

(By permission.)

General Booth.

(See page 165.)



Good Health

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EDITORIAL CHAT

THE German Imperial Board of Health has issued a tract showing the danger to health in the use of alcoholic drinks, and also giving evidence of the worthlessness of beer as regards nutritive qualities.



Prehistoric Sanitation.—The ancients were not so far behind us in sanitary arrangements as we are liable to think. Recent excavations at Knossos, in Crete, show the palace of the prehistoric king Minos to have been provided with an excellent sanitary system including lavatories built on distinctly modern lines. This work is believed to date back to about 2000 B.C.



Sunday-Schools and Cigarettes.—The *London Express* is authority for the statement that in a certain Sunday-school in Somerset cigarettes are given the boys during the service as a means of increasing the attendance. Such a vile, pernicious practice surely cannot have the approval of the pastor. We should like to hear from our readers who have personal knowledge of any similar case. Juvenile smoking is, next to the drink problem, the most serious evil, physically speaking, that afflicts the race. We must sadly admit that in two things we are greatly inferior to our forefathers: The women have taken to drink, and the boys to smoking.

New South Wales reports an abnormal increase in insanity. The average annual increase for twenty years has been 119, but 199 were added the past year. The proportion of the insane to the whole population is now one to 299. There is said to be urgent need for additions to the existing hospitals and for the erection of new institutions. Lunacy is steadily increasing both in Britain and America, and we believe this is true also of other highly civilised countries.



Fatal Dose of Patent Medicine.—It is an old saying that the man who is his own physician has a fool for his patient. This certainly applies to the individual who presumes to dose himself with one or other of the patent medicines which, owing to the lavish use of good printers' ink and the general gullibility of the public, have such enormous sales now-a-days. One of these unfortunates, feeling the need of a pick-me-up, took a large dose of some such preparation the other day, and died within a few hours. We entirely agree with the *British Medical Journal* that the trade in proprietary medicines needs to be further regulated and controlled. If the manufacturers are allowed to put forth such preposterous claims for their preparations, and to boldly assert their efficiency in the curing of a large number of diseases of widely-varying type, then it is only fair that they should be compelled to reveal the

nature of the contents. We have no hesitation in saying that the traffic in patent medicines savours of the ignorance and superstition of the Dark Ages. It is a foul blot on the civilisation of the twentieth century.

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Athleticism Amongst Young Women.—Mr. Marriott Watson's strictures on the athletic tendencies of the young woman of to-day have called forth numerous comments. While admitting that the love for out-door sports may be indulged to excess, we do not think the average girl is in immediate danger on that score. Rather should we say that our girls and young women are working out their physical salvation by cultivating a love for fresh air and vigorous exercise. At the same time we profoundly believe in the healthfulness of domestic pursuits, and should advise our young lady readers not to forget that sweeping, dusting, bed-making, cooking and all the other duties of housekeeping, if done cheerily and with due regard to correct positions, afford an excellent means of physical development.

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Where Tuberculosis is Least Prevalent.—At the International Congress of Hygiene held this year in Brussels, Professor Brouardel presented a report showing the prevalence of tuberculosis in the principal European countries. "In the year 1899," according to this report, as given in the *British Medical Journal*, "the mortality from pulmonary tuberculosis in every 10,000 inhabitants was 40 in Russia, 36 in Austria, 30 in France, 22 in Germany, 20 in Switzerland, Denmark, and Ireland, 18 in Holland and Italy, 17 in Belgium, Sweden and Norway, and 13 in England." There is some satisfaction in being at the bottom of a list of this kind; but we do well to remember that our present low rate,—we mean, of course, low in comparison with that of the Euro-

pean countries,—is a result of active sanitary legislation and efficient administration, as well as more sensible treatment of the patients suffering from tuberculosis. There is still much room for improvement, and in the next few years we should be able to greatly reduce the deaths from a disease which is almost if not wholly preventable.

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How Our Little Girls Get Curvature of the Spine.—Last month we called attention to the number of school girls with spinal curvatures. The boys examined

were almost entirely free from this defect, although in most other respects they were inferior to their sisters. We incline to think one main reason for the prevalence of curvatures among little girls is that



they are so often called upon to carry around a little baby brother or sister. Note the little girl in the picture, and see how strained is her position. Parents need to guard against allowing their children to become thus deformed. Babies are carried about more than is necessary anyway. The natural place for them is on the floor, which should be covered with a warm rug. We shall be having shortly some illustrated articles giving instruction that will enable tendencies in the direction of spinal curvature to be corrected.

GENERAL BOOTH AND HEALTH.

BY M. ELLSWORTH OLSEN.

THERE is one side of the Salvation Army which hardly receives its due share of public consideration. We refer now to its work in the domains of health and hygiene. It is generally known that the indomitable General and his devoted followers have directed their efforts to the evangelisation of the submerged masses—the labour-worn toilers in the slums of our large cities whose lives are passed under conditions at best unfavourable to health, but rendered far worse by the prevailing intemperance and vice. To these neglected ones the Army has brought the joyful message of salvation; to these it has lent the hand of brotherly love, lifting them into a higher and healthier life, and enabling them to overcome their habits of intemperance, and use their earnings in making healthful, comfortable homes.

Taking simply the evangelistic work of the Army into consideration, no one can doubt that the influence it exerts in favour of health is very considerable. The Gospel fully preached is always reformative, physically as well as spiritually. We have talked for a long time about the drink curse and the housing problem, and these are among the burning questions of the day; but after all, the work that tells most in the long run in the uplifting of humanity is getting hold of individual men and women and teaching them the duties and privileges of the higher life.

The Army is also conducting a large number of social institutions, such as Rescue Homes, Homes for Reformed Drunkards, for Unfortunate Women, etc. These special institutions have sprung directly from the Gospel work of the Army, and are effective agencies in connection with the movement. It need hardly be said that this definite effort to solve some of the perplexing social problems of the day, has secured for the Army the support and hearty co-operation

of members of all denominations as well as of many who make no definite religious profession. This will usually be the case. Live, earnest, energetic Christians who show an interest in the welfare of their fellow men compel the respect and confidence of many who do not actively follow them.

But while speaking of the work, we must not forget the revered leader in this great movement, the hopeful, inspiring, indomitable General Booth. To us he seems an excellent example of bright, happy, vigorous—shall we call it “old age”? We must confess the term hardly seems appropriate, in view of the General's fresh, youthful manner, and remarkable powers of endurance, although it would be justified by the calendar. Perhaps we can best express the facts by borrowing a phrase from Oliver Wendell Holmes, and saying that the leader in this movement is seventy and some odd years young instead of that many years old.

How has General Booth been able to keep young and fresh so long? Did he have any special endowment of health to begin with? From what we are able to learn, the General started in life, like John Wesley, with rather less than the usual amount of health and vigour. At twenty he was considered too sickly to take up an ordinary ministerial career. It was then that he began that “wise and temperate living” which has prolonged the lives of so many noble men and woman. Not content with abstaining from intoxicants and tobacco, the General went farther, and adopted most simple, abstemious habits which he has ever since clung to amidst all the excitement and distractions of a peculiarly active life. No doubt it is the systematic culture of bodily religion all these years that accounts for the exceptional health and working ability of the General

at this day. Yet we must add another feature. General Booth has been living with a high aim. He has given himself with single-minded devotion to the uplifting of the masses, and we cannot for a moment doubt that this in itself has reacted favourably on his health. Years ago Edwin Whipple laid down this rule which may be said to hold good almost universally: "The higher the life, the more distant the approaches of age." The same principle is brought out even more clearly in that beautiful scripture, the 58th chapter of Isaiah, where the unselfish worker for his fellow men is promised a new accession, not only of joy and peace, but of bodily health as well. Rightly viewed, religion is always a distinct aid to the highest physical well-being, and the exercise of

the Christian graces cannot but work for the good alike of body and soul.

We cannot leave the subject without saying a word about the influence of the Army in the matter of healthful dress. It has been said, we think by Frances Willard, that the women who have done the most good in the world have been those with natural waists. The bright-faced "Army lasses" certainly stand higher in the esteem of all sensible people for their rejection of useless finery and (for the most part at least) of that foolish and wicked custom—tight-lacing. We trace in these matters and others that might be mentioned, the influence of the founder, whom we cordially recognise as a strong force in the education of the public in right habits of living.

FAITH AS A HEALING POWER.

BY J. H. KELLOGG, M.D.

If you wish to get well, you must have faith, you must believe that you are going to get well. If you are haunted by a contrary notion, dismiss that thought from your mind, for the very belief that you are not going to get well is an important factor in keeping you ill.

When a man starts out in a line of business, and is afraid he will fail, he is certain not to prosper, for the reason that his fears paralyse his efforts, and prevent his taking the decided stand that it is necessary to take in order to win.

Fear is a paralysing agent. On the other hand, hope is a wonderfully inspiring power. Men have sometimes said, "I will get well," and have recovered by sheer pluck. Some men get well because they will not die. The man who insists that he will live, very probably will, other things being equal; that sort of pluck wins.

It is necessary to think health and to talk health. Do not allow anyone to talk disease to you. When anyone asks you, for example, if you feel as well as you did yesterday, say to him, "Let's talk about the weather,"—be polite if you can. Some time ago a lady said to me, "What shall I do? People follow me around and ask me what is the matter with me, and if the

doctor knows the name of my disease." Say to such people, "I consult my physician about my disease,"—be as polite as you can. A boy came to me one day and said, "Doctor, what shall I do? The old ladies come around me and say, 'Poor boy, I'm sorry for you. If I were your mother I would take you home.'" Said he, "I wish you would tell me what to do. These women discourage me so that I am afraid they'll kill me." I replied, "When such people come around you and tell you you look bad, and are going to die, say to them, 'Get thee behind me, Satan! I will not think of such a thing; I will not tolerate the thought that I am going to die.'"

It is an important thing, I say, that you should fix your mind on getting well. Be determined to get well. Have a great faith beyond this, even. Believe that God wants to heal you. Do not believe that nature desires to destroy you. God and nature are one, and God works to heal you. Make up your mind to co-operate with Him; get into the right road, and stay in it, and live in it. Make up your mind to think health and talk health and work for health, and by-and-by you will get health.



DAVOS-PLATZ (SWITZERLAND), THE MECCA OF CONSUMPTIVES.

PULMONARY CONSUMPTION: ITS PREVENTION.

BY ALFRED B. OLSEN, M.D.

THE active agent in the production of pulmonary consumption is a germ or micro-organism known as the *tubercle bacillus*. This germ is present in all cases, and is often found in the expectoration of the patient. While in a moist state there is but little danger in the sputum of a consumptive, as far as breathing is concerned. But the sputum soon dries, and then it becomes a source of deadly infection. In the dry state it becomes mixed with the dust of the room or street, and circulating through the air is breathed again by old and young. The germs, and especially their spores, are hardy and retain vitality for days and even weeks. Thus pulmonary consumption is carried from house to house and from person to person, constantly infecting new victims, and swelling the ranks of the great army of invalids.

Is Consumption Communicable?

Yes, most emphatically. In the common vernacular it is a "catching" disease. Consumption may be communicated from one animal to another, from animal to man, or from one person to another. A man may catch it from his sick wife. A child may take the disease from an invalid father, a sister from a brother, and so on.

The death rate from consumption in one form or another is one in seven or eight. This is very high, and when we stop to consider that the disease is one that is largely if not entirely preventable, it affords food for earnest thought. The number of consumptives living in England and Wales is estimated at about 200,000. What an army of invalids! and what an immense amount of suffering and distress it must represent!

Consumption is Preventible.

A large number of this great army of consumptives, if not the majority, are daily and hourly through ignorance and carelessness giving their dreadful plague to thousands of people who later will take the places of those who pass into the grave. Death due to the "mysterious dealing of an inscrutable providence" is the common verdict. We ought to know better.

Knowing the exciting cause of the disease, and also knowing the manner of its propagation, we have the matter largely in our hands. But instead of stamping out the disease by partial isolation of the patients, and proper disinfection, the consumptives are allowed and almost encouraged to sow broadcast the seeds of infection.

Cleanliness, absolute cleanliness, is the only solution of the problem. The people must be educated. If they do not understand the nature of the disease, and how important it is to destroy the sputa and all other means of infection, they should be instructed.

Physiology and hygiene should be taught in all schools. *How to live,* a subject of vital importance, receives little or no attention in our public and private schools. As a result, sickness and disease increase, and thousands pass on to an early and unnecessary death.

Importance of Ventilation.

A close, stuffy room is always a source of danger. Foul air is a poison, and is liable to carry the infection of some disease. The body needs an abundance of pure, fresh air. Oxygen is the most important food of the body.

All rooms should be provided with free ventilation of air. If no other means is at hand, open the windows, and *keep them open day and night.* Don't be afraid of the night air. It is the only air to be had at night, and remember that out-door air is always more pure than that of a close room.

If the air is damp and cold, have a fire in the grate, but don't close doors and windows, and thus shut out the fresh air. Sedentary life in-doors is productive of disease.

Dr. Wm. Murrell found that out of a thousand men patients under his care in hospital practice seventy were clerks, but only forty-four were labourers, and thirty-six carpenters. Commenting on this he says: "It is by no means surprising to find that clerks are the chief sufferers. They follow a sedentary occupation, and many of them are compelled to work in close, ill-ventilated offices, lighted from morning to night by gas, and into which the sun never shines. Moreover, they have to keep up a "respectable" appearance on a wage which is less than that of

an artisan. They wear a black coat and a tall hat, both of which interfere materially with out-door exercise. They get few holidays, and their only recreation is in backing horses."

Partial Isolation.

The time has come for plain words to be used in discussing this question. Consumption is a communicable disease; therefore isolation, at least partial, is necessary. A consumptive should not share his room or bed with a non-consump-



MOUNTAIN SCENERY IN THE VICINITY OF DAVOS-PLATZ.

tive. The patient should have his own bed and room and toilet articles of all kinds. He must always have his own towels and linen. The room for a consumptive should be large, light, airy, and cheerful. It should never be in a basement or where there is dampness. The first or second floor is preferable. Further, it should have a floor of polished wood or be laid with linoleum so that it can be kept scrupulously clean. This is imperative. All draperies, portières, and heavy curtains should be excluded, for they soon become saturated with infection and are dangerous.

Destroy the Sputum.

Perhaps the most important question is what to do with the expectoration. In any case it must be *destroyed.* Japanese paper handkerchiefs could be used, and

afterwards burned before the sputum dries. Some recommend a suitable cup or convenient receptacle containing a disinfectant, such as diluted carbolic acid or perchloride of mercury. The expectoration is received in the cup and at once disinfected. This can be emptied into the cesspool or sewer, where there is no danger of contamination.

One must not forget that such disinfectants are deadly poisons, and if used, the greatest care possible should be taken to prevent any unfortunate accident.

Consumption is most prevalent among the poorer classes, and this is doubtless due to a variety of causes. They are often-times underfed, and the food is usually of a poor quality. Many are slaves to drink, and have poor digestion. As a result the body is improperly nourished, and less able to resist disease. The lungs are weakened with the other organs, and become more susceptible to disease.

We all breathe the germs of consumption more or less, but fortunately do not all

take the disease. Why is this? Because the healthy body is able to resist the invasion of germs.

The Evil of Overcrowding

cannot be overestimated. Sanitation is practically impossible when several people have to live and sleep in the same room, and usually in a crowded part of the city among the slums. Personal cleanliness and hygiene are necessarily sacrificed under such conditions. It would be far better for people to get out into the country, and engage in out-door labour. To live much in the open is the natural way, and conduces to health and happiness.

The proper housing of the poor is a matter that ought to receive immediate attention. It were far better to spend more money in preventive measures, for then there would soon be a saving in hospital expense.

Next month we shall consider the hygienic treatment of pulmonary consumption.

PHYSICAL CULTURE WITHOUT APPARATUS.

BY J. H. KELLOGG, M.D.

IN resuming the study of these special exercises it may be advantageous to offer some further general suggestions: As far as possible let the breathing be deep and regular while exercise is being taken, avoiding the tendency to hold the breath. This cannot be altogether avoided; for it will be found necessary to fix the chest in many of the movements. There is no special harm in this, however, unless carried to the extreme. The muscles of the chest, as well as other muscles, must be fixed in order to be energised; and it is only when thus brought into full action that they are stimulated in such a manner as to secure development.

In general, it is better to repeat the exercises of a particular group of muscles

not more than two or three times before passing to another.



FIG. 6.

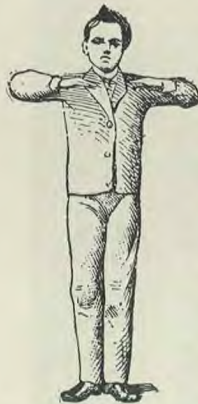


FIG. 7.

After each movement of a group of muscles, rest a sufficient length of time to take a few deep breaths before repeating or beginning another.

When beginning a series of exercises, care should be taken that the first practice be not too severe or prolonged. The exercises are so simple that the first impression will be that they may be continued almost indefinitely without marked effect; but unless this precaution is observed, the novice will experience on the day following the first employment of these muscles a very uncomfortable soreness. Probably no particular harm will

result from this, hence the exercises should not be abandoned, but lighter movements taken.



FIG. 8.



FIG. 9.

After exercising a group of muscles on one side of the body, it is better to exercise the corresponding group on the opposite



FIG. 10.

side before proceeding to another group on the same side. By this means the corresponding sides of the nervous system are brought into action symmetrically and practically simultaneously, and thus the most vigorous impression is made.

At first these exercises should be taken only once a day, but after a few days they may be taken two or three times to advantage. The time used in the exercises need not necessarily be so long as to make it a matter of inconvenience. Those who suffer from insomnia will find it advantageous to spend a few minutes with the exercises on going to bed at night, care being taken to make them very light, the purpose being to draw the blood to the muscles and thus relieve the brain. In general, however, the best time is on first rising in the morning.

For the Arm and Hand (continued).

10. Raise the arms slowly from the sides forward and outward. Slowly return to position.

11. Slowly raise the arms sidewise upward as far as possible. Slowly return to position.

12. Slowly bring the arms to position shown in Figure 6. Then carry the hands directly upward as far as possible. Reverse the movement. Slowly return to position.

13. Circumduction. Carry the arm from its position at the side while holding it straight, first in front of the body toward the left as far as possible, then carrying the hand upward to a vertical position over the head, continuing the movement outward, sweep extending backward as far as possible, finally bringing the arm back to position at the side. The arm should be kept rigidly extended and reaching outward as far as possible. The movement should be executed very slowly with first one arm, then the other. Repeat four times.

Note.—Execute the finger and wrist movements, 1, 2, 3, (given last month,) while standing erect with the arm held in the positions indicated as follows:—

1. Arms at the sides, thumbs turned outward.
2. With the elbows at the sides, the arms half flexed, forearm extending forward, palms upward.
3. The position shown in Figure 7, palms downward.
4. The position shown in Figure 8.
5. Arms reaching forward, palms upward.
6. Arms reaching forward, palms downward.
7. Arms reaching outward, palms upward.
8. Arms reaching upward, palms forward (Figure 9).

For the Feet and Legs.

In taking the following movements, stand in the correct position, with the hands upon the hips, hands touching hips lightly, balancing the body upon one leg

while the movements are executed with the other.

1. Separation and closing of the toes.
2. Turn the foot upward and extend the toes.
3. Turn the foot downward and extend the toes.

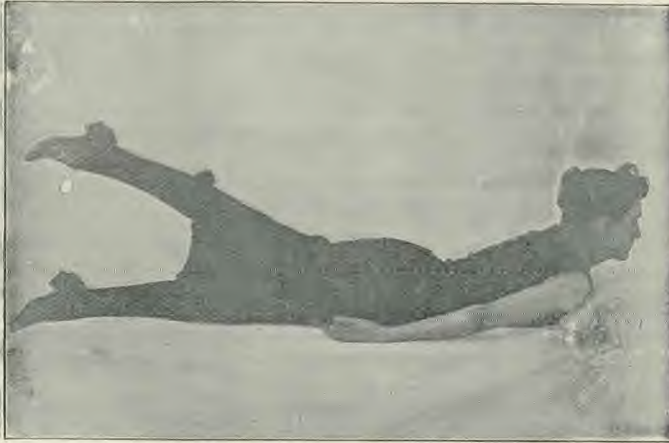


FIG. 11.

4. Flex the leg, raising the foot backward as far as possible with the ankle extended.
5. Raise the leg outward, extending the ankle-joint. Return to position.
6. Raise the knee as shown in Figure 10, and slowly return to position.

7. Turn the toe outward as far as possible, then inward.

8. Raise the heel, allowing the toe to glide upon the floor, carry it across the middle line of the body as far as possible to the opposite side. Continue the movements until the toe rises upon the floor, then in a sweep upward and forward, raising the toe as high as possible while keeping limb extended, carry the limb outward and backward until the toe again touches the floor, then let the foot glide back into position. Maintain the trunk constantly in an erect position and the limb fully extended during the movement.

Exercises for the Trunk.

1. Standing with the arms reaching upward fully extended, bend alternately backward and forward.

2. With the hands resting upon the hips, bend alternately to left and right.
3. With the hands placed at the back of the neck, twist to left and right.
4. Lying upon the back, raise the head forward.
5. Lying upon the back, raise the leg upward, with foot extended.

6. Lying upon the back, raise head and leg together.

7. Lying upon the face, raise the head backward.

8. Lying upon the face, raise the leg backward. Also raise leg and head together (Figure 11).

Breathing Exercises.

1. Lying on the back, breathe deeply, expanding sides and abdomen.

2. Deep breathing, expanding the chest and trunk fully, and breathing out. Hold chest in position for complete expansion, drawing the abdominal muscles as vigorously as possible.

3. Empty the lungs, close the throat, and then execute the movement of inspiration by breathing in, raising the chest as high as possible. The effect of this is to draw the stomach and other abdominal organs upward.

In order to secure results from this

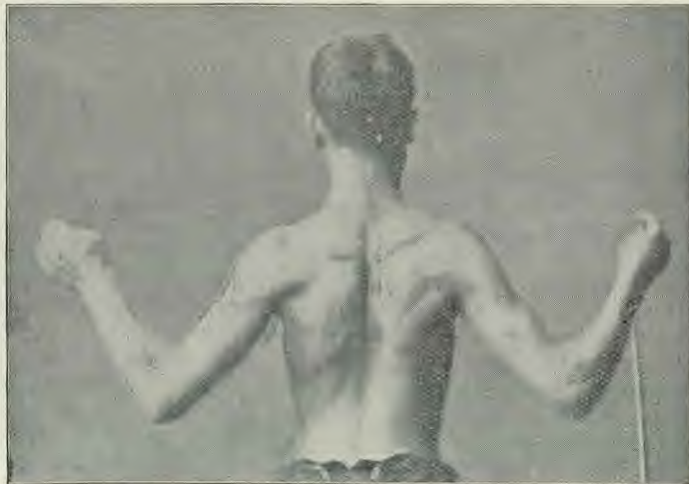


FIG. 12.

method of exercise, the highest degree of tension must be maintained during the muscular movement, as shown in Fig. 12, and the movement executed slowly.

YOUNG WOMANHOOD.

BY KATE LINDSAY, M.D.

It is unfortunate that the idea prevails so extensively that something special can be done at the age when the child is developing into a woman, which will ward off the disorders peculiar to woman in after life. This erroneous opinion is very forcibly expressed by Dr. Anna Galbraith as the feeling by mothers that the development of the sexual organs and the exercise of their special functions are separated from the development and functions of the other organs of the girl's body by a mighty chasm which has to be leaped over or fallen into.

Human life is made up of a series of stages of development, and between the stages there is no distinctly marked dividing line. Each stage is the preparation, or building stage for the next higher development of the organism. Thus, during the first three months of human existence after the union of the two cells from which the individual life and development starts, all the cells of the body are formed, and also all the organs of the body. The embryo at the end of this period has assumed the human form, and every organ is represented in miniature. It now becomes what is known as a foetus; and for six months more of prenatal life a constant increase in size and perfection of the structure progresses. It is the building and functional-development period when the foetus is preparing for a more independent individual existence after birth. Its own lungs are then ready to furnish it with oxygen. Its digestive organs prepare its food. The heart is ready to do the increased work required to carry on the pulmonary circulation. The brain and nervous system are prepared to furnish the needed nerve energy to meet the increased demands of the actively functioning organs of the body.

A year after birth the teeth and digestive organs, and all the other organs and structures of the body are ready for a change of diet and more physical and mental independence. The child can masticate its own food to some extent, and begins to have a mind of its own, and to perform individual actions controlled by its own will. It to some extent plans to accomplish its own desires and have, as it is termed, "its own way."

Second dentition comes next, and marks the period of childhood and youth. At this time the head has reached almost its full size, and the nervous system has completed its period of most active growth and development.

Next in order, at from twelve to fifteen in the girl's life, comes the time when the sexual organs are so far developed that they can perform their functions, the healthy action of these organs depending upon the perfection of all the stages of development which have gone before.

Heaven-Given Directions for Expectant Mothers.

Parents must give their children proper care from the commencement of their existence if they expect them to reach manhood or womanhood with healthy bodies, sound minds, and strong moral principles which will stand the wear and tear and temptations of future life. When Manoah and his wife asked concerning the ordering of the life of the promised child, the angel said, "Of all that I said unto the woman let her beware, . . . neither let her drink wine or strong drink, nor eat any unclean thing." These were heaven-given directions, twice repeated, as to how an unborn child, devoted and consecrated to God, should be educated. If this preliminary education has been neglected until womanhood is at hand, then the best that can be done is to strengthen the things which remain. The first thing to do is to educate the young at every age to have right ideas about their own bodies and body functions. Never say or do anything to lead them to believe that any natural function entails upon them discomfort or is a sickness or disease in any sense whatever.

At the period of puberty the reproductive organs need more blood, more oxygen, more nerve energy, and more food, because they are now functionally active. Teach the young girl that while this means the expenditure of more energy, a properly-developed, fed, clothed, rested, and exercised body will be all the better for this expenditure in its proper season; for all the years of her life before have been years of preparation for this event. At this time

keep the sentimental and emotional impulses under proper control by suitable practical employment of both mind and body. Don't let her be driven at school. On the other hand, do not take her out of school and let her remain idle at home, to become morbid and pass her time reading silly, sentimental novels, and wait with expectation of suffering at each period. Let her have plenty of sleep, loose, suitable clothing, a good, well-prepared vegetarian dietary, and spend at least three hours daily in exercise in the open air. Make it a rule to put her to bed before ten o'clock, and have her sleep seven or eight hours of the twenty-four.

The Dignity of Domestic Work.

This is the time to teach her domestic work. Lead her to appreciate the dignity of baking, sweeping, sewing, mending, and all kinds of housework. Get her interested in the garden, bees, poultry, and any outside work. Throw on her individual responsibility, and let her begin to spend her own money, select her own wardrobe, and plan and execute for herself. This is the best antidote for morbid sentimentality.

Let her look away from herself to nature and mankind around her. Make no mystery of any function of the human body; but teach her that the temple of the Holy Ghost is sacred in every part. Every function is clean and pure when exercised, not for sensual pleasure, but for the glory of God. Mothers, make confidants of your daughters, and have them feel free to talk over with you everything pertaining to themselves.

Daily Programme.

A daily programme may be something after this order :—

A short cold bath every morning, followed by half an hour's brisk exercise, breakfast of cereals and fruits between 7 and 8 a.m. Dinner at 2 p.m., cereals well cooked, vegetables, and subacid fruits. For supper at 6:30 p.m., fruits, or bread and fruit. Between 9 a.m. and 1 p.m. may come in four hours of school studies, which is all the time developing girls should spend at such work. Riding, swimming, and all forms of outdoor exercises are good if practised moderately.

WHY RISE EARLY? *

BY J. J. BELL, M.D.

Why is early to bed and early to rise better than late to bed and late to rise?

It is the most natural plan to retire early. We find all nature adhering to this method. The flowers close together their petals and curl themselves up to sleep as the sun sinks in the west. In the morning they unfurl their delicate covering, and turn to welcome the early rays. The birds, as the shades of evening deepen, steal away to roost, and are awake with sunrise, giving praise to their Creator. The cattle also seek their evening shelter, and are astir in the morning to partake of their dewy repast. There is something invigorating in a walk before breakfast. The cool morning breeze is full of life. The air is purer, being freer from dust, smoke, and disease germs. The sunlight is one great source through which the Creator gives life. Plants deprived of its influence soon lose their healthful tint of green, due to lack of chlorophyl; so boys and girls deprived of sunlight lose their rosy cheeks,

due, in part, to lack of hæmoglobin, the colouring matter of the blood. Oxidation is more complete in the sunlight, more carbon dioxide being eliminated. Experiments on frogs have proved that seven per cent. more carbon dioxide is given off in the sunlight than in the dark, and the cells of the body are more active. Again, sleep is nature's sweet restorer. Deprived of this we soon lose our health and temper. We have all experienced the difficulty in obtaining sound, restful sleep when the sun's rays beam through our windows. Picture the pale, pasty, weary expression of the night watchman or the nurse on night duty.

If we do not retire until the late hours of the night or the early hours of the morning, as is the custom of so many in city life, we deprive ourselves of the best hours for refreshing sleep, and also lose the benefit of several hours sunshine in the morning.

* Part of a Question Box Lecture before the patients of the Belfast Sanitarium.

THE ROAD TO HEALTH.

BY T. INCH.

(Instructor in Physical Culture.)

STRANGE though it is, thousands upon thousands of men and women are content to struggle on through life, knowing that they are not in the possession of that precious gift which should be regarded as everyone's birthright,—health.

This is supposed to be an enlightened age, yet I fancy that a few years hence, when physical culture will, I hope, be taught in the schools just as now the alphabet is taught, we of the present day

will be held up as specimens of what an unnatural mode of life leads to.

The one great guide to follow, the preceptress who cannot fail to teach us correctly, is Nature.

The one golden rule for us to follow is, "*Temperance in all things.*"

For the benefit of those who, with regard to alcoholic liquors, advise "*moderation,*" I would say that an acquaintance with most of the leading athletes in all branches of sport leads me to urgently put forward the claims of *total* abstinence as being the only safe and natural method, productive of the best results.

We should also be temperate in food. Most people, I am convinced, eat too much.

The digestive organs are severely taxed, whilst the assimilative powers are unable to cope with such a quantity of food, and that, probably, of the wrong sort.

Tight-fitting garments should be avoided. The food should be of right quality and properly masticated.

The bedroom window should be open day and night, care being taken to avoid severe draughts.

Cocoa is preferable to tea as a drink, whilst brown bread (wholemeal) is far superior to white.

The value of meat is over-rated. It is at the same time a most expensive article of diet.

PRACTICAL VENTILATION.

BY J. J. BELL, M.D.

FOR the ventilation of public buildings the Sheelingham valve makes an excellent inlet. It should open at least seven or eight feet from the floor, and have an upward slope through the wall. Thus the cold air comes in well above the heads of the people, and has an upward direction towards the ceiling, preventing direct drafts. As an outlet for the foul air, Boyle's tube, placed in the roof of the building, answers the purpose. It is so constructed that the wind blowing on the outside, instead of blowing down the tube, causes an upward current, thus drawing

the foul air from the interior of the building. When the fresh air is heated by passing over steam pipes, or through a burner, before it enters the room, it may be admitted at the floor. Where a large amount of fresh air is required, it can be drawn in very quickly by a revolving fan placed at the mouth of the inlet shaft. A similar fan placed at the outlet will exhaust the foul air.

When a room is heated by a stove the fresh air can be warmed by placing a sheet-iron jacket round the stove, and admitting the air through a shaft or pipe

leading from the outside into the space between the jacket and the stove. A foul-air outlet could be arranged by placing a large sheet iron pipe outside the stove pipe near the ceiling and carrying it up into the chimney. The stove pipe warms the surrounding air and thus causes it to ascend.

When a room is heated by a stove it causes the air to have a very drying effect on the mucous membranes of the respiratory organs. This can be obviated by placing a vessel containing water on the stove, which will constantly impart moisture to the atmosphere in the form of vapour.

How shall we ventilate our homes if we lack these appliances? During the hot summer weather this is easily done by throwing open the windows on opposite sides of the room, or a window on one side and a door on another side. But as the weather grows colder this would produce a draft. In order to prevent this, a board four inches wide can be placed under the lower sash of the window. This allows the fresh air to come in between the two sashes, thus giving the cold air an

upward direction. The chimney serves as a foul air outlet. A fire burning in an open grate heats the air in the chimney. This causes a constant outflow; the heated air being lighter is always rising. It is also a good plan to have a ventilator which communicates with the chimney near the ceiling. By this means the warm foul air can be removed from the upper part of the room. This ventilator should be constructed with valves which allow the air to pass in one direction only, i.e., from the room into the chimney.

In crowded cities the question of purifying the air might be considered. Dust and bacteria are, generally speaking, abundant in our cities. These can be largely removed by placing over the fresh air inlet a gauze kept moistened with an antiseptic solution such as permanganate of potash. For a public building an air filter made of cooca fibre and kept revolving in an antiseptic solution in front of a fan which draws the fresh air through the filter, answers the purpose. In this case the windows should be air-tight. Also the doors as far as possible.

HYDROTHERAPY IN THE HOME.

LESSON I.

It is one of the best features of hydrotherapy that the more valuable of these natural methods of water treatment may be given with very humble facilities in almost any home. Nevertheless, they should not be administered in a careless or ignorant manner, for they might under such circumstances be productive of considerable harm.

Hydrotherapy has to do with hot water, cold water, and in fact with all the grades of temperature which come between these extremes. The fomentation, of which more will be said hereafter, is always a hot application. It should be wrung out of boiling water, and applied as hot as the patient can bear, care being taken not to burn his skin. The compress is usually wrung out of cold water. It serves two distinct purposes. First, it may be used to reduce heat, as in the case of a cooling compress to the head, and in such case it is to be renewed as often as it becomes warm. Secondly it may be used to furnish moist warmth. In this case it is covered tightly with flannel and left in place during the night, or for

even a longer period. Though wrung out of cold water to begin with, such an application very soon becomes warmed by the bodily heat, and the effect in the long run is much the same as when a fomentation is given.

Hot and cold applications affect primarily the skin, but also act quickly and powerfully on the internal organs, such as the heart, lungs, kidneys, stomach, and liver. The action of cold water on the skin is the simplest of all processes, and we shall therefore confine ourselves to it in this our first lesson in the series.

Put the hands in cold water, and hold them there for a few minutes. Now take them out and rub them vigorously with a rough towel. They fairly tingle with warmth, and why? Because the blood is coursing through them rapidly, and in larger volume than before. At the first shock of cold water the capillaries contract, and the skin becomes white and bloodless. But the next instant (so delicately is the human system adjusted) the capillaries expand, and the heart propels the blood with

increased vigour to the part so treated. A poor circulation of the blood in these capillaries of the skin is the real cause of many unpleasant symptoms, including cold feet and hands, susceptibility to coughs, *malaise*, and general debility.

We shall have room this month to give instructions for one treatment only—

The Wet Hand Bath.

If the patient is strong enough, he can give this treatment to himself, but we will suppose he requires the help of a nurse. The best time to give it is in the morning before breakfast. Ten or eleven o'clock is however also a favourable time.

A washbasin of water as cold as you can get it, a good bath towel, and a small towel or cloth for a head compress are the sole requirements. Wring the small towel out of the cold water, and bathe the patient's face, after which (if comfortable to the patient) it may be wrung out again as dry as possible, and left lying on the head as in the cut. Take one of the patient's arms, and dipping your hands in the cold water, rub it vigorously till you get it a bright red colour, then carefully dry with the towel, and do the same with the other arm. Take the chest and abdomen next, after

It would be advantageous to have a piece of mackintosh cloth under the patient while this treatment is being given, but if



DRYING THE PART.

the nurse is careful it is not absolutely necessary. The rubbing should be done with vigour, and the hands should be wet frequently in the cold water. If the patient is sensitive to the cold, the room should be warmed.

This is an excellent treatment to tone up the skin for cold weather.



GIVING THE WET-HAND RUB.

which the patient may turn over in bed and have the remainder of the trunk treated; then the legs and feet.

What a Cold Bath Does.—When a man faints, you dash cold water on his face. Why?—Because it touches nerves that are connected with the brain, and wakes the man. If it does so much good to put cold water on a few square inches of skin, how much more good will it do to put it on the whole surface of the skin! Did you ever think of that? After a cold bath you have twenty per cent. more healing power in you, and that is power preventive as well as curative of disease. Of course, I do not mean to go in and stay in for about twenty minutes, but just to dash in and out again. We cannot grow health any more than we can grow grain, but we can do the planting, and God will do the growing. The skin is the keyboard of the whole body. You can play on that and influence every organ in the body. DAVID PAULSON, M.D.

BABY'S WARDROBE.

BY EULALIA S. SISLEY, M.D.

COULD the average baby speak for himself, he would doubtless enter strong protest against his first wardrobe.

Although his opinions may be poorly formulated, he must be conscious of this—that whereas heretofore he was warm and comfortable, at present he is rendered quite miserable.

His respiration and digestion are hindered by tight bands, his arms and feet are insufficiently clothed, and his limbs are hampered in their movements by long, heavy skirts. He must feel, indeed, that he is entering a "vale of tears," especially when he discovers that crying is the only language he knows, and that this language is often misinterpreted. When he expresses dissatisfaction with his state, be his complaint prompted by cold feet or by tight bands, his cry is usually answered in the same way—by more food. But this often multiplies his sorrows by aggravating the colic already initiated by the foregoing causes.

In planning the baby's clothing, several important points should be considered, the object being to make the wardrobe as simple and as comfortable as possible.

Tight Garments Injurious.

Let it be remembered that an infant's bones are soft and pliable and easily moulded by constricting garments.

The band as ordinarily applied brings too much pressure to bear upon the chest. Not only is full expansion of the lungs prevented, but the ribs may be pressed upon in such a way as to produce actual and permanent deformity. A knitted band is preferable because of its greater elasticity, though one made of soft flannel will do very well if not fastened too tightly about the body. The band need not be tight in order to hold the ordinary dressings in place.

Weight of Clothing.

The little garments should be made as light as is consistent with sufficient warmth. The long, heavy skirts, supported only by tight waist bands are not only colic producers, but frequently cause bow legs and curvature of the spine. Each skirt should be attached to a bodice or else be made in

the form of a slip, so that its weight may be borne by the shoulders. Thirty inches is sufficient length for such a garment, measuring from the neck.

Texture.

Since the baby's skin is as soft as velvet, the material used for its clothing should be of such texture as will not cause irritation. Also in making the garments there should be no rough seams to scratch the sensitive skin. The buttons used should be small and flat, as the pressure of large buttons would be annoying.

Equal Distribution of Clothing.

Perhaps the matter of greatest importance is to see that all parts of the little body are sufficiently protected from cold. Special attention should be given to the extremities, as these parts are most easily chilled. Sometimes a mother who protects herself with warm garments, thoughtlessly clothes her infant with the thinnest material, or perhaps leaves the baby's arms and neck and feet quite bare. The idea that leaving the arms and legs unclothed will "toughen" the baby is a questionable one. Even though the child may survive the experiment, it will be at the needless expenditure of much vital energy. An infant loses relatively much more heat by radiation than does an adult, hence in the former, more vital energy is required to maintain the body temperature necessary to health.

A chilling of the extremities is conducive to colic, inflammation of the bowels, catarrh of the nose and throat, and various lung troubles. It may be stated as a general rule that a long-sleeved shirt and warm stockings should be worn by the baby all the year round. During even the warmest weather, the omission of these garments should be made with the greatest caution. Of course care should be taken to avoid the other extreme, that of over-clothing the baby, as one error is about as harmful as the other. The object to be kept constantly in mind should be to clothe all parts of the body equally.

Simplicity.

Simplify the baby's wardrobe as far as possible, both as to the making of individual

garments and the number of garments worn. This will lessen the labour of making and laundering, and will also facilitate that formidable process of dressing and undressing the baby.

Do not forget that the baby will grow, but make due allowance for this in arranging his wardrobe. If a baby is to develop symmetrically, he must never be hampered by out-grown garments.

SOME PECULIAR FOODS EATEN BY THE SANDWICH ISLANDER.

BY L. S. CLEVELAND, M. D.

THE robust and stalwart Sandwich Islanders impress one as being an exceedingly well-fed people. Their happy countenances do not suggest dyspepsia, nervous prostration, or any of the kindred ills so familiar to a highly civilised nation.

Ask one of them what he eats and how he lives to make himself such a fine physical specimen, and he will probably answer, "Principally poi and bananas."

Entering his modest little home we find

the family already seated on their mats around the afternoon meal, which is the only substantial repast of the day.

After all the "aloahas" have been said, you are introduced to a bowl of poi, the staple native food, which you have to learn to eat with your fingers,—an accomplishment which is quite an art. This poi, which has the appearance of cooked starch, is made from the root of the taro, a plant of the lily family. It is boiled, then crushed



PAPAIÁ TREE.

and kneaded with the hands and poi pounder. Then it is pressed into casks,

“Blessed are the Joymakers.”

“THERE is inestimable blessing,” writes *Success*, “in a cheerful spirit. When the soul throws its windows wide open, letting in the sunshine, and presenting to all who see it the evidence of its gladness, it is not only happy, but it has an unspeakable power of doing good. To all the other beatitudes may be added, ‘Blessed are the joymakers.’”

Night Air: An Old Soldier's Story.

“NIGHT air? Yes, sir, I object decidedly to night air; but it is the night air that is shut in with one in a tight sleeping-room. During the Civil War I slept out without protection of any kind for more than a year. At one time I carried a rail half a mile to sleep on, so I'd not have to be in the mud. I had not been in a bed for two or three years when, on returning home, my wife closed my windows on retiring, for fear I'd catch cold; and I caught a cold that night, and I was three weeks in breaking it up. That was the quickest and hardest cold I ever caught. Afraid of night air? Yes, sir, I am, of that kind of night air.”—*Pacific Health Journal*.



BREAD-FRUIT.

after which it is allowed to ferment several days, so that the acid taste is quite pronounced.

Until comparatively recent years the natives subsisted almost entirely on this taro (cooking the tops and root) and fish, which are so abundant in these waters, including the octopus, or devil fish.

Among the principal native fruits are the mango, papaia, banana, orange, and pineapple. Mangoes have a slightly acid flavour, and are very palatable. The breadfruit has an insipid taste, but is eaten largely. Sea mosses and sweet potatoes are also an important part of the diet.

The primitive Hawaiians were much larger and stronger than their descendants of to-day. The deterioration of the race started with the advent of the white man and the introduction of gin, beer, and other intoxicants, together with many of the worst evils of civilisation. As a matter of fact, unless the present native death rate materially decreases, the Hawaiian race will soon become extinct.



MANGOES.

PHYSICAL PERFECTION AND HOW TO ATTAIN IT.—V.

BY THOMAS W. ALLEN.

Food.

No hard and fast rules as to diet can be laid down here, but I unhesitatingly say that flesh meat is not at all necessary, as the products of the vegetable kingdom can supply all the nutriment, not only to sustain life, but for increasing and building muscular tissue. This is not the statement of a crank, or a faddist, but a fact borne out by medical men, scientists, and scores of athletes. Butchers' meat is not only unnecessary to life, but is frequently positively injurious to health, and is often the cause of such diseases as cancer, tuberculosis, rheumatism, diarrhœa, carbuncle, malignant postule, nearly all kidney complaints, and many other dreadful diseases. But with this aspect of the subject of vegetarianism we have little to do. All we have to do here is to show that on a diet of fruits, nuts, cereals and vegetables, to which may be added when desirable the best dairy products, physical perfection may be attained much better than with the addition of butchers' meat. This is proved by reference to athletic records. Karl Mann and George Allen have shown that a walking race is most easily accomplished on a strictly vegetarian dietary. Mr. Eustace Miles, the amateur champion of tennis and racquets, has demonstrated that skill and dexterity in games is perfectly consistent with a bloodless diet, and Olley has proved the advantages of vegetarianism in cycle-racing. It might be added that the people who do the hardest muscular work the world over are in the main practical vegetarians, because, with the exception of England and the United States, the working classes cannot afford meat as an article of daily diet.

In adopting a vegetarian diet do not attempt to live on nothing but cabbages or potatoes, as one youth did. Study the food question in an intelligent manner. The following diet table will be suggestive for all general purposes:—

Breakfast: Brown bread, butter (sparingly), eggs, milk, oatmeal porridge (thoroughly cooked), fruit in season, nuts, figs, tomatoes and watercress.

Dinner: macaroni, rice, vermicelli, sago; apples, oranges, figs, prunes, and any other

fruit; potatoes, peas, beans, lentils, and other vegetables; also nuts and nut foods. Drink pure water. Use no alcoholic beverages, and no so-called temperance drinks.

Tea: Caramel-Cereal, Brunak, or milk and water, brown bread, lettuce, watercress, celery, tomatoes, eggs, butter, milk, and fruits of all kinds.

The above dietary, I am aware, is very incomplete, but common-sense and experience will teach one what to eat and what to avoid.

As I have previously remarked, no hard and fast rules of diet can be laid down, as tastes and constitutions differ. For instance, one aspirant to the attainment of physical perfection, may desire to put on flesh, whereas another may wish his "too, too solid flesh would melt." Obviously, both would not require exactly the same regimen. Foods which tend to "fatten" are sugar, milk, rice, butter, fat meat, pastry, custards, blanchmange, honey, puddings, cocoa, soups, broths.

I will again add a few simple and general rules for observance:—

Eat plain, nourishing food.

Have three meals a day only, and never eat between meals.

If you *must* have meat, eat it sparingly, avoiding pork and highly seasoned foods.

Eat slowly, and masticate thoroughly.

Eat that which satisfies, and agrees with you. Avoid over-eating.

Engage in cheerful conversation when eating.

Eat plenty of ripe fruit.

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QUESTIONS AND ANSWERS.

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

Circumcision—Danger of a Rupture.—W. B.: 1. "Do you believe circumcision ever necessary? 2. If so, under what conditions? 3. The child has some protrusion of the naval. Do you think there is any danger of a rupture?"

Ans.—1. Yes. 2. When the foreskin is so tight as to prevent its being folded back, this prevents cleanliness, and may give rise to the formation of sores. 3. The child should wear a band until the abdominal wall is stronger; this will prevent a rupture.

Ingrowing Toe-nails.—R. W.: 1. "Why do a child's toe-nails grow into the flesh? 2. Can it be prevented?"

Ans.—Ingrowing toe-nails are usually due to pressure from ill-fitting boots or shoes. 2. Yes; in most cases, by removing the cause, and also by keeping the toe-nails evenly trimmed.

Freckles and a Dirty Complexion.—E. T.: "I never had a very good complexion, but since I returned from my holiday, my face has a dirty appearance, and is very much freckled. 1. Can you advise me what to do to rid myself of freckles? 2. How can I improve my complexion?"

Ans.—1. Freckles which appear as the result of outdoor life and exposure to the sunlight usually depart without special treatment. Never mind about them. 2. You should take a warm bath once or twice a week, and a tepid or cold sponge bath each morning on rising. Sleep in a well ventilated room. Drink water freely on rising in the morning, and between your meals. Discard tea entirely, as well as coffee; they are bad for the complexion. Use plenty of fruit, both fresh and stewed. Chew your food well. Avoid late suppers. Be abstemious in your diet, and use flesh foods very sparingly; better still, not at all. Do not fail to get out of doors in the fresh air as much as possible, and take vigorous exercise.

Dyspepsia—Good Health School of Physical Culture.—W. R. F.: 1. "Would self-massage with apparatus be beneficial in an extreme case of dyspepsia, coupled with threatening consumption? 2. Could a case of this kind be treated by the Good Health School of Physical Culture? 3. Do you think Dr. Kellogg's book, entitled "The Stomach" would be helpful to me?"

Ans.—1. It might prove of some slight benefit, but should not be considered as adequate treatment for such a case. 2. Yes; the course of exercise provided by the Good Health School would be helpful; but such a case ought to receive thorough treatment at a sanitarium. 3. Yes; the book is of decided value to those who are interested in diet reform.

To Increase Weight.—P. H. D.: "I am thirty-seven years of age, and fairly strong, but only weigh 9 stone 7 lbs. I am 5 ft. 8 ins. in height, and should, of course, weigh more. Can you

recommend me any foods that will help to increase my weight?"

Ans.—We can recommend the preparations made by the International Health Association, of Legge Street, Birmingham. All these foods are made from recipes furnished by Dr. Kellogg, of the Battle Creek Sanitarium, and are used in a large number of health institutions throughout the world. We would particularly recommend Toasted Wheat Flakes, Granose Biscuits, Bromose, Malted Nuts, and Protose. The latter is an excellent substitute for flesh meats, containing the gluten of wheat with well cooked nuts. It may well be called a "vegetable meat." Avoid stimulants entirely, also tea and coffee. Develop your muscular system by some daily exercise, and get out of doors in the fresh air as much as possible.

Worms—Permanganate of Potash—Drinking Sea-water.—E. H.: 1. "What are the symptoms, cause, and cure of worms? 2. Is Permanganate of Potash harmful to the teeth? 3. Is the habitual drinking of sea-water harmful?"

Ans.—1. The symptoms vary according to circumstances, and in a child produce fretting and irritation in the seat, and there is oftentimes much itching. The causes, too, differ. Sometimes, they are due to lack of cleanliness or poor food, and improper cooking. Medicine is usually necessary to get rid of worms, and this should always be taken on the prescription of a physician. 2. No, not if the solution is a very dilute one, though it is not likely to do any good. 3. Yes.

Shortness of Breath.—C. A. H.: "What is the cause of my shortness of breath, and what can I do to get stronger?"

Ans.—The cause is doubtless due to some weakness of the chest, either of the heart or of the lungs. You should take some course in physical culture, and make a business of health training. You must develop your lungs, and if your heart is weak, take such exercise as will strengthen the organ.

READERS who would like to assist in spreading the light of health principles, are invited to contribute to the

Good Health Extension Fund.

Last month's receipts: Glasgow G. H. League, 11s. 7½d.; Mrs. R. White, 2s. 1d.; Mr. D. A. Parsons, 4s. 2d.; Miss Lehnbers, £1; A Friend, 8s. 4d.

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LITERARY.

"The Living Temple," by J. H. Kellogg, M.D. To be had of the GOOD HEALTH office. Price, 5/6. Neatly bound in cloth and illustrated.

To many readers of GOOD HEALTH the simple announcement that this book is the author's latest work, in fact has just come off the press, and contains a full setting forth of those principles relative to simple, wholesome, natural living which he has so worthily expounded during the last thirty years, and around which has grown up the great, world wide work which we have referred to as the Good Health Movement,—to many, we say, this statement will be a sufficient recommendation of this new book. Dr. Kellogg has been such a frequent contributor to our columns that his name would be familiar to our readers, even if his other large books, "Man the Master-piece," "Ladies' Guide," and "Home Handbook," did not have a wide and ever-growing circulation in this country. Perhaps the Doctor is best known, however, as Superintendent of the world-famous Battle Creek Sanitarium, and if we say that his new book gives an eloquent setting forth of the principles underlying that institution, we have perhaps told the most essential thing about it. The book is marvellously complete, the author treating of the body as the living temple in which the Creator constantly dwells, and where the divine healing power is ever at work to uphold and restore. Here are a few of the leading chapter headings: "The Mystery of Life," "A General View of the Temple," "The Miracle of Digestion," "Dietetic Sins," "The Natural Way in Diet," "The Heart and the Blood," "What to do in Cases of Sudden Illness or Accident," "Dangers in the Air, and How to Avoid Them," "The Skin and the Kidneys," "How the Temple is Warmed," "The Brain and the Nerves," "What is Disease?" "Drugs which Enslave and Kill"

These headings give some idea of the scope of the work, but they tell nothing of the simple, natural style which is a marked characteristic of the book, and the real eloquence to which it rises at times. We shall probably have more to say about the book in the future, but we believe these very inadequate references will be sufficient to make our readers wish to possess a copy.

* *

"The Art of Breathing as Applied to Physical Development," by Surg.-Capt. A. L. Hoper-Dixon. Published by Gale and Polden. One shilling net.

This little book treats an important subject in a thoroughly practical and satisfactory manner. The author wastes no time on preliminaries but wades right into his subject; he tells how the breathing organs are constructed, shows wherein ordinary breathing is faulty, and gives full instructions for developing the capacity to breathe naturally, giving the large abdominal muscles their proper share of work. The book, while useful to anyone, would be especially helpful to ladies whose breathing powers have been impaired by long use of the corset. The exercises provided are simple and easy of execution, while at the same time thoroughly effective.

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In answering advertisements kindly mention "GOOD HEALTH."

Good Health,

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

Edited by

ALFRED B. OLSEN, M.D.

M. ELLSWORTH OLSEN.

Managing Editor:

M. ELLSWORTH OLSEN.

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

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

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

Telegraphic Address: "Uprising," London.

GOOD HEALTH may be ordered through any newsdealer.

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

Indian Edition: Yearly subscription, post free, Rs. 2. Indian office: GOOD HEALTH, 39/1 FREE SCHOOL ST., CALCUTTA.

THE "County Monthly" is a high-class six-penny magazine, edited by Galloway Kyle, F.R.S.L., and dealing especially with the many interests of North Country life, "Raby Castle," with fourteen fine illustrations, is a very interesting feature of the autumn number, which has been out a few days. "Teesdale Folk," also beautifully illustrated, gives the characteristics of the sturdy people inhabiting the highlands of Durham. There are numerous other matters of interest in this number, and its general make-up is highly creditable. The magazine aims to truthfully record and reflect the peculiar features of local life in the North, and judging from what it has already accomplished, and the bright, attractive appearance of recent issues, it bids fair to rapidly increase an already large circulation. It may be had of any newsdealer.

* *

Some Important Particulars Relating to Next Month's "Good Health."

WE always plan to get out a good number of the magazine; but next month we shall have a number which will in point of interest and value, surpass all other issues. It will be a very representative number, containing interesting, pointed articles on a wide variety of subjects. Thus it will be excellent to send to friends who might thus be interested in the principles. Following are a few of the leading features that it will contain: Editorial Articles on "Consumption: Its Cure;" "Aids to Purity," a few words to young men; "How to Break up a Bad Cold;" "Good Health at the Equator" a chat with our readers in the tropics.

Other important articles: "Common Winter Diseases," by J. H. Kellogg, M.D.; "Divine Healing," by David Paulson, M.D.

"Christmas and New Year's Dinners, a Peep into the Kitchens of some Prominent Food Reformers."

"How to Take Care of One's Teeth," by a dental surgeon; "Exercises in Physical Culture," by John Hopkins, Director of the Gymnasium at the Battle Creek Sanitarium; "Beauty Culture," by J. H. Kellogg, M.D.

Among the numerous fine illustrations will be interesting half-tone cuts of a lot of real GOOD HEALTH babies who are being reared in harmony with the principles taught by the magazine, and are excellent representatives; and many other good things. We hope you will all want a half dozen extra copies to send to your friends. Order of your agent, or direct from the GOOD HEALTH Office.

* *

The Good Health Crusade.

WOULD you like to join in an active crusade in behalf of the principles of health and hygiene?

You can do so at once. We have at the earnest solicitation of the friends of these principles arranged a plan by which every reader of GOOD HEALTH can become an active member of the Good Health League. If there is already a branch league in your town, then your membership in the larger organisation makes you also a member of the local branch.

The object of the Good Health League is to spread the light of healthful living. We propose to fight disease by vigorous health propaganda. It will be our aim by means of public addresses, by suitable literature and through the public press, to educate the people in healthful habits of living. We would help them to sow for health instead of for disease—to look for life and health in fresh air, sunlight, pure water and pure food instead of in a bottle of medicine.

In this work we need the co-operation of all like-minded persons, and we trust they are very many. Even if you only have an hour or so a week that you could devote to the work of the League, every little will help. Send for full particulars, learn all about the plans for work, membership, League badges, etc., and then co-operate as you have opportunity.

Address, Good Health League,
451 Holloway Road, London, N.

* *

THE Good Health Leagues in Hull, Manchester, Leeds, and other places in the North, are enjoying the labours of Dr. Eulalia S. Sisley. GOOD HEALTH readers will be pleased to know that Dr. Sisley has in mind the preparation of some articles for GOOD HEALTH, in the near future, which will deal more fully with the whole question of healthful dress.

* *

THE "Children's Dinner Fund," for the purpose of furnishing wholesome meals to the poorest of London school children, certainly merits the hearty co-operation of all lovers of their fellow men. We understand a concert is to be held in the interests of this enterprise in the Kensington Town Hall, October 29, at 3 p.m. Tickets may be obtained of the Secretary, Miss F. I. Nicholson, Memorial Hall, Farringdon Street, London, E.C.



**Professor Boyd Laynard's
Great Work.**

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

ONE MILLION Copies.

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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Please forward me Professor Boyd Laynard's complete work, "SECRETS OF BEAUTY, HEALTH AND LONG LIFE" (carriage paid), for which I enclose the sum of One Shilling and Sixpence.

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* *

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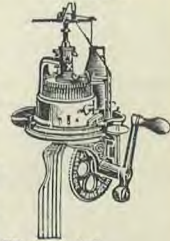
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PUBLISHERS' NOTES.

ATTERCLIFFE, SHEFFIELD.

To EDITOR OF GOOD HEALTH,

Dear Sir:—

I wish to return my thanks to you for answering my letters, and for the advice given. I do not have lumbago or rheumatism since I gave up drinking tea, January 12, 1903. About fourteen months ago an agent gave me one of the monthly papers GOOD HEALTH. At that time I was unable to follow my employment, and had been bad for five or six years; but by following your instruction, and using Toasted Wheat Flakes, and Wholemeal Biscuits, I have followed my employment at the forge for over ten months.

I may say that I am going to Pittsburg, U.S.A., and I hope I shall have no difficulty in getting the foods there. My age is fifty-nine.

I have written this of my own free will, hoping that other sufferers may be benefited.

Yours truly, R. FISHWICK.

We publish the foregoing letter not as differing materially from a lot of letters we are receiving, but mainly because it illustrates the important fact that even men who are pretty well along in years derive distinct benefit from adopting reforms in their manner of living.

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

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

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

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IS USED BY WE THREE BROWNIE-MEN,
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Charges,—moderate.

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Mrs. Hutteman-Hume, "Loughtonhurst,"
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In answering advertisements kindly mention "GOOD HEALTH."

PUBLISHERS' NOTES.

THE Manchester Physical-Health Culture Society is holding a series of Lectures and Social Evenings at the Coal Exchange, Market Place, Manchester, on Wednesday evenings, at 7.30. The following programme has been arranged:—

November 4th,—Lecture: "Air, Ventilation and Draughts," by Mr. F. D. Nawell.

November 11th,—Lecture on Social Purity (for men only).

November 18th,—Lecture, "Diet in relation to Health," by Mr. A. W. Wood.

November 25th,—Cookery Demonstration on the Use of the Simpler Foods.

For further information concerning this Society, address the Hon. Secretary, Mr. Lunt, 37 York Chambers, 27 Brazenose street, Manchester.

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Will be forwarded on receipt of 1d. for postage.

Everyone knows the softening properties of oatmeal. Oatmeal Cream contains the whole of these properties in a concentrated form. Is a skin food. Absolutely without grease. For use in the Toilet, in the Nursery, after Shaving, and for Chapped Hands or Rough Faces. Softens the Skin.

Send for it and try it.

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As applied to Physical Development, with Respiratory Exercises for Children and Adults. By Surgeon-Captain Hoper-Dixon, R.A.M.C. Price, 1/-.
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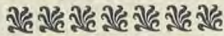
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By Aurette Roys Aldrich. 2/6.

"The refinement of culture is to live in unconscious simplicity." This is the keynote struck in this book. The author has had considerable experience as an instructor in the simple methods for the development of a healthy physique, and what she has to say upon such important matters as food, bathing, and gymnastics should be pondered by those who value a sound mind in a sound body.—*Glasgow Herald.*

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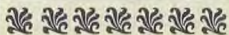
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
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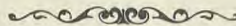
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PROTOSE is pure, fresh, wholesome meat from the best vegetable sources.

Palatable to the taste, resembling tender chicken in fibre and flavour, but perfectly free from the tissue poisons that abound in animal flesh.

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

PUBLISHERS' NOTES.

We miss the weekly issues of our genial contemporary in food reform, the London *Vegetarian*, but we are glad to see it even once a month, and we heartily wish it in its new rôle of monthly, an ever-increasing subscription list, and growing influence. Food reform is such a vital part of healthful living that it is bound to make new disciples daily amongst the thoughtfully-inclined. Those of our readers who are not acquainted with the *Vegetarian* should send stamp to the publishers, Messrs. Osborn, 29 Paternoster Row, London, E.C., for a sample copy.

The safest sweetening agents for all hygienic purposes.

"Concentrated PURE CANE SUCROSE."

Standard Qualities.

Iceing, Castor, Sifted, Granulated, and Crystals.

Owing to their great purity and delicate flavour these sugars please the palate of the most fastidious invalid. Being entirely free from all metallic impurity they are not liable to irritate the stomach of dyspeptics or young infants. Sweetens sterilised milk to be enjoyed undigested by all consumptives. **Avoid poisonous imitations.**

An eminent doctor warns the public against cheap sugars. See *Daily Mail*, August 4, 1903. Insist on the **Unadulterated Brands** bearing our name.

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Direct from the grower. Hand-picked, sun-ripened fruit conserved with pure honey. Orders are now being booked for 1903 crop.

G. ARMSTRONG & Co., 61 Blackwell Road, Carlisle.

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