

*New Main Building of the Battle Creek Sanitarium.*



# Good Health

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

Entered at Stationers' Hall.

Vol. 2.

September, 1903.

No. 4.

## EDITORIAL CHAT

### Secrets of Happy, Healthy Old Age.

—Rsv. Dr. Theodore Cuyler, of Brooklyn, completed his eighty-second year last January. Something over a year ago he said in the course of a sermon: "By avoiding stimulating drinks and indigestible foods, by getting sound and sufficient sleep, I have been enabled to spend fifty-six years in the Christian ministry, and have never passed a Sabbath on a bed of sickness."



**Days Lost in Bed.**—It is estimated that the average Englishman spends from nine to twelve days on a sick bed in the course of each year. In fact, these are the figures for the Friendly Societies, and there is no reason to believe the health of their members to be inferior to that of the average man. Think of the losses financial and otherwise of such detention from work, also the pain and suffering involved. How much better to use a little time and energy to preserve the health, and thus avoid the sure consequences of ignorant neglect of physical laws.



### Abstemious Habits and Longevity.

—The popular notion that old people require much "keeping up" in the way of stimulating foods and drinks, has no foundation in fact. Spare rations are distinctly favourable to the happiest and most useful old age. The late pope was a

marked example of this. His friends wondered how he could do with so little food, and yet work so hard. As a matter of fact his remarkable mental activity at an age when most men consider themselves unfit for undertaking brain work of any kind, is to be attributed, in large part, to his abstemious habits. Over-eating, even of the most wholesome food, is fatal to the highest state of health, and operates just as surely as do alcoholic stimulants in blunting the finer sensibilities and weakening the system. It is extremely seldom that a heavy eater attains to the age of ninety-five or a hundred years; but if he does occasionally have the distinction, his is not likely to be a pleasant, pain-free old age, nor will he have the taste and the inclination to engage in literary or other intellectual work.



**"Be of Good Cheer."**—Most people do not half realise the effect of the feelings and emotions upon one's bodily health. Invalids, especially, should guard against association with those who exert a depressing influence. Seek out the light-hearted and cheerful; make friends of little children, and try to view life from their standpoint. "Associate with people that are sunny, unless you yourself have the mental and moral power to manufacture sunshine for other people as well as for yourself. We should make a business of cultivating



sunshine and good cheer. Suppose someone comes in with the lines of his face all drawn down; the faces of others naturally begin to lengthen, the eyelids to droop—a dark shadow is cast over all in the room. On the other hand, let a person come in with a face of sunshine and with cheerfulness sparkling in his countenance, and every expression of the face exhibiting good cheer and sunshine,—what a mental and moral uplifting power he is! How he brightens up everyone! Even if we have some pains and sorrows, we can forget them under that influence, because the sunshine strikes into our hearts.”

#### Alarming Increase in Lunacy.—

The annual report of the Lunacy Commissioners reveals the unpleasant fact that madness in England and Wales is increasing out of all proportion to the population. The following table shows the number of persons thus afflicted at intervals of ten years, from 1859 to 1899, and the number now in the asylums:—

1859 ... 36,762	1889 ... 84,340
1869 ... 53,177	1899 ... 105,086
1879 ... 69,885	1903 ... 113,964

It is especially sad to be told that never since records were kept has there been such a rapid increase as during the year ending on December 31, 1902. In these 365 days no less than 22,581 persons became insane, an average of not far from 500 a week.

There is a striking change for the worse between our situation to-day and half a century ago. To every insane inhabitant in 1859 there were 536 persons of sound mind; to every insane person to-day there are only 298. Year by year the great army of the mentally deranged swells its ranks with remarkable regularity as these figures indicating the number of such patients for each year will show:—

1894 ... 92,067	1899 ... 105,086
1895 ... 94,081	1900 ... 106,611
1896 ... 96,446	1901 ... 107,944
1897 ... 99,365	1902 ... 110,713
1898 ... 101,972	1903 ... 113,964

For the causes of this unhappy state of things we must look to bad social conditions, and harmful habits on the part of the people, as well as a general lowering of the tone of the national health. Overcrowding with its attendant vice, indecencies, and squalour is favourable to the development of that very common form of mental disease known as melancholia, which in time develops into pure dementia. Strong drink is known to be a fruitful cause of mental disease, accounting, according to the commissioners, for nearly one-fourth of the male patients and about half as many of the women. Heredity figures large as a causative factor, having 24.6 per cent. of the women lunatics and 18.8 per cent. of the men laid to its charge. Business anxieties, overwork, and other forms of mental strain account for only a very small proportion of cases. As the *London Express* points out, *physical* rather than *mental* causes seem to be responsible for the great increase, one case out of three being attributed to “some disease or disorder.” This last fact suggests the only rational remedy. Teach the people hygiene, spread the principles of healthful living, and by intelligent legislation regarding temperance, housing, and other social questions, make it easier for the millions of working men and their families to live in decency, comfort, and health.

“Gustatory Knock-Me-Downs.”—*Scribner's Magazine* rightly says that John Bull's fondness for simple fare is a myth. “The Briton,” continues this writer, “seasons his food for himself, mouthful by mouthful, while eating; and, if you would have a realising sense of what his taste is, you must neither read his cookbooks nor



visit his kitchens, but make a sight-seeing call at Crosse & Blackwell's or Fortnum & Mason's.

"There you will find every form of violent gustatory stimulant, from the comparatively peaceful tomato catsup to that esculent fire known as West India pickles—sauces, pickles, chutneys, and what not, rich in all the palate-tickling (palate-tickling?—palate-assaulting, palate-scorching) devices that pepper, cayenne, mustard, horse-radish, anchovy, asa-fœtida, et hoc genus omne, can suggest—and (note this, by the way) all put up in handy bottles, ready for use at a moment's notice."

The habit of resorting to what have been appropriately named "gustatory knock-me-downs," is to be strongly condemned from the standpoint of health. Mild, natural flavours are wholesome, but fiery condiments create a feverish thirst and directly invite indulgence in strong drink. Gastric catarrh and many other forms of dyspepsia have their origin in such indulgences.

**A Young Man's Worst Enemies.**—"Smoking is, to my mind, the worst enemy of the man who would be a stayer. . . .

Spirits must be absolutely tabooed." These utterances of Mr. M. A. Holbein, the well-known long distance swimmer, who came so near accomplishing the cross-channel swim last summer, and is to make another attempt the present season, afford food for thought to every young man. If smoking and drinking are fatal to athletic prowess,

does it not follow, as a matter of course, that they affect in a similar way one's capacity for useful work? The strong hand, the clear head, the steady nerve, the staying power—are not these all highly essential to the best success in life? Then why adopt habits which, little by little,



(Courtesy of

MR. M. A. HOLBEIN.

Health & Strength.)

undermine the system, and make these evidences of perfect health impossible? One thing is absolutely certain: smoking never did anyone a particle of good. That it has done, and is doing a vast amount of harm to the young men of this country, does not admit of doubt. Recruiting sergeants give it as the principal cause of rejections.





FORMER MAIN BUILDING.

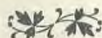
As is pretty well known to our readers, the principal buildings of the great Sanitarium at Battle Creek, Michigan, U.S.A., were totally destroyed by fire in February of last year. On the last day of May and the first of June the dedication of the building erected to fill the place of those destroyed by fire took place. A very good cut of this magnificent temple of health appears as frontispiece in the present number of GOOD HEALTH.

#### Description of the Building.

It is a little over one year since the cornerstone was laid with appropriate ceremonies. The work of building has gone steadily on for the entire year, and the result is the finest institution of its kind in existence. The structure is 560 feet frontage in length. The main part is fifty-eight and forty-six feet in width, and six storeys high above the basement. In the rear three radiating wings extend out from a central court. These wings are one hundred and twenty feet in length, sixty-six in width, and rise to the height of three storeys. The building is actually fireproof, as no inflammable substances were used in its construction except in the doors and their casements. The floors are of Tarrazzo, formed by mingling marble chips with a peculiarly hard cement, which, when hardened, is polished to a surface as hard as a flint, and the chips give the

## DEDICATION OF THE NEW MAIN BUILDING *of the* BATTLE CREEK SANITARIUM.

BY G. C. TENNEY.



appearance of marble mosaics. There are over five acres of this kind of flooring.

The building will accommodate a little over three hundred guests, and with surrounding dormitories and cottages the capacity of the institution easily reaches one thousand. There are in the building 3,500 electric lights, 135 bath-tubs, and 400 telephones. Every appliance known to rational therapeutics is here furnished according to the latest and most advanced knowledge of medical science.

#### Distinguished Participants.

The dedication of this building was universally regarded as an event of more than usual significance. The state and municipal authorities recognised it as such, and lent to the event the full strength of their influence. By them invitations were sent to national, state, and city officials throughout the country. The Auditor General of the State of Michigan issued through the public press an extended article setting forth the character and work of the Sanitarium in a forcible way. He undertook to show that notwithstanding the State had no responsibility in regard to the support or control of the institution, yet its work was of such a broad and purely philanthropic nature that it was rightfully regarded as being closely identified with all that pertained to the public welfare. On this account the State government saw



fit to recognise the opening of the new building in its official capacity.

The Governors of several States, as well as many members of Congress and other prominent personages, acknowledged their deep interest in the occasion and in the welfare of the enterprise.

A most auspicious day shone upon the dedication ceremonies, which were held on the lawn in front of the building, and a vast crowd was in attendance. The speeches were notable for their unusual ability and candour, and indicated clearly how large a place the work of hygienic and sanitary reform already holds in the public mind. Two State Universities were represented on the platform, with ministers of religion, and men in high official position. All these united in sentiments of high regard for the work and principles there represented.

#### The Health Movement Becoming Popular.

It was not difficult for those who have stood in the battle for these principles for the past thirty years to draw a strong contrast between the hour when general ridicule and obloquy were the only reward meted out by a thoughtless public for those who advocated the use of the methods and the practise of the principles that were then scouted but are now acknowledged with respect by the wisdom of the age, and the present hour when all the intelligent world is looking with increasing interest into the merits of these things.

The second meeting of the dedication series was a praise service held in the capacious Tabernacle near by. The churches and pastors of the city united in this service. It was thought fitting appropriately to recognise the good hand of God in the prosperity which has attended this great work in all its crises and emergencies, and has directed the erection of such a grand temple of health. Difficulties without number have been encountered at each

stage of the way, especially so in providing for the erection of the new building. It required not less than £120,000 in cash to do this work, and but little of this was in sight at the commencement of the work. But the work has gone on uninterruptedly, and the means have been miraculously provided.

#### Dedicated to Suffering Humanity.

The promoters of the work desired it to be expressly understood that God is the recognised head of the cause. The Sanitarium is but an instrument in carrying forward the Gospel of human redemption. The place was dedicated to Him and to suffering humanity. The day before the formal dedication of the building the workers of the institution to the number of several hundreds renewed their consecration to the service of God and mankind, and asked Divine help in promulgating to the world the knowledge of these saving truths.

The exercises were brought to a close by a health banquet at which not less than two thousand guests sat down to a repast that was prepared after the order established by our Creator in the beginning. It was a practical demonstration of what food may be and should be. The fruits, nuts, and grains, yielded so bountifully by mother earth, were set before the multitude, who showed their appreciation in a practical way. The after dinner speeches were not inspired by the spirit of wine and revelry, but were the outflowings of clear brains and unsullied consciences.

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DAILY deed and daily thought  
 Slowly into habit wrought  
 Raise that temple, base or fair,  
 Which men call character.  
 Build it nobly; build it well,  
 In that temple God may dwell.

—The Bishop of Ripon.





THE  
 SANITARIUM  
 IDEA.

WHAT is a "Sanitarium"? Why do you apply this name to your institutions for the cure of disease instead of calling them "hydros" or "sanatoriums"? Quite a number of our readers are asking questions similar to these, and it may be that many others are a little curious to know just what sort of a place a sanitarium is.

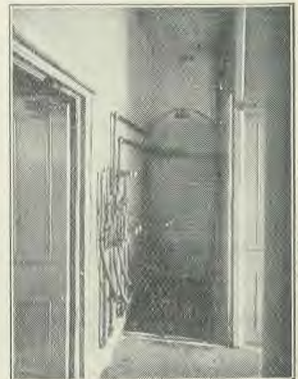
These inquiries are natural as our institutional work is rapidly growing. The Belfast Branch Sanitarium, which opened late in the autumn, has been kept well filled with patients. Our Surrey Hills Sanitarium in Caterham is having a good patronage, and now more recently we have opened an institution in Leicester which will be known as the Leicester Sanitarium.

We do not use the word "Sanatorium" because the term in this country usually applies to an institution especially designed for the treatment of consumptives. We do not call our institutions "hydros" because, while provided with all the facilities for hydropathic treatment which one finds in a first-class hydro, they afford, in addition, the opportunity of resorting to other allied modes of treating disease. In fact, the full-fledged sanitarium makes use of all natural and physiological methods of co-operating with nature in the cure of disease. Scientific medical supervision, skilful nursing, thorough bath-room treatment, a pure, wholesome dietary, and an

all-round health-inspiring environment, with opportunities, by means of parlour lectures and in other ways, to learn the laws of health—these are some of the advantages afforded by one of our sanitariums.

It might be thought that an institution which receives so many sick people would be rather a doleful, unhappy place in which to live; but as a matter of fact the sanitarium is one of the brightest and cheeriest spots to be found in this world. There are several reasons for this. First, the physicians, nurses, and assistants are bright, happy Christians who realise that unselfish service in behalf of others is productive of the highest joys this world affords. They realise, too, that they have been entrusted with life-giving principles which, adopted

into the daily life, will do away with a very large amount of the disease and suffering that humanity is wrongly said to be heir to, and it is a continual source of joy to them to note the im-



THE HOT AND COLD SPRAY.



provement made by their patients. Another reason for the prevailing spirit of good cheer is that the patients are quickly enthused with a noble ambition to get well, and are encouraged to believe that they can co-operate with the Divine healing power which is everywhere at work to restore and to heal.

principles underlying the treatments administered, and for this we naturally turn to Dr. J. H. Kellogg, the superintendent of the world-famous Battle Creek Sanitarium, which may rightly be called the mother of sanitariums, having at the present day some sixty branch institutions in different parts of the world. Dr. Kellogg writes on



REAR VIEW OF THE SURREY HILLS SANITARIUM, WITH A PICNIC PARTY IN THE FOREGROUND.

Then, the patient is not left to brood over his disease. These beautiful truths are so cheering and satisfying as subjects of conversation that they crowd out the discussion of disease, the comparing of symptoms, and other like depressing topics. Patients are taught to think health and talk health, and leave the many forms of treatment to deal with their diseases.

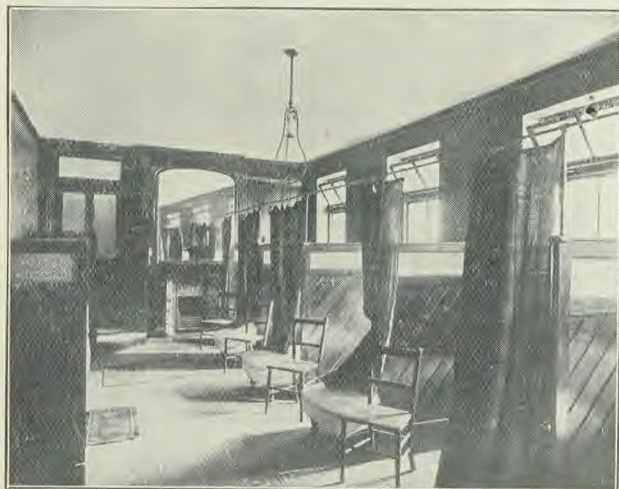
So much for the general atmosphere of a sanitarium. We wish now to give our readers a further statement of the prin-

#### Disease and Its Physiological Treatment.

"Disease does not differ from health, except in the fact that in a state of disease the body is working under unfavourable conditions, and consequently is not able to perform its work properly; whereas in health, the work of the body, being done under favourable conditions, is normally performed. Disease is not an entity, but a condition; it is not a thing, but a relation.



"The healing process is always being carried forward in the body, even in health. When one has exercised until exhausted, he must be healed of his fatigue before he can be ready to undertake the task again. The digestion of a meal leaves the stomach in a state of congestion, from which it must be healed before it is ready to digest another meal. The body is



DRESSING AND MESSAGE ROOM.

being continually worn and damaged by its work; hence it must be

#### Continually Healed.

"This healing process is carried on by the forces within the body. We say natural forces, as they are natural and common to all animals, but we must not forget that these natural forces are Divine forces. They are the evidence of the intelligent, active presence of creative power. In disease, unusual and extraordinary injuries exist which are due to the failure of the defences of the body. Germs produce poisons which paralyse and irritate the tissues, causing inflammation, congestion, pain, and other disturbances. The organs, overwhelmed with work, become crippled, and unable to perform their usual duties;

so digestion fails, the action of the liver, the kidneys, and other excreting organs is diminished, poisons accumulate, every tissue is damaged, every function disturbed. General fever, nervous collapse, or exhaustion may be the result.

"Disease is not to be successfully combated by fighting symptoms, but by the removal of causes. A man whose head aches because of undigested food in his stomach, will not be relieved by an application to his head, but by removing the fermenting mass from the stomach. Headaches due to constipation must be cured by relieving the bowels of the poisonous matters accumulated there, by means of an enema or by other suitable means. Weakness is not to be cured by the taking of a drug which will produce the sensation of strength,—an excitant, a stimulant,—but by increasing the ability of the body to store up energy from the food, and

by the removal of the poisonous substances which paralyse the nerve centres,—the primary source of energy in the body.

"The true remedies for disease, or, rather, the true aids to recovery, are those measures which are essential to the maintenance of health, for the body in disease is essentially the same as the body in health. The body requires special assistance, but not different in kind from that which it receives in health. Life is maintained by means of the energy which is introduced into the body by means of food, water, air, light, and heat. The advantages of these agents are secured by the regulation of the diet, clothing, exercise, sleep, and the various habits of life.

"Those means by which these natural



forces may be made available in the treatment of disease are known as

### Physiological Remedies,

and their use is termed physiological therapeutics, or the physiological treatment of disease. This is now a thoroughly developed and organised system, the principles of which may be grasped by any intelligent person, and utilised to a most useful extent in dealing with a great variety of common maladies.

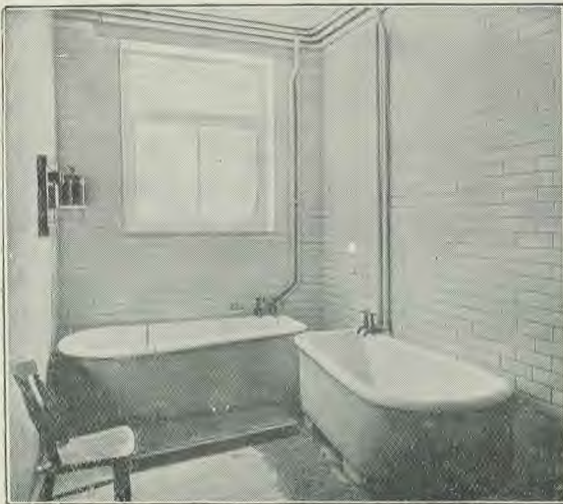
“Water is a physiological agent; a drug is an anti-physiological agent. Water acts upon the body, and the body reacts to it. A drug does not act upon the body; the body simply acts upon the drug to get rid of it. Cold water applied to any part of the skin causes it to contract, and thus stimulates an internal portion associated with that part. The portion of the skin overlying the stomach is so intimately associated with the stomach by the vasomotor nerves, that whatever happens to the skin over the stomach happens to the stomach;

that is, as regards its circulation and nerve supply. When the stomach manifests sensibility, one of its peculiar sensations is hunger; and when it has lost its sensibility, there is no hunger,—the stomach is paralysed, and the skin over it is also paralysed.



ONE OF THE BEDROOMS.

“Over the heart an area of the skin about as large as the two hands is associated with the heart. When we wish to slow the heart beat, we put an ice bag over this part of the skin; and when we wish the heart to beat faster, we remove the ice bag. Whatever is done to excite the skin over the heart, excites the heart also. The skin overlying the liver is associated with the liver; hence, if a cold application is put on this surface, it contracts the blood-vessels of the liver; but if a hot application is made to the skin, it dilates the blood-vessels. Therefore, if the liver is congested, the blood can be removed; and if the liver is diseased, healthy blood can be made to pass through it, and it will be healed, for it is the blood that heals.



A CORNER OF THE BATHROOM.



"When one feels drowsy, if he bathes his face in cold water, he will be aroused.

"If a person has an internal congestion or inflammation, we may put him into a

a pig's stomach, or some stimulant? Better apply a hot fomentation over the stomach, followed by a short cold application and massage. The stomach is energised by the applications, and goes to work.

"So it is with every bodily organ. If one knows where to apply the water, hot or cold, as the case may be, he can wake up any organ of the body. Water is a remedy that will revive a sluggish organ almost instantly. It is an almost universal remedy."

Hydrotherapy, while a very popular and efficient means of treating the sick, is not the sole remedy used in our sanitariums. Massage (given by expert masseurs and masseuses) is one of the most highly valued forms of treatment, affording a marked

stimulus to the circulation, making the muscles supple, and generally quickening the vital processes of the whole body.

Electricity has demonstrated its value as a physiological remedial agent, and is used freely in our sanitariums, notably in the form of the Electric Light Bath, which was originated at the Battle Creek Sanitarium, and is greatly liked both in this country and on the Continent.

The exercises in physical culture are



A PEEP INTO THE DINING ROOM.

bath of hot water, and the heat will dilate the surface vessels, and will thus bring the blood into the skin in such quantities that the inflamed part will be drained of the surplus blood, and thus relieved.

"Water is a wonderful thing because it sets nature to work; it controls and modifies the natural healing power of the body. Cold applications over an inflamed organ, as the stomach, lungs, or liver, changed every twenty minutes, relieve the inflammation. When a cold application is made to the skin overlying an inflamed liver, that very instant the liver feels the stimulating thrill of the cold water, and the dilated vessels contract.

"Suppose a person faints away, and falls upon the floor; we have only to dash a little cold water upon the patient's face, and the heart begins to beat again, the chest expands, the eyes open, and the patient is revived.

"Every case in which an organ has ceased to do its work is in a certain sense a case of fainting. Here is a stomach that has fainted away at the descent of an enormous dinner; the poor stomach is unable to do its work. What is to be done? Shall we swallow pepsin, the digestive principle from



THE LEICESTER SANIARIUM



another important feature of the sanitarium. Special attention is given to correct breathing and movements which strengthen the waist muscles and secure ease and grace of carriage. Gain in muscular strength is one of the first results of a stay at the sanitarium, and that it favourably affects all the organs of the body will be readily understood. The patients being all

minute's walk of Alexandra Park. The windows in the rear command a view of the Belfast Lough and County Down coast. Towards the west is the Cave Hill. A short walk reaches its summit, giving an extensive view of the sea, the Belfast Castle and grounds, the city, and Lough Neagh.

Within a few hundred perches to the



CAVE HILL, CLOSE BY THE BELFAST SANITARIUM.

under the physician's care, run no risk of unduly straining themselves.

Aside from these corrective exercises, usually taken indoors, the patients are encouraged to take walks daily into the surrounding country, of a length corresponding to their strength. Fortunately both our Caterham and Belfast institutions have locations peculiarly favourable to this form of recreation. The

#### Belfast Branch Sanitarium,

situated on the Antrim Road, lies in the city's most healthful suburb, and within a

southwest of the institution lie the Waterworks, with their picturesque grounds and beautiful expanse of water, affording excellent facilities for boating. The city tram lines pass the front of the building, and extend for miles into the adjoining country. Drives along the County Down and County Antrim coasts are another source of pleasure to the lover of beautiful scenery. Daily excursions by steamboat or train to the many neighbouring seaside resorts, also cruises on the Lough, are a delightful pastime during the summer and autumn months.



The scenery on first arrival in the

### Lovely Caterham Valley

reminds one slightly of some parts of Switzerland. Surely more exquisitely beautiful hills and valleys could not be found, and the chalky nature of the soil makes comfortable walking possible immediately after heavy rains. Objects of deep historical interest abound in the neighbourhood. The War Coppice, like the adjoining woods and fields abounding with a variety of wild flowers, dates from Roman times. Quaint old houses and churches are also much in evidence, and the village, as a whole, has a pleasing, restful aspect that is especially grateful to the invalid and to anyone desiring a quiet vacation, away from city dust and noises.

### The New Leicester Sanitarium.

Owing to the generosity of Mr. J. W. Goddard, of Leicester, the building once known as the "Midland Sanatorium" has been turned over for a term of years to the Medical Missionary and Benevolent Association, and by the time this number of GOOD HEALTH reaches its readers the institution will doubtless be prepared to receive patients. The late Mr. John Pickering, known to many of our readers as an earnest and successful hydropathist, was in charge of the place for a number of years, doing an excellent work in behalf of suffering humanity. The owner is now fitting up new bathrooms, and having the whole institution put in the best shape possible. Patients are already, at this writing, coming in for massages and other treatments which can be given, and every-

thing should be in readiness by September. All these institutions are run on the same general plan, each having expert nurses trained in the methods which have made the Battle Creek Sanitarium so famous. The physicians connected with the work have likewise had an experience in that institution, and carefully supervise the treatment given to each patient, also prescribing a diet suited to the needs of the case, and looking after the comfort of the guests in every particular.

We have written these paragraphs about our sanitarium work in answer to the many inquiries that come to us directly or indirectly. GOOD HEALTH has now been before the public for more than a year; in fact we are approaching the second anniversary of the magazine's publishing, if the first seven numbers of the old series be included. From the correspondence that has come in we cannot but be aware that there are in this kingdom many warm friends of the principles advocated in GOOD HEALTH, and of the institutions that are being built up to give a practical demonstration of their utility in treating the sick. Some have asked whether our Sanitariums are open to individuals who wish to come, not as patients to be treated, but rather as disciples to learn the better way, and thus be able to avoid sickness. We need only say that such will be heartily welcomed so far as the accommodations admit. These institutions are primarily for seekers after light and truth, whether ill or well, and their aim is to help men and women to attain that perfect, radiant health which the great Creator intends His children to enjoy.

## INTEMPERANCE IN DISGUISE.

BY DAVID PAULSON, M.D.

WE are likely to believe that we are living in an age that is free from the tyranny of superstition, while, as a matter of fact, humanity was no more firmly bound by theological superstition in the dark ages, than thousands upon thousands of poor victims are to-day the helpless slaves of medical superstition. Superstition flourishes in direct relation to ignorance; therefore we can have no reasonable hope that the present rule and reign of the patent medicine evil, and the

quack remedy delusion, can possibly be banished until the public become more educated with reference to the real causes and the true nature of disease.

### Disease a Result of Sowing.

As long as disease is regarded as a sort of entity which can be driven out of a person much as you would drive a cat from a room, just so long a superstitious reverence will be attached to the bottle filled with some mysteriously compounded



nostrum, which purports to accomplish that very object. But if once it becomes a matter of common knowledge that the divinely inspired declaration: "Whatsoever a man soweth, that shall he also reap," is a scientific statement, then the absurdity of supposing that it is possible to conjure and juggle away distressing physical maladies by swallowing a few bottles of some widely advertised remedy, at once becomes apparent, even if it is bolstered up by testimonials from as many eminent authorities as were produced to endorse the theological vagrances of the dark ages.

In the midst of the many scientific attainments of this day, it is passing strange that there is still lurking with us the supposition that, after we have violated nature's requirements, and are suffering in consequence, we can be entirely absolved, without any physical repentance, by swallowing a few drops of some mysterious compound.

Fortunately, for the public, many a bottleful of the most highly lauded remedy contains nothing but water, and a few pence' worth of some inert substance, and its supposed magical influence is in direct proportion to the hypnotising influence of the profound superstitious faith that the user has in its virtues. How much more in accord with the spirit of the age it would be to have a reasonable faith in the actual virtues of a wholesome dietary, the exhilarating influences of out-door life, the sunlight, the benefits of exercise, the curative value of baths, and of rational medication.

#### Dangerous Ingredients in Patent Medicines.

But enterprising patent medicine manufacturers are beginning to discover that extravagant advertising and false pretences, even though backed up by photographs and testimonials of men and women prominent in society and in the church, are not sufficient in themselves to maintain permanently the prestige of their so-called remedies. So, in many instances, they have now resorted to adding liberal quantities of morphine and cocaine, alcohol, and other narcotising substances, which necessarily produce immediate and characteristic effects, and thus make it easier to secure a large number of apparently sincere

testimonials, testifying to the efficiency of these drugs. A common catarrh remedy which sells for four shillings is put up in two boxes, with most careful directions to use one in the morning and the other at night, and yet both contain nothing but a halfpenny worth of common borax. On the other hand, one of the most widely advertised catarrh snuffs contains cocaine, and is already producing a prolific crop of unhappy victims of this drug. The road from the cocaine habit to the insane asylum is extremely short, and thousands are already travelling upon it. The evil has only begun. Most of the cough remedies contain some simple and efficient drugs that are prescribed by the average physician, but in addition they contain an ordinary dose of morphine. One well-advertised cough syrup contains one-quarter of a grain of morphine to every two ounces of the drug. One of our most widely advertised soothing syrups has been responsible for the death of a thousand times more children than Herod ever slew; it contains half a grain of morphine to every two ounces of the syrup.

#### A Million Drug Fiends.

An editorial in one of the leading American dailies states that there are one million drug fiends in the United States. It is to be sincerely hoped that this estimate is entirely too large; but every physician of extensive experience knows that the drug habit victims are increasing in every stratum of society at an appalling rate. What else can be expected when the innocent child is introduced to the bewitching effect of these drugs in his cradle, and his nervous system is made to demand unearned felicity, even before he is old enough to call for it. The scriptural admonition: "Train up a child in the way he should go, and when he is old he will not depart from it," is just as true when the child is trained in wrong habits, as when he is trained in the right way.

*(To be concluded.)*

❖❖❖

"FOUR things a man must learn to do  
If he would make his record true:  
To think without confusion clearly;  
To love his fellow-men sincerely;  
To act from honest motives purely;  
To trust in God and heaven securely."



## WHAT TO DO FOR A WEAK HEART.

BY ALFRED B. OLSEN, M.D.

THE heart is a muscular organ which pumps the blood to all parts of the body. A weak heart is unable to do this work properly, and, as a consequence, all other organs and tissues suffer for lack of nutrition. The weakness may be functional, *i.e.*, without any apparent change in the structure of the heart; or organic, when there is such change. In any case it is important to discover the cause, and remove it if possible.

## Alcohol a Common Cause of Heart Disease.

Alcohol in any form has an injurious effect upon the heart. It causes an increase in the fat which surrounds the organ and thus interferes with its action. But it does more than this, for it produces a degeneration of the muscular fibres of the heart, thus diminishing the strength of this organ. The fibrous tissue, too, is affected, and increases at the expense of the muscle.

Therefore it is best to discard alcoholic beverages entirely, and thus avoid aggravating the condition.

## A "Tobacco Heart."

Another prolific cause of a feeble heart is the use of tobacco. In the course of time it produces degenerative changes in the structure of the heart which weaken the organ and pave the road to disease. This condition is known as a "tobacco heart." To avoid still further injury, the use of tobacco must be strictly prohibited.

Tea and coffee, too, should be avoided by all who have a disturbance of the heart. Neither is a food. Both are narcotic stimulants, and have a depressing effect upon the heart and nervous system.

Overeating and the free use of flesh foods is detrimental to the heart, because it overtaxes the organ.

## Hygienic Treatment.

After giving up hurtful habits which have helped to weaken the heart and bring on disease, don't make the mistake of resorting to quack nostrums and poisonous drugs. The much-advertised cures for heart disease are either dangerous or useless, and the money is wasted.

Quiet rest in a recumbent position is the most important treatment. Sometimes a complete rest for several weeks is necessary. Others again are able to be up and take light exercise. If the limbs are swollen or edematous, the patient should take complete rest by lying down.

Massage is indicated in all cases, and especially for those who are obliged to keep their bed. Centripetal stroking is also excellent.

Sponge baths, either tepid or cool, have a gentle tonic effect upon the heart, and are very refreshing. A friction sponge bath, administered with a coarse mitten and using cold water, is another valuable tonic, and the same is true of a salt glow.

A hot leg pack is useful to relieve the heart, and is easily given.

If there is faintness and the heart-beat is very feeble, the application of cold to the chest over the heart will afford quick relief. A cold compress may be used for this purpose, or better still a small rubber bag of cold or ice-water. The cold bag may be left on for twenty or thirty minutes without injury.

## Diet for Heart Disease.

This should always be very simple, consisting largely of fruit, fresh or stewed, breads, grains, nut-foods, with a few vegetables, and milk, butter, and eggs, if they agree with the patient. Not more than three meals should be taken, as a rule, and the last at six or seven p.m.



All who suffer with heart disease should be abstemious and avoid all irritating compounds, such as condiments, pickles, sweets, pastries, spices, etc. These interfere with digestion, and prevent proper nutrition which is of such vast importance.

### Don't Neglect Exercise.

While excitement and violent exercise are dangerous, one must not forget that the

heart is a muscular pump, and it can be strengthened only by exercise. This should be carefully adapted to one's individual requirements, and, if possible, should be under the direction of a competent medical man. A systematic course of physical culture, suitable to the needs of the patient, is the most efficient remedy. It is all important to develop the heart muscle in order to strengthen the organ.



NURSES TAKING THE BREATHING EXERCISES AT THE BATTLE CREEK SANITARIUM.

If Every Heavy Eater would change his manner of living two or three weeks every year, and devote himself to rest or suitable exercise and to drinking water, much gout and rheumatism, kidney failure, and other chronic ailments would be prevented. Such a body house-cleaning would be of great value to the average individual who neglects to drink more than a glass or two of water a day.—*Sel.*

\* \* \*

Deep Breathing.—Enough cannot be said of full, deep breathing. It is no

hobby or wild notion; and if you would prove its benefits, practise it daily, and you will increase the circulation, purify the blood, and send it to warm the feet, make ruby lips, and plant roses on the cheeks. It will aid your digestion, and give you a clean, sweet breath, promote sleep, quiet the nervous system, strengthen the throat and vocal organs, and increase the chest capacity. It will also cure your asthma, catarrh, and bronchitis, and prevent lung trouble.—*Selected.*





## THE USE AND PREPARATION OF FRUIT.

BY P A DEFOREST, M D

THE application of heat to fruit has for its object, (1) To conserve it, and (2) To render it more digestible. Fruit comes to us either cooked by the fire, or ready cooked by the sun, as in the raw ripe state, in which condition it is more digestible than is cooked fruit, because the chemical combinations and vital energy as prepared by the Creator are exactly adapted to the wants of the system at the particular season in which the fruit ripens.

In the process of growth, starch is stored up in quantity. The sunlight changes this into fruit sugar, and at the same time produces acids and ethers, to the presence of which the fruit owes its particular flavour.

Cooking, be it by stewing slowly at the temperature of barely a 100 degrees Fahrenheit, or by boiling or baking at higher temperatures, is simply employing indirectly the heat of the sun which has come to us by the way of the coal mine, or by the more modern route of the forest trees. The changes brought about by artificial heat are, however, but a clumsy imitation of the natural processes, and that cook is the most skilful, who can supply heat and moisture in such a way as to ripen or conserve the fruit, and at the same time retain the precious flavour as nearly as possible in their original delicacy.

Fruit comes to the kitchen in a green, raw or ripe state, or dried and preserved in their natural sugars, or in hermetically sealed cans; and each of these forms requires particular treatment. Some skill is needed in order to choose from the mass of fruit offered on the market. Happy is the housewife who has learned how to save the health of the household, rather than to drive "cheap" bargains.

### To Prepare Fruits.

Wash the fruit carefully, especially those varieties which grow near the ground, to remove sand, microbes, etc. Fruits with tough skins may be thrown into cold water. To wash strawberries, blackberries, and other small fruits, one may use a flat sieve upon which the fruit is spread thinly; this is plunged into water after removing leaves, etc., and moved up and down several times and withdrawn, or a few may be taken in the hand, and washed and picked at the same time.

Dates, especially the cheaper forms, are cleansed by dipping first into hot water to dissolve the more or less clean cane-sugar in which they are conserved, and then passed through cold water to harden them. Raisins, figs, and currants may be treated in the same manner.



### Cooking Utensils.

Enamel ware is to be preferred to all other cooking utensils for fruit. If you wish the fruit to keep its pristine colour and its original taste, do not employ either iron, tin, or copper cooking utensils. The acids of fruits form salts with iron which irritate the stomach. The salts formed with pure tin are non-poisonous, but bad tasting, while copper utensils are subject to the corrosive action of acetic acid with the formation of poisonous acetate of copper or verdigris.

### General Rules.

Large fruits should be cooked immediately after being peeled, and as slowly as possible, with a close-fitting lid, because strong boiling with a poor-fitting cover, or without one, destroys the aroma.

It is not necessary to add spices or much sugar to any kind of fresh or ripe fruit. If it has not the right natural flavour, no amount of seasoning will make it acceptable to the palate educated to appreciate what is good, rather than that which only tastes good. If the appetite calls for other flavours, however, quinces, orange, lemon, or pomegranate may be added in various proportions according to taste. Apples, pears, and quinces, if eaten alone, should be baked. Juicy sweet apples and pears bake the best.

### RECIPES.

**Baked Sweet Apples or Prunes.**—Choose sound, ripe apples or nearly equal size; dry lightly and core them without slicing. This may be accomplished by a grooved potato knife. Garnish the cavity with pieces of quinces or with quince-marmalade. Sprinkle water over them, just enough to cover the bottom of the pan, and cook in a moderate oven. If they show a tendency to burn on top, cover with another pan, or with a sheet of clean paper. If the syrup dries, add a little hot water. Serve them sprinkled with their own juice and with sugar. Pears cooked in this way are excellent.

**Stewed Prunes.**—Choose only prunes of superior quality. To cleanse, pour hot water over them,

allow to stand some minutes, then rub them between the hands to rid them of dust and other impurities. Rinse them again in clean water, and soak over night, or cook at once as for apricots and peaches. They should be covered tightly and stewed slowly until they are tender, and have a syrupy juice. No sugar is needed.

**Prune Marmalade** may be made from prunes cooked according to the preceding recipe by passing them through a fine sieve or colander. No sugar is needed. If too soft, it may be rendered more solid by evaporating in a double boiler, *i.e.* surrounded by water.

**Stewed Figs.**—Soak well-washed, sorted figs over night in equal parts of cold water. Heat slowly to boiling, and stir up the figs so that they will not stick to one another. Stew slowly until the juice becomes syrupy. Drain this off and pour it over the figs, and allow to stand till cold before serving.

**Stewed Apples and Blackberries.**—Peel choice apples, quarter and core them, and cook slowly with little water (about one glass per two quarts of fruit), until they soften. Be careful to cover tightly. At the same time prepare and cook equally choice blackberries in the same manner. Serve by spreading alternate layers of the fruit in a cup or in a deep dish. Served in individual dishes, sprinkled with a little sugar, if desired. This combination is attractive and appetising.

### Something to Chew.

PERSONS with weak digestion find it advantageous to begin the meal with something which will require considerable chewing, in order to start a good flow of saliva. The crisps, for which recipe follows, serve this purpose admirably, and are very wholesome. They may be eaten alone or with the egg relish. For a change, ground walnut or Brazil nuts may take the place of the desiccated cocoanut.



**Cocoanut Crisps.**—Pulverise desiccated cocoanut by pounding in a cloth or in a mortar, or by pressing as much as possible through a fine flour-sieve. Use the fine portion only. Take one-third cocoanut thus prepared and two-thirds flour. Mix to a dough with very cold water, knead lightly, roll with a roller into sheets scarcely thicker than paper, prick with a fork, cut into small squares with a knife or water-cutter, and bake.



**Egg Relish.**—Mash the yolks of hard-boiled eggs, season with salt and lemon-juice. A little minced celery may be added if liked. Serve cold with crisps.



## GOOD HEALTH.

BY EULALIA S. SISLEY, M.D.

Good health—how rare a thing it is! How priceless a treasure! We see suffering and illness everywhere. Why?—Because we have not yet learned how to care for our bodies.

The human body is God's masterpiece—a mechanism whose marvellous perfection is unequalled by any other created thing. Consider the most perfect mechanism wrought by men's hands; how faulty and frail it is! Even the gigantic steamers which brave the ocean's waves, have every year or so to spend several weeks in dry-dock. The strongest locomotive, if operated constantly, would very soon wear out and utterly fail. With even the best of care, including periods of rest and constant repairs, a locomotive is useful for only a few short years.

## A Living Machine.

And yet these bodies of ours, if not mistreated, will serve us faithfully and constantly for threescore years and ten—perhaps even longer. What is the difference between God's workmanship and man's? Ah! the human body, God's mechanism, is a living machine, endowed with His own life. And it is so wonderfully constructed that its daily wear and tear is daily repaired by a living process too marvellous to be even understood by men.

Think of the heart, that little engine no larger than the fist, pumping at the rate of seventy times a minute, daily doing an amount of work equal to that required to lift a weight of one hundred and twenty tons one foot from the ground. This is only one day's work. Then consider what an immense amount of work would be accomplished by the heart in twenty-five years, thirty, forty, *seventy years*. Has ever man been able to invent an engine which could render such service as this for a period of seventy years?

Think of the lungs with their 2,000 square feet of air surface, being inflated twenty times every minute, that the impure blood, as it is brought there from all parts of the body, may exchange its impurities for life-giving oxygen.

## Wonders of the Nervous System.

Consider the brain with its twelve hundred million nerve cells, which are in connection with thousands of nerve trunks passing to every portion of the body. These nerves constitute a most elaborate system of telegraphic wires by means of which various impressions (such as heat, cold, and pain) are carried from the skin or internal organs to the receiving centres in the brain and spinal cord. Return messages are also conveyed by these nerves, from the centres back to the skin or internal organs.

Think of the digestive organs, each one doing its own appointed work, so quietly, and yet with such marvellous skill that it is quite beyond man's comprehension.

If only we could understand these things better, we should feel like guarding our physical health as sacredly as we guard our character.

## Only One Body.

For we are each intrusted with only one body, nor can we, as do the ocean steamers, go into dry-dock frequently for rest and general repairs. Should our heart pause for even a few minutes' rest, we would be compelled to enter our long rest, that "sleep which knows no waking." Should our liver or kidneys "take a few days off," we must needs perish.

Hence the wisdom, if we would live long and well, of laying no extra burdens upon our bodily organs, but rather of assisting them in every way possible. We may best assist the body by—



1. Breathing constantly pure, fresh air, so that the tissues may be furnished with an adequate supply of oxygen.

2. By partaking of simple, wholesome food, such food as will give the largest amount of vital energy, with the least tax upon the digestive and excretory organs.

3. By taking freely of non-irritating, non-stimulating drinks, preferably water. By so doing the blood is kept in good condition and the excretory organs are assisted in their work.

4. By taking a sufficient amount of exercise.

5. By maintaining personal cleanliness, and—

6. By wearing proper clothing. The dress of the average woman is such as to interfere with respiration, with muscular exercise, and with the functions of the abdominal and pelvic organs.

The common ills from which we suffer are due to non-conformity to these natural health laws.

## QUESTIONS AND ANSWERS.

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

**Snuff and Indigestion.**—I. I. M.: "I have been taking strong scented snuff for the past five or six years, though not regularly every day. Lately I have been noticing that it has affected my digestion. On the days that I do not take snuff, I feel better after eating than at other times. For the past four or five days, I have had pain across my forehead. Would you, sir, be good enough to tell me if snuff is injurious, and if it is the cause of the pain that I experience at present?"

*Ans.*—Yes; snuff is injurious, and is quite likely the cause of the pain which you describe. It contains a narcotic poison, called *nicotine*, which seriously affects the nerves. You should give up the habit. A hot mustard foot bath, with cold compresses to your head, would doubtless relieve the pain.

**Varicose Veins.**—A. B.: "I have varicose veins in both of my calves, and I have just started to wear elastic stockings. I do half an hour's exercise every morning, and also have a cold bath. What treatment would you recommend?"

*Ans.*—Dip the limbs alternately into hot and cold water daily, using a couple of leg baths or deep pails for this purpose. The cold water should be as cold as you can possibly obtain it, and the hot water about the temperature of 115° Fahrenheit. Keep the limbs in the hot water for two or three minutes, and then from ten to fifteen seconds in the cold water. Repeat this from three to five times, alternating hot and cold, and lastly drying out of the cold water. Do not forget that rest in a recumbent position is a great source of relief. You can lie on a couch, and place the limbs on pillows, thus securing a good return flow of blood to the heart. Centripetal friction is also an excellent means of affording relief. You can

continue to wear the elastic stockings, as they will, if properly applied, support the circulation in the limbs.

**Anæmia and Neuralgia.**—X.: "I have a great deal of neuralgia, and am told that I am anæmic. What treatment would you suggest?"

*Ans.*—Heat in the form of vapour baths, packs, fomentations, etc., usually afford the most relief for neuralgic pain. Anæmia is a want of blood. Fresh air, pure water, plain, wholesome food, moderate exercise, relaxation from worry and perplexing work,—all this is necessary. Take a tepid or cool sponge bath each morning, followed by a vigorous friction rub. A visit to some beautiful seaside, or country resort, would be helpful.

**Hygienic Treatment of Hay Fever.**—A. L.: "I am a yearly sufferer from hay fever. Is there anything I can do to overcome this distressing malady?"

*Ans.*—Yes, a great deal. Cultivate good digestion by adopting a simple diet consisting of easily-digested, nourishing food; avoid all stimulants and narcotics, also flesh meats, and give special attention to securing an active condition of the skin by the use of warm and cold baths, friction, etc. Be careful to avoid over-clothing the body, take moderate exercise out of doors, and go in for a course of physical culture. Secure regular, healthy action of the bowels. With rare exceptions the person suffering with hay fever has other weaknesses as well. Very frequently there is poor nutrition and a run-down condition of the nervous system. These difficulties may be overcome and the bodily health and vigour increased so that the system will prove superior to the attacks of this and other maladies. For a palliative, use a vapouriser, or inhaler, and try a change of air.



## HINTS TO PARENTS ON THE CARE OF CHILDREN.

WHEN a child complains of languor or chilliness, and is inclined to hover near the fire, always take his temperature. It may be the beginning of some serious acute disorder or, worse still, an indication of tubercular disease.

Rheumatism is a common disease in childhood, though often undiscovered. Its effects are manifested in after life by heart-disease and stiffened joints and muscles. Cold, dampness, and disordered digestion favour its development. Children should be taught to change their damp shoes and stockings in the evening, instead of sitting around with cold and often wet feet and legs, courting colds, chronic catarrh, and inflamed joints.

Indoor life is inimical to health and happiness. Dress the children comfortably, and then let them go out in all kinds of weather. Teach them to love nature in all her moods. Never speak of the weather as disagreeable. Why should we complain of that which God gives?

The diet of children should be simple. Good, wholesome bread, and thoroughly cooked cereals with fresh and stewed fruits form a good basis. Children should not be encouraged to indulge freely in sweets; this is injurious alike to the digestion, and to the teeth. Eating between meals should also be avoided. It is well to

begin early to teach the children to eat that which is wholesome and nourishing, and not merely to please the palate.

Have the children's teeth examined by a dentist at regular intervals. See that each child is provided with a good tooth-brush, not too stiff, and that he uses it faithfully. Excessively hot or cold food is injurious to the teeth. Hard foods, such as zwieback, wholemeal biscuits, and rolls, are greatly preferable to soft ones. Flesh foods are injurious to the teeth.

Cleanliness is of the utmost importance in preserving the health of the children as well as of older people. Some children seem to have a natural aversion to being washed. The cause of this in many cases lies in the hurried, needlessly vigorous, and unsympathetic manner in which the operation is performed. The child does not want a lot of soap in his eyes, for it makes them smart. He likes to have his ears tenderly dealt with, not pulled this way and that, jerked about with a coarse towel, and perhaps explored with a hair-pin. Deal gently with him, and he will soon learn to enjoy the bath.

The child needs an abundance of sleep. His bedroom should be thoroughly ventilated, and not uncomfortably cold. The bed should be hard rather than too soft.



IN THE COUNTRY.



## GOOD HEALTH GLEANINGS.

INDULGENCE is the dissipation of energy.



IF I were a physician, I would wheel my patients to the window, and let nature feel their pulses.—*Thoreau.*



THE common use of flesh foods is perhaps doing more than any other single dietetic error to weaken the human system and make it a suitable lodging-place for disease germs.



THE most important factor in the happiness of a home is a cheerful, loving, and caressing daughter. A father and a daughter should be all but sweethearts.—*Max O'Rell.*



IF the tables of modern society could be cleared of a host of things that create a thirst for liquor, there would be more vacant places at the bar of the public-house.—*David Paulson, M.D.*



*Tender-hearted Young Lady*: "Oh, you cruel, heartless little wretch! to rob those poor birds of their eggs."

*Wicked Little Boy*: "Ho! tha's the old mother bird that you've got on yer bonnet. Reckon she won't care."



GENERAL housework is a capital means of exercise. Going up and down stairs, bending over and picking up things, sweeping, reaching up after things, was ing dishes, kneading bread, scrubbing, washing clothes over a wash-tub,—all these movements bring various muscles into wholesome activity. If a woman does this work herself, instead of doing it by proxy, as many do, it is good exercise. It is a good thing in addition to have gymnastics, "to even up things."

I VERILY believe, and shamefully confess, that the corset habit among woman is as difficult to break as the alcohol and the tobacco habit among men.—*Frances Willard.*



BEEF-TEA acts as an irritant poison in all cases of fever, on account of the excrementitious matter which it contains; and thousands of invalids have been sacrificed through an unwise reliance upon this decoction as nutriment, and through ignorance of the fact that, although it is highly stimulating, such stimulation is in the highest degree deleterious.



Sunshine and Health.—A merchant noticed in the progress of years, that each successive book-keeper gradually lost his health, and finally died of consumption, however vigorous and robust he was on entering his service. At length it occurred to him that the little rear room where the books were kept, opened on a back-yard so surrounded by high walls that no sunshine came into it from one year's end to another. An upper room, well lighted, was immediately prepared, and his clerks had uniform good health afterward.—*Selected.*



Avoid Bed-time Punishments.—A wise mother rarely punishes her children near bedtime. It does no harm, and is often wise, to put some time between the committal of an error and the day of judgment. Discernment will be clearer on both sides, and matters are more likely to be held in their true relationship. The hour of retiring should be serene and peaceful, full of love for the little home world, and with holy confidence and trust in the Father of all, whose truest name is Love.—*Helen L. Manning.*



# Good Health,||

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

Edited by

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

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

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

Telegraphic Address: "Uprising," London.

GOOD HEALTH may be ordered through any  
newsdealer.

The cost of a yearly subscription, post free, is 1/6.

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\* \* \*

DR. DAVID PAULSON on returning from the  
Continent visited Birmingham, Leicester, Belfast,  
and Glasgow, giving some most inspiring lectures,  
and everywhere cheering the hearts of the workers  
by his earnest enthusiasm. He sailed for America  
on August 7th. We all hope to see him again soon.

\* \* \*

THE Doctor expressed himself as much pleased  
with our little Sanitarium in Belfast, which has  
the honour of being the first of the kind to be  
started in Great Britain. It is attaining a high  
reputation for the efficiency of its treatments, and  
the solid comfort afforded the guests.

\* \* \*

CATERHAM with its wooded slopes and quiet,  
peaceful valleys captivated the Doctor, who, if he  
were to consult his personal preferences, would  
likely remain, and leave his colleagues to run the  
Branch Sanitarium in smoky, noisy, bustling Chi-  
cago. As it was, his short visit and encouraging  
words were much appreciated by the workers and  
also by the patients, of whom there is now quite a  
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## PUBLISHERS' NOTES.

DR. EULALIA SISLEY is, at the present writing, engaged in work at Cardiff. The interest in that city in the health principles is excellent, and the outlook for the Health League there for the coming winter is most encouraging. Dr. Sisley's lectures have been well attended, and much appreciated.

—\*—\*—

WE have recently received a copy of the *Medical Missionary* which gives a report of the Medical Missionary Convention, held in Battle Creek, Michigan, last spring. It contains much interesting information in reference to the growth and development of this branch of the work during the past year. We invite our readers to subscribe to this excellent magazine, the price of which is only 1/6 per year, post free. Orders may be sent to the Good Health Supply Department.

—\*—\*—

THE International Health Association, of Birmingham, has recently produced a novelty in the food line, known as Malted Nut Butter. Judging from the sample sent us, this butter is of more delicate flavour than the ordinary nut butter, and is excellent to use on bread, as well as for seasoning soups, gravies, etc. Its advantages over the ordinary butter made from peanuts is that by the malted process the peanut taste is largely removed, and the flavour is more pleasant. We have no doubt that there will be a large demand for this new product of the Association. The difficulty in obtaining pure dairy products, especially in our large cities, is turning the attention of the people more and more to nuts and nut preparations as a source of fats.

—\*—\*—

TO THE EDITOR OF "GOOD HEALTH."

DEAR SIR,

Sir Henry Thompson in one of his works on diet laments the want of some appropriate name to bestow on those who have foresworn meat, and live on a rational diet. Dr. Josiah Oldfield's recent suggestion can hardly be called successful, "aristophagist" being scarcely handy enough for everyday use. On the same lines, however, something may yet be done. We are all painfully familiar with the Anglophobes of Germany, and Russophobes and Gallophobes constantly figure in the newspapers, while hydrophobia is so called because it makes its victims "regard water with aversion." Again, sarcophagus, as meaning a coffin of which the stone chemically consumes the flesh, is common enough in our language, and I think that "sarcophobe" aptly enough describes the detestation of flesh-food felt by the miscalled "vegetarian." Such

## A Homelike Home.

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**P**ROTOSE is pure, fresh, wholesome meat from the best vegetable sources.

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The INTERNATIONAL HEALTH ASSOCIATION, Ltd,  
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In answering advertisements kindly mention “GOOD HEALTH.”



## PUBLISHERS' NOTES.

a term is as pure Greek as any of the others, and the opposite is ready to hand, "sarcophag" (eater of meat) if sarcophagus is not considered polite.

Your obedient servant,

R. A. S.

Our correspondent's suggestion is by no means lacking in ingenuity, and if it does nothing more we hope it will give all our readers, "sarcophobes" and "sarcophags" alike, the excuse for a good hearty laugh, which is a most healthful exercise. In our opinion it matters little by what name food-reformers are known so long as they study the subject of diet broadly, in relation to other health laws, and by obedience to all Nature's requirements develop such a state of robust, radiant health that they shall really adorn their profession. We want to see food reformers the healthiest people in the world, but for this to be so, their principles must involve more than mere abstinence from flesh.

\* \*

We were pleased recently while visiting Glasgow and Manchester to make the acquaintance of Mr. John P. Allen, Secretary of the Scottish, and Mr. Albert Broadbent, of the Manchester Vegetarian Society. The cause of Food Reform, which in these days is making rapid forward strides, owes much to these earnest, energetic men. May there be many more like them.

\* \*

It was a special pleasure to meet in Glasgow Mrs. R. M. Lamie, a former nurse at the Battle Creek Sanitarium, who has been doing a most excellent work in Scotland during the last three years. Mrs. Lamie was elected secretary of the Glasgow Good Health League, and we doubt not that this league will occupy a leading position in the aggressive work of the coming year.

\* \*

EVIDENTLY our lady readers appreciate a good thing when they see it. We are hearing excellent words from those who have purchased a Good Health Adjustable Bodice, and have recently sent in another large order to the manufacturers.

\* \*

**Good Health Extension Fund.**—Mr. and Mrs. Sturdevant, £2; Mrs. Matilda Hill, 2/1; Mrs. Cox, 1/-; Mr. D. A. Parsons, 4/2; Mrs. R. White, 2/1; Lady Harberton, 5/-.

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EVERY year thousands of new books are published. They are read and forgotten. But once in a hundred years a new book appears which **THE WORLD IS WAITING FOR**. It contains some new truth which alters the history of mankind. Such a book has been issued, and is pronounced by the Press to be the most remarkable work of the century. You will read it. If not to-day, then some other day, for sooner or later it will be read by all men and all women. The writer of the book is Professor Boyd Laynard, who is now recognised as the greatest living authority on personal hygiene. The name of the book is "**SECRETS OF BEAUTY, HEALTH, AND LONG LIFE.**" Its sale is rapidly approaching

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To those readers of **GOOD HEALTH** who are not acquainted with the contents of this world-renowned work, the following list of subjects will give some slight idea of its scope. A complete syllabus, showing the contents of the whole **127 CHAPTERS**, enumerating upwards of **500 SUBJECTS** and divisions of subjects, can be had free on application to the Publishers. The complete work, if ordered direct from the Publishers, on the Order Form, will be forwarded carriage paid, for

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Analysis of beauty—Beauty a possible attainment—The way we make our own faces—Secrets of face transformation—Changeableness of beauty and its causes—Some strange facts concerning the variability of beauty—"Odd-faced" beauty—The countenance the counterpart of the mind—How pleasing expressions become permanent—How a person's habitual look is acquired—How permanent expressions can be transformed—Metaphysical secrets of keeping young and preserving a youthful appearance—The author's investigations into the causes why some individuals look younger than others at a certain age—Discovery of a great metaphysical secret—Wonders of the skin—Effects of mental emotions upon the skin—Bad complexions and their causes—Diet that spoils and diet that improves the complexion—General care of the complexion—Construction, growth, and wonders of the hair—Why hair falls out—Premature greyness; its causes and prevention—General care of the hair—Superfluous hairs and how to treat them—Wrinkles; their prevention and treatment—Pecckles, tan, and blackheads—Oily skin, dry skin, and loose skin—How the nose can be improved—Protruding ears and their treatment—Offensive breath—Anatomy of the teeth—Why teeth decay—General care of the teeth—Tallness and how to attain it—Round shoulders, and how to cure them—How to acquire a full chest—Perfect form and figure; their proper proportions—Thinness, and its treatment—Excessive stoutness—Care of the hands—Care of the feet—Physiognomy, or the art of reading character from the face—Mental influences upon health—Power of the mind over the body—Influence of the mind in curing diseases—How the mind can cause dyspepsia—Effect of the direction of thought to the heart—How real disease often supervenes upon fancied ailments—How violent passions injure health—Laughter as a medicine—Ailments cured by laughter—Wonders of digestion—Relative value to our bodies of the principal articles of food—Fruits and vegetables as medicine; their various influences upon the physical system—Health-preserving diet and its consistency—Diet favourable to mental exertion and intellectual culture—Influence of various foods upon our passions and propensities—The influence exerted by the mind upon the appetite and digestion—Some perilous articles of food—Exercise and its relation to health—Baths and bathing; their influence upon health—The way we breathe, and how it affects our health—The marriage state, and its influence upon health—Statistics showing the comparative vitality of married and single persons—100 professions, trades, and occupations; their respective influences upon health and long life—Sleep, and its relation to health—Insomnia, and its treatment—The eyes, and how to preserve them—The ears and hearing; how to prevent deafness—The voice; its cultivation and preservation—Memory, and how to improve it—Sudden failure of memory—Rules for cultivating the memory—Influence of diet upon memory—Stammering, and how to cure it—Prevention of disease—Nervousness—Blushing; its physiology and treatment—Rules of life for attaining longevity—Compendium of the mental, moral, physical and external influences that lessen the years of our earthly existence—How to live to a hundred—Premature old age and its causes—Short biographies of 30 modern centenarians, whose ages range from 115 to 185 years—General principles that can be laid down for the anticipation of longevity—The eight signs of long life.

**PRESS OPINIONS.**

- Christian Globe.**—"The most remarkable work of the century."
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To **HAMMOND, HAMMOND & Co.,**  
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## PUBLISHERS' NOTES.

THE remarkable enthusiasm for walking as a form of exercise has attracted wide-spread interest to the question of the most sustaining and nourishing foods for athletes. Mr. Cooke, manager of the "Pitman" Stores, Corporation Street, Birmingham, has given considerable attention to meeting this want. The "Pitman" banana biscuits have been on the market some time, and enjoy deserved popularity as an appetising food rich in proteids. More recently the "Pitman" Bananut Cake has been brought out. It consists of bananas and a dozen different kinds of nuts carefully ground and mixed, and is a nutritious and sustaining, as well as tasty food. The prices, etc., are given in our advertising columns. The company is also making a similar food known as Fruitnut Cake, which contains other fruits besides bananas, with the ground nuts. We are glad to recommend the "Pitman" Stores as a thoroughly reliable company doing a very large business in the food line, and we should advise every one of our readers to send for their price list, which is a pamphlet of more than one hundred pages, giving a lot of information of great value to food reformers and others interested in these subjects. It is a deplorable fact that a great many people who are impressed with the dangers arising from a meat diet, give up flesh foods without first becoming sufficiently intelligent in reference to proper substitutes. Consequently their efforts in the line of reform often prove abortive of the best results.



We have sold half the second edition of our pamphlet "One Hundred Hygienic Food Recipes," and the orders are coming in rapidly. This booklet is remarkably complete considering its small size, and gives a great deal of much needed instruction concerning the preparation of food at once wholesome and appetising. To be had of the Good Health Supply Dept., post free, 2½d.

## PURE REFINED SUGARS,

HIGHEST QUALITY OBTAINABLE.

From Genuine Cane, absolutely free from Beet, Blue, Chemicals, and all foreign substances. Does not cause mould, fermentation, or fungus growths.

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CONTAINS THE  
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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.

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BREAD is sweet, wholesome and nourishing.  
CAKE is rich in colour, flavour, and food properties.  
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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.

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120 lb. bag 17/6, carriage paid anywhere in England.  
20 lb. linen bag.....3/6.  
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**'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.

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

**HEALTH & STRENGTH**  
MAGAZINE

Vol. V. No. 4. October 1902.

2<sup>d</sup>



Specimen cover of "Health & Strength."

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**ANTISEPTIC CHARCOAL TABLETS are useful:—**

1. In arresting the development of microbes in the stomach and intestines, thus preventing acidity, fermentation, flatulence, heartburn, biliousness, sick headache, and many other symptoms of indigestion which arise from the action of germs.
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Two to four tablets should be taken after each meal.

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In answering advertisements kindly mention "GOOD HEALTH."



## PUBLISHERS' NOTES.

At the great temperance demonstration in Albert Hall, on the afternoon and evening of July 17, many eloquent addresses were delivered, but none was more impressive than the few earnest, stirring words spoken by the new president of the B.W.T.A., Lady Carlisle. Every word seemed to come from a heart burdened with the sorrows and sufferings of the hapless victims of the drink traffic, and strong in the determination to lend them a helping hand. We wish the B.W.T.A. and their new president Godspeed in their noble work.

\* \*

## IMPORTANT ANNOUNCEMENT.

In the next, or October, issue of GOOD HEALTH, we shall begin several valuable series as follows:—

A series of articles on the **Cause and Hygienic Treatment of Common Diseases**, by J. H. Kellogg, M.D., David Paulson, M.D., A. B. Olsen, M.D., F. Fleetwood Taylor, M.B., Ch.B., and others.

A series of **Talks with Mothers on Hygiene in the Home, the Care of Children, etc.**, by Eulalia S. Sisley, M.D.; a short series of **Illustrated Articles on Physical Culture for Men and Women**, by J. H. Kellogg, M.D., which will be followed by a longer and fully illustrated series by Mrs. Lenna Whitney Salisbury, former instructor in physical culture at the Battle Creek Sanitarium.

Among other interesting features of next month's magazine will be an article by Francis Wessels, F.R.C.S., Eng., on "Personal Hygiene"; and one by Dr. J. J. Bell, of Belfast, on "Ventilation."

\* \*

We have been pleased to note the care taken at the new vegetarian restaurant in Farnival Street, off Holborn, to prepare the various foods in a wholesome as well as palatable form. Strong seasoning, and indigestible modes of cookery are not resorted to, and therefore the place can be recommended from a hygienic standpoint. We would certainly advise all our London readers to give this restaurant a fair trial. It is one of the most inviting places we have seen. The food is served in an artistic fashion, the tables being decorated with flowers, and the waiters are very attentive. The managers are in full sympathy with the principles of healthful cookery, and deserve hearty support.

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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.

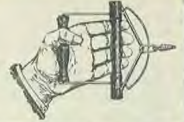
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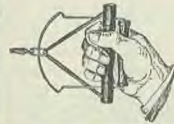
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PRICE, complete with manual:—

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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."

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