

"In His Temple Every Thing Saith, Glory." Ps. xxxix. 9 (R.V.)

Good Health

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Hygiene and the Principles of Healthful Living.

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EDITORIAL CHAT.

Plague-Stricken India.—India has had during the past winter the most serious epidemic of plague that has occurred since the disease broke out in Bombay in 1896. The natives have been dying at the rate of almost 5,000 daily.

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Tents for Consumptives.—New York City is considering a proposition to establish a sanatorium for her consumptives on the tent plan. It is proposed to erect the camp on a tract of twenty acres which has been offered the city free of rent for two years.

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"What is the Use?"—The criminal thoughtlessness of many people regarding the proper care of the body, is well illustrated by the reply of Madame Jeanne Granier, a popular actress, when asked whether she believed in hygiene. "What is the use," she asked, "of following any hygienic treatment when you are well, and when you are ill, there's the doctor. Mine is a very clever man."

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Dr. Hutchison on Economical Foods.—"I would not urge the town-dweller to be a vegetarian," remarked Dr. Robert Hutchison in a public lecture, "but I would advise the poor that they can get a much larger quantity of waste-

repairing and energy and heat-forming food for one shilling in the form of pulse food, than in meat or animal form." This is something to think of. When one remembers that there are in India millions of people who are on the verge of starvation all the time, and can scarcely pay for a few handfuls of rice to hold soul and body together, economy in diet becomes a matter worthy the consideration not only of the poor, but of all lovers of their fellow men.

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Really Harmless Stimulants.—The wear and tear of modern life with its heavy draughts upon the vitality, no doubt increases the disposition to resort to drug stimulants. But this is not at all necessary, since natural means of stimulation abound, and these have no unfavourable after effects. Pure, fresh air has a reviving influence upon the whole system. Let the man who has been engaged in severe brain work for two or three, hours till his head is all in a whirl and his thoughts confused, step out in the garden and take a dozen long, deep breaths, or walk briskly down the street with shoulders well thrown back and chest expanded. He will feel a hundred per cent. better when he returns to his books. Some persons feel sluggish in the morning; but a cool bath will put them right in a few minutes. How refreshing

merely to wash the face in cool water! Warm full baths, vapour baths, and hot fomentations to the spine are other forms of treatment which, when followed by the cold spray or dip, leave a man feeling remarkably fresh and vigorous.



Antiquity of the Bath.—Baths, both warm and cold, have been in use from time immemorial. Homer alludes to them in his account of the Trojan War, 1194 B.C. Ulysses and Diomed return from a night expedition, and—

“Now from nocturnal sweat and sanguine stain
They cleanse their bodies in the neighbouring
main;

Then, in the polished bath, refreshed from toil,
Their joints they supple with dissolving oil.”

Here is a vivid picture of a warm bath from the same writer:—

“... In the tripod o'er the kindled pile
The water pours; the bubbling waters boil;
An ample vase receives the smoking wave,
And in the bath prepared my limbs I lave;
Reviving sweats prevent the mind's decay,
And take the painful sense of toil away.”



Where Cancer is Most Prevalent.

—A valuable series of articles on the “Statistical Study of Cancer Mortality” has been running in recent issues of the *British Medical Journal*. The writer, who is very careful in his statements, finds as a result of his observations that “there may be some connection between a large consumption of alcohol and predisposition to cancer, and this seems to be especially so in the case of beer.” He also makes the general assertion that “a wealthy agricultural population inhabiting a fertile and well-watered country presents conditions which seem to be everywhere accompanied by a high mortality from cancer.” A full diet including considerable animal food, more especially pork, is believed by many physicians to be favourable to cancer.

Such a diet would naturally prevail in a country district of the kind described.



Four-Legged Chickens.—Potted meats of various kinds are much in evidence in the summer. Of course it is hardly necessary to inform the intelligent reader that the labels on foods of this class rarely tell the exact truth. It was recently remarked that a certain American factory which was turning out immense quantities of the finest potted chicken, scarcely bought any fowls at all, but on the other hand used enormous quantities of hogs. Investigation revealed that the managers had found that the four-legged chickens served the purpose admirably, and aided by flavouring matters of various kinds, won the highest praise of customers. Dead things have a great deal in common. After all, the difference is largely in the name.



How to Keep Young.—Adelina Patti is a bright example of youthful grace and vigour combined with ripeness of years. The great singer is really younger at sixty than many a woman at thirty. She lives simply, avoids tea and all other narcotics, sleeps with her windows wide open, is out of doors in all kinds of weather, and takes care to work moderately. As a result she has maintained her marvellous voice in excellent condition and will be making a tour in the States the coming season, her services having been secured at almost fabulous prices.



“Digestive (?) Tea.”—GOOD HEALTH has recently been honoured with the offer of a serial advertisement of a certain “digestive tea,” of whose good qualities a highly qualified scientific man writes as follows: “I have no hesitation in saying that tea which has been efficiently treated by the ——— Co's process should be

much *less retardative* of digestion than ordinary tea." (Italics ours.) It is needless to say that such an article could not consistently be advertised in our columns, simply because we know of no one who stands in need of something which will retard and hinder the normal digestion of food. Evidently such a tea has no right to the term "digestive," even if it is less harmful than the kind ordinarily used.



Midsummer Hygiene—A Few Suggestions.—Don't think because you could manage with a breakfast of ham and eggs in winter that you must eat the same on a warm, sultry day. Rather eat some well-cooked cereal, a slice or two of wholemeal bread thoroughly toasted, and finish with a little ripe fruit. If you are not really hungry, try fruit alone for the first meal. Let the two remaining meals also be light, and you will find that the heat will not prove nearly so oppressive, while brain and muscle will be in better condition for work.



Avoid warm clothing. Sensible people dress according to the weather; not according to the calendar or the latest fashion plate. Don't feel compelled to go to your business office in a black frock coat and a silk hat just because that happens to be conventional. Leave such conventions to be practised by the people who do not have any real work to do.



Don't indulge in alcoholic drinks of any kind.



If you would sleep comfortably on a warm night, fight shy of the feather bed. It is decidedly heating.



Now a word especially to the ladies. Don't lace in the summer. You are not liable to put on flesh in the warmest part of the year, and you will enjoy ever so

much more real comfort without those tight stays. Your digestion will be better, and your temper likewise.



A Popular Form of Sport.—Walking races are becoming quite popular, and as a means of getting people interested in out-door exercise and the training of the body for general all-round efficiency, they may be productive of good. On the other hand, there is in all competitive sports some danger of over-strain. We are glad to note that George Allen, who starts out on his 1,000-mile walk the last of May, proposes to give some health talks *en route*. This dignifies the tour with a purpose beyond that merely of covering a thousand miles in a little less time than someone else. Allen has been undergoing a unique but common-sense kind of training the last year, living on the simplest food, sleeping in the open air, and busying himself with building a cottage and working in his garden, besides carrying on a considerable correspondence and writing a book on physical culture. This is a different programme from that usually adopted by athletes, but we believe the results will justify it, and wish this doughty champion of hard work and simple living the best of success.



The Only Consolation.—The following bit of conversation was overheard by one of our readers in a railway carriage in Queenstown:—

Jahn: "Is that yerself, Mrs. Mullanify? How's the health?"

Mrs. M.: "Am well! Jahn, thanks be to God, but last night we'd a great misfortune—the ould sow died. What'll we do at all at all for the rint?"

Jahn: "Poor soul, it's a sad lass, entirely."

Mrs. M.: "Yirra it is, Jahn; but our only consolation is that there will be a power ov atin' on the corpse."



On Taste . . for Deformity.

BY THE VISCOUNTESS HARBERTON.

THERE appears to be what may be called a great awakening going on at present, and much heart searching on the subject of the physical deterioration of the people of Great Britain. As to the deterioration itself there appears to be unanimity, but on the question of the causes and remedies there is diversity of opinion.

Some say the deterioration is due to overcrowding, with its unavoidable accompaniment of breathing polluted air. Others think wrong systems of eating are the primary cause. Others again see the root of the evil in juvenile tobacco smoking. All of which causes few could well fail to believe must necessarily bear their share in this highly undesirable downward progress. The Press in general is keen on the whole subject, and prepared to defend almost any measure that may be thought desirable, to arrest, what (if it continues) must certainly become a danger of the gravest kind to the state. Yet not any of the papers except the few specially devoted to questions of health ever make any mention of a factor that is certainly fully as important and fully as damaging to the physical well being of the population as any of the before mentioned. And this is the intolerable and universal deformity of all women produced by their irrational method of clothing themselves. There is no need to write columns of description. The drawing in the March number of

GOOD HEALTH explained it far more lucidly and clearly than could be done by pages of letterpress. The natural human (female) form as there shown does not slope in from under the arms towards the waist, but on the contrary the ribs spread slightly outwards as they descend. So that when we see in the population around us every woman's figure displaying this inward slope it is evident how universal this deformity has become. And when we realise further that it means without fail that every internal organ is thereby pushed out of place, it is clear that the majority of people so deformed are neither likely to be in vigorous health themselves nor to be the mothers of healthy children.

All suggestions of reform of dress are, however, most unpopular. So unpopular that what almost amounts to a conspiracy of silence is maintained on the subject; and deaths, accidents and illnesses arising from irrational clothes are as far as possible passed over. The reason, however, is not very deeply hidden. Immense trade interests are bound up with the necessity of women buying largely and continually the tawdry rubbish first displayed in shop windows, and later on their own persons. The Press likes advertisements, so prefers, if possible, to play into the hands of those who are among their best customers. And the providers of the above named class of goods have formed the opinion that

love of personal decoration is dependent upon a form of dress being adhered to which distorts the human form out of almost every one of its natural lines. Undoubtedly the trade is mistaken, as we see in men's uniforms in all countries that decoration can be carried to the very highest point while the outline of the human being is unaltered. But in the circumstances the attitude of the trade is not surprising.

Apart from the distortion caused by displacement of the ribs, it is pretty certain that games such as tennis, hockey, etc., are constantly injurious in their ultimate effects when practised in improper clothing. Gymnastics as a rule are never attempted except in specially designed and suitable dress. But with games it is different. The corsets are almost always retained, and the long, heavy skirt is invariably present. The resisting weight and pressure of this, from its twisting against the legs, as it must when the wearer runs, throws a strain of a most unnatural kind on the abdominal muscles, and materially aids the displacement already begun by the corset. Also (though this is comparatively unimportant) there is no more hideous and ungainly sight than a set of women in skirts plunging about after balls. A skirt is a garment only adapted to lying down and to soft, slow movements. Those who wish to *look* well, as also to *be* well, should adapt their clothing to their pursuits. And if the legs are to be used they should be so clothed as to admit of untrammelled, and therefore graceful, movement. In

walking the skirt having to be clutched in the hands is an offence alike against health, grace, and comfort.

The love of distortion that runs through the whole human race is quite curiously remarkable. It seems at once innate and ineradicable. Almost all races practise it on themselves in some form, though in this country it is mostly confined to the female sex. And it is little short of marvellous why so many civilised nations have decided that the shape of the human foot is disagreeable. Yet it is a fact, as the universal boot is never by any chance in the shape of the foot. This last is of course a good deal wider at the toes than at the heel. But civilised man can only endure the sight of his foot when made to appear as if the toes came to a point rather narrower than the heel. And he persists in his distortion regardless of discomfort, corns, and many other painful accompaniments.

The majority of the community view all these matters with the supreme indifference that accompanies ignorance; and the determination of women to adhere to deformity, and to begin it on their daughters before they are old enough to object, is of course the outward sign of mental inferiority; while the admiration such deformity excites is merely one of the depraved tastes from which the human race so slowly emerges. That some among us are at least aware of the evils that accompany distortion and deformity, is a step in advance and a sign of better things in future.



HYDROPATHIC REMEDIES FOR SLEEPLESSNESS.

BY J. H. KELLOGG, M.D.

THERE are many people who do not compose themselves for sleep. They do not exercise the will power necessary to keep the restless mind and body quiet long enough for sleep to come. Not long ago a lady said to me, "Doctor, I didn't sleep a wink last night,—I never closed my eyes all night long." I said, "How do you expect to sleep, if you don't close your eyes? You don't deserve to sleep, if you won't take the trouble to shut your eyes."

Many people have got so in the habit of being restless and sleepless that something must be done to help them to compose themselves.

One of the best means to this end is the wet-sheet pack.* Wrap the patient up in it so tightly that he cannot wriggle around. He will complain a little at first, but he will soon grow accustomed to the situation and become reconciled to it, his nerves will become less sensitive, his eyes will close, and he will soon be sleeping quietly.

It is not always necessary to put the wet-sheet pack on the entire body. For ordinary purposes, it is only necessary to put it round the trunk, and when so used it is termed

THE MOIST ABDOMINAL BANDAGE.

This consists of a linen band about eight or nine inches wide, and long enough to pass three times round the body; usually about two and one-half or three yards in length. This is wrung out of water at about sixty or seventy degrees Fahrenheit, and wound about the trunk, the lower edge coming below the hips, and the upper one nearly to the armpits. Outside the band is wrapped a dry flannel bandage about three inches wider than the linen one, and outside this is a waterproof covering of oiled silk or mackintosh. This last covering

is to protect the clothing from the moisture, and to keep the pack from cooling by evaporation.

The effect is to draw the blood from the brain into the large abdominal veins. Blood is to the brain what water is to the mill-wheel. It keeps the wheels of thought grinding, and as long as one is thinking he cannot sleep. If the water is shut off from the mill-wheel, the machinery stops; so, the blood is drawn away from the brain, and the large vessels of the abdomen are by these applications dilated to receive it thought must stop and one can sleep.

WHY ONE CAN SLEEP AFTER EATING.

This is the reason many people can sleep better after eating. As soon as food enters the stomach, it causes the blood vessels of the abdomen to fill with blood, thus relieving the brain in the same way that the wet girdle does. But this method of sleep producing has a great disadvantage, for when one undertakes to draw the blood away from his brain by filling his stomach with food, he imposes a task upon the stomach which will take it a large portion of his sleeping hours to accomplish. So that while the rest of the body is having its much-needed rest, the stomach is obliged to keep on working, and the man who ate a heavy supper to make him sleep will be pretty likely to awaken in the morning feeling dizzy and with a disagreeable taste in his mouth, to say nothing of the more lasting ill-effects resulting from the undue work imposed upon the stomach; for though the stomach is a long-suffering member, there is an end to its endurance.

THE NEUTRAL BATH.

Another especially valuable, though simple and natural sleep producer is the neutral full bath. The temperature of the water should be just pleasant, from 92°

* See page 50 for full directions.

to 98° Fahrenheit, according to the wish of the patient. This bath is remarkably soothing to the nerves. Let the patient remain in it an hour or more if he likes. Then dry very quietly, and put him to bed in a well-ventilated room with a

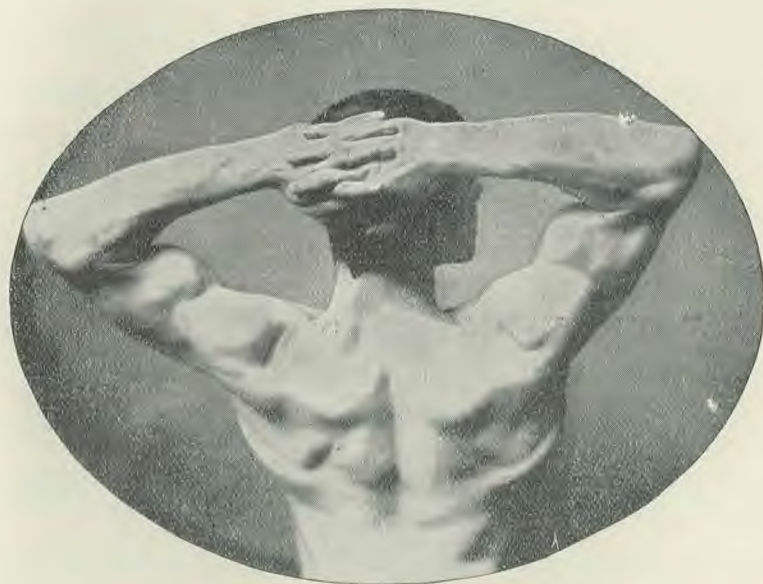
light covering of blankets. A hot foot- or leg-bath, taken in the evening and followed by a sponge-off, is also a good preparation for a night of restful sleep. It relieves the head of blood by drawing it to the extremities.

PHYSICAL PERFECTION AND HOW TO ATTAIN IT.—II.

BY THOMAS W. ALLEN.

At the present time there seems to be a tendency on the part of both sexes to engage in physical exercises. If not

can climb an acclivity, swim a river, and endure the fierce rays of the scorching sun with apparent indifference? And who does



carried to excess, the tendency is a rational one, and the result of women cycling, playing tennis, golf, and other muscular exercises will be apparent in the increased physical vigour of the next generation. Some of our accomplished athletes are the envy of hundreds, not so much on account of their accomplishments, as of their almost perfect physical development. Who does not envy the powers of the athlete who can run ten miles across country with comparative ease, and of the hardy tourist who can tramp for miles without fatigue, who

not envy the man who is so well proportioned, that no one can discern any part of his physical frame out of proportion with the other parts? Head, trunk, arms, legs, hands, feet, all perfectly correspond and harmonise; all proportionately developed, no angularities, no deficiencies, no abnormalities; truly the person so constituted is to be envied.

A good physical development cannot be attained without good health. The two are concomitant, and cannot be separated. Deterioration in health means deterioration

in physical vigour, and vice-versa. Even our capabilities and talents are largely dependent upon the state of our health. "Is the body sick, or weak, or exhausted, or inflamed, or sleepy, or exhilarated,—is not the mind equally so? Then to originate great thoughts, or to conceive pure and exalted sentiments, must not the *brain* be in a vigorous state? And in order to acquire cerebral vigour, must not all the bodily functions be vigorous? And to this end, must not those health laws which cause this vigour be observed? How then can that boy become a great and learned man without possessing physical vigour? or that delicate and beautiful girl a capable or good woman, wife, or mother, without possessing animal vigour? Let it be for ever and everywhere remembered, that both judgment and memory, reason and poetry, eloquence and philosophy, even morality and religion, all the virtues and

all the vices—in short, one and all of the human functions—are carried forward by animal power. Children are always smarter and better, relatively, than adults, because not injured by that false educational system which impairs mind, memory, and morals, by breaking down a good physical constitution.

"The Romans appropriately named their schools 'gymnasia,' from those muscular exercises which both formed their leading feature, and secured a strong mind by strengthening the body."

Physical perfection can only be attained by physical culture, just as intellectual strength and superiority can only be attained by the cultivation and exercise of the mental faculties. There is no "royal road" to either physical or mental power. Some of the chief factors in the acquisition of physical perfection will next be briefly touched upon.

RACE DETERIORATION: ITS CHIEF CAUSES.

BY M. ELLSWORTH OLSEN.

IN last month's article some facts were presented which clearly show that in this nation, at least, race deterioration is a present evil, and one which threatens in the near future to take on larger and more threatening proportions. Man for man we are inferior to our fathers, and the children now growing up are inferior physically to their parents. "Each generation," it has been said, "is weaker and wiser than the preceding one."

What are the chief causes at work in bringing about this state of affairs? Weakness, disease, and incipient invalidism are not chance products; they are the legitimate outcome of a certain course of action, which is calculated to produce just such results. Bad habits lie at the foundation of bad health, and it is because our personal habits are wrong, that the marked progress of medical science and public sanitation

has accomplished little except to save us from the wholesale visitations of such diseases as the plague, leaving us to die of other complaints which spring directly from our unnatural and artificial mode of living.

Let us consider the habits first of our young men, who, as we found last month, are decidedly deficient in health and bodily development. Smoking is known to be distinctly prejudicial to the best physical and mental development, and likewise injurious to the health, yet this deplorable practice is all but universal amongst our youth and young men. In the United Kingdom the amount of tobacco used per head has increased fully 50 per cent. in the last twenty-five years, and the increase is largely attributed to the popularity of the weed amongst the youth. Nicotine is a deadly poison which affects especially the

heart, lungs, liver, and kidneys, besides interfering with nutrition and stunting the growth of the body as a whole. Is it surprising that these young men are seldom found to possess perfectly healthy organs and a proper development? They are definitely sowing the seeds of disease, and why should they not reap the harvest?

Though the young men that form our regular army are better developed than civilians, they are by no means blessed with sound health, as the large sick list shows. Vice and sensuality are rampant amongst them, and they are suffering the penalty in the form of various insidious diseases which are said on good authority to afflict the majority of them.

We will not stop to speak in detail of other unphysiological habits practised by our young men. The consumption of enormous quantities of sweets is not doing them any good. Britishers at present use no less than ninety pounds of sugar per year for every man, woman, and child in the kingdom. No other country indulges so largely in this highly concentrated and artificial food, and it would perhaps be difficult to find another nation that suffers so much with poor teeth.

The large use of flesh food is a characteristic of modern life which has its effect in lowering the standard of physical efficiency. Leaving for the moment absolute vegetarianism out of the question, it is a generally admitted fact that we eat far too much meat for our good.

The young women have not deteriorated to the same extent as the young men. An increased interest in out-door sports has had a favourable influence on their development. They are free from the smoking habit, but too many are sacrificing health and beauty on the altar of fashion. Tight-

lacing, combined with late hours and an unwholesome diet, is seriously undermining the health of our young women; still, while they have the freshness and vitality of youth, they are able to keep up, but when they become wives and mothers, and begin to take up the real burdens of life, then partial or complete collapse is very likely to follow. The physician advises stimulants, and not infrequently the alcohol habit is formed as a consequence, and the home is by and by wrecked.

Drunkenness amongst women has increased with such alarming rapidity the last few years, that it is at present perhaps the most serious problem that confronts the race. Our inebriate homes are being filled with women, and in London at the present time more women are arrested for being drunk and disorderly than men. Truly this is a mournful state of affairs, since the drinking mother is not only unable to hand down to her children a healthy heredity, but is bound to neglect their proper bringing up.

Overcrowding is a very serious evil which is doubtless responsible for much of the prevailing vice and intemperance. The people are unfortunately crowding more and more into the cities till our urban population at the present amounts to three-fourths of the whole. This is decidedly unfavourable to good health and a good physique. Then, too, people are using larger quantities of drugs and proprietary medicines, which are undermining the constitution and render it susceptible to disease. Competition is growing more keen; worry and anxiety more common. All these things tell upon the physique and their combined influence is so powerful that only by the most strenuous efforts is it possible to maintain, under modern conditions, a state of sound, vigorous health.



GARMENTS made in accordance with art principles are never out of date.—*Emma C. Cushman.*

EXERCISE will do for your body what intellectual training will do for your mind—educate and strengthen it.



THE NECESSARY UTENSILS.

HOW TO PRESERVE FRUIT.

BY LULU TEACHOUT BURDEN.

IN the summer when fruits of all kinds are abundant, it is an excellent plan to secure an extra supply and preserve or "can" for winter use. Gooseberries, cherries, and plums, especially, may be gently stewed for a quarter of an hour, and then preserved either in bottles or in fruit jars with covers that screw on tightly, and rubber rings.

Utensils Which Facilitate the Work.

Before commencing the work the requisite utensils and dishes should be at hand and in perfect order. The things needed are jars or bottles enough to hold the quantity of fruit which is to be canned, a large saucepan, the funnel, plate, measuring cup, a cup (either enamel or china) for dipping, and a dish-pan with plenty of hot water, towels, and holders. Pint jars are best for small families, but a quart jar is none too large for a family of six or eight. Thus the fruit may be used before one tires of it. In purchasing the jars they should be looked over carefully to see that there are no defects, and that the covers fit

perfectly. The rubbers should be new unless they are of a good material, and can be perfectly sterilised.

Why Canned Fruits Spoil.

Absolute cleanliness, which includes thorough sterilisation, must be observed if good results are to be expected. There are constantly floating about in the air a great variety of bacteria. These minute plant organisers are responsible for all forms of decay and decomposition. Therefore the prime essentials in canning fruit are, first, to destroy by thorough cooking all of these organisms which may be already in the fruit, and second, to seal it so effectually that others are excluded.

The Process of Preserving.

Different fruits are preserved in practically the same way. All fruits should be lightly cooked, that they may retain their natural flavour. In filling the jars it is wise to let them overflow, for, as the liquid cools, it will condense, leaving a space at the top of the jar.

It is a good plan to put the jars and their tops into cold water and bring it slowly to the boiling point, allowing them to stand in this boiling water until ready for use. This not only insures thorough sterilisation, but the slow heating tempers the jars.

Whether the fruit is cooked in the jars and then sealed, or cooked in a kettle and then put into the jars, it should be sealed while boiling-hot. Invert the jars as soon as the covers are securely fastened, to discover leaks, if there should be any. When this is done the jar may be laid down on the side, thus evenly distributing the fruit, if there is a tendency for its gathering at the top. Leave it in this position until cool, turning or rolling it occasionally. If laid upon a folded towel, it will not roll about. The covers may be re-tightened the next morning, if screw tops are used.

Plums.

Wash any kind of plums, and prick carefully with a pin to prevent the skin from cracking. Put the fruit in alternate layers with the sugar in a porcelain-lined kettle, and let stand an hour or two. Bring

slowly to a boil, and, after skimming, put into the jars. There is not a little juice in plums and all small fruits, and for this reason many prefer this method of canning plums to that of dropping into a boiling syrup.

Cherries.

Cherries may be preserved whole the same as plums, or stoned and then treated as if they were berries. For the tart varieties allow two quarts of water and two cups of sugar to five quarts of solid fruit. The sweeter kinds require much less sugar.

Gooseberries.

Wash carefully and remove stems and blossom ends. Heat slowly to boiling, allowing one quart of water to three of fruit. Cook fifteen minutes, and after adding sugar to taste, boil two or three minutes longer, and put into the jar.

Strawberries.

This fruit is regarded as somewhat difficult to preserve. Use only sound berries, and if possible preserve them the day they are bought. Cook about the same length of time as gooseberries, being careful to push the berries down occasionally. If after the jars have cooled, the fruit rises to the top, shake gently until the fruit is saturated with the juice and falls low enough to be covered with liquid.

General Observations.

All fruits should be most carefully cleansed.

Skim off carefully all the froth.

The jars should be filled to overflowing to exclude the air.





FILLING THE JARS.

The covers should be screwed on tightly, a good fruit-jar wrench being convenient for this purpose.

Place the jars in a cool and preferably dark place, and do not disturb. The fruit thus prepared will keep for years.

SOME COMMON AILMENTS OF CHILDREN AND THEIR TREATMENT.

BY EULALIA S. SISLEY, M.D.

SIR FRANCIS HEAD once said that "almost every human malady is connected, either by highway or byway, with the stomach." This statement is especially true of children, as their digestive organs are delicately organised and easily disturbed by improper diet. Simplicity of food and regular meals should be the invariable rule with children, any departure from this rule being fraught with more danger to them than to adults. If a child's first symptoms of indigestion receive prompt attention, more serious illness may often be prevented. Following are a few of the most common disorders that attack

children, and some suggestions regarding their treatment:—

Colic.—Warm the baby's hands and feet, and give him a few teaspoonfuls of hot water. Then let him lie upon a hot-water bottle, or place a heated flannel over the abdomen. The frequency of these attacks may often be lessened by diminishing the amount of nourishment given, or increasing the length of time between feeding. A baby should never be fed during an attack of colic. Though the pain may be temporarily relieved by the warm milk, the indigestion is sure to be increased, in which case the pain will

return with greater severity than before. It is of great importance that an infant's extremities be kept warm, for chilling of the skin may bring on colic even though the digestion be normal.

Diarrhœa.—If the indigestion is accompanied by diarrhœa, it is best to withhold all food from twelve to twenty four hours, though an abundance of water may be given to drink. It is well to cleanse the bowels thoroughly by means of a warm enema or a dose of castor oil. In mild cases this treatment, with a warm bath and rest in bed, is usually sufficient to effect a cure. If the trouble continues, the irritation of the bowels may sometimes be relieved by following a hot-water injection with one of starch-water (one even teaspoonful of starch being boiled in a cup of water). This starch-water should be retained in the bowels. Hot fomentations to the abdomen are also useful.

Infectious Fevers.—As most of the eruptive fevers begin with an attack of indigestion, the treatment outlined for diarrhœa would be excellent as the initial treatment of fevers.

Constipation.—Many young children are subject to constipation, though this condition is most troublesome in bottle-fed infants. The cause of the difficulty should, if possible, be found and removed, laxative drugs being used only as a last resort. As an increase of fat in the food is frequently needed, a larger proportion of cream may be added to the bottle, or a teaspoonful of olive oil may be given once daily. In children over one year of age the addition of fruit to the diet is often beneficial, fresh or baked apples, strained prune juice, or orange juice being most serviceable. The daily cool bath followed by friction is beneficial, also daily massage of the abdomen. In giving the latter, the palm of the hand should be warmed and oiled, then applied with gentle pressure to the lower portion of the abdomen. Fol-

lowing the direction of the large intestine, bring the hand slowly upward along the right side to the border of the ribs, then across the abdomen, and downward on the left side to the starting point. These movements should be continued about ten minutes. Sometimes the injection into the bowel of a teaspoonful of glycerine is of service. Of course the enema is useful as an occasional measure, but in cases of chronic constipation it is better, if possible, to secure a daily movement of the bowels by the other means mentioned above.

Sore Mouth.—The mouth should be frequently cleansed with a saturated solution of boracic acid, the application being made with a bit of clean linen or gauze. This solution is quite harmless, and may also be used as an eye wash if there is an irritation of the eyes.

Bronchitis or a Cold on the Lungs.—Give the child a warm bath, and put him in bed. Apply to the chest hot fomentations followed by a cold compress, the latter being thoroughly covered with a dry flannel. This treatment may be repeated several times a day. Give a simple diet, and keep the bowels open.

Croup.—In case of croup (spasmodic), almost instant relief may be given by the application of a very cold compress to the throat and chest.

Sore Throat.—It is best to keep the child in bed. Several times a day apply to the throat hot fomentations, followed by a cold compress—the latter being retained until the next hot treatment. The frequent use of a mild gargle is also beneficial. One teaspoonful of Listerine to a half glass of hot water makes a good solution for gargling. During the attack the throat should be examined frequently. If white patches appear upon the tonsils, it is best that a physician be called, not that this symptom is in itself alarming, but the possibility of diphtheria should be borne in mind.



THE CHILD AND THE FIRST SPRING FLOWER.

ONE day, in the early spring so fair,
A blue-eyed boy, with golden hair,
Came close to his mother, whispering low.

"Oh! think what I've just found out in the snow!

I scraped the snow, so soft and light,
And there I found a flower so white;
But, mamma," said the sweet voice now
(Five summers had lightly touched that brow),

"I did not pick the flower you know,
But, kissing it, left it there to grow."

There is help for all in the child's pure thought.

Let us dig and search for the truth so fair,
Not trample or spurn with ruthless air,
But love and cherish with tenderest care.

—Selected.

Hints on Summer Cookery.

SUMMER is an ideal time in which to introduce reforms in food and cookery. Even the most confirmed flesh-eater does not mind trying an occasional dinner of cereals and vegetables, and sub-acid fruits, and if well planned and daintily served, he is very likely to ask for its frequent repetition.

Breakfast is not a very important meal with most people; but it should be

sufficiently substantial to afford ample nourishment until the regular hour for lunch or dinner. On a warm, oppressive day, it might well consist principally of good brown bread with a little of the best butter and plenty of fresh fruit. For a change try zwieback toasted crisp and eaten just as it is, or with a dressing of stewed fruit. Avenola, granose flakes and similar cereal preparations are also suitable.

Dinner may well include some of the various vegetables which may be had in excellent quality at this season of the year. These may be stewed occasionally with protose, nuttose, and similar foods rich in proteid matter, such a dish amply supplying the place of flesh meats, which are especially open to suspicion in the warm summer days.

As far as possible, cook just sufficient of each food for the meal. Be extremely careful not to use anything which is tainted. Carelessness in this particular is a chief cause of the frequent bowel complaints.

As the appetite is less keen than at other seasons, make an effort to serve the meals as attractively as possible. Have a few cut flowers on the table; they give pleasure, and also encourage the appetite.

Cleanse carefully the fruit bought in the markets before placing on the table.

Following are a few recipes :—

Fruit Rice Pudding.—Take one cup of rice, four cups of cold water, one good cupful of currants or sultanas, or half of each, the grated rind of one lemon or orange, and a pinch of salt. Put in an earthen dish, cover tightly, set in the oven, and let it cook slowly for two or three hours, not stirring after it begins to cook.

Potato Pie.—Cut potatoes into slices, and place a layer at the bottom of a baking dish, then a layer of par-boiled onions, and another layer of potatoes. Cover all with nut milk seasoned with salt, and bake until a nice brown. The potatoes will soak up all moisture. This can be served with cold protose.

Granose Fruit Custard.—Take two slightly heaping cups of granose, two cups of milk, two tablespoonfuls of sugar, and two eggs. Add the yolks of the eggs with the sugar and granose to the milk, beat lightly for a few minutes, then add the well-beaten white and one cup of tinned or stewed cherries which have been well drained from juice. Bake in a slow oven till the custard is set. Allow the custard to become cold before serving.

Pineapple Strawberries.—Cut the pulp from one-half a pineapple, slice it into neat pieces, or else grate it, and after sweetening, allow it to stand

the pineapple shell, and garnish with the leaves from the top of the pineapple, and strawberries cut into quarters. Serve when well chilled. Pineapple chunks and strawberries may be served together in a similar way.

Turnips with Cream Sauce.—Wash and pare the turnips, cut them into half-inch dice, and cook in boiling water until tender. Meanwhile, prepare a cream sauce by heating a pint of rich milk to boiling, and thicken with a tablespoonful of flour rubbed smooth in a little cold milk or cream. Drain the turnips, turn the cream sauce over them, let them boil up once, and serve.

Cauliflower with Tomato Sauce.—Boil or steam the cauliflower until tender. In another dish prepare a sauce by heating a pint of strained, stewed tomatoes to boiling, thickening with a tablespoonful of flour, and salting to taste. When the cauliflower is tender, dish, and pour over it the hot tomato sauce.

Truly Remarkable.

HENRY VAN DYKE's little daughter, who inherits her father's analytical mind, came to the professor one day, and asked: "Papa, where were you born?" "In Boston, pet," answered the professor. "And where was mamma born?" "In San Francisco, darling." "And where



PINEAPPLE STRAWBERRIES.

an hour or two on ice. Meanwhile beat the whites of two eggs until light, and add one tablespoonful of lemon juice. Fold into this the pineapple pulp and a few strawberries cut into halves. Put into

was I born?" "In Philadelphia, dear." "Well, papa," said the analytical infant, "Isn't it funny how we three people got together."

HOW TO GIVE THE WET-SHEET PACK.†

WHEN properly administered, this is one of the most powerful of all water appliances. Some skill is needed to apply it with a uniform degree of success. Two or three quilts or thick blankets, one woollen blanket, and a large linen or cotton sheet, are the articles necessary. It is important to be certain that the sheet is sufficiently large to extend twice round the patient's body. More blankets are required in cool weather and by weak patients. Spread upon a bed or cot the quilts, one by one, making them even at the top. Over them, spread the woollen blanket, allowing its upper edge to fall an inch or two below that of the last quilt. Wet the sheet in water of the proper temperature, having gathered the end so that it can be quickly spread out. Wring so that it will not drip much, place its upper end even with the woollen blanket, and spread it out on each side of the middle sufficiently to allow the patient to lie down upon his back, which he should quickly do; letting his ears come just above the border of the sheet, and extending his limbs near together. The patient should then raise his arms, while the attendant draws over one side of the wet sheet, taking care to bring it in contact with as much of the body as possible, bringing it closely up between the arms, and pressing it down between the limbs, so as to make it come in contact with both sides of them. Tuck the edge tightly under the patient on the opposite side, using care not to include the other edge of the sheet. Now let the patient clasp his hands across his chest, and then bring up the other side of the sheet. Grasp it by its upper corner with one hand, drawing it down over the shoulder and lengthwise of the body; then place the other hand upon the covered shoulder, holding the sheet

firmly in place while the corner is carried upward upon the opposite side and tucked under the chin. Tuck the edge of the sheet under the body, carefully enveloping the feet. Then bring over each side of the blanket and quilts in the manner last described, being very careful to exclude all air at the neck, and allowing the blankets to extend below the feet so that they can be folded under.

If the patient does not become comfortably warm in a few minutes,—ten or fifteen minutes at most,—more blankets should be added, and, if necessary, dry heat should be applied to the sides.

The temperature of the pack must depend very largely upon the condition of the patient. A woollen sheet is better for the administration of a hot pack than one of cotton or linen. The cold pack is very rarely required. The usual temperature should be about 92° Fahrenheit. It is proper to wet the sheet in water of about 100° Fahrenheit, as it will be cooled several degrees while being applied.

Ordinarily, the pack may be continued thirty to forty-five minutes. If the patient sleeps naturally, he may remain in the pack a full hour, if strong, or even longer in many cases. In fevers, short packs, frequently repeated, are more beneficial than long ones fewer in number.

Its depurating effects are really wonderful. The increased action of the skin, together with the determination of blood to that part, is so great that poisons long hidden in the system are brought out and eliminated.

The applications of the pack in treating disease are very numerous. In almost all acute diseases, accompanied by general febrile disturbance, and in nearly all chronic diseases, it is a most helpful remedy if rightly managed. It is an admirable remedy for nervousness, skin diseases accompanied by thickening of the skin, as psoriasis and ichthyosis, and irritations of the mucous membrane.

† Taken from "Home Handbook of Hygiene and Rational Medicine."

Avoid Stooping.

An erect carriage is the special prerogative of the human family, and yet it is not exercised by the majority. Because of



CORRECT POSITION.

bad habits of work, and the disuse of the muscles especially concerned in maintaining the upright position, drooping shoulders and posterior curvature of the spine make themselves evident long before one is really old. Many kinds of housework as ordinarily performed, tend to produce various deformities of this class. The same is true of office work, and even of husbandry. But by taking a little care, and occasionally practising a few simple corrective movements, the tendency may be entirely avoided. Take the matter of washing clothes. Much of the weariness comes from too much bending at the shoulders instead of at the hips. The two illustrations will make the matter clear. If care is taken to maintain a good arch in the spine, and do the bending at the hips, the operation will be less wearisome, and will not tend to spoil the figure. On a little reflection the housewife will think of many other kinds of work which may be

done far more comfortably, in the long run, if attention is paid to proper postures. It is not a bad plan to spend a few moments twice daily in taking a good position. Stand tall as you can, and rest the weight on the balls of the feet: these are the essentials of a good standing position, in observing which you will naturally throw the shoulders back and expand the chest.

Obedience Brings Beauty.

If the laws of God that seek the health of the body were obeyed but by a single generation, the next one would be physically beautiful. I am always glad when one of our "society girls" says to me, "Coffee and tea hurt my complexion, so I have left off drinking them;" or, "Greasy food coarsens one's looks, and I can't afford to eat it;" or, "Buckwheat cakes and sausage make my face 'break out,' so, though I love them dearly, (!) they have been put aside." The motive might be higher; it should be grounded in a reverent purpose to know and do the will of God at



INCORRECT POSITION.

the table, where grace is so often said over most graceless food. But untold good will come of a simpler and more wholesome diet, no matter what is its procuring cause. —*Frances Willard.*

⇒ OUR SERIAL. ⇐

A DEAR EXPERIENCE.

(Continued.)

BY S. ISADORE MINER.

THE morning of Mr. Parkinson's departure found Miss Helena with a raging headache; but, not disposed to lay aside her well-earned laurels so quickly, she kept at her self-appointed tasks of "righting things," till late in the afternoon, when she was vanquished by her life-time enemy and compelled to retire.

The servants took this opportunity when their captain was off duty, to execute various enterprises of their own; and Kate, too, the latest acquisition, a nurse-maid, and one of the "knowing" kind, sallied forth, bound wherever chance might direct—to the slums or the public gardens—there to leave her little charge blinking in the sun, while she held high carnival with some straggler, or flirted with a policeman.

For several days, Miss Parkinson was confined to her room, and as the weather was dismal and lowering in the extreme, and there was no one in all that great city to exchange a friendly word with, she felt correspondingly low-spirited; indeed, an attack of home-sickness seemed almost inevitable. Baby, too, was unaccountably cross and restless. In the few days that she had been there, Miss Parkinson had been particularly taken with Bessie's loving, happy disposition; but now she was just the reverse. She cried when they looked at her, cried when they spoke to her, cried when they took her; in fact, she seemed to partake of the nature of the weather, and there was almost a constant downpour of tears without and within. She refused her bottle, till driven to it by sheerest hunger; to tell the truth, she ignored it

as completely as if she had never before seen one,—as if she had not been reared on one for the nine months of her life. She was a veritable Chinese puzzle, a mystery, even to the physician who was finally summoned by Miss Helena, after a deliberate and discriminating search among the many strange names in the directory. She had come to the conclusion that something most serious was the matter,—something that baffled her limited experience with infants,—but concluded it would be wiser to call in a competent physician before telegraphing for John.

But not even the wise medicine-man could discover the cause of baby's peevishness, although he gave it as his learned opinion that it was nothing of a serious nature. Her pulse was quite normal,—but very little fever, and that probably the result of her fretting, rather than the cause of it. She was cutting teeth, but those had not yet arrived to such an advanced stage as to prove irritable. She was a child of remarkably sensitive nerve-organisation, and it seemed to him to be something more of that nature. Had she been crossed in any way? or had she been deprived of any accustomed toy or amusement?

"Nothing, that we know of," Miss Helena, replied. "Both the nurse and myself are almost strangers to her, as well as to each other; but she seemed to take to me well enough when her father was here."

"Oh, her father is away, and you are strangers? Well, that is just it, you can depend upon it. You can do nothing but be kind to her, and let her shyness wear off. But it is quite remarkable, really, for one so young to show such evident attachment to any person except the mother."

Then Miss Helena thought of the way that the baby always watched the door now, as if momentarily expecting some much-longed-for person to enter, and her many visible disappointments, followed by a prolonged wail.

Much soothed in mind by the doctor's advice, Miss Parkinson ordered baby's crib in her own room, and, seated before a cheerful blaze of John's open-grate coal, she divided her time between playing with the disconsolate infant, crocheting, and reading the papers.

In the latter, the careless exchange and unaccountable disappearance of a young babe about Bessie's age, strangely interested her; but then, she had spent so many hours lately in reading about babies, and the many complaints to which they are heirs, in all the doctor-books she could muster from the library, striving in vain to solve the secret of her little niece's indisposition, that the word *baby* now caught her eye as if by magic.

But it really was a remarkable occurrence, she thought, and pity for the distressed young mother kept her quite agitated over the subject.

"And the strangest part of it all is," she soliloquised over her crocheting, "that the other party hasn't made the least stir about it, or even paid any attention to the stir this Norton is making,—and a well-dressed child, too, they say. Well, I've my opinion about such folks—the hard-hearted wretches! Let me see; this is the second week, and no clue yet. Dear me; that poor mother!"

Though Miss Helena searched diligently for further tidings from day to day, she found no more particulars; for New York daily papers have something of more interest than lost and exchanged babies to follow up,—such for instance as lost poodles and pugs, trotters exchanging owners, base-ball scores, pugilistic feats, and other matters of vital and national importance.

So Miss Parkinson filed away the papers for John's benefit,—for he might want to see how the coal markets stood during his absence—played with the baby, crocheted, and patiently awaited her brother's return.

(To be concluded.)



HAVING A GOOD TIME,

GOOD HEALTH GLEANINGS.

NEURALGIA is the "cry of a hungry nerve for better blood."

* * *

COLDNESS of feet and limbs is almost invariably an evidence of indigestion.

* * *

SOME friend to good health made the terse remark that "sanctified common sense, armed with experience, will do more to make people well than rivers of medicines and mountains of pills."

* * *

CONDIMENTS that can blister and irritate the outside of the body, will the more readily blister and irritate the inside, when applied to the delicate mucous membrane of the stomach, and will cause it to pour out in self-defence a large quantity of mucus.

* * *

OCCASIONAL fasting is hygienic. It gives the stomach a chance to "catch up with its work." To eat nothing but fruit one day in the week is a great help against headache, nervousness, taking cold, and loss of sleep.

* * *

TORPID livers and biliousness, which latter is nothing more or less than poisoning of the body from putrefaction and decomposition of either too much good food or of indigestible food in the stomach and the intestines, are most successfully treated and prevented by drinking from ten to a dozen glasses of pure, distilled water a day.

* * *

A CONSUMPTIVE person going to an elevated region must first exercise the greatest caution not to overdo. In the majority of cases it is best for the patient to sit nearly

the whole time for two or three weeks, until he acquires the habit to breathe easily without getting out of breath. Shortness of breath always indicates congestion, and in this disease congestion is always to be avoided, as it is a precursor of hemorrhage.

* * *

LABOURERS in Roumania work twelve and fourteen hours a day, carrying on their shoulders sacks of wheat weighing one hundred and fifty pounds. They do this on nothing more strengthening than a loaf of bread and half a kilogramme of grapes. They are strong and healthy men.

* * *

THE best remedy for sick-headache is a stomach-tube. A sick-headache is evidence that there is something in the stomach undergoing decomposition. If this decaying matter is not removed, it will spread poisons all over the body. You must then wait for nature to eliminate them. But if the decomposing matter is washed out, the headache will be relieved at once.

* * *

BALDNESS is generally due to the presence of minute parasites which get into the hair follicles and affect the roots of the hair. When the hairs are destroyed to such a degree that the scalp is smooth and shiny, there is no help for the baldness. If there is a thin down upon the scalp, the case is curable. In order to cure it, it is only necessary to improve the nutrition of the scalp. This is best done by massage. A shiny scalp should be rubbed until it recovers its natural softness.

* * *

ALWAYS treat a common cold with great respect.—*Popular Science News.*

The Little Ones.

WE cull from *Good Housekeeping* the following practical hints on the care of children :—

Let nature waken the little ones. If they do not wake themselves in time to dress for breakfast, see that they go to bed earlier.

Never let the children go out-of-doors in cold weather without being warmly clad, especially about the legs and feet. They chill quickly, and the throat and lungs are very susceptible.

Bathe the children in the forenoon, if possible; if not, an hour before the evening meal. Never bathe a child for at least an hour after eating, and two hours should intervene between the meal and the bath.

For constipation boil two tablespoonfuls of wheat-bran in a pint of water for two hours, renewing the water as it evaporates, Strain, and use as food, making it fresh every day.

See that the children's feet are kept warm when they retire, that there is plenty of fresh air in the sleeping-room, without draughts, plenty of light, warm covers on the bed, and pleasant words with good-night kisses for all the little ones.

Summer Beverages.

IN warm weather the natural demand for liquids is greater than usual. The ideal drink is pure, soft water, but for a change fruit juices of various kinds may be introduced. The following drinks, which may be varied according to the taste of the individual, are at once entirely harmless and very refreshing :—

Egg Lemonade.—Beat the white of an egg to a stiff froth, then mix with the juice of a small lemon, and one tablespoonful of sugar. Add half a pint of cold water.

Fruit Drinks.—A great variety of these may be made by adding to the juice of red currants, strawberries, raspberries, cherries, or a mixture of

two, as raspberries and currants, as much water as juice, sweetening to the taste, and putting into each glass a small lump of ice. The juices of the various small fruits extracted by heating, the same as for jelly, and bottled, are very convenient for this purpose.

Pineapple Lemonade.—Lemonade made in the usual manner, and flavoured with a few spoonfuls of the juice from the tinned pineapples is excellent for variety.

Home Medicine.

Corn Salve.—A much-praised corn salve is made as follows: Salicylic acid, half a drachm; extract of Indian hemp, ten grains; collodion, one ounce. Apply by means of a brush twice or thrice a day. A better way is to wear shoes that do not pinch, and avoid having corns at all.

Heartburn.—A teaspoonful of wheat charcoal, taken immediately after a meal, is an excellent non-medicinal remedy for this uncomfortable derangement of digestion. A teaspoonful of glycerine, taken before or just after a meal, is also useful.

Tender Feet.—When feet are tender and painful after long walking or standing, great relief can be had by bathing them in salt and water, a handful of salt to a gallon of water. Have the water as hot as can be comfortably borne; immerse the feet, and throw water over the knees with the hands. When the water grows cool, rub feet and limbs briskly with a dry towel.

Foreign Body in the Ear.—When a foreign body gets into a child's ear, remember there is no need of haste in removing it. It may remain there for a long time without injury. Do not use forcible means to displace it. Never try to use an instrument in the ear. Leave that for the physician or surgeon. Probes, ear-spoons, and forceps, in the hands of a person who does not understand the anatomy of the ear, may do irretrievable harm. Insects in the ear may be killed or quieted by filling the ear with glycerine or sweet-oil, and then syringing with warm water.

QUESTIONS AND ANSWERS.

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

Sweating Feet.—What would you suggest for excessive perspiration of the feet?

Ans.—Dip the feet alternately in cold and hot water several times, morning and evening, finishing with the cold water, and rub vigorously with a bath towel. Take a full warm bath twice a week with the free use of a mild soap. Wear porous boots or shoes, and light woollen socks, which latter should be frequently changed. Build up the regular health by proper diet and regular exercise out of doors.

Nervous Debility.—M. C.: A GOOD HEALTH reader suffering from nervous debility would like your advice.

Ans.—Nervous debility is a state of lowered vitality and impaired functions of the body. There is mal-nutrition, and a special effort must be made by the patient to cultivate health by adopting a simple, nutritious diet, and going in for all-round health culture. It would be well for such a person to join the Good Health School of Physical Culture, full particulars of which may be obtained by sending a stamp to the office of GOOD HEALTH.

How to Reduce the Weight.—We are having numerous inquiries on this subject. There seems to be a large number of people who are troubled with a superfluous amount of adipose tissue. Fortunately, the condition is entirely curable. The person who wishes to become thin has only to starve himself, not absolutely, but to an extent. It is not that corpulent people necessarily eat more than others, but their assimilative powers are greater, hence they should endeavour to limit the supplies of food, and take more vigorous exercise. Cold baths are also an effective means of reducing flesh. If the system is vigorous, it would be well to remain in the water for several minutes, rubbing the body vigorously to prevent chilling. Walking is an excellent form of exercise. The same is true of various active games. Early rising is essential. Too much sleep is decidedly conducive to corpulency. Fat and starchy foods should be avoided. Good wholemeal bread, fruits, green vegetables and salads, with the proper allowance of proteid foods make a good all-round diet. Avoid drinking at meals, but drink freely morning and evening, and an hour or so before each meal.

Summer Colds.—N. finds that after walking, cycling, or exerting herself in any way to bring on profuse perspiration, she is liable to take cold. She does not wish to give up the exercise, and would like to know how to avoid the harmful results.

Ans.—Dress according to the weather, and the kind of exercise. The Sanis underwear is light and porous, and very suitable. Immediately on returning from a cycling trip or other exercise, take a rub-down with a wet towel or sponge followed by vigorous rubbing with a coarse bath towel till the body is all in a glow, then put on dry underwear, and take light exercise for a few minutes. The bath should be taken quickly and vigorously, not giving time for a chill. Look after your diet, and avoid all clogging foods. The cool sponge bath should be taken every morning immediately on rising, followed by a brisk walk out of doors, or some light exercise.

A Substitute for Tea.—W. E. wishes to know if we can recommend Brunak as a substitute for tea.

Ans.—Yes, either Brunak or Caramel Cereal would be free from the injurious properties contained in tea, but we should not advise the large use of any drink at meal-time. If the food is unusually dry, a small cup taken toward the close of the meal would not do any harm. The food should be eaten slowly, and thoroughly masticated. Persons who have been in the habit of taking a late supper would do well to take instead a cup of warm drink.

Flatulence and Slow Digestion.—X. is troubled with flatulence and slow digestion. What remedies, if any, can be used, and what is the best diet?

Ans.—Flatulence is caused by decomposition in the bowels of imperfectly digested food. Constipation is also a frequent cause of this trouble. The diet should consist of simple, easily digested foods, and care should be taken not to overeat. Zwieback or unleavened breads, eggs soft-boiled or poached, mild fruits fresh and stewed, and such specially prepared foods as granose flakes, gluten, protose, etc., would form a good diet. Vegetables should not be taken largely. Exercise in the open air would be helpful, and as a temporary relief Antiseptic Charcoal Tablets (to be had of the Good Health Supply Department) might be used to advantage. Three meals a day are abundantly sufficient, and if they could be taken at the proper times, two meals would probably be still better.

Good Health,

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

Edited by

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irregularities have been reported to us in connection
with the Sochon Boot Company. These
matters are undergoing thorough investigation,
pending which our readers would perhaps do well
to delay sending in any orders.

→*←

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→*←

WE continue to receive good reports from our
Good Health Leagues. A new one has recently
been formed at Westbourne Park, in West London,
and has held its first meeting. Some of the
Leagues have discontinued public meetings till
after the summer holidays, but are engaged in active
propaganda in various ways. Anyone desiring to
join one of these Leagues may receive full infor-
mation by addressing a postcard to the General
Secretary, at 451 Holloway Road, London, N.

→*←

SOMETIMES people write and ask what they can
do to help us in the work of spreading the principles
of life and health. We are glad to get such letters.
There is a vast amount of work to be done. We
have only made a very small beginning, and wish
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the magazine also to the English missionaries



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PUBLISHERS' NOTES.

scattered throughout India, China, Africa, and other countries. These would appreciate a health magazine from their native land, but they are often hampered for money, being surrounded, especially those in India, by so many half-starved natives whom they cannot but help to the utmost of their ability. What a blessing if their friends and supporters in the homeland would subscribe for them. There is another way in which our readers can help us, and that is by getting their newsdealer to order a few copies regularly through his wholesaler, and to display a poster. If any newsdealer finds difficulty in getting GOOD HEALTH, he should communicate directly with us, and we will see that he is properly supplied. There are still other ways in which our readers can be a real help to us, but we will not mention them here.



GOOD HEALTH readers residing in London and vicinity may be glad to know that Mrs. Chapman and her associates, of 14 Baker St., W., do very satisfactory work in massage.



Health & Strength for June has a summery aspect in keeping with the time of year. The cover gives a new pose by Launceston Elliot, one of the finest built men in the athletic world. Among the articles of special interest are, "Methods of Training," by Harry Andrews (London), the famous trainer of champions, illustrated with photos of celebrated champions, including A. Shrubbs, England's champion runner, and Ingram, amateur champion cyclist; F. J. Harvey (Exeter), writes of "Muscles: and How to Develop Them;" "Muscle vs. Death," by L. C. Froment, is an exciting incident in the late Boer War; "The Goldsmith's Gymnasium," by J. St. A. Jewell (London), is full of interesting personal information, and "Reader's Experiences and Letters, including a letter from Dr. Haig, the eminent dietetic authority, with other points of interest form an excellent number.



"WHERE did you get this new kind of potted meat, wife?" asked a gentleman the other day at tea, and continued: "It seems to be unusually good, and I hope you will get some more." The supposed potted meat was nothing else than protose, from the International Health Association of Legge Street, Birmingham. This product does resemble meat in a degree which is remarkable when it is remembered that it is a pure product of nuts and cereals, without a trace of animal food or flavouring of any kind. Protose may be prepared in a variety of ways, the same as meat, but tastes very good just taken out of the tin. It is certainly worth trying, especially now that flesh meats are so liable to be diseased, or at least undergoing various stages of decomposition.

In answering advertisements kindly mention "GOOD HEALTH."

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-
Kendrickson
Exerciser Combined,**
THE NEWEST PHYSICAL
DEVELOPER.

**Is going strong, and its users are growing
stronger.**

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

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

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

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

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

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

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

PRICES, complete with manual:

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

SOLE AGENTS:

AMERICAN IMPORTING Co.
8 Long Lane,
London, E.C.



IT IS UNIVERSALLY ADMITTED
that to see

VEGETARIANISM 
PROPERLY PRESENTED

You must visit

one of the following Restaurants:

- Belfast: The X · L ·, 27 Corn Market.
Dublin: The College, 3 & 4 College Street
(with HOTEL attached).
Glasgow: The Eden, 6 Jamaica Street.
Leeds: The Old Bank, 28 Commercial St.

All under one Proprietorship
and Management.

Everything High Class, except Prices.

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 wheat berry 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^{td.}, BIRMINGHAM.

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PUBLISHERS' NOTES.

DISTRESSING backaches are often caused by prolapse of the stomach or slight displacement of other internal organs. The Natural Abdominal



Supporter is by far the most effective instrument for affording relief in all such cases. It may be called almost a panacea for backache, and also relieves indigestion and constipation. The back plate is of padded leather: the front plate is of proper size for support without

interfering with bodily movement. Full description and prices furnished on application to the Good Health Supply Department.



THE August GOOD HEALTH will be suitable for holiday reading, containing a variety of short, interesting articles on various health subjects. Following are a few special features:—

Will Power in the Treatment of Disease.—By J. H. Kellogg, M.D.

The Value of Relaxation.—By H. B. Farnsworth, M.D.

Picnic Lunches.—*Illustrated.*

The Treatment of Summer Fevers.—By A. J. Sanderson, M.D.

Swimming and Boating.



CATERHAM is a most enchanting place these days, and the family of patients at the Sanitarium are enjoying delightful walks and drives all about the country. It seems strange to find such a quiet, restful village within only seventeen miles of London. A more ideal place for recuperation one could not ask for.

ESTABLISHED 1851.

BIRKBECK BANK

Southampton Bldgs., Chancery Lane, London, W.C.

INVESTED FUNDS TEN MILLIONS.

CURRENT ACCOUNTS

$2\frac{0}{100}$ Interest on the minimum monthly balances, when not drawn below £100. $2\frac{0}{100}$

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Stocks and Shares purchased and sold for customers. The BIRKBECK ALMANACK, with full particulars, post free.

C. A. RAVENSCROFT, *Managing Director.*

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.

Ask for
REYNOLDS'
Ask for
BREAD
BEST FOR
HEALTH.

PURE DIGESTIVE
WHEATMEAL
BREAD
J. REYNOLDS & Co LTD
GLOUCESTER.

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The Good Health Adjustable Bodice.



Affords ease, comfort and health. Retains symmetry and grace of the natural form. Its use will add years of pleasure to a woman's life.

IT DISPENSES WITH THE CORSET.

Supports all garments without harmful pressure. No stays to break. Thousands have been sold, and are giving excellent satisfaction.

Send for circular and prices to

Good Health Supply Dept.,

451 Holloway Road, London, N.

"One Hundred Hygienic Food Recipes,"

Meets a widely-felt want, giving in a nut-shell the principles of healthful cookery, and affording a pleasing variety of the best recipes. Should be in every household. Post free, 2d. Order of Good Health Supply Dept., 451 Holloway Rd., London N.

EVERY WOMAN

is interested and should know about the Wonderful

"MARVEL"

Whirling
Spray Douche.

(Patented.)



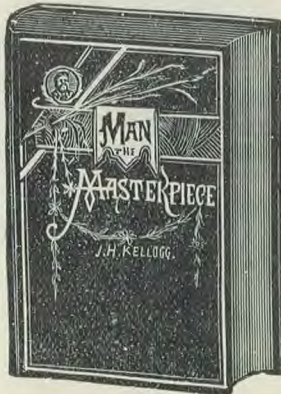
Ask your Chemist for it. If he cannot supply the Marvel, accept no other, but send 1d. stamp for book—SEALED. It gives full particulars and directions invaluable to ladies.

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

Man, the Masterpiece,

or, Plain Truths plainly told about Boyhood, Youth, & Manhood,

BY DR. J. H. KELLOGG.



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

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

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

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

For prices and full particulars address

Good Health Supply Department, 451 Holloway Road, London, N.

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PRACTICAL QUESTIONS ON DIET.*

Question.—*At what age is it safe to begin to feed children with fruit?*

Answer.—Fresh and thoroughly ripened fruit may be given at any time when the child expresses a craving for it.

Q.—*What causes an intense hunger when one has sufficient food, and which ceases in an hour or so?*

A.—In most cases, hyperpepsia, a condition in which there is an excessive secretion of hydrochloric acid, generally the result of congestion and irritation of the sympathetic nerve centres.

Q.—*Can you recommend any compound to aid in the digestion of starchy food?*

A.—No aid is needed. Nothing is better than saliva. It is only necessary to eat dry foods, and to chew them thoroughly, to obtain all the required assistance.

Q.—*What causes a feeling of dizziness in the morning, sometimes accompanied by belching?*

A.—Doubtless indigestion. A careful regulation of the diet, avoidance of all kinds of meats and pastries, and the use of simple preparations of fruits, grains and nuts are the measures to be recommended. Cleansing of the stomach with the stomach tube may be necessary once or twice a week at first; or a fruit diet may be adopted for a few days.

Q.—*Is honey a healthful article of diet?*

A.—The use of sweet fruits is generally preferable to the use of honey as well as of cane sugar. If honey is taken it is well to sterilise it by boiling for half an hour in a double boiler, thus killing the germs which promote fermentation, of which honey contains large numbers. Honey disagrees with many people because of the essential oils gathered from the flowers, and perhaps, in some cases, because of an excess of formic acid introduced by the bees to prevent fermentation.

"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.



Specimen cover of "Health & Strength."

Excerpts by permission from the forthcoming book, "The Living Temple."

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

In answering advertisements kindly mention "GOOD HEALTH."

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.
14 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.

DIRECTORY OF SANITARIUMS.

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

BATTLE CREEK SANITARIUM, Battle Creek, Mich.
J. H. KEELOGG, M.D., Superintendent.

SURREY HILLS HYDROPATHIC INSTITUTION, Caterham, Surrey.
ALFRED B. OLSEN, M.D., Superintendent.

BELFAST SANITARIUM, 39 Antrim Rd., Belfast.
Address the Superintendent.

SKODSBORG SANITARIUM, Skodsborg, Denmark.
CARL OTTOSEN, M.D., Superintendent.

FRIEDENSAU SANITARIUM, Post Grabow, Bez. Magdeburg, Germany.
A. J. HOENES, M.D. Superintendent.

INSTITUT SANITAIRE, Basle, Switzerland.
P. DE FOREST, M.D., Superintendent.

CALCUTTA SANITARIUM, 51 Park St., Calcutta, India.
R. J. INGERSOLL, M.D., Superintendent.

NEW SOUTH WALES MEDICAL AND SURGICAL SANITARIUM, "Meaford," Gower St., Summer Hill, N.S.W., Australia.
D. H. KRESS, M.D., Superintendent.

GUADALAJARA SANITARIUM, Apartado 138, Guadalupe, State of Jalisco, Mexico.
J. W. ERKENBECK, M.D., Superintendent.

Foods for the Holidays.

For Pedestrians,
Cyclists, & Pienies.



Much nourishment
in a small compass.

With a few of our Health Foods in your pocket or your bag, you are independent of the "refreshments" sold in out-of-the-way places, or of lodging-house cookery.

With Bromose Tablets, Protose or Nuttolene Sandwiches,
Nut Rolls, Fruit Wafers, Granose Biscuits and Milk,

You are supplied with

Portable, economical, highly-strengthening
and energy-producing food of the best kind.

Our Health Foods will help to make your holidays enjoyable, and a source of strength and health for future use.

Send for our Shilling Packet of samples, post free.

INTERNATIONAL HEALTH ASSOCIATION, Ltd.,
LEGGE STREET, BIRMINGHAM.

In answering advertisements kindly mention "GOOD HEALTH."

Have you
Catarrh?

The Magic Pocket Vapouriser

IS an excellent instrument for treating this troublesome affection, by bringing antiseptic vapours in contact with all parts of the throat and nasal cavity.

It may be carried in the vest pocket, and used while one is at work.

Marvellously Convenient.

Thoroughly Effective.

Price 4/- post free Which includes a vial of medicine that will last for a number of weeks.

ADDRESS: **GOOD HEALTH SUPPLY DEPT.,**
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Send for free booklet on Catarrh and Its Treatment.

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 chimes, 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.**

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