COCOA; and as harmless as WATER. Is as easily made as either of them, and can be taken at any meal or at supper time. There is not a headache in a barrel of it and no nervousness in a ton of it. May be drunk by young and old, weak and strong, the brainy man or the athlete; also by invalids, even in diabetes."

All who suffer from Nervousness and Palpitation, Headache, Wakefulness, Loss of Memory, Low Spirits, Flushing, Trembling, and all who cannot or should not take tea, coffee, or cocoa, may take BRUNAK with perfect safety.

Sold by our Agents and the usual Cash Grocery and Drug Stores in town and country in 1 lb. packets at 1s. each. If any difficulty in obtaining it, a list of agents and a sample will be sent post free for one penny, or a pound packet post free for 1s., by

The NATURAL FOOD CO., Ltd.,  
21 N, PATRIOT SQUARE,  
BETHNAL GREEN, LONDON, E.

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 Buildings.)  
Four minutes from the Strand via Chancery Lane  
and Cursitor Street

All the directors are vegetarians; 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.  
B. G. Theobald, B.A., Secretary.

**A Homelike Home.**

Delightful. Highly recommended.  
Two minutes from the sea.  
Conducted on Food Reform lines.  
Near the chines, pleasure gardens, and town.  
Accommodations,—the best.  
Charges,—moderate.

Write for terms, mentioning GOOD HEALTH.

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

**Massage, Electricity,  
& Nauheim Exercises.**

Certificated Masseuses visit ladies for treatment at their own residences, or receive in well appointed rooms with every convenience. A resident Masseuse supplied. Lessons also given.

Rheumatism, Stiff Joints, Sprains, Dyspepsia, Constipation, General Debility, Neuralgia, Nerve Disorders generally, and many Heart Troubles are greatly benefited by a course of Massage.

Hygienic Facial Treatment a Speciality.

Apply to Mrs. CHAPMAN, 14 Baker Street, London, W.

In answering advertisements kindly mention "GOOD HEALTH."

## PUBLISHERS' NOTES.

THE Anti-Cigarette League (Chicago) have sent us a copy of their new "SONG BOOK," which certainly deserves a wide circulation among the boys. The following opening and closing stanzas of a song to the tune, "Scots wha hae wi' Wallace bled," will give some idea of the contents:—

"Boys who now are strong and free—  
Boys who prize your liberty,  
Come and sing this song with me,  
Shun the cigarette.

"Boys who have in some sad hour,  
Yielded to the tempter's power;  
In this grasp no longer cover!  
Drop the cigarette."



THE *Methodist Temperance Magazine* is an excellent paper to put in the hands of young people, containing every month valuable instruction on this subject put in attractive readable form. Educational work of this kind it need not be added, is of the very highest value to the home and the nation. The price of the magazine, which may be ordered through newsdealers, is only one penny per copy. If you have not seen it, get the current number and read it.



WE do not usually print the letters of appreciation that come to our office. While we make an exception in the case of the following letter, we wish at the same time to thank the many who have written to us in a similar vein. It is encouraging to know that our readers get help from GOOD HEALTH, and when they indicate which articles are most helpful, that also assists us in our efforts to improve the contents of the magazine. The letter referred to is as follows:—

"GOOD HEALTH," *Belfast, 1903.*  
451 Holloway Road, London, N.

GENTLEMEN,

After perusing the article, "Essence of Beauty," in your March number, by J. H. Kellogg, M.D., I feel it incumbent upon me to say a word of eulogy on such an invaluable contribution. I have read articles of various kinds on health in other health journals, but none of them has appealed to me so strongly, or spoken so closely my own views on health, as the present one. Mr. Kellogg very explicitly puts before your readers the real meaning of what true health is, and how to obtain it. He says, "The truly beautiful must be truly good, and the truly good must likewise be truly beautiful." Truer words I think have never been

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.

**CRIP HANDLE.**

**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."

# 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: KENTISM 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.

THE asbestos inner soles (discovered and patented by Dr. Hogyes), 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.

penned, and if interpreted in the sense in which they are meant to be, they are bound to be most beneficial to those who are seeking good health, and the way in which it is to be found. A pure heart and a pure mind and an unspotted character are the fundamental principles of a healthy and happy life; and if all your readers, as I am doing, adopt Mr. Kellogg's advice, they are bound to attain to the highest altitude of health and beauty. The reading of such beautiful words as those recorded by Mr. Kellogg has impressed me so impetuously, that I cannot pass them over without saying a few words as to their value in finding the easiest and simplest way in getting health, which they have so well merited.

Should you care to publish this letter you have my authority to do so, and perhaps such an action on your part may be the means of causing some to turn back to your last issue and peruse this article of "Essence of Beauty" over again, which they may have read over lightly, not thinking at first sight what is embedded therein for their welfare.

Trusting your magazine will always continue to be favoured with such articles on health from the pen of Mr. Kellogg, I am,

Yours faithfully, J. K.



A REALLY loveable paper is the *Animals' Friend*, which pleads the cause of the animal creation, by calling attention to the good qualities and intelligence of cats, dogs, horses, birds, and the whole family of living, sentient beings. A most interesting, well illustrated monthly, which deserves a large circulation. Published monthly by George Bell & Sons, 4 and 5 York Street, Covent Garden, London, W.C.



ONE of the brightest and most inspiring of the exchanges that come to our table is the *Life Boat*, published in Chicago, in the interests of health and temperance principles, especially as related to city mission work and various other lines of philanthropic effort. The subscription price of the magazine is only 1s. 6d per year, post free. Anyone desiring it may receive a sample copy by sending stamp to the GOOD HEALTH office.



THE article by Dr. Eulalia Sisley in our March number, dealing with "A Substitute for the Corset," has awakened much interest, and called out not a little correspondence. Many are inquiring about the "Good Health Adjustable Waists." We are glad to say that we have received a small supply of descriptive circulars which we will send to those who apply. The price of the waist, made of excellent materials, is eight shillings, and this should accompany orders. Waist, bust and hip measurements, taken snugly under the outer garments should be given.

## THE SPORTS EMPORIUM.

CYCLING  
CRICKET.  
LAWN-  
TENNIS.  
BOWLS  
GOLF.  
FISHING.  
SHOOTING.  
FOOTBALL.  
CYCLING.

Catalogues Free.

We are the world's greatest suppliers of Sporting and Athletic Goods of every description.

Our new catalogue of **OUTDOOR SPORTS** sent free upon application.

MENTION THIS PAPER.

You can deal as satisfactorily with us by post as if you were to call. We have received thousands of testimonials from satisfied patrons.

WHAT WE SAY WE DO,  
WE DO DO.

## Symonds' London Stores

S.L.S. Building, 124-128 City Road,  
LONDON, E.C.

Telegrams:  
Velocees, London.

Telephone:  
2424 London Wall.

# 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 carefully selected wheats, milled and prepared by a special process, with the object of retaining the complete 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 quantity 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 customer prefers 6 linen bags of 20 lb. each, he should remit 18/6 in place of 17/6.

Sole proprietors:

**COLLYER BROS.,**  
Bath Lane Mills. LEICESTER.

In answering advertisements kindly mention "GOOD HEALTH."

## Some Alarming Facts

Facts are stubborn things: Consider these Carefully.

In S.A. War 12,664 British soldiers died, mostly of enteric, a water-borne disease. A decomposing corpse was found in a London reservoir; a town's supply was cut off by an eel in a pipe.

Even when free from disease germs, mineral and other impurities of ordinary water cause Rheumatism, Kidney and Bladder Troubles, Premature Old Age, etc.

The Gem Still produces pure, sparkling, sterilised water at trifling cost. Used by H.M. Government. GEM SUPPLIES CO., LTD. (Dept. 78), 121 Newgate Street, London, E.C.



Gem  
Still

## Respecting Ordinary Water

The Good Health School of

# PHYSICAL CULTURE,

(Conducted by correspondence only.)

Affords an opportunity for practical home training in the principles of healthful living, and for development of all parts of the body. The following are some special advantages it offers:—

- No apparatus is required.
- Adapted to all ages and conditions.
- Daily programme furnished.
- Every case receives the personal attention of a qualified physician.

Send stamp at once for full particulars.

**GOOD HEALTH SCHOOL,**  
451 Holloway Road, London, N.

## 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.

# 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.

### "LADIES' GUIDE" In Health and Disease.

(by J. H. KELLOGG, M.D.) is by far the best all-round work of its class. For full particulars apply to **Good Health Supply Department,** 451 Holloway Road, London, N.

## A BOOK FOR EVERY FAMILY.

### HOME HAND-BOOK OF DOMESTIC HYGIENE and RATIONAL MEDICINE.

THIS is one of those books which, once bought, is not permitted to lie on the shelf. It very soon becomes a family treasure, which is eagerly read and consulted by the parents on all sorts of occasions, and ever gives the information sought. In fact it is read when there is no immediate necessity. The author's charming style and ready sympathy captivate the reader, who finds he was mistaken in thinking all medical works dry and uninteresting.

Roughly speaking, the work is divided into two parts. The first describes the body in health, the structure and uses of the various organs, etc., and sets forth clearly the principles which lie at the foundation of health and physical vigor.

The second part deals with diseases, giving symptoms, causes, and simple home treatments. The instructions for the latter are very full, and with the help of the numerous illustrations give the reader a very clear idea of the mode of application.

1675 pages, profusely illustrated, including a large number of full-page coloured plates. Circulars giving full particulars as to contents, prices, etc., sent on application.

Address: "GOOD HEALTH" SUPPLY CO.,  
451 Holloway Road, London, N.

In answering advertisements kindly mention "GOOD HEALTH."

## PUBLISHERS' NOTES.

WE have received from the Digestive Food Company, Paisley, a copy of a little booklet, which contains a number of interesting and helpful recipes. The digestive pea and lentil flours manufactured by this Company are well adapted to take a permanent place in the kitchen, especially of those who have given up the use of meat. Both peas and lentils are rich in nourishing qualities, but in the ordinary form somewhat difficult of digestion. These flours may be used to advantage in gravies, stews, puddings, etc.; they are not only nourishing, but of excellent flavour. We should advise our readers to send a stamp to the Company for one of these booklets.



It would be a great boon to all lovers of good health and a natural diet, if a M'Caughey restaurant could be started in every town and city of the kingdom. At the present time there are but four of these most excellent restaurants, one each in Belfast, Dublin, Glasgow, and Leeds, and those of our readers who are within reach might do well to give these popular vegetarian cafés a visit. The best products that the market afford are used in the preparation of a large number of most excellent and appetising dishes. Neatness, cleanliness, and good taste characterise each restaurant, and all the food served is well cooked in a sweet, clean kitchen furnished with the most modern improvements. The M'Caughey Restaurants, Ltd., is an enterprising company, which is doing a splendid work in the cause of natural living. We can heartily recommend these restaurants to our readers, and believe that everyone who patronises them will reap decided benefit.



It is seldom that one comes across a small work containing so much helpful and excellent matter as may be found in the book, "Life and Happiness," by Auguste Marot. Considering its contents the book might well have been called, "Life, Health, and Happiness," as it deals largely with matters that pertain to health, and the instruction given seems to be uniformly good. The following are a few of the principles outlined in regard to the care of the body:—

"An enlightened and complete obedience to nature's orders.

"Total abstinence from foods when real hunger is absent.

"Regularity of meals, and a like quantity at each, at intervals long enough to give the necessary rest to the stomach.

"Daily exercise in the open air, and in the sun, of all the muscles of the body.

"No hindrance whatever to the circulation of the blood.

"The greatest cleanliness of every portion of the body."

The work is published by Kegan Paul, Trubner & Co., Ltd., Charing Cross Road, London.

"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.

Ask for  
**REYNOLDS**  
Ask for

**BEST FOR HEALTH.**

**PURE DIGESTIVE WHEATMEAL BREAD**  
J. REYNOLDS & Co Ltd  
GLOUCESTER.

In answering advertisements kindly mention "GOOD HEALTH."

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

**Beverages**

**Malted Nuts.**—Constitutes a valuable addition to milk, increases its digestibility, and prevents the formation of hard curds. It may be used as a food for bottle-fed infants. Added to Caramel Cereal it forms a delicious beverage. In ½ lb. tin,.....1/-.

**Caramel Cereal.**—A healthful and fragrant beverage prepared from cereals. Easily made. One pound will make nearly 100 cups. Per package, .....8d.

**Grain Preparations.**

**Granose Flakes.**—The entire wheatberry perfectly cooked and ready for use, in the form of thin, crisp flakes. In packets, containing about thirteen ounces, .....7½d.

**Granose Biscuits.**—Granose Flakes pressed into biscuit form. Per box, .....7½d.

**Toasted Wheat Flakes.**—Sweetened with Malt Honey (Nature's Health Sweet). Most delicious. May be made into a warm breakfast dish in two minutes. In 1 lb. packets, .....8d.

**Avenola.**—A combination of choice grains. Makes porridge in one minute, or delicious puddings. 1 lb. Package,7d.

**HEALTH FOODS FOR ALL.**

**Biscuits**

**Nut Rolls.**—A nutritious food, made from whole meal and finely ground nut meats, shortened with sweet nut oil. In 1 lb. box,.....5d

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

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

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

**Nut Foods.**

**Nut Butter.**—Made from cooked nuts only. Can be used for shortening, flavouring soups, or for table purposes. In 1 lb. tin,.....1/-

**Protose.**—Vegetable Meat. A tasty, nutritious, and easily digested food. It provides the same elements of nutrition that are found in the best meat, without any impurities. Recipes furnished. In 1½ lb. tin, 1/4. In 1 lb. tin, 1/-. In ½ lb. tin, .....8d.

**Bromose.**—A combination of malted cereals and pre-digested nuts. Makes good blood very quickly. Pleasant to the taste. In elegantly embossed box, containing about 1 lb.,.....1/6.

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

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

ADDRESS :

**INTERNATIONAL HEALTH ASSOCIATION, L<sup>td.</sup>, BIRMINGHAM.**

In answering advertisements kindly mention "GOOD HEALTH."

## PUBLISHERS' NOTES.

A SLIGHT error occurred in reading the proofs of our last month's issue. If the reader will kindly substitute "arterial" for "artificial" in line 5, p. 365, the meaning of the passage will be clear.

\* \*

MR. HEIDE, 332 Portobello Road, London, W., is winning an enviable reputation by the quality of his zwieback. He also makes excellent wholemeal bread, and acts as agent for all the foods of the International Health Association.

\* \*

WE have received the first two issues of a new journal entitled, "The Cookery and Catering World," which is issued bi-weekly from 42 St. George's House, E.C., at 5s. per annum. Judging from these two issues the new journal will contain much interesting matter addressed especially to hotel and restaurant managers, caterers, chefs, etc.

\* \*

WE are pleased to learn that the Societe Francaise d'Alimentation Hygienique, 7 Rue Broca, pres la rue Claude Bernard, Paris, sole manufacturers and agents in France for the well-known Battle Creek health foods, have obtained the Diplome d'Honneur, the highest award given in this class, at the International Exposition of Foods and Hygiene, held in Paris last April. This Company manufacture the same foods as the International Health Association at Birmingham, and are meeting with a good degree of success.

\* \*

READERS who are making dietetic reforms in the direction of the larger use of cereal foods, fruits and nuts, would do well to keep in touch with such London dealers as Mr. T. J. Bilson, 86 Gray's Inn Road, W.C., and Mr. Frederick Bax, 35 Bishopsgate Street, Without, E.C. These men cater especially for a discriminating public looking for new varieties of wholesome foodstuffs, and a good quality of the ordinary products. Send stamp for the price-list of each, and you will be surprised to discover how many good things there are to eat which you have never tried.

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*Health & Strength* for May is to be a special walking number, containing comments on the Brighton walk, by the Editor, who did the distance with the competitors, on his wheel, illustrated with sketches taken *en route*. Mr. A. Broadbent, Manchester, resumes his series of "Common-Sense Papers on the Art of Living Healthily": "Fatigue and How to Avoid It," by C. Stanford Read, forms most useful and instructive reading in anticipation of the hot weather we may expect very soon; Part II. of "Muscles and How to Develop Them" (Illustrated), by F. J. Harvey, Exeter, should prove of vital interest to all sportsmen and physical culturists; "Advance in the Physical Education Movement" (Illustrated), by Dr. Hutchinson, the well known physical culture

authority, of New Zealand, is an able article on this important subject; Mr. MacDonald-Smith, Folkestone, completes his articles on "Cyclist's Muscles: How to Perfect and Use Them"; Part II. of "Some Aspects of a Soldier's Life in India" contains more interesting details of what befalls Tommy Atkins on the voyage out; The "School and Club Notes" (Illustrated), by J. St. A. Jewell, are of more general interest than usual, and "Readers' Experiences" complete an exceptionally good number for the merry May month.

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THE Universal Cookery and Food Association held its fourteenth annual meeting in the Royal Albert Hall, Kensington, April 21st to 24th. Lady Wolsely formally opened the exhibition, which was visited on the 24th by their Royal Highnesses the Prince and Princess of Wales. The exhibits included a large variety of most interesting and toothsome foods, and considerable attention was given to the cooking of plain, wholesome dishes as well as to more artistic lines. The Association is doing good work in thus educating the public in the practical study of foods and cookery.

## NEXT MONTH.

THE July number of GOOD HEALTH will be freely illustrated, and will contain, among other matters of interest, the following special features:—

"On Taste for Deformity."

—By the Viscountess Harberton.

"Some Common Ailments of Children and Their Treatment."—By Dr. Eulalia Sisley.

"Race Degeneration: Its Chief Causes."

"Summer Cookery."

"How to Preserve Fruit."—Illustrated.

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