



“Good Health.”



Good Health

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

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Common-Sense in Health Reform.

—Famous Dr. John Brown, the minister of Haddington, Scotland, would often say to his divinity students, "Young gentlemen, ye need three things to make ye good ministers; ye need learning, and grace, and common-sense. As for the learning, I'll try to set ye in the way of it; as for grace ye must always pray for it; but if ye have na brought the common-sense with ye, ye may go about your business." These remarks are very applicable to the principles of healthful living. People must use common-sense in carrying them out. To fail in this particular often means to expose both oneself and the principles to ridicule. It is better to move slowly and be sure of one's ground, than advance too hastily, and then have to retreat. But we would say to all our readers, Be sure you are making some progress. The science of living healthfully will repay close study.



Grave Danger in the Use of Shellfish.—An editorial in the *British Medical Journal* calls attention to the inadequacy of the present arrangements for safeguarding oyster layings from sewage contamination. Although at the time a bacteriological test is made, certain beds may be free from sewage, it by no means follows, the writer shows, that they will be so a few weeks hence. The unloading of London manure in the vicinity, the opening of mill gates, thus releasing sewage matter

which may have been held back for some time, and other possible events might cause serious pollution, and make the layings a hotbed of disease. The shellfish industry, according to the *Journal*, "must remain under a cloud" until steps have been taken to have official examinations, etc. In our humble opinion, the game isn't worth the candle. Oysters are of very small nutritive value, consisting principally of water, and impure, germ-laden water at that. They are natural scavengers, so that with the strictest provisions against contamination, one could never be certain that they would be entirely free from it.



Our Milk Supply at Its Source.—

A correspondent of the *British Medical Journal*, having her suspicions aroused by the report of an inquiry into the milk supply of large towns published in that journal, resolved to investigate for herself. She accordingly interrogated her dealer, whose shop bore every appearance of neatness and attractiveness. He assured her that the farms were conducted on strictly sanitary lines, and produced a contract which seemed to cover every point, "including water supply, cleanliness of cowsheds, grooming and washing of cows, and rules for the milkers, who were to wear white linen coats and oil skin caps (being easily washed), and to wash their hands before milking each cow."

So much for the contract. This is what the lady found on reaching the farm:—

The farmer led me at once to the byres. It was a large farm, and the two big sheds housed nearly 100 cows. The approach to the sheds was through a regular wilderness of manure, and although I had heard the expression "the smell would knock you down," I had never properly experienced the sensation myself until now, for that liquid manure must have been there for years, or at any rate months, and perhaps the recent rains had affected it.



Wading in Filth.—The large square yard beside the sheds was banked high with it, as also the outside walls of the byres, and I found that the inside walls could not have been white-washed for ages. The cows waded in filth, and their hindquarters were covered with it. The story of the child who was taken to a farm by its mother and given a cup of warm milk to drink, which it saw milked, flashed across me: "I don't like milk from the nasty cows, mamma; I like milk out of the nice clean shop." I felt in deep sympathy with that child.

"Why don't you clear away all that manure?" I asked the farmer. He laughed indulgently. "Bless you, we have other things to do beside that," he said.

It would, indeed, with the present accumulation of ages, be a Herculean task.



Rustic Laziness.—"When they clean out the byres you should make them wheel it a hundred yards from the cowsheds. The smell is very injurious to the milk." He shrugged his shoulders.

"If I told my men to wheel it 100 yards off, they'd tell me I had better do it myself."

The buildings were not at all bad, and the animals looked good milkers; here was the old story—slackness and want of method. I asked feebly whether the milkers washed the cows' hindquarters and their own hands before milking. I knew he would say Yes, and I felt guilty at making him tell such an evident lie. Of course he said, Yes.

We very much fear that the same filthy conditions prevail in the majority of milk farms. Certainly much of the milk sold

gives evidence to any discerning person of having received at least a homeopathic dose of barnyard litter. The remedy for such abuses is for every woman to investigate the sources of her family milk supply, and refuse to buy of any dealer who gets his milk from badly-managed and unsanitary farms. Insist on having the address of the farm, and take your first opportunity to pay it a surprise visit.

Dirty milk is not only unappetising but highly dangerous, especially so in summer when germs of all sorts grow most rapidly. Thousands of children die every summer from this one cause. Even after making sure that the milk comes from a clean source, it is not safe to use without being sterilised.



The Patent Medicine Delusion.—

If clear proof were wanted of the general prevalence of disease and the deplorable ignorance amongst the people as to its treatment, such proof is abundantly supplied by the enormous quantities of proprietary medicines disposed of in this country. We manufacture tons of these pernicious nostrums ourselves, but not content with that, must needs import a lot more from America. We take them ourselves or force them upon our children on the thoughtless recommendation of a friend, not knowing that they often contain deadly poison which will slowly undermine the health, and ruin the constitution. Religious papers seem to vie with the secular press in printing the shameless advertisements of unscrupulous manufacturers who are lining their pockets with gold at the expense of the nation's health. It is high time the public was warned against this growing evil, and it is our intention to publish in the September and October numbers of GOOD HEALTH a stirring article by Dr. David Paulson setting forth some of the most striking and serious aspects of this question.

Diet for the Holidays.—One drawback to a holiday at the seaside, or anywhere away from home, is the difficulty in getting properly cooked food. We know of some who have stayed at home on this account, and of others who have gone away, and afterwards wished they had not, because they came back from their vacation really quite broken up, and feeling more jaded and weary than before they went. Until the public is better educated as to the advantages of a pure, wholesome diet, the individual who is trying to eat for health instead of cater to a perverted appetite will find it poor picking at the average hotel or boarding-house table. If he is wise, he will carry part of his supplies with him in the form of some of the prepared health foods. With these and a little fresh fruit or some plainly-cooked vegetables he can always be sure of a wholesome if not an elaborate meal, and when he returns from his trip feeling rested and refreshed he will think the effort to eat correctly was well worth while.



Lax Meat Inspection.—Public attention has been drawn to the very unsatisfactory state of meat inspection at Hull, and the medical members of the Sanitary Committee of that city have to their great credit instituted a vigorous investigation, as a result of which it has been proved "that the inspection of meat in the city of Hull is extremely lax, and that the standard set for what is fit for human food is far too low." In fact anthrax carcasses have been passed as good meat, the inspectors falsifying their official books to deceive the Sanitary Committee. Such abominable conduct cannot be too strongly denounced. Yet we fear that meat inspection in the very nature of the case must be far from satisfactory in most of our cities. The inspectors seldom have the proper qualifications for their work; they are not able to discern between the meat of healthy

animals and that of the diseased ones. If they were experts in this line, and should attempt to rigidly exclude all animals tainted with disease, they would soon become exceedingly unpopular all around. It certainly is a fact that the "standard set for what is fit for human food is far too low." This standard needs raising in almost every home, and to raise it would be to raise the health standard of the family. When we stop putting into our stomachs the things we would be ashamed of putting into our pockets we shall hear less complaints of weak stomachs and bad livers, and have far greater strength for our work.



Tired Men and Women.—The genial editor of *M. A. P.* has pointed out the fact that our public men of to-day are more than usually subject to ill health and various slight indispositions, concluding with the impressive remark: "This empire is governed by tired men." Unfortunately it is not only the governing body but the people governed who suffer thus. The country is full of tired men and women. Our labouring men look weary, the brain-workers are still more inclined that way, our women are tired, yes, the children attending school have a tired look in their young faces. It is not *work* that brings on this tired feeling, but *worry* and wrong habits of living. We are up too late at night, we eat unwholesome food, we deprive ourselves of fresh air and sunshine and regular exercise, and is it any wonder that we find our weaknesses growing apace? Tired men may become strong, enduring, happy men by adopting simple, natural habits, and taking intelligent care of their bodies. The freshness and bloom of youth need not depart so early from our women if they will but cultivate simple tastes, and be willing to be considered peculiar in order to maintain right principles.



THE NORTON GARDENS (TENBY).

A SEASIDE HOLIDAY.

EVERY heart responds to the music of the ocean waves. The seaside is still by far the most popular summer resort. Life on the farm has its charms, but also its serious drawbacks. Fresh eggs and butter and milk are taking features with many people, but unfortunately the lack of cleanliness in the handling of the milk, is liable to interfere with the enjoyment of that article, and in the vast majority of cases the cookery is anything but healthful.

If the farming folk would pay more attention to hygiene, if they would put their cowsheds and stables in a reasonably sanitary condition, and open the windows of their houses to let in the fresh air, and drive out the stuffy odours; if, finally, they

would take a little more pains with their cookery, to make their meals both healthful and appetising, then would a much larger number of city people spend their holidays on the farm.

But to return to the seaside, the question with many may be, which one of the many popular resorts to choose. To those who are somewhat acquainted with Wales, its watering places strongly appeal both because of their intrinsic beauty, and on account of the desire most people have to get into surroundings and scenery as unlike those prevailing at home as possible. Among the prettiest of the Welsh seaside towns, we are glad to mention Tenby, of whose beauty and picturesqueness the accompanying cuts will give a fair idea.

Tenby[§] is noted among other things for a very high sunshine record, for a varied and picturesque sea front, and for superior sanitary arrangements, including

such as rowing, walking or running, is taken, the effect will be even better.



SOUTH PARADE (TENBY).

the cleaning of the streets twice daily. It is a most interesting place historically, the neighbourhood abounding in relics of the olden times, which with the fine natural scenery make it an excellent place for walking tours, cycling, and motoring.

Now a few hints in reference to life at the seaside. Surf-bathing needs to be done with moderation. The vigorous may enjoy remaining in the water for half an hour or an hour; but a person in delicate health would profit far more by a bath not lasting more than a few minutes, or in some cases seconds. If there are no after-feelings of chilliness, but rather a warm glow, this may be taken as evidence that the bath has done good. Vigorous rubbing with a bath towel will help bring on a good reaction, and if immediately after dressing some brisk exercise,

[§]A guide to this charming watering-place, adorned with numerous fine engravings, and giving many interesting particulars, may be had free on application to the Town Clerk, Tenby.

Seaside visitors are not inclined to overdo in the matter of exercise. If walks were organised to some of the interesting places inland, it would afford a pleasing diversion, and also give needed all-round exercise. Cycling, cricket, golf and tennis are also valuable forms of exercise which may alternate with swimming and rowing. Any person of fair health and vigour will do well to make his holiday as active physically as consistent. The vast majority of people do not take enough exercise to keep in the best health.

Leave all your business cares behind you when you go off for a holiday. If you are successful in doing this, you will come back feeling ever so much better, and will have new life and energy with which to tackle difficulties of every nature. It is not hard work so much as the wear and tear of *continual anxiety*, that makes men and women grow old before their day.



LYDSTEP ROCKS AND CAVERNS.

Cultivate a cheerful, contented frame of mind. Don't grumble at anybody or anything—not even the weather. Englishmen waste a lot of energy in this way which if turned into some useful channel would work wonders. How much better to take the weather just as it comes, and make the very best of it. If it rains, be thankful it is not dusty. If unseasonably cold, tell yourself that cold weather is bracing, and therefore healthful, whether it comes in August or January. If the temperature is excessively warm be thankful that the sea-water is cool, and warm sunshine is a magnificent cure for stiff joints and many other troubles.

of temperature should never find you unprepared. There are times when one requires, in such a month as August, just as warm clothing as in the very midst of winter. A great many summer colds have



THE HARBOUR (TENBY).

But while you resolve to praise the weather at all times, as the best that could possibly be, taking everybody and everything into consideration, you need not on that account be entirely regardless of atmospheric changes. Wise people dress according to the weather. Sudden changes

their origin in the victims dressing in summer garments when the temperature suggested Christmas.

Finally, do not neglect the culture of the higher faculties. You will do some reading anyway; let it be of the best character. Trashy books and periodicals are distinctly injurious to the moral character. After all the Bible is a far more restful, inspiring, companionable book than any you can get at the newsdealers. Between its covers are hundreds of golden promises, thought-nuggets of the deepest wisdom, and comfort and encouragement for every situation in which one can be placed. Nature is best seen through the eye of faith.



WILL POWER IN THE TREATMENT OF DISEASE.

BY J. H. KELLOGG, M.D.

A SOUND will in a sound body is an ideal combination; but a sound will in a weak body can do wonders toward a cure. A man of the writer's acquaintance was so ill that not one thought he could get well. His pulse was about one hundred and twenty a minute, and his temperature was one hundred and three degrees Fahrenheit. He was expectorating all the time. He had a cavity in his left lung, and it seemed that he must die of consumption in a few weeks. He was emaciated almost to a skeleton. His face was deathly pale; his breath was short; he could not speak more than three words without stopping. His case certainly seemed hopeless.

The physician in charge of the sanitarium told him that he had only one chance in a hundred of getting well. The next day he came to the physician, and said: "I am not going to die; I didn't come here to die; I came here to get well, and I propose to do so. You said I had one chance in a hundred of getting well, and I'll take that chance. All I ask of you is to tell me what to do, and I'll do it; you make the prescription, and I'll do the rest."

His faith in his ability to get well was so strong that he could not be turned away. The physician gave him directions: "Take plenty of fresh air; take good deep breaths, expand your lungs." He had a stoop, but was told that he must correct it. He took a cane and started out, putting his hands behind his back, taking deep breaths all the time as he walked. He ate just what he was told to eat, and nothing else. He followed directions thor-

oughly. He went about the work of getting well just as methodically as a man would work if he were going to dig gold in the Klondike, after he had struck a rich mine.

In consequence of pursuing this course he recovered his health. He gained twenty pounds in flesh. His cheeks were rosy, his pulse and temperature normal, and his cough nearly gone. He ceased to expectorate. He went home, and for years afterward wrote letters to the doctor signing his name, "George Smith, E. C.," explaining in a postscript that "E. C." meant "ex-consumptive." That was a mind-cure of the highest order. This man got well because he *would* get well.

This is the way every invalid ought to feel. Instead of lying down and letting disease get its foot on his neck and trample him to death, he ought to assert his will and have the determination that he will conquer, that he will not die, but that he will be master. Disease is not larger than a man, when it first begins. Why should we not conquer it? Why should we not rise above it? Why should we not assert our liberty, and determine that we will live as long as God wants us to live?



It is the merit of the gymnasium that when properly used it makes one forget to think about health or anything else that is troublesome. A man remembereth neither sorrow nor debt; cares must be left outside, be they physical or metaphysical, — like canes, at the door of a museum.—*T. W. Higginson.*

PHYSICAL PERFECTION AND HOW TO ATTAIN IT.—III.

BY THOMAS W. ALLEN.

OUT-DOOR EXERCISE.

ALL persons, even medical men, are agreed that to keep the body in a perfect state of health a certain amount of daily out-door exercise is necessary. One authority states that every person should walk not less than ten miles a day. Others say that fully two hours' vigorous exercise in the open air is imperative if one wishes to retain health. Much, of course, depends upon the constitution of the individual, and the nature of the exercise, whether it be violent or otherwise. Some men imagine that if they walk leisurely to business once or twice a day, they are taking vigorous physical exercise.

Whilst walking one day along the streets of one of our large cities, the writer chanced to overhear the remark, "I don't know how it is I get so fat, I get plenty of exercise, I walk to and from business four times every day." The gentleman who in such pathetic tones had alluded to his increasing bulk, was possessed of a corporation that would have disgraced a city alderman, and evidently imagined he was taking sufficient exercise to reduce corpulency. Numbers of persons think that if they saunter along at the rate of two miles an hour they are indulging in vigorous exercise which will conduce to expand and strengthen their muscular system.

Physical exercise, to be beneficial, must be vigorous and protracted, and must be taken regularly and systematically.

The simplest and most natural form of physical exercise is that of walking. "A person who knows how to walk intelligently can get along without a gymnasium. No other form of exercise brings so many muscles into play, and develops them so normally.

"Everyone should know how to walk properly. It is because of carelessness that so many walk badly. The body should be carried erect, the chest well out, the head back, while the arms should swing freely at the sides. The pace should be regulated to one's strength. Everyone should walk fast enough, and far enough, to get the body in a comfortable glow."

Nearly all other athletic exercises necessitate accessories and appendages more or less expensive to enable the person to participate in them. Not so with walking. All that it requires is a stout pair of well-fitting boots, with broad soles and wide at the toes, light woollen underclothing and socks, and the usual outer garments which should also be lightweight. Thus fitted out you can defy wind, rain, or snow.

By walking, I mean striding along for ten or twelve miles at the rate of from three to five or more miles an hour according to sex and physical strength, and not ambling along for a couple of miles and then sitting down to rest for half an hour or so. As most persons have business to attend to by day, the only opportunity they have for the cultivation of the muscular system is in the evening, or perhaps on their weekly half holiday. After eight or ten hours in a stuffy office or warehouse nothing is more enjoyable, or more conducive to health and physical vigour, than a walk of from ten to fifteen miles, accompanied by a cheerful and congenial companion. On returning home immediately doff your clothing, and if the weather is warm, have a cold sponge or shower bath. If it be in the winter, and the weather is extremely cold, a brisk rub down with a coarse rough towel, slightly moistened with water, will suffice. Then to bed for a perfect night's rest.

OPENING OF THE NEW SANITARIUM AT CATERHAM.

THE Surrey Hills Sanitarium, commonly referred to still as the "Hydro," was dedicated with appropriate ceremonies on Thursday, May 28th, in the presence of an enthusiastic company of people, mostly from London and vicinity.

Nature was in her sunniest mood, a few light showers in the forenoon having served to lay the dust, and give a beautifully

the guests a hearty welcome, whereupon the chairman made some introductory remarks. He had been invited by Dr. Olsen to preside at the meeting, and on learning of the character of the work, he had become deeply interested in it, and felt to cheerfully comply with the request. He was one of the oldest residents in Caterham, and wanted to give a welcome to those who



THE SURREY HILLS SANITARIUM.

fresh appearance to the green sward and the trees. A platform had been raised on the lawn at the back of the building, under a spreading apple-tree, in front of which about one hundred and fifty chairs accommodated the audience. The air was vocal with bird music, and everything in nature seemed full of life and gladness.

D. Morgan Thomas, J.P., presided. A male quartette rendered a beautiful selection, after which prayer was offered by Pastor G. A. Irwin, of Australia. Dr. A. B. Olsen, the Superintendent, in a few words bid

had not known Caterham so long. He thoroughly believed in the brotherhood of man, and those who had come there to do such a good work, ought to have the right hand of fellowship extended to them. He understood it was not a mere dividend-earning concern, not a "quack establishment, not a place where they claimed to do impossible things, but the natural working-out a beautiful idea set forth in America half a century ago, when a philanthropic organiser, Mr. James White, and some others associated with him, got hold of

these truths: That the human body is a sacred thing; that closely connected with man's physical organism is his moral and spiritual organisation; that in order to do the best work for God and for humanity, we must keep this temple of ours in a fit condition. Moreover, we are to learn that there are laws underlying the health of the body. Those in charge of this institution had found out some of those laws, and were making them known. There was talk of a "Happy, happy land, far, far away." He understood that these people were glad to think of that with other Christians, but they wanted to make a "happy, happy land, very, very near," and therefore they were endeavouring to persuade men to obey those laws of health and morality the transgression of which causes a great portion of the human suffering we see all around.

In concluding, he counted it a great honour to welcome such people, such an institution, into the neighbourhood, and to assure them, as he was sure he might, of the cordial feelings of all the citizens.

Mr. Morgan Thomas then called upon Dr. David Paulson, who delivered an able address on, "The Gospel of Health," of which we can only give a brief abstract. The speaker first dwelt on the need of such a Gospel. Physical degeneration was a sad fact which could not be denied. In America, for instance, it was estimated that one-seventh of the population were addicted to the use of morphine and cocaine. Cancer, forty years ago, was responsible for one death in every 127. In 1896 it was responsible for one in every twenty-two, and still it was increasing. Tuberculosis had become a national calamity, weeding out the flower of the youth. Thirty years ago, insanity claimed two thousand victims for every million of the population. It now claims three thousand. The insane in the United States, if lined up in a row, allowing three feet for each, would make a

procession 123 miles long. Insanity in that country was increasing three times faster than the population. Apoplexy was carrying off thousands of men in the very prime of life. Old before their time these men had hardened their arteries by wrong habits of living. Last year there were twenty-seven million cases of illness in the United States. There were also 50,000 deaths from typhoid fever, all of which were preventable, this disease being caused by the use of contaminated water, milk, and other foods.

These figures were given from American statistics, but so far as the speaker had been able to compare the two countries, healthwise, one was about as bad as the other. There was also the drink curse; that was even worse here than in America. The cigarette was another deadly evil. Two and a half billions of cigarettes were smoked annually in the United States. He had noticed that patent medicines were well to the fore in this country. Thousands were wrecking their health by recourse to these quack remedies.

He would mention still another evil—the modern cook, who might properly be said to be in league with both the publican and the undertaker. Modern cooking creates a thirst that water cannot satisfy. There have been many attempts to do away with public-houses, but doing away with public-houses would not stop the drunkenness.

Men had been sowing for disease, and they were reaping the harvest. It behoved us to sow for health, and then we should also reap health. If the speaker were to go to some churchyard, and raise a couple of men from the dead, his name would be known in two continents to-morrow, but if he went on telling thousands how to preserve their health he would be considered a crank or a fanatic. It was a great thing to lift up an invalid from the bed of suffering, to see a healthy glow take the place of the deadly pallor on his cheek; yet how much

better to get to work earlier, and by proper instruction keep that person from contracting the disease!

Nature of the Movement.

Back of this institution now being dedicated there was a company of men and women who had heard the groans of humanity, and had answered a Divine call to give themselves for the uplifting of mankind, and for the betterment of the race both physically and spiritually. The old dispensation had its cities of refuge whither the offender could flee for safety. This sanitarium was a city of refuge to which men could flee for life and health. The Good Health Movement was an earnest, whole-hearted effort to lend a helping hand to the poor wayfarer who had fallen among thieves, and lead him back to safety, health, and happiness. The movement recognised that the human body is the temple of God; that it needs to be cleansed of its physical and moral defilement, even as the temple of old which Christ cleansed. It taught that man must come into harmony with the Divine Architect physically as well as spiritually.

Fourteen years ago these ideas were scoffed at and scorned by most people. Fourteen years ago two men made all the health foods. To-day we saw advertisements of imitations of these foods on every 'bus in London. The movement was rapidly taking on enormous dimensions because it filled a real want. Sanitariums such as this were being started in many different parts of the world; health books and magazines advocating these principles were being circulated, and earnest, conscientious people were swelling the ranks of disciples of these principles. The movement had the smile of God upon it, and could not but gloriously triumph.

At the close of Dr. Paulson's address,

the chairman formally declared the place open, and ordered the standard to be unfurled. As the beautiful flag floated out on the summer breeze, three hearty cheers were called for and given with a zest.

A vote of thanks followed, moved by Dr. E. J. Waggoner, and seconded by Prof. H. R. Salisbury and Mr. Bertram Theobald. The audience rose and sang the doxology, after which Pastor L. R. Conradi, of Germany, pronounced the benediction. After a light repast, consisting principally of sandwiches of various kinds and a cup of Caramel Cereal, the guests inspected the institution.

Thus was completed the formal dedication of the first sanitarium in England. If the movement grows, as we confidently believe it will, this institution at Caterham will be the first of an extensive sisterhood of similar establishments, all conducted on the lines of Christian philanthropy exemplified in the famous Battle Creek Sanitarium, of which Dr. Kellogg has so long stood at the head.



Effects of Ill-Health.

ONE of the leading medical magazines points out what was probably the chief reason for the unhappiness in the Carlyle household which has furnished the theme for so much profitless discussion the last few months. It states that Mrs. Carlyle's own letters show "that her life was a long disease." Her husband is known to have been a great sufferer from dyspepsia, and there can hardly be any doubt that the deep gloom pervading much of his writing had its source in a bad stomach. We firmly believe that ill-health has been and is to-day the cause of a vast amount of domestic infelicity. Young people looking forward to a happy married life, do well to study their own bodies and become intelligent in cultivating the highest state of health.



SWIMMING AND BOATING.

HOLIDAY-MAKERS are very likely to choose a watering-place of some sort for their annual outing. There is something remarkably winsome and attractive about a smooth expanse of water. Whether it be by the sounding ocean shore, or on the bosom of some calm, inland lake, or rowing in and out among the rushes of a rippling stream, most people have enjoyed their deepest pleasures somewhere on the water.

Boating is, indeed, a charming form of recreation, combining as it does moderate out-of-door exercise under ideal conditions

ful companionship is another element essential to the best results healthwise from boating.

When we come to speak of swimming, we are met with the same idea which has prevailed generally in reference to boating. Both these forms of recreation have been regarded as mere pastimes, unworthy of regard except for the pleasure they give; and yet swimming is a most valuable form of corrective exercise. Good swimmers are known to be persons of remarkable grace and vigour. "It is to be doubted," writes Dr. H. B. Farnsworth, in *Good Health* (American), "whether there is any other single exercise which tends more to develop the body and reinforce the vital functions than swimming, when it is judiciously and systematically pursued.

"The body is brought into a correct attitude, and while it is in this correct position, all the muscles are brought into vigorous action. The movements give both sides of the body the same kind and amount of exercise, thus making the development symmetrical, which



FIRST POSITION.

with constantly changing scenes. A stiff pull up stream affords ideal exercise for arms, chest, and shoulders, while rowing down stream, or across the bosom of a lake, may be made more or less vigorous according to a person's strength and inclination. Cheer-

is not the case with any exercise which requires more vigorous use of one side of the body than the other.

"By no means the least important benefit to be derived from the swimming-bath is the tonic effect of the cold water

It tones up the nervous system, and sets the vital currents going at a new pace. All the vital organs are called upon simultaneously to do an extra amount of work; and in the performance of this work for a sufficient length of time, which can be determined only by each individual,

ting-lying position assumed in most office and schoolroom chairs, are brought into play. In time the round shoulders, the spinal curvature (which is so common), the undeveloped chest, and the weak heart are corrected, the body is educated to assume the correct poise, and the muscles are increased in size, so that they give the body its naturally beautiful contour. The individual unconsciously begins to assume that dignified and upright position which should characterise the carriage of every man.

"The time one should spend in the water varies according to the strength and vital resistance of the individual and the temperature of the water. No one should stay in until the body becomes fatigued or chilled, and the beginner should be especially careful. Active exercise at swimming, if continued for twelve or fifteen minutes, is usually sufficient for the average individual. One should always react promptly to a brisk rubbing with a Turkish towel."



SECOND POSITION.

lies the value of the exercise in strengthening the muscles, and in increasing the working capacity and the activity of all the vital organs, especially the heart, lungs, and kidneys.

"The increased activity of the heart insures an increased blood current, which in its turn carries new life and energy to every cell of the body, and washes away the waste matter which interfere with the free and healthful interchange of food substances. The innermost fibre feels a new stimulus, and takes on a new capacity for work. The capricious appetite gives way before the new order of things, and calls loudly for food with which to supply the energy for this new activity.

"The use of the arms, with the increased respiratory activity which the exercise necessitates, broadens and deepens the chest. The muscles which have been allowed to relax and grow soft through inactivity, the improper carriage of the body, or the sit-

THE mind ought never to be cultivated at the expense of the body, and physical education ought to precede that of the intellect, and proceed simultaneously with it, without cultivating one faculty to the neglect of the other; for health is the base, and instruction the ornament, of education.



THIRD POSITION.

ON IMPROVING ONE'S FIGURE.

BY MRS. LENNA WHITNEY SALISBURY.

THE following clipping is taken from a recent London daily:—

HOW TO GET SLENDER WAISTS.

GYMNASTIC work is better than corsets to make waists slender, according to Dr. Alice Snyder, director of the girls' gymnasium at the University of Michigan.

During their first year at the university, girls are compelled to do gymnastic work. Measurements are taken on entrance and at the end of the college year. Six charts taken at random show a decrease in the measurements of the waist and hips, with a considerable increase in the shoulders, lung capacity, and strength.

One girl's waist decreased an inch, while her shoulders broadened half an inch.

The impression seems to be prevalent that if a woman takes up physical culture, it necessarily follows that her waist will become abnormally large. It is quite true that a waist which has been cramped and bound by a corset will, when given an opportunity, return to its normal proportions, but the average uncorseted waist will decrease rather than increase as the result of physical training, and if it does not actually decrease in measurement, it will appear smaller because the proportions will be changed, the chest and shoulders becoming broader and the waist muscles firmer.

There are several reasons for this, one being that the muscles of the waist are so often flabby and relaxed from lack of exercise, and do not properly support the tissues, but rather give a "dumpy" appearance to the figure, and a round look to the back. Relaxed sitting and standing positions will cause this. Then fat collects around these unused muscles, and causes a still more unsightly appearance. Exercise means firm and elastic muscles, and prevents the fat from accumulating.

What one dislikes to see is not a waist of normal size, but the abnormal condition of weak and flabby muscles, whether this be made evident by round shoulders, a flat chest, a protruding abdomen, or relaxed waist muscles. It is the appearance

of strength and vigour which inspires, and the appearance of weakness and neglect which disgusts. What causes you to glance the second time at the soldier whom you chance to meet? It is not his uniform, but his erect and manly bearing, his firm and soldierly carriage, all of which are the result of physical training.

It is quite possible to greatly improve one's figure by proper exercises carefully practised. Not long ago a young woman who was inclined to be stout, and felt the need of developing and strengthening her waist muscles in order to preserve a neat appearance, came to me asking for exercises which would be helpful. I gave her some, and after two weeks' practice of thirty minutes a day she was pleased to report a decrease of one inch in her waist measurement, and an increase of an inch and a half in her chest expansion, although her weight remained the same.

The twisting and bending exercises which were given in a former number of *GOOD HEALTH*, are to be recommended for reducing the waist. All reaching and stretching exercises in which the arms are brought above the head, broaden the shoulders and expand the chest. Raising the arms sideways, reaching out all the time and inhaling till the arms are over the head, then stretching up as far as you can while you count ten, and slowly lowering the arms as you exhale is an excellent exercise. Quickly raising the arms straight in front till they are high over the head and inhaling; then slowly lowering them at the sides as you breathe out is another good exercise.

You know what happens if you take a piece of paper and twist the ends in opposite directions. There is a decrease of diameter at the centre. It is the same in twisting exercises of the trunk. There is a strong contraction of the abdominal

and waist muscles, and a slight elongation of the spine which becomes permanent if the exercises are practised regularly.

Practise the following exercise every day for a month and you will find a decided improvement in the firmness and tone of the waist muscles: Place the hands back of the neck, the finger tips touching, and the elbows well drawn back, and the chest raised high. Bring the toes together, and keep the feet firmly on the floor while you twist as far as possible to the right. Hold

the position strongly, and bend in the direction of the right elbow as far as you can. Raise the trunk, bring it back to the starting position, and take the same to the left. Take the movement alternately right and left at least four times on each side.

As you practise these exercises, remember that "a perfect waist is not an approximation to a wasp's outline, but one so well proportioned that it does not impress one by its size."

THE TREATMENT OF SUMMER FEVERS.

BY A. J. SANDERSON, M.D.

DURING the winter season the fevers which are prevalent are most liable to be associated with troubles of the respiratory organs, because the exposures of this season are most taxing to this part of the system. In the summer season fevers are most closely associated with conditions of the alimentary canal, because in warm weather this portion of the body is most liable to become affected. Thus, during the warm months we frequently meet with gastric and intestinal fevers, also typhoid and malarial.

If one would avoid these difficulties, he must not merely avoid any special exposure to these diseases, but must keep the system, especially the alimentary canal, in a condition to resist whatever exposure he must necessarily meet. Nature's forces are usually able to do this, provided they are in a normal state; but if through the use of improper diet or other habits the alimentary canal loses its normal resistance, or becomes infected in its various parts through the decomposition and fermentation of food products, then the way is opened for any fever to which the individual may be exposed; or the fever may be altogether due to the unhealthy condition of the alimentary canal.

Fever a Symptom.

Fever is in reality not a disease, but a symptom of some morbid condition. It is usually but nature's effort to burn and get rid of the offending elements. Hence in its treatment its office should be recognised, and the effort should not be made directly against the burning, but rather to clear away the substance which is poisoning the system, so that the fever may abate of itself; or if it is impossible to accomplish this at once, the body needs to be supported and the injurious effect of the fever counteracted as far as possible.

The refuse to be cleared away is most often situated in the alimentary canal. Hence the necessity of its being cleansed, and its being kept in a good condition by means of proper diet. With some intestinal disturbances nature will attempt to do her own cleansing, either by vomiting or purging.

When one is not sure whether the alimentary canal is free from offending material, prompt measures should be used to get rid of what may exist. If the symptoms indicate that the trouble is largely of the stomach, it should be cleansed, either by washing the stomach, taking tepid water as an emetic, or drinking large quantities of hot water.

Cleansing the Bowels.

If the lower part of the canal is at fault, enemata may be employed. The use of hot water is often effectual; but cold water is sometimes better, especially in the case of much fever, as it has the additional effect of cooling the body. The amount of water used should be sufficient to produce a good movement. It is surprising at times how many large movements may be required before the canal will be cleared. Either hot or cold water may be found the best in certain cases to stimulate peristalsis and to obtain results. When a large quantity of water is necessary, it should be allowed to enter the bowel very gradually in order that it may properly work its way up into the upper bowel.

Diet.

Once having made sure that little or no poisonous material remains in the alimentary canal, the keeping of it in a good condition is largely a matter of diet. When very bad conditions of the stomach are accompanied by fever, it is often necessary to withhold food for one day. In other cases where the nutrition of the patient is good, the following out of a fruit diet for a day or two with a well-selected variety of fresh fruit will often prove acceptable to the patient, cooling to the temperature, and an aseptic diet to the alimentary canal. If the fever, however, lasts many days, the person should not be kept on an impoverished diet, because the system needs to be supported while it is being taxed with the fever.

If the irritation of the canal is sufficient to demand liquid food, it should be given at regular intervals, using malted nuts, malted milk, very thoroughly cooked gruels, beaten egg and whites of eggs stirred in water. If more solid food can be taken to advantage, grapse, steamed browned rice, or zwieback with mild fruits will be found to be an acceptable diet.

Rational Treatment.

Concerning the direct measures which are necessary in order to lower the temperature where it remains above danger point, the cold bath or cold application is the most ideal and rational means to employ. The cold bath not only reduces the temperature in the most natural way by extracting the surplus amount of heat, but at the same time it brings about a reaction of the system by which the elements of the blood and other agents are encouraged in their efforts to combat the fever.

The milder forms of cool treatment can be applied by simple cool sponging, alcohol rubs, and cold compresses to the head and abdomen. These mild measures frequently repeated, and the compresses kept almost continuously, will be sufficient, in connection with the diet and enemata already mentioned, for ordinary cases.

Cases of fever which cannot be subdued by these measures can best be treated by means of a cold sheet pack, which is done by simply laying the patient upon a sheet wrung out in tepid water, and leaving him wrapped in this moist sheet for an hour or two, if necessary, in order to bring the temperature down to 100° or 101° Fahrenheit. This treatment should not be given except by medical direction.

THERE are two vital points indispensable to a good walk, which, if the student will observe, he will acquire free and elastic carriage. These two points are, to let the chest lead, and to feel the balls of the feet as one walks. As you walk, so poise yourself that you will feel the balls of the feet, the heels touching but lightly, and as it were, incidentally, the chief weight and strain coming on the balls. This, with a forward and erect chest, will give the main items for a good walk, and the minor points, such as controlling the hips, restraining the arms, etc., may follow as incidentals.—*Myra Pollard, A.M.*



THE VALUE OF RELAXATION.

BY H. B. FARNSWORTH, M.D.

WE live in a strenuous age. The hurry and worry, the tireless, nervous endeavour which characterises the daily round of every business man, does more to undermine the health and energy of body and brain than many more immediate physical evils.

Indeed, this constant nervous tension finds its way also into our social life, and the increasing nervous strain, lasting throughout our waking hours, to which we as a nation subject ourselves, has tended to break down our physical strength, and make us old before our time, shrunken in physical and mental strength far below our normal and rightful powers.

Regular periods of relaxation for the mind and the nervous system are as necessary to a man's well-being as are regular hours of physical rest.

The sooner we realise the importance of clearing all the cares and worries of business and private life from the mind, of sinking deep into the comforts of a large, roomy chair, or of stretching the body, prone and relaxed upon a couch or bed for a time at the end of the day's work, the sooner we will enjoy the sense of increased power, mental and physical, that comes from thus conserving our nervous and muscular energies.

That man is wisest who centres his social delights about his home, and religiously excludes any of the thoughts and cares of the outside world that may tend to make his home life less free and tranquil.

Because one feels the necessity of centering all the energies of one's work during business hours, is no reason at all why he should allow the talk and the thought of the outside world to come into his home, and deprive him of that perfect rest of body and peace of mind that is absolutely essential to his well-being.

If he feels that during the day that is just over he has given every person with whom he has met, his best attention, that to every problem that has come up he has given his best thought, that any manual work that he has undertaken was the best he could accomplish under the prevailing circumstances, he can then be prepared to give himself entirely to the pleasures of his home or his outside social life, with a feeling of good cheer and kindness for the members of the household and those friends that his better life demands. Such a man gives pleasure as well as receiving it, and it is through giving that our powers develop, and we grow into a fuller realisation of the pleasures attending a quiet and tranquil mind.

One needs physical as well as mental relaxation. It is a good practice at the end of the day's labours to lie prone on the back and give one's self up to simply resting. Every muscle in the body should be at rest. Such a method brings to a man not only rest but self-reliance. He schools himself to keep out of the mind those affairs of the day that might come in to arouse new thoughts and perplexing questions. He has a time for all things, and realises the necessity of this time for

gaining strength that will enable him to grapple with the important questions of life in a more able manner at another time.

Such a man is not so indiscreet as to take up any measure that he cannot bring to a successful termination. He feels his own limitations; he understands his own powers and capabilities more accurately, and he is led to look about him for all that is good and true and noble in life which will help him to grow "from his dead self to higher things."



PICNIC LUNCHES.

THERE is nothing more healthful than a picnic, and, we were about to add, nothing more unhealthful than the food frequently served on such occasions. Were it not for the out-door activity, pleasant surroundings, and high spirits, the unhygienic fare would oftener have very unpleasant consequences.

But there is no need of preparing a lot of unwholesome delicacies for an outing. Simple foods, daintily prepared, will serve the purpose admirably. Who does not remember the joys of eating plain bread and butter—

"Where robin's song in tree near by,
The dreamy song of summer brook,
Blue overarching tent of sky
Within some quiet, shady nook,

Made food as sweet as honeycomb,
Heart as light as mocking-bird's song,
Aspirations lofty as heaven's dome;
While hours moved so swiftly along."

In fact, natural foods really give the most pleasure in the *eating*, as well as doing away with headaches and other unpleasant consequences of indulging a pampered appetite. The exquisite flavours of fruits and nuts just as they come from the trees, and wholesome bread, biscuits, etc., seem much more suitable to the beautiful natural surroundings than more elaborate cookery.

Sandwiches are always appreciated on such occasions, and they may be made in a variety of simple ways. Thin slices of

bread and butter with a layer of lettuce leaves between are very nice. In place of potted meat or cold chicken, proteose just as taken out of the tin does very nicely. Nuttolene moistened with a little lemon juice and slightly salted makes a good filling. Chopped dates are also excellent. Sandwiches should be cut in various shapes, and then nicely wrapped in tissue paper.

Rice pudding makes a wholesome, substantial dish which may be eaten with stewed fruit. If there is opportunity for warming food, a simple tomato soup might be prepared the day previous, and quickly heated before using. For a warm drink, Caramel Cereal, or Brunak, or Malted Nuts may be used, the latter requiring merely to be dissolved in hot water. If the food is eaten slowly, and properly chewed, there will be no need of taking a large amount of liquids.

The ideal picnic might well begin with some hard food of appetising flavour, like

nut rolls or biscuits, nut crisps, etc. Here is a recipe, given by Mrs. Kellogg, for fig-wafers, which would serve the purpose admirably:—

Fig Wafers.—Rub together equal quantities of wholemeal flour and figs that have been chopped very fine. Make into a dough with cold sweet cream. Roll thin, cut in shape, and bake. This recipe may be varied by using two parts of the flour to one of ground nuts, and in that case moistening with water instead of cream.

Fruits, fresh and stewed naturally, form an ideal dessert for a picnic. Fruit salads are always grateful. The exquisite flavour of such fruits as cherries, grapes, apples, pears, are never more appreciated than out under the blue sky. Tinned fruits, such as apricots, peaches, and pine chunks are also very suitable for such occasions.

Cake of some kind is usually considered indispensable. Let it be a plain one. For a perfectly hygienic cake, see the March number of GOOD HEALTH.

A DEAR EXPERIENCE.

BY S. ISADORE MINER.

"WHERE'S Bessie?" were Gertrude Parkinson's first words, as the cab landed her at the door, and almost into her aunt's arms, the morning of their home-coming. She gave Miss Helena a swift though hearty hug, and both Mr. Parkinson and his sister smiled to see her skip up-stairs to the nursery, as if there was not a moment to lose. The smiles had not yet subsided when she came back to call from the top stair, "Whose baby have you got here? and where is Bessie?"

"I told you Bessie had grown so you wouldn't know her," answered Mr. Parkinson, gleefully rubbing his hands. "I guess you'll believe now that it was high time you came home."

"Oh! but no, papa, this baby isn't Bessie, I know. Come, see for yourself. I'm sure you'll say it isn't."

Mr. Parkinson and his sister again

exchanged smiles at the evident deception a few weeks' absence had wrought for the elder sister's eyes, and together they joined Gertrude, who had already rushed back to the nursery, to discover if she could trace some resemblance to her little sister in the pretty baby in the wicker cradle, or else find that there were two of them, and Bessie hidden away to take her unawares.

"I'm surer than ever that it isn't, papa," she said as he entered; "for you know our baby knew me, and could almost say my name. It always said, 'Ger, Ger,' when it saw me, and this one doesn't."

"Every baby says, 'Ger, Ger,'" laughed Aunt Helena. "I never knew they always meant Gertrude before. I'm glad I've found out, for I'm 'fraid I haven't given the little dears all the credit they deserve. But what is it, John?"

Mr. Parkinson was the very picture of puzzled dismay. "I can't understand it. I'm glad you never play practical jokes,

Helena, for I must say this looks like one," and he grew rather pale for a dealer in coal. By this time he had opened the child's dress at the throat, and bared her shoulder.

"No, this isn't Bessie," he said decidedly. "She had three tiny moles set in a row on her left shoulder, for her mother often spoke of it when she dressed her, and the old nurse always said, 'Three moles in a row for good luck.'"

He had scarcely finished his sentence, when Miss Helena, throwing up her hands, tragically, exclaimed, "John, I see it all! What a fool I have been!" and she rushed for her room, followed by her brother, with the disowned infant perched in the crook of his arm, and Gertrude, who was wavering between excited curiosity and tears. Miss Parkinson met them half way with a great bundle of papers, which she was shaking in the most aggressive and demented manner.

"Here are the proofs of my idiocy! Here are the documents that will brand me as a murderer if that poor mother is not yet living! I told you, John Parkinson, I wasn't fit to be trusted with a baby. I told you I didn't know one baby from another. But I never thought to see this day! Oh! for pity's sake, do let us go! That poor mother, that poor little mother!" and Miss Helena wrung her hands, and was for starting out-doors, bare-headed and frantic, to go she knew not where.

Mr. Parkinson, level-headed business man, suggested that if he knew something more of the circumstances, it might facilitate matters, and finally calmed his sister down to a state somewhat resembling composure, till he had learned some of the particulars, and read enough to enable him to go about the exchanging of the children without loss of time.

Armed with the name and address given, the procession started, and was a source of amusement to all it encountered. Miss Helena, totally oblivious to everything irrelevant to her mission, led the van with the baby, whom she would in no wise relinquish. "This child shall not go from my arms till I give it to its mother, and all New York shan't stop me;" so Kate must perforce bring up the rear with the perambulator, much to her dismay; for she scented the fray from afar.

Mr. Parkinson's and Gertrude's willing

feet could scarcely keep pace with their leader's, who stalked before, with grim determination, self-abasement, and anxiety alternately depicted on her countenance. Could they have been a little nearer, they might have heard her say as she mounted the steps, "No crape on the door! Helena Parkinson, you contemptible creature, you can't half appreciate your mercies!"

But that meeting! What pen could describe it? We can but draw the curtain to hide the smiles, the tears, the fond caresses and endearments lavished on the lost but found; the grateful words, which despite Miss Parkinson's protestations and self-reproaches, was but her due for her unselfish care, and which finally succeeded in restoring her usual serenity of countenance; the interest, though punctuated with more than one exclamation point, that attended the account finally elicited from Kate, tearful and haughty by turns.

But the subject proved such an inexhaustible one, and the strangely brought about acquaintance so pleasing, that Amy and Miss Helena were only separated with the understanding, mutually satisfactory, that not many hours would elapse ere the rather unceremonious call was returned.

And the perambulator went home as empty as it came; for Miss Helena insisted on carrying the real Bessie all the way.

We will lift the curtain, however, to reveal a glimpse of Amy and Miss Parkinson, whom Dottie calls "Auntie" too, seated, as they often are, in one of the nurseries, with the "almost twinsies," the best of friends, enjoying their cunning plays. Here babies' praises are mostly sung, in animated duet, and Mrs. Norton is the attentive and appreciative audience. She often gives them very good advice, and many new ideas, when present at their conclaves in the interest of baby care and culture, and thinks it perfectly proper that both ladies discharged their nurse-girls, deciding to take care of their babies themselves.

In fact, she finds that most all *mothers*, do, whether rich or poor, high or low.

"But whether they did or didn't," Miss Helena says "I'd rather take care of Bessie all my life than be bothered with looking for those moles every time the nurse brought her back from an airing, and I never should feel sure without!"

THE END.

QUESTIONS AND ANSWERS.

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

8 a.m. to 10:30 p.m. in a Shop—Long Hours for a Boy.—H. S. O.: "Do you think long hours in a shop are injurious to a boy? I wish to have your advice about the matter before I put my boy in a grocer's shop. The hours would be from 8 a.m. to 10:30 p.m. on Fridays and Saturdays, and to 8 p.m. other days."

Ans.—Yes: such long hours, in our opinion, would be detrimental to the development and growth of the boy. There should be some leisure time—a couple of hours or more daily—for the boy. If there is much lifting and heavy work, it might be a means of stunting growth, and possibly bring about the development of some serious deformity or disease.

Cold in the Head.—W. B.: "I would be glad if you would advise me what to do with a continually returning cold in the head. It does not last long at a time, but it always returns. I am living on two meals a day. My room is well aired, and I try to obey the laws of health as far as I know how."

Ans.—Retire early—not later than ten, and get up at six in the morning. Drink a glass of water, and then take a cold bath, either a sponge bath or a plunge, as best suits your condition. Then take breathing and other exercises for half an hour, and follow by a brisk walk for half an hour or more. Take a warm bath once a week. It should be followed by a cold application, in order to tone up the skin, and to prevent taking cold. Be regular in your habits, and moderate in your diet, drinking water freely between meals, and using plenty of fruit, both fresh and stewed. Avoid flesh foods, and all irritating and indigestible articles of diet. Dress according to the weather, and if at any time you feel cold, go out for a brisk walk, rather than coddle yourself by a firegrate.

Pimples—Exhaustion—Lemonade a Substitute for Tea.—R. S. R.: "What is the cause and probable cure of (1) pimples on the face and neck? (2) exhaustion caused by the least exercise? (3) gradually increasing thinness of the face? (4) Is lemonade a beneficial substitute for tea?"

Ans.—1. Pimples usually indicate an impoverished condition of the blood. The immediate cause is a local infection from a scratch or some abrasion of the skin. Keep the skin scrupulously clean, and improve your blood by abundance of fresh air, exercise, and plain, wholesome food, with plenty of fruit. 2. Your nutrition is doubtless in a poor state. Avoid over-exertion; but by careful and systematic exercise, seek to develop your muscles. Get out of doors in the fresh air as much

as possible, and have your rooms well ventilated at night. 3. Malnutrition. You are not assimilating your food properly, and very likely do not have the proper diet. 4. Yes, a most excellent substitute. Have nothing to do with tea. It is not a food, but a nerve poison, and sooner or later it produces harmful effects. We do not recommend the large use of any liquids at meals.

Medical Battery.—T. L.: "1. I should be much obliged for a few particulars concerning the Medical Battery mentioned in Dr. Kellogg's book, 'The Stomach.' 2. Is it the same kind of battery as used by him at the Battle Creek Sanitarium? 3. Kindly give me Dr. Kellogg's full address."

Ans.—1. This battery is intended for family use, and requires little care or attention. It is easily managed, and at the same time is efficient and durable. The strength of the faradic current is easily regulated. The price in America with electrodes is about two guineas. 2. It is similar to the batteries used at the Battle Creek Sanitarium; but, as stated above, this battery is more adapted for home use. 3. J. H. Kellogg, M.D., c/o The Sanitarium, Battle Creek, Mich. U.S.A.

Yellow Tongue—Bad Taste—Tea.—E.: "1. What can I do for a blistered, yellow tongue, and a bad taste? 2. I am an excessive tea-drinker. Would it be better to do without the tea? 3. I find there is always a sort of matter on my lips when I first wake in the morning. Would it be well to discontinue my supper?"

Ans.—1. Get a bottle of Peroxide of Hydrogen or Listerine, dilute it with water, and use as a mouth wash two or three times a day. Make a little swab, and apply the pure lotion directly to any sores that may be present. This will destroy the germs, and cause the sores to heal. Drink water freely between your meals. Adopt a diet consisting largely of fruit, grains, nuts, and a few vegetables. Be regular in your habits, and avoid eating between meals. Keep the bowels regular, using warm water enemata, if necessary. 2. Yes, certainly; the sooner you drop tea the better. Tea is a narcotic nerve poison, and is of no use to the body as a food. As a substitute you might use Caramel Cereal,—a food drink which you can obtain from the International Health Association, Ltd., 74 Legge Street, Birmingham. 3. You would do well to discontinue suppers, at least for a season, until your digestion is improved. There would be no objection to taking the juice of a couple of oranges in place of supper.

Good Health,

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

Edited by

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DR. EULALIA SISLEY has recently visited the
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lectures on different phases of the health prin-
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the Belfast Sanitarium. The patronage is good,
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DR. DAVID PAULSON, who delivered the address
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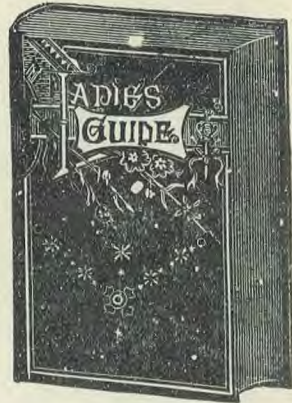
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BROMOSE Is rich in salts, as well as proteids and other food elements. It is excellent for invalids who are thin in flesh, those who cannot digest starch, old people, feeble infants, consumptives, convalescents, fever patients, neurasthenics, and

**FIND IN BROMOSE
A PANACEA.**

**THOSE WHO WISH
TO GAIN IN FLESH.**

Can be had plain or
combined with fruit.

In box, containing 30 tablets,
1/6. . . . Postage extra.

ORDER OF

International Health Association, Ltd.,
LEGGE STREET, BIRMINGHAM.

In answering advertisements kindly mention "GOOD HEALTH."

PUBLISHERS' NOTES.

We are pleased to give in this number of GOOD HEALTH a brief report of the opening of our Surrey Hills Sanitarium. The addresses were stenographically reported, and will be printed in full in a pamphlet, the price of which is 1d., post free 1½d. Order of Good Health Supply Dept.

—*—*—

APPROPOS of the dedication of our English Sanitarium, it is interesting to note that the new main building of the parent institution, the famous Battle Creek Sanitarium, was dedicated the following Sunday, May 31st, in the presence of over 10,000 people. It is estimated that fully 30,000 people visited the place during the day, excursion trains being run from Chicago, Detroit, and a number of other cities. Letters of regret at not being able to be present were read from President Roosevelt, from two members of his cabinet, and from the governors of more than a dozen States.

—*—*—

MR. PERRY F. POWERS, Auditor General of the State of Michigan, presided, and gave a brief opening address. He then introduced Herbert E. Johnson, Military Secretary to the Governor of the State, Mr. A. T. Bliss. Mr. Johnson explained that his chief was prevented from being present in person by illness, but felt the deepest interest in the enterprise, which he had shown by acting as chairman of the invitation committee for the State. The speaker said in closing:—

"The institution dedicated here to-day is set apart for a grand service, and countless men and women will speak of it reverently. The trained physicians and the gentle nurses who minister within its walls to the sick will be numbered among the heroes and heroines of peace. Theirs will not be the service of glamour; orators, writers, and poets will seldom make it a theme, but thousands of quiet homes where life and happiness have replaced sickness and despair will call it blessed.

"It is a great privilege to stand here, and in behalf of the Governor of Michigan read into the record of the day the interest that he, as chief representative of the State has in this occasion, and in that capacity welcome to Michigan such of you as have come from other States."

Congressman Washington Gardner, Professor M. V. O'Shea, of the University of Wisconsin; Prof. F. N. Scott, of the University of Michigan, Mayor Webb, and other prominent men followed with addresses. Dr. Kellogg was the last speaker. As he rose in his place, the vast audience was immediately on its feet as a mark of respect for the man and the great work he represented. We shall reserve for a future number of GOOD HEALTH some extracts from the doctor's address. The

"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 1¼ post free. In Packets, 2d; Sample Packets, post free, 3d. From Chemists and Grocers, or Wholesale from the Manufacturers,

THE DIGESTIVE FOOD CO.,
PAISLEY.

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.

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.

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Write for terms, mentioning GOOD HEALTH.

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

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 $\frac{1}{2}$ 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,7 $\frac{1}{2}$ d.

Granose Biscuits.—Granose Flakes pressed into biscuit form. Per box,.....7 $\frac{1}{2}$ d.

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 Waters.—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 $\frac{1}{2}$ lb. tin, 1/4. In 1 lb. tin, 1/-. In $\frac{1}{2}$ 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.

In answering advertisements kindly mention "GOOD HEALTH."

PUBLISHERS' NOTES.

same number will contain a fine cut of the building, and a brief account of its general arrangements.

* *

These dedicatory exercises were held on the Sanitarium lawn, and were followed by a praise service in the large Tabernacle conducted by Alonzo T. Jones, and attended by some three thousand people. The following day a banquet was given, covers being laid for about a thousand guests.

Thus auspiciously does our deeply loved and honoured parent institution start anew on its career of service for suffering humanity. We wish it and its noble band of workers a hearty Godspeed.

* *

SOME of our friends learning of certain enterprises which we were desirous to set on foot, but were prevented from undertaking owing to lack of funds, have urged us to make our wants known in these columns, and we have decided to do so. GOOD HEALTH is published to promulgate right principles of living. We never expect to make money on the magazine. On the other hand we do not have a backing of capital sufficient to enable us to furnish the magazine free to public libraries, missionaries, etc., although we would gladly do so if we could. We know that the magazine would be welcome in these places, and to make it possible for us to fill such openings we have opened a

Good Health Extension Fund.

The object of this fund is to supply GOOD HEALTH to Public Libraries, to English missionaries in India, Africa, China, and other mission fields, and to fill any other openings of a similar character that may present themselves by which the Gospel of Health may be promulgated.

In this connection we invite our readers to send us the names and addresses of missionaries to whom they would like the paper sent, and to be free to inform us of other channels through which the principles represented by the magazine may be advanced. These truths concerning the care of the body are too good to keep. Thousands are perishing for lack of knowledge. Funerals are altogether too frequent. Earnest efforts must be made to stem the tide of disease which is threatening to flood the country. We cordially invite any and all of our readers to contribute to this fund as they are able.

The following donations have been received:—

Mr. Henry Baldwin (Catford),.....	10 0
Mrs. R. White (Cardiff),.....	4 2
Duncombe Hall Miss's Society (London),	2 0 0
Mr. George Sargent, (East Cowes)	1 0
Mrs. Polk (Southampton),.....	2 0
Miss Creasey (Balham),.....	5 0
Mr. Wm. Clifford (Bath),	10 0
Mr. and Mrs. Nethery (Edinburgh),.....	13 0

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In answering advertisements kindly mention "GOOD HEALTH."

"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, 24d. Order of Good Health Supply Dept., 451 Holloway Rd., London N.

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.

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 Collage, 3 & 4 College Street (with HOTEL attached)
- Glasgow: The Eden, 6 Jamaica Street.
- Leeds: The Old Bank, 28 Commercial St.

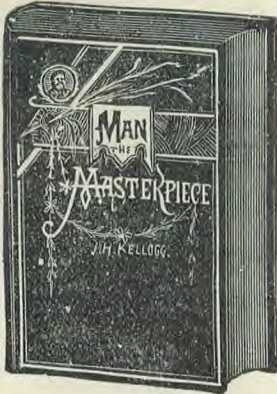
All under one Proprietorship and Management.

Everything High Class, except Prices.

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.

164 Responses to One Ad.

"The number of responses we had to our Christmas offer was 164, which we consider very good for one insertion. It brought in over £40, so that the investment was a good one. Your paper is by far the most remunerative one that we have ever advertised in, so far as returns go, and we shall be pleased to continue our present insertion."

These words from one of our advertisers speak for themselves. Of all British magazines devoted purely to matters of health and hygiene,

Good Health has by far the largest circulation.

It also maintains the highest standard of advertising. To be admitted to its columns is to be recommended to a very numerous class of the best customers interested in everything relating to health.

Circulation, 45,000 to 55,000. Rate, £8 per page; £4 per half page; £2 per quarter page, etc. Less 5, 10, and 15 per cent discount on serial insertions of three, six, or twelve months.

Address: **GOOD HEALTH**, [Advt. Dept.]

451 Holloway Road, LONDON, N.

In answering advertisements kindly mention "GOOD HEALTH."

PUBLISHERS' NOTES.

THE annual meeting of the Vegetarian Federal Union was held in Memorial Hall, Farringdon Street, June 17th to 19th. An enthusiastic interest was manifest on the part of those in attendance, and many excellent things were said by the speakers. Thursday afternoon, the 18th, the subject under discussion was "Vegetarianism from a Health Standpoint." It is encouraging to note the increasing number of physicians who are in sympathy with the vegetarian movement. The past year has certainly witnessed a marked increase of interest on the part of the general public, in the subject of diet reform.

→*→

"MAN THE MASTERPIECE," by J. H. Kellogg, M.D., is a book that every young man ought to read. It is to the ordinary popular books for young men as the pure gold to dross. In fact it is really worth its weight in gold to the thoughtful young man who wants to know from a thoroughly competent medical man, who is at the same time a conscientious Christian, how he can take the best care of his body, and how avoid the diseases that are destroying the lives of so many young men today. Full particulars will be sent under plain envelope to anyone on application to Good Health Supply Department.

→*→

Big muscles are getting to be something of a fad with many of our young men, but the ambition to be strong is a natural one, and when kept within reasonable bounds, should certainly be encouraged. The Atilla Brothers have got out a book on "The Art of Weight-lifting and Muscular Development," which has been edited by Prof. T. Inch, himself an amateur weight-lifter with a record. The book is tastily got up, and contains, besides a lot of practical advice on the subject in hand, press notices and other matter of interest relating to the Atilla Brothers, and a number of full-page photostudies of them. We notice the authors "live on plain, honest fare, carefully avoiding spicy dishes." They also "eschew cigarettes" and "would emphatically warn growing boys of the pernicious effect of cigarette smoking on physical development." These are wholesome words. Price 1/6 net. Published by The Health Culture Publishing Co., 22 Budge Row, E.C.

THE WORLD RENOWNED HEALTH FOODS,

Originated at the Battle Creek Sanitarium, Mich., U.S.A. are now also manufactured in France, and for sale by

The Societe Francaise d'Alimentation Hygienique, 7 rue Broca Paris V

(Near the Pantheon and rue Claude Bernard.)

While on the continent, give them a call, and secure a supply. Also try their delicious **Wholemeal Bread**, made of carefully cleaned and hulled wheat.

In answering advertisements kindly mention "GOOD HEALTH."

The Belfast Sanitarium,

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

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

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

Massage and Electrotherapy.

Special
Dietary.



Physician and
trained nurses.

Non-resident patients
received for treatment.

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

Vegetarian Foods. Cereal Foods.

DON'T DELAY, write
Fredk. BAX & SON,
35 Bishopsgate Street, Without, E.C.

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

REMEMBER:
We send our goods free to your door.

YOU DON'T KNOW
AND WON'T KNOW

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

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.
1 1/2 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. KELLOGG, M.D., Superintendent.

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

BELFAST SANITARIUM, 30 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 SANITAIRES, 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.

HEALTH & STRENGTH
MAGAZINE

Vol. V. No. 4.

October 1902.

2d



Specimen cover of "Health & Strength."

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

'Sanis' Underwear

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

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

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

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

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

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

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

In answering advertisements kindly mention "GOOD HEALTH."

PUBLISHERS' NOTES.

APPETISING and substantial meals composed solely of pure foods, may be had at the Vegetarian Restaurant on Furnival Street, Holborn. We have given the establishment a trial, and can heartily commend it. Aside from its excellent *cuisine* the place is attractive by reason of a bright exterior and interior. Quick serving and absolute cleanliness are other prominent features.



LOOKING FORWARD.

NEXT month we shall make important announcements concerning our plans for GOOD HEALTH the coming autumn and winter. There will be several series of articles taking up subjects of vital interest at the present day. These will be illustrated with excellent cuts, and will be of such value that every one of our readers will want to preserve them for future use. Among the articles to appear next month will be the one by Dr. David Paulson on "Intemperance in Disguise," and another by Dr. DeForest, of Basle, on "The Use and Preparation of Fruit." Dr. Sisley will also have an interesting article on the appropriate subject "Good Health."



Health and Strength for July as befits the season speaks of life and health out-of-doors in all its fascinating forms. The cover alone perhaps makes an exception in representing Prof. Thomas Inch in full costume with frock coat and high collar lifting an enormous barbell with a man at each end, truly no cool feat for these days. Mr. A. Broadbent (Manchester) writes appropriately of diet in relation to bathing and food for summer weather, in "Commonsense Papers on the Art of Living Healthfully," Part VI.; "Holbein's Channel Swim," by C. Lang-Neil (London) is most instructive in its facts and hints for swimmers apart from the personal interest attaching to Mr. Holbein's marvelous feats; "Christianity and Sports," C. E. Cook (Ulverston), is a thorough article calculated to do much good in destroying old-fashioned prejudices about real Christianity; W. Norman Birkett (Ulverston) is a lucky prize winner in *Holiday Camping at the Isle of Man*; to read this is to make a holiday an absolute necessity, so fascinating are the advantages to all lovers of a real good seaside holiday; "The History of Cycling," illustrated, S. H. Pearce, Part II., introduces readers to some almost ridable machines; "Some Aspects of a Soldier's Life in India," Part IV., introduces us to some of the trials of our Tommies' life abroad. School notes are again a feature this month, by J. S. V. A. Jewell (London), Hon. 1st Leader H. and S. School and the "Goldsmith's Gymnasium," by the same earnest worker for *Health and Strength*, makes tempting reading for the man who does not belong to a "Gym." The illustrations of course include life on the sea, river, shore and field, and are more than usual artistic. We should strongly recommend our readers to write for a specimen copy of this excellent twopenny magazine, if not already readers of its health bringing pages. The Health and Strength Magazine Co., Limited, 29 Stonecutter Street, E.C.

THE HERALD OF HEALTH,

Edited by Mrs. C. Leigh Hunt Wallace,

HAS FOR ITS OBJECT THE

Physical Regeneration of Man.

By means of educating its readers in such ways of living as will enable them to cure, eradicate, and prevent disease, and at the same time maintain, and develop the highest possible Standard of Health.

2/6 per annum. Specimen Copy free on application to the Secretary, 3 Vernon Place, London, W.C.

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SLOW DIGESTION.

Antiseptic Charcoal Tablets are valuable in cases of fermentation, flatulence or slow digestion. Sample box, containing 20 tablets, 1/1, post free. Good Health Supply Dept., 451 Holloway Road, London, N.

"The Leading Culinary Organ in London."

'Food & Cookery,'

PUBLISHED MONTHLY,

Annual Subscription, 4s. post free,

Is an Illustrated Magazine Journal designed and produced to appeal to all persons engaged in Cookery and Gastronomy.

It is the only official Organ of the Universal Cookery and Food Association. Gives a monthly supply of seasonable Menus, Recipes for new tested and reliable dishes for Breakfast, Luncheon, Dinner and Supper.

Advice as to When, How and Where to buy Food, How to prepare and cook Food. What to eat, and numerous other features are dealt with in each number.

In order to extend the usefulness and influence of this Magazine, the Publishers will be pleased to send a Specimen Copy of "Food and Cookery" gratis to anyone who is likely to be interested in such a Journal.

ADDRESS: THE MANAGER,

329, Vauxhall Bridge Road, London, S.W.

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