



Chicago Medical Missionary Nurses.

(See page 260.)



Good Health

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

Entered at Stationers' Hall

Vol. 2.

February, 1904.

No. 9.

EDITORIAL CHAT.

Fruit Culture in Great Britain is to be the subject of inquiry and report by a departmental committee appointed by the Board of Agriculture. This is a move in the right direction. A larger culture of fruit will give healthy employment to the workless, and increase the supply of a most wholesome and popular article of diet.

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Dangers in the Smoking Habit.—Defective eyesight is a very common result of even moderate smoking; heart weakness is another, and that most dreaded and painful disease, *angina pectoris*, usually selects a smoker for its victim. Tremor of the muscles, chronic sore throat, and indigestion are other unpleasant sequelæ of this unfortunate habit. If you are free from it, you may well be thankful; if bound, seek to get loose at once.

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A Purer Milk Supply.—The sore-throat epidemic which broke out a short time ago in Surrey, involving much severe illness and some fatalities, shows the need of a stricter supervision of the milk supply. The cows which gave the infected milk appeared in this instance perfectly healthy, until a careful examination showed them to be suffering with a local inflammation. If decent cleanliness were observed in caring for the cows, they would not be nearly so liable to disease, neither would the milk sold give such unmistakable evidence of containing a certain percentage of barnyard litter. It would be hard to find any other food of real value which is

handled so unsatisfactorily. Will not some one come forward and undertake to conduct a dairy farm and milk business on the lines of hygiene and common-sense? Such an enterprise would undoubtedly command public support, and fill a very widely-felt want.

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It is estimated that one in every three deaths in New York City is caused by consumption.

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Brain Fag or Stomach Fag?—Nervous breakdown is oftener due to overworking the digestive organs than to mental strain as such. Abstemious habits in eating, combined with some attention to exercise, make it possible for one to do an immense amount of hard brain work without injury, but to attempt anything out of the ordinary in the way of work, while subsisting on the ordinary stimulating diet, is to invite disaster. The man who would "work like a horse" must also eat like a horse—take plain food at regular hours, and not too much of it.

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Persistent Health Culture.—Cheerful persistence is a most important feature of successful health culture. Do not be discouraged if the immediate results of abandoning unhealthful practices and adopting thorough-going reforms are not all that you expected. The system must be given a chance to build itself up. When a large edifice is to be constructed,

the architect spends a good deal of time in laying the foundation. So, also, in the building of the body, a foundation must be laid; work must be done, so to speak, underground, the full results of which may not become apparent until some time afterward. We have said, "Cheerful persistence," and would like to emphasise the qualifying adjective. The invalid who really wants to get well must, above all things, cultivate a cheerful, happy, contented frame of mind; he must take a "healthy view" of life, even though his body be racked with aches and pains; he must rise above his diseased condition if he would conquer it. There is no more effective help in the attainment of such a state of mind than that offered by religion. The Gospel of Jesus Christ brings physical as well as spiritual blessings in its train.



What Sense?—The idea of Mr. Horace Fletcher that food may be made far more nourishing to the system by prolonged mastication, was mentioned last month. Mr. Fletcher has written a little book on the subject, from the closing chapter of which we take the following suggestive paragraphs:—

"If saliva is the medium of taste, without which there is no expression of taste, *what sense* is there in thinking that it is nothing but a lubricant, to enable food to be easily swallowed?"

"*What sense* is there in slighting nutrition in the beginning when we know that the derangement of the process will continue throughout all the involuntary stages within the digestive organs, inviting disease and causing suffering?"

"If we can save two-thirds of present consumption and yet furnish all that is necessary for perfect nutrition, *what sense* is there in wearing out our mind-power plant with a glut of surplus?"

"Unless a person has a pressing engagement with his own funeral, *what sense* is there in hurrying with his meals?"

"If we can devote ten thousand actions of the jaw, daily, to senseless or vicious gossip, *what sense* is there in denying adequate jaw service to the most important function of living?"

"An indigestible morsel of food is like a runaway team on a crowded street. *What*

sense is there, then, in demoralising things in the thoroughfare of our life organism by admitting unruly substance?"



The Good Health League.—We are receiving a large number of inquiries from our readers with reference to the Good Health League, also hearty offers of assistance, which are much appreciated. We expect to hear from a great many more. The Good Health League is something that concerns everyone who is interested in his own health and the health of his friends. It is for our own good to study these great life-giving principles and make them known to others. We need to have hearts that can be touched with the needs of suffering humanity. The world is full of disease, thousands upon thousands are languishing upon beds of illness who might be enjoying radiant health if only they knew some of the simplest principles of healthful living.

If you are interested in this movement, and would like to have some part in the work, write a postcard at once to the secretary of the Good Health League, at the office of GOOD HEALTH. Full particulars will then be supplied in reference to the badges, plans for work, organisation of branch Leagues, etc. Once more we give our hearty thanks to those who have so kindly responded, and ask you to continue to put forth your best efforts to spread the principles.



Medical Missionary Work—Our frontispiece this month is given us by the courtesy of Dr. David Paulson, editor of "The Lifeboat," an excellent magazine which gives a monthly survey of rescue work carried on in Chicago and other large cities in America. The medical missionary nurses connected with this work are well known throughout Chicago for their efficiency in nursing, and also for their beautiful Christian character. One prominent feature of the work is the effort put forth to instruct the dispensary patients and all the poor and needy ones who are helped with food, clothing, nursing, etc., to adopt right principles of living, and thus make permanent progress to a higher life. Such reformatory teaching is needed, not only in the slums of Chicago, but in all the large cities of this country.

FASTING AS A CURE FOR DISEASE.

BY J. H. KELLOGG, M.D.

IN certain maladies, fasting is a necessity; as, for example, in cases of ulceration of the stomach; in cholera infantum, cholera morbus, Asiatic cholera, appendicitis; in fact, in most acute bowel disorders all food should be withheld until the symptoms of the onset have subsided. Acute gastritis often necessitates the withholding of food for a few days, as do also severe cases of gastralgia and vomiting. Many chronic disorders are greatly benefited by temporary withholding of food. This is especially true of conditions which are commonly designated as biliousness.

In ordinary cases, however, total abstinence from food is seldom necessary. It is only essential that certain foods should be withheld, especially fats and proteids, or nitrogenous foods, such as eggs, meats, milk, and other foods rich in proteids. Fats prevent the formation of hydrochloric acid, which is the natural disinfectant of the stomach. Proteids encourage the

growth of germs. Hence both these food elements are injurious in cases in which the stomach is foul, as indicated by a foul tongue and foul-smelling fecal discharges.

Cereal foods are less objectionable, because of the small amount of proteids which they contain, but fruits are especially adapted to these cases, for the reason that the organic acids they contain are very effective germ destroyers. Thus fruit has a most important disinfectant action upon the stomach and bowels. A fruit diet or a diet consisting of fruits, with a small allowance of dry bread, thoroughly toasted bread, or zwieback, is the most effective means of purifying the alimentary canal. This is accordingly an essential measure in nearly all cases of chronic disease. A fruit diet thus affords all the advantages of fasting, with some additional advantages, and is decidedly more comfortable. Except in the cases previously mentioned, abstinence from food is seldom required.



PATENT MEDICINES AND THE HARM THEY ARE DOING.

BY ALFRED B. OLSEN, M.D.

MR. BARNUM, the great American showman, once said that people liked to be humbugged, and that he was able to oblige them. Though he has gone the way of all flesh, there are still plenty of men left to humbug the people, and not least among these are the unscrupulous nostrum vendors, whose thriving business allows of advertising on a princely scale.

The widespread use of unknown drugs and patent pills and powders is simply amazing. The average man or woman will swallow anything, asking no questions, and pay a big price for it, too, provided only it bears the label, "medicine," and is *guaranteed (!)* to cure. If it tastes bitter, so much the better. The viler the compound, the more potent it is. Such is the opinion of many people.

One scarcely stops to consider the competence of the draught or pill, or the competence of the maker. It matters not whether he is entirely ignorant of anatomy and physiology, and knows nothing of the needs of the body, if he only *guarantees (!)*

a cure on the taking of a certain number of bottles or boxes.

Why such carelessness and neglect of the human machine? Who would take his watch to a shoemaker for repair, or entrust a broken cabinet with a blacksmith? Why are there not a lot of quack medicines for horses and cattle? There are two reasons. First, because such animals are usually cared for in a rational manner and have better health than mankind; and second, because no sensible man would give his horse quack compounds, but would send for a competent veterinary surgeon. In many respects horses are treated and cared for in a much more wholesome manner than most human beings.

An Age of Humbugs.

This is said to be an age of great intellectual advancement, which is doubtless true to some extent; nevertheless it is a time when frauds and deceptions and all kinds of chicanery flourish as never before.

One can scarcely go anywhere without seeing evidences of the enormous quantity of proprietary medicines consumed by the people. The hoardings blaze with the virtues of Smith's Small Stomach Seeds, or Sally's Soothing Syrup, or Olden's Onion Ointment or some other preparation. You find them on the cover pages of magazines and journals of all kinds. They cover pages in the daily press. The proprietors amass their thousands, yes, and even millions. These advertisements fairly cover the railway stations and disfigure the country landscape.

The wonderful virtues claimed for each and every compound are marvellous to contemplate. Have you a headache? Peter's Pepper Pills will *cure you*. Is it biliousness? Peter's Pepper Pills are just what you need. Or a pain in the shoulder? Only Peter's Pepper Pills will give relief. Or palpitation of the heart? A dose of Peter's Pepper Pills will put you right at once, or, perhaps you are affected with indigestion, or shortness of breath, or influenza, or constipation. Peter's Pepper Pills, and nothing else, if taken frequently enough, and in sufficient quantity, and long enough, will put you right. *Cure Guaranteed!!*

Mystery Lends Enchantment.

Why is the composition a secret and patented? Why keep it a secret? Because *if people knew* the ingredients of the pills and powders and draughts, they would shun them, and then their fascination and charm would disappear. It is a fact that the mysterious does have an attraction for many people. Mystery is a sort of mental distance that lends enchantment to the medicine. Would that all such preparations were actually at so great a distance so as not to be obtainable. Then there would be far more health and happiness in the world.

It is impossible to exaggerate the fraudulent claims made for all kinds of preparations. Someone sends us a rupture cure, an ointment to rub on the skin locally. This is one of the least harmful of all so-called cures, and possibly does little injury, except to deplete the purse of the ignorant victim, and in some cases at least cause him to postpone rational treatments until it is too late, and he pays for his folly with his life. To think that any ointment actually reduces and heals a rupture is too absurd to require refutation.

Large Profits.

A recent number of the *Lancet* contains a warning about a draught which is being put on the market. Concerning the great evil perpetrated in this particular case we quote a few lines as follows: "It may be an alterative, whatever that means, but to say that it is curative is a lie. The 10/- box contained forty-eight powders which at a moderate estimate would cost the vendors $\frac{1}{2}$ d. for bromide of potassium, and nearly 1d. for milk sugar. We do not, however, so much object to the price—if people are so silly as to buy quack remedies they must expect to pay for them—but the heartless swindle is scandalous. To raise false hopes in those whose lot it is to be tied to a drunkard [the drug was claimed to cure drunkenness] is disgraceful, and no punishment can be too bad for the person who profits by such deceit."

Many of these preparations are more or less poisonous and consequently dangerous to health. Others are inert substances that neither produce benefit or injury, and only affect the patient mentally. He thinks he is taking a potent remedy; he imagines he is improving, and forthwith sends a glowing report which is promptly published, and he has the distinction of getting his name in print. This accounts for some of the testimonials seen in the advertisements. Others, probably the majority, are manufactured to order. Taking medicine soon becomes a habit in most people, and this is easily explained when one remembers that these preparations *do not cure*, but simply relieve pain by paralysing the nerves. When the pain disappears, the patient *feels* better, and imagines that he is being cured. When the effect passes off, the pain and discomfort return; then more medicine is promptly taken, and so it goes on until the patient becomes a slave to the drug and can only give it up with difficulty. And if he does so, he experiences more pain and disagreeable feelings than at the start.

We often wonder why the religious press is willing, even at any price, to publish these questionable advertisements. Some people think that what is in print must be true, and much more so if in a religious paper. It is sad that our religious publications are so poorly supported that they have to depend to a greater or less extent upon printing disgraceful and

scandalous advertisements. This is a great mistake and ought never to be permitted under any circumstances. We are glad to know that there are some noble exceptions, but unfortunately they are extremely rare.

“Pus as a Beverage.”

UNDER this striking title *The British Medical Journal* discusses the serious and frequent contamination of milk. The recent epidemic of infective sore throat in the Woking district, which was shown to be due to the use of milk from diseased cows ought to be a warning to all who use milk and are uncertain as to its purity. In this case the diseased cattle did not look unhealthy, although the milk showed marked evidence of being impure. From some of the cows it had a dirty, pinkish colour, and in one case consisted of a “reddish brown liquid” containing pus, *i.e.* diseased matter. In short there were abscesses in the udders of the cattle, and the bloody discharge was mixed with the milk and sold to the people, of course, ignorantly, though this is not saying much for the intelligence of the milkers.

No wonder the pus produced serious illness, and fatal results in at least one case. But it is a pity that public opinion is not strong enough to compel a careful and frequent examination of all cattle supplying milk.

The *British Medical Journal* has the following to say in reference to the matter: “The evil effects caused by the consumption of this miserable liquid are as yet imperfectly realised by the public and even by the profession. They do not end with the murderous epidemics which sweep through the poorer quarters of large towns in warm weather. They lie at the root of much of the chronic ill-health of infancy and childhood, and find expression at last in puny men and women, and in undergrown lads whom recruiting sergeants dare not submit to the examination of the army medical officers.”

If you must use milk, always sterilise by heating it properly, unless you have no doubt as to its wholesomeness.

A. B. O.

“BAD dress, bad drinks, and bad diet kill more than war, famine, and pestilence.”

It hardly needs to be said, in conclusion, that in our opinion one prominent cause of the much-talked-of physical deterioration is this foolish and yet widely-prevailing practice of doctoring one's self by means of proprietary medicines.

Sugar Irritates the Stomach.—It is a practical fact, familiar to all experienced physicians, that for some reason, perhaps generally not well understood, cane sugar when taken in considerable quantities, disagrees with most persons whose gastric activity is impaired.

Persons with sound stomachs may for a long time make very free use of cane sugar, confectionery, preserves, and other sweets without apparent injury, but sooner or later the time comes when gastric irritation is manifested. Acidity, flatulence, nausea, loss of appetite, colic, and other symptoms of gastric disease appear, and then sugar must be discarded from the dietary. In many of these cases the smallest amount of sugar present in the food is sufficient to give rise to a very considerable degree of gastric inconvenience. At the same time these patients are able to take sweet fruits, such as ripe grapes, strawberries, peaches, baked sweet apples, stewed prunes and figs, and steamed raisins, without ill effects.—*J. H. Kellogg, M.D.*

The True Character of Stimulants.

—All stimulation is only mortgaging our nervous forces, and sooner or later nature will foreclose the mortgage. It makes little difference whether it comes through alcohol, opium, tobacco, tea, coffee, or a stimulating dietary. What we need is nourishment, not stimulation. Let us heed the admonition of John the Baptist, and lay the axe at the root of the tree, instead of being content to pick away a few of the leaves. Inspire the rising generation with the truth that their bodies are divine temples, and that it is an insult to God to wreck, mar, or defile this divine dwelling-place.—*David Paulson, M.D.*

WHAT IS A SANITARIUM ?

WE believe it was Dr. Weir-Mitchell, the distinguished physician-novelist, who remarked that the sanitarium idea was distinctly a nineteenth-century discovery. Health resorts there have been from time out of mind, hydropathic institutions of various kinds have flourished, and so-called nature cures have not been wanting; but the fully-fledged sanitarium, embracing all the essential features of nature-cure and hydropathic establishments, and having in addition advantages peculiar to itself, is a late product of civilisation.

spray and douche, a salt-glow, a hot pack, or whatever other treatment or combination of treatments that his case requires, all under the supervision of a qualified physician. Moreover the physician prescribes for his patient a suitable dietary, gives him some instruction in physical culture, and sets him intelligently to the task of cultivating health. Each case receives careful medical attention, and thus the results of the treatments given are followed from day to day. The whole environment is designedly health-creative



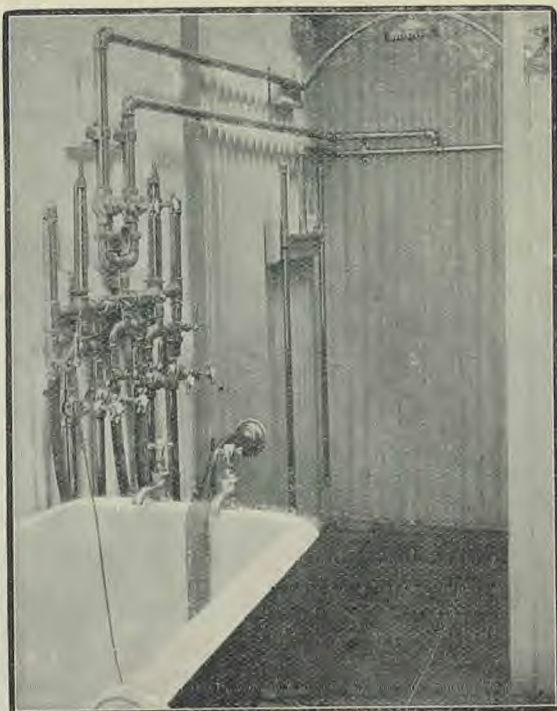
DINING ROOM AT THE BELFAST SANITARIUM.

It is the well-rounded symmetry and completeness of a sanitarium that most impress the investigator. The patient is treated rather than the disease, and that by most agreeable methods and at the hands of scientifically trained nurses. He is given an electric bath, a Swedish shampoo, a Russian bath, the shower-

and invigorating. The treatments are given by sympathetic hands, the atmosphere of the institution is cheerful, and the patients as a rule very soon catch the spirit of the place, and become enthusiastic believers in the principles.

It is these principles, after all, which especially mark the various branches of the

Battle Creek Sanitarium, whether in Great Britain or other parts of the world. There is nothing so effective in promoting health, both of mind and body, as the laying hold of a great principle. The patient who fully realises that health is indeed the natural state of the body and the one to which it returns when it is given a fair chance; that the Divine Power is co-operating with him in every honest effort to reform, that disease is the result of certain causes, and may be eradicated by the removal of these causes, and the building up of the general health of the body—the patient who really gets hold of these fundamental truths stands on vantage ground in the fight for health, and has a very excellent chance of recovery. It is doubtless not a little due to the fact that our medical-missionary sanitariums are strongly infused with these principles that they are so successful in curing disease, more especially chronic cases.



HOT AND COLD SPRAY APPARATUS.

Belfast Branch Sanitarium.

There are some advantages that a small institution possesses over the larger ones. In a small place the patients receive proportionally a larger share of the attention of the doctor in charge, and also coming more directly in contact with the family of helpers, pick up a lot of very useful information in reference to the practical carrying out of the principles. They also learn very quickly to feel at home, becoming so soon acquainted with the small staff of workers.

The Belfast Sanitarium is a very home-like and pleasant place, which provides carefully for the comfort of its patients. It is situated in a most healthful and beautiful suburb close by the Alexandra Park and Cave Hill. The air is pure, and the surrounding scenery very attractive. The place is accessible by tram from all parts of the city.

Bedrooms and furnishings are complete in every detail. The daily menus afford abundance of wholesome, appetising food,

special thought being given to its careful, scientific preparation.

Parlour talks on hygiene, diet, dress, physical culture, etc., with suitable demonstrations, are given by the physician, nurses and others, and opportunity may be had for special instruction in the preparation of the foods used.

The institution is very well equipped for giving the full line of hydropathic and other allied treatments, and its nurses have been so trained for the work that they can do it thoroughly and yet with comfort to the patients, so that the latter greatly enjoy the hours spent in the treatment rooms.

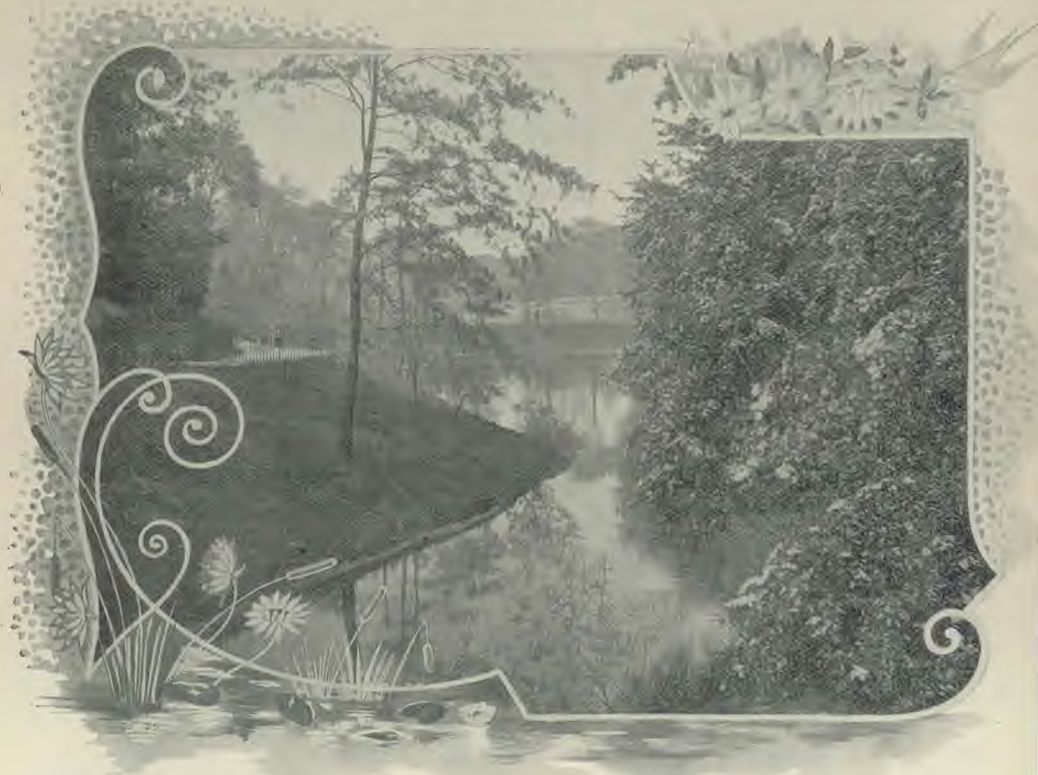
Patients residing in Belfast may arrange to come to the institution for treatment; but recovery is more rapid when they can take up their abode in the institution, and live under the immediate supervision of the physician in charge. One advantage of the latter plan is that it removes the patient from contact with the wear and tear of active home life, and provides the quiet, restful atmosphere which is most favourable to a good recovery.

THE HYGIENE OF CATARRH.

BY HARRY MILLER, M.D.

CATARRH is a condition of the mucous membrane in which it pours out abnormal quantities of mucus. It may affect any mucous membrane. The catarrhal secretion from the stomach may be vomited; that from the throat hawked or coughed up;

the mucous membrane of the nose before secretion in an acute cold, we always find it congested at first, and that the secretion follows. A very prevalent idea exists that there is some local defect in the nose, and if that could be remedied, the catarrh could



ALEXANDRA PARK, CLOSE BY THE BELFAST SANITARIUM.

that from the nose either drips from the nose over the upper lip, or, going by way of the natural drainage of the nose, drops back into the throat.

On looking at a mucous membrane affected by catarrh (the back of the throat, for example), we find it red and congested, showing that there is an over-supply of blood to that part, and wherever we find an increased blood supply, we find an increased secretion. So catarrh is an increased production of mucus, dependent upon a preceding congestion of a mucous membrane. For if we examine

be cured, while in reality the cause of catarrh does not lie in the nose, except in a very few cases, not more than ten per cent.

What is the Cause?

As we find only a very few cases of catarrh due to nasal obstructions, what is the cause of so much nasal catarrh? In a careful study of these cases I have found that it was due in almost every case to stomach or intestinal disorders. The mouth, nose, and pharynx, are simply the upper part of the gastrointestinal tract. In

patients free from stomach or intestinal disorders we have failed to find catarrh, and in the worst cases of dyspepsia we have found the worst cases of catarrh.

Some of the things that cause excessive congestion of the mucous membrane of the gastrointestinal tract, thereby producing catarrh of the nose and pharynx, are pepper, spices, and tobacco. Chronic constipation is also associated as a cause of nasal catarrh. Improper combination of food, causing fermentation, is a cause of catarrh. Another error of diet that aggravates catarrh is overloading the stomach, especially just before retiring. The result is that the patient wakes in the morning with a feeling of fulness in the head, and hawks up large quantities of mucus.

Does Climate Cure Catarrh ?

Does climate cure catarrh ? or is climate a cause of catarrh ?—The writer does not believe it much of a factor, as catarrh is found in all climates about equally. It is true, however, that it is worse on rainy days. This is partly due to the moist atmosphere, but most of all to the fact that on bad days people are more sedentary, yet eat their usual allowance. The result is internal congestion, which means increased secretion of mucus. People who have the same amount of work to do whether it rains or shines do not find their catarrh worse on rainy days.

Catarrh is much more frequent among the sedentary than among the labouring classes. To-day more are suffering from catarrh than from any other single ailment. It is very disagreeable to the patient, and often injures the voice.

Something must be done to relieve this distressing condition. Nebulisers and sprays are only palliative. They are not directed to the cause, and their results are only temporary, except where they are combined with radical treatment in the way of building up the strength of the whole body.

The treatment resolves itself into two means : First, the prevention of internal congestion ; second, the relief of internal congestion. The first can be accomplished by proper diet. Overloading the stomach and eating before retiring should be discontinued. Discard the use of alcohol, tea and coffee, tobacco, highly-seasoned foods, condiments, and all other irritants.

Relieved by Exercise.

The internal congestion can be relieved by exercise. The blood always goes where it is needed the most. If a heavy meal is taken, the blood goes to the stomach, but this is what we do not wish if we would prevent the congestion of this membrane. By exercise the blood is brought to the muscles, and if sufficient exercise is taken, the congestion of the intestines will be relieved. In this way the sedentary man can relieve his catarrh. Another remedial agency is the cold bath, which may be a cold sponge bath. Following the cold application the blood vessels dilate and the skin becomes red and congested. Here is provided a place for the blood, relieving the internal congestion of the gastrointestinal tract and thereby relieving the catarrh. The reverse is true if the skin is cold and chilly ; then the gastrointestinal tract is congested and the catarrh aggravated. Therefore proper clothing is of importance in the treatment of this malady. The extremities should be warmly clothed, so that no portion is exposed to chill.

We may sum up the treatment of catarrh as follows :—

1. The removal of any obstruction to the nasal passages when such exists.
2. Regulation of diet, excluding all stimulants, condiments, and narcotics.
3. A large amount of exercise, preferably in the open air and sunshine.
4. The morning cold bath, either spray, sponge, or plunge.
5. The proper regulation of clothing.
6. The relief of constipation.

The Removal of Pimples.

Q.—*What should be the treatment and diet to remove pimples from the face ?*

A.—Keep the face absolutely clean, by washing daily with strong soap, afterwards cleansing thoroughly with pure water ; and use a diet of fruits, grains, and wholesome nut preparations. Avoid the use of roasted peanuts and other preparations of roasted nuts. A daily cold bath, abundance of out-door exercise, free water drinking, and the avoidance of greasy foods, rich gravies, butter and other animal fats, are necessary restrictions.—*J. H. Kellogg, M.D.*

THE DRINK EVIL.

BY ELLEN G. WHITE.

EVERY year, in so-called Christian lands, millions upon millions of gallons of intoxicating liquors are consumed. Millions upon millions of pounds are spent in buying wretchedness, poverty, disease, degradation, lust, crime, and death.

For the sake of gain, the liquor-seller deals out to his victims that which corrupts and destroys mind and body. He entails on the drunkard's family poverty and wretchedness. He grows rich on the pittances of those whom he is leading to perdition.

Houses of prostitution, dens of vice, criminal courts, prisons, alms-houses, insane asylums, hospitals,—all are, to a great degree, filled with the products of the publican's work.

Like the mystic Babylon of the Apocalypse, he is dealing in "slaves and souls of men." Behind the liquor-seller stands the mighty destroyer of souls, and every art which earth or hell can devise is employed to draw human beings under his power. In the city and the country, on the great steamers, in places of business, in the halls of pleasure, in the medical dispensary, even in the church, on the sacred communion table, his traps are set. Nothing is left undone to create and to foster the desire for intoxicants.

On almost every corner stands the public-house with its brilliant lights, its welcome and good cheer inviting the prosperous man, the wealthier idler, and the unsuspecting youth. In private lunch-rooms and fashionable resorts ladies are supplied with popular drinks, which under some

pleasing name are really intoxicants. For the sick and the exhausted, there are the widely-advertised "bitters," consisting largely of alcohol.

Day by day, month by month, year by year, the work goes on. A vast army of fathers, and husbands, and brothers, the stay and pride and hope of the nation, are steadily passing into the liquor-dealers' haunts, to be sent back wrecked and ruined.

More terrible still is the curse that is striking the very heart of the home. More and more, women are forming the liquor habit. In many a household, little children, even in the innocence and helplessness of babyhood, are in daily peril through the neglect, the abuse, the vileness of drunken mothers.

Sons and daughters are growing up under the shadow of this terrible evil.



Photo by courtesy of M. Steinberger, Esq.

A LONDON INCIDENT.

What outlook for their future but that they will sink even lower than their parents?

From so-called Christian lands the curse is carried to the regions of idolatry. The poor, ignorant savages are taught the use of liquor. Even among the heathen, men of intelligence recognise and protest against it as a deadly poison; but in vain have they sought to protect their lands from its ravages. By civilised peoples, tobacco, liquor, and opium are forced upon heathen nations. The ungoverned passions of the savage, stimulated by drink, drag him down to degradation before unknown, and it becomes an almost hopeless task to send missionaries to these lands. For one soul

converted by the Gospel, multitudes are ruined by the demon drink. Through their contact with peoples that should have given them a knowledge of God, the

heathen are led into vices that are proving the destruction of whole tribes and races. In the dark places of the earth the men of civilised nations are hated because of this.

HYDROTHERAPY IN THE HOME.—LESSON III.

Uses of the Compress.

THE compress is a simple, yet remarkably effective form of water treatment. It was used more than 2,000 years ago, by Hippocrates, the father of medicine, who treated fevers by laying cloths wet in cold water on the body of the patient. A compress thus employed to lower temperature is known as

The Cooling Compress.

It consists of a mass of cheese-cloth, or a piece of linen, or a towel wrung out of cold water and laid on the inflamed part until it grows warm when it should be renewed. This form of compress wet in water at 60° F. may be applied to the abdomen in typhoid fever, and will in almost all cases prevent ulceration of the bowels. Nothing gives more rapid relief from

A Bad Headache,

of the hot, throbbing kind, than a large compress wrung out of cold water and a quiet room. Acute catarrh of the nose,



COOLING COMPRESS OVER THE CHEST.

when the eyes and nose are inflamed, is wonderfully relieved by lying on one's back in bed, and applying a compress over the nose and eyes.

For weak action of the heart, apply a cold compress over that organ, retaining it in place for about fifteen minutes,

and repeating every hour. If there is inflammation of the lungs, apply a compress over the front part of the chest, changing it as often as it gets warm. If pleurisy is present, apply in addition fomentations (flannels wrung out of hot water) every two or three hours.



THE CHEST PACK.

The Heating Compress.

When the cloth wet in cold water is covered by a piece of mackintosh and some thicknesses of flannel, it is known as a heating compress. In this form it is allowed to remain on the body without change for the day or night, as the case may be. The bodily heat soon warms the cloth, after which it acts much the same as a fomentation. The heating compress is frequently applied to a part which is being fomented between the times of such treatment. For instance, in case of a cold on the lungs, after fomentations have been applied to the chest for an hour or so, the heating compress is put on, forming a kind of chest pack, and remains in place till fomentations are again applied six or twelve hours later. The combination of warmth and moisture afforded by this treatment is most effective in allaying inflammation, and restoring the diseased organs to a condition of health.

A Good Treatment for Rheumatism.

Rheumatic joints almost invariably are greatly relieved by this procedure. Sore

throat also responds to it. In applying a heating compress to the throat, see that the skin under the upper part of the chin, or either side, is covered by the wet cloth and wrappings, as these parts most require the treatment. To bring this about, a strip of dry cloth may be attached to either side and fastened over the head, or the compress may be divided at one end.

A cold in the head is treated by the heating compress applied to the head. Wet the hair scalp in cold water, then apply a compress of cheese-cloth wrung out of cold water; put over this a rubber bathing cap, and on the outside several thicknesses of flannel.

What are Adenoids?

CHILDREN often breathe through the mouth instead of the nose, and the same is occasionally true of older people. Such breathing is unnatural and also renders one more liable to disease, especially of the chest organs. The air is filtered and fine particles of dust and soot are removed when it is inhaled through the nose. It is also properly warmed and moistened, and thus prepared to enter the delicate and sensitive structures of the lungs. But these important changes are much less perfect if one breathes through the mouth; and the mouth, too, suffers, for it becomes dry and parched.

Breathing through the mouth is usually due to some obstruction in the nose which prevents the free circulation of the air. Sometimes the obstruction is complete, but more often it is only partial, and with an effort it is possible to inhale and exhale through the nostrils.

A common cold will often produce a temporary closure of first one nostril and then the other. In such cases the openings are closed by swelling of the membrane. But one soon recovers and again breathes naturally.

New growths of tissue such as polypi or adenoids are usually the cause of permanent obstruction. The adenoids are situated at the back of the nostrils, and as they grow, gradually cover the opening, thus interfering with breathing. They are composed of glandular tissue, and really represent an over-development of the normal structure. Very soon they become diseased and a menace to health, as well as an obstruction

to breathing. In the diseased condition they harbour germs, and become the seat of an unhealthy discharge.

Now the question is what to do in order to get rid of the diseased tissue and improve nasal respiration. A very simple remedy is to add a quarter of a teaspoonful of salt to a glass of warm water, and then draw it up through the nose, first through one nostril, closing the other by pressing the finger against it, and then through the other. This treatment should be persisted in daily for several weeks. In some cases it may be well to add a little Condy's fluid to the water for its disinfectant properties.

One must also endeavour to breathe through the nose and keep the mouth closed, otherwise the treatment will have little effect. It is further highly essential to regulate the diet and general habits of life, so as to cultivate the resistive powers of the system, and maintain a healthy activity of all the organs.

If this treatment is ineffectual, it is well to consult a surgeon, for in some extreme cases the adenoids have become so diseased as to require removal.

A. B. O.

Some Further Thoughts on Chest Development (Adapted).

BY JOHN W. HOPKINS.

In the December number, *Arch Flexion*, a very important movement in Swedish Gymnastics, was explained. Let the



FIG. 1.



FIG. 2.

patient take this movement, with the hands held high above the head, keeping the hips well back, and bending the chest and neck backward evenly and firmly, the arms following, as far as possible. Stand with back to the wall, and far enough away, so that when the flexion is completed the hands will support the body by resting against the wall. While in this arched position raise the heels from two to six times, then lift the body, rest, and repeat the exercise, perhaps twice or more. Or, instead of the heel raising, lift one leg forward, keeping the knee straight, and the instep extended. However, before raising the straight leg forward, it should be lifted with the knee bent. The knee is raised as high as the hips, and the foot, with the toes pointing toward the floor, hangs under the knees. This exercise is taken alternately, first with the left leg, then with the right, from two to four times.

ARM MOVEMENTS.

Vigorous movements of the arms help to broaden the chest. Starting with arms hanging easily at the sides, bring them quickly to the position showed in Fig. 1. Return to the sides. Take this movement vigorously a dozen or two times without stopping, being careful meanwhile to maintain the spine erect, and keep the hips back.

Now bring the hands to the position shown in Fig. 2, and return to the sides. Repeat a dozen times. Vary by bringing

the hands from sides to shoulder tips as in 1, and then to back of the neck (2), after which return to the sides. Don't let the head drop forward while assuming position No. 2.

In Fig. 3 the hanging position is shown, and also an abdominal exercise to be taken while holding this position. Bend one leg, then extend it forward, bend it again, and then resume position. Repeat with the other leg, and finally with both at the same time.

After this has become easy, the legs may be lifted, and then lowered, with the knees straight. Or, after lifting the legs, separate, and then bring them together. This calls for vigorous use of the abdominal muscles.

VALUE OF DEEP BREATHING.

Whenever you have a few minutes to spare, take a few long, deep breaths. The rhythmical motion of the deep breaths will extend down into the abdomen, bringing more of the clearer, purer blood to the stomach, liver, and bowels, and by a gentle, massage-like movement will stimulate and aid them in their work.

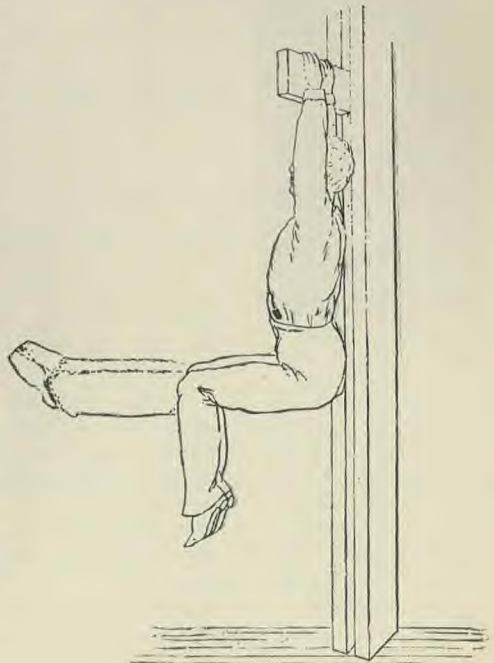


FIG. 3.



AVOID THE LARGER WRINKLES.



NOT GRACEFUL.

It is not only wrinkles in the face that make one look old; there are other wrinkles, larger and more important, that have an aging effect. These wrinkles are forming when the business man leans over his desk, and when the housewife stoops over her stove or her sewing, and sometimes when the school children bend over their grammars or work their sums,—when anybody lounges in his chair instead of sitting upright.

It is remarkable how many and varied are the pitfalls which beset the average individual who really wants to maintain a character for "uprightness." Sedentary work is not conducive to a good carriage. The hard student who takes little exercise, finds himself almost unconsciously acquiring a cramped position.

Housework is a most healthy occupation, but it would be even more so if tables, stoves, and other implements were arranged with a view to upright positions, and

especially if the housewife would keep the matter in mind, and after being compelled to do something requiring a bent position, take a few stretching movements as an offset. Even in reaching after an article people often adopt a clumsy position which destroys every graceful line in the body.

Upright, graceful carriage not only makes one look young, *it also makes one feel young*; it favours full, deep breathing, which is a veritable fountain of youth.

THE idea that a few powders and pills will "cover a multitude of sins" and obviate the results of dietetic indiscretions, is an unsafe one. Often the powders and pills only aggravate the ills, and even though they sometimes bring temporary relief, it is certain they cannot really atone for the injury caused by over-indulgence.



A GOOD POISE.

ABOUT ASTHMA AND HOW TO OBTAIN RELIEF.

ASTHMA is a Greek word which means *panting*, thus indicating the chief symptom. There are various forms of asthma, such as Heart Asthma and Hay Asthma. In the former the asthma is really a symptom of congestion of the lungs due to heart disease. Hay Asthma is periodical, appearing with great regularity in the spring or autumn, and is always associated with acute nasal catarrh.

Ordinary asthma is a pure nervous disorder, and is often brought on by seemingly trivial causes, such as excitement, peculiar odours, dust, changes in air, bronchial catarrh, a common cold, and frequently by a reflex disturbance from an overloaded stomach or indigestion.

An Ordinary Attack.

The attacks come on in the night so frequently that it is sometimes called Nocturnal Asthma. But they may occur at any time. The paroxysms are sudden, though often there is a warning such as a headache, chill, or sneezing. There is immediately great difficulty in breathing and disagreeable feelings of oppression, constriction of the chest, and suffocation. The unfortunate patient struggles hard for breath, and often goes to the open window. The face is pale and the lips blue. There is also free perspiration, and the body becomes cold. The breathing is noisy and laboured. Cough with some expectoration is usually present. The attack may last only a few minutes or continue for hours.

Suggestions Concerning Hygienic Treatment.

It is at once obvious that all constricting bands and stays should be loosened and plenty of fresh air provided. Deep breathing and holding the breath is an excellent measure, and often very successful if persisted in. Have the patient empty the lungs completely, and hold the breath. Then inhale slowly to the fullest capacity, and again hold the breath as long as possible. Repeat until relieved.

The fumes of burning nitre paper give great relief. The paper is easily prepared by soaking some absorption paper in salt-petre and then drying it, or it can be obtained from the chemist. A whiff of

chloroform or nitrite of amyl also gives almost immediate relief.

If the paroxysm is due to indigestion or flatulence, give an emetic, such as a pint of tepid water, and thus empty the stomach. Take pieces of ice in the mouth, or sip *hot* water.

A hot sitz bath with a fomentation to the stomach and liver is one of the most effective remedies. In giving such treatment it is important to have the patient well protected from cold by wrapping with warm blankets.

Hot air or vapour baths, electric light baths, the abdominal girdle at night, and cold shower and needle sprays are all efficient procedures for asthma. A neutral bath (temperature 94° to 97° F.), taken just before retiring at night for ten or thirty minutes, is highly recommended. If the bowels are constipated, take an enema before going to bed.

A Plain Diet Necessary.

The food should be simple and plain, and readily assimilated. It is our belief that many cases might be greatly relieved if not altogether cured by adopting a natural diet consisting chiefly of fruit, bread, and nuts. All the food should be pure, wholesome, and non-irritating. Above all, it should be selected and prepared so as to be easily digested. Disorders of digestion are undoubtedly the most frequent cause of asthma, and if they can be avoided, great relief will be assured. Late suppers should always be avoided. Three meals are ample, and the last may be taken at 6 or 6:30 p.m. It should be very plain, and consist of well-baked bread or zwieback with fresh and stewed fruit. It is well to avoid drinking with the meals as far as possible. Fluids wash down the food before it is properly chewed, dilute the digestive juices, and thus retard digestion.

Sometimes a change of climate offers great relief, but it is difficult to say just what sort of climate would be best. The mere change seems to be beneficial in many cases. Asthmatic patients should avoid windy, damp, and wet places, and dust, and smoke, as they are irritating and aggravate the disease. A pure, dry air,

with fair elevation seems to be the most desirable.

The asthmatic attack is believed to be due to muscular contraction of the bronchial tubes, thus interfering with both the entrance and exit of the air. It is rarely fatal of itself, and although very obstinate, is not infrequently cured.

Good hygiene with plain, wholesome food, and exercise out of doors, plenty of bathing and fresh air, are the most reliable remedies for a permanent cure.

A. B. O.

Let Us Live with Our Children.

"COME, let us live with our children!"

Earnestly, holily live,
Learning ourselves the sweet lessons
That to the children we give.
Fresh from the kingdom of heaven
Into this earth-life they come,
Not to abide—we must guide them
Back to the heavenly home.

"Come, let us live with our children!"

Leading them tenderly on
Into the fields that God's love—light
Ever shines brightly upon.
Then when our feet grow too weary
For the safe guidance of youth,
We shall be led, like the children,
To Him who is goodness and truth.

—Selected.

Diet Reform: A Personal Experience.

NOT least encouraging among many omens of good in the food reform movement is the interest taken in the subject by active religious workers, not as a fad but as a means of greater efficiency in Christian work and a help to the higher spiritual life.

Staff-captain Tracy, of the Salvation Army, gave an excellent address the other day of which we have pleasure in giving this partial report:—

I have been asked to speak for a few minutes on the subject of diet, and I think I cannot do better than begin by giving my own testimony. It is now over fourteen years since I gave up eating fish, flesh and fowl. Before that time I was a martyr to biliousness, suffering with attacks so frequent and so bad that they made life a misery. After a very few weeks on the new diet these attacks ceased altogether, and have not troubled me since. In those early days, very little was known of this

anti-flesh diet, and people used to exclaim with horror when they heard that I did not eat meat, wondering that I was alive. But I am very much alive, in fact, my health has been steadily improving all along, and I never was in such good form as I am to-day, though I work pretty hard, as you know. I do not expect to die of hard work. Hard work kills nobody. It is the wrong feeding and the bad air that kill.

I have not time to day to speak of all the advantages of this diet, but one which will appeal to Salvationists is, I think, that it helps one's spirituality. Does it not stand to reason that we become like what we eat? If we eat flesh, we feed on animal nature. If we live one a pure diet, we find it easier to have high, pure thoughts. God's Word says that to be carnally minded is death, but to be spiritually minded is life and peace.

CAREFUL WHAT WE PUT INTO OUR BODIES.

We Salvationists are very particular what we put *on* our bodies. We wear the uniform so that all may know we belong to God. Should we not be equally particular what we put *into* our bodies—these bodies which are the temples of the Holy Ghost? I think we should.

I believe there are many people who would like to adopt the purer diet, but they think it would be impossible, because they are so often at other people's tables, and fear to give trouble. Now, personally, I find that this difficulty is not half so serious as it seems. I have done a good deal of travelling, and have stuck to my principles all through the years of my officership, and I do not think I have ever lost a friend on account of my diet. A few words of explanation, and a willingness to take what is going, minus the meat or fish, generally appeases people, and very often I find them most interested in my diet, and anxious to learn more. In fact, I can to-day point to a few converts I have been able to win to the better way, up and down the land.

A NEW LEASE OF LIFE.

Our General is an example to us in the matter of diet, as in all other matters. Some few years ago he adopted this system, and you know what a worker he is. He says himself that it suits him, and that he has taken a new lease of life since he

began it, and he recommends his people everywhere to live simply and plainly and on natural foods.¹

Many are doing so. More should do so. Perhaps some will start from to-day. If I can help anyone with further advice, I shall be glad to do so.

What to Do for a Sour Stomach.

A PERSON with a sour stomach is usually pale, thin, and bloodless. The characteristic symptoms are heartburn, regurgitation of a sour fluid, pain in the pit of the stomach, and a coated or furred tongue. There is often constipation of the bowels as well, and numerous other symptoms may be present in different cases.

Since the causes of a sour stomach are mainly dietetic, it is important to know what to eat. A comparatively dry diet of plain, wholesome food should be adopted, and this should be eaten slowly and well masticated. Light, well-cooked unleavened bread, such as nut rolls, crisps, and biscuits, are superior to yeast bread. Rusks and zwieback, or twice-baked bread, are also excellent, and the same is true of granose flakes and biscuits. Mild, subacid fruits, such as baked sweet apples, ripe, mellow pears, stewed sweet prunes, and sultanas, gluten porridge or gruel, or, better still, gluten biscuits, buttermilk, koumiss (non-alcoholic), junket, soft-boiled eggs, cocoanut butter, nuts and nut foods, especially bromose, malted nuts and protose, and fresh cream, may also be taken in most cases.

THINGS TO AVOID.

The articles to abstain from are sugar, sweets, pastries, coarse vegetables, soups, acid fruits, sweet and starchy foods, and all rich and greasy foods. Milk also disagrees in most cases, and helps to make the stomach sour. Avoid sloppy foods and all drinking with meals.

The hygienic treatment is very simple, and consists of hot water drinking, and the application of hot fomentations and heating compresses to the abdomen, with vapour, Turkish, radiant heat, or prolonged neutral baths, followed by salt glows, cold mitten frictions, wet towel and sheet rubs, and similar tonic treatment.

A few sips of hot water will afford almost instant relief in most cases. Drink slowly a pint of hot water about one hour before each meal.

Hot fomentations to the stomach will bring great relief as a rule. They should be followed by a heating compress, which may be left on over night or until the next treatment.

The use of pulverised charcoal or of antiseptic charcoal tablets is also recommended.

It is important to drink water freely, but not until two or three hours after meals and up to an hour before the next meal. Two meals a day are best in many cases; one may be taken at 8 or 9 a.m., the other at 3 or 4 p.m. This will give the food time to digest, and the stomach will be empty and ready for the next meal.

Abdominal massage may also be given to advantage, and will help to empty the stomach when it is dilated and prolapsed.

A. B. O.

If a Tack or Pin be Swallowed.—When a person has swallowed a tack, a pin, a glass bead, or any other sharp-cornered or pointed object, do not give a cathartic, as it is safest to let the object become imbedded in solid faecal matter. It will thus pass safely along the alimentary canal without injuring the mucous surfaces. Give solid food, avoiding the use of liquids. A diet of mashed potatoes has been recommended by some physicians, in such cases. Always keep watch of the stools until it is ascertained that the foreign body has been expelled, thus setting the mind of the patient and his friends at rest.

* * *

Wandering Pains.—Wandering pains are often the result of a weak state of the body. When this is the case, relief is afforded by any means that will increase the bodily vigour. It is often due to tenderness in the spinal cord, in which case hot applications to the spine will be of much benefit. Hot applications to any parts affected are also of service.

* * *

A MAN too busy to take care of his health is like a mechanic too busy to take care of his tools.



Five O'clock Tea.

* * *

WHAT shall we have for our five o'clock tea?

This must to some degree depend upon the hour at which we dine. If we have our dinner at 2 o'clock or perhaps later, it would be advisable to take only one of the beverages mentioned later, but as we think that most of our readers dine at an earlier hour than this, we will endeavour to suggest a few articles of diet which, when combined with some healthful drink, make a nourishing, and, at the same time, palatable meal.

First let us consider the beverages. These must be taken in small quantities, preferably at the close of the meal, as you doubtless know by recent talks in the GOOD HEALTH that large quantities of liquids hinder digestion by preventing thorough mastication, and by diluting the digestive fluids. One of the following may be selected, viz. :—

Caramel Cereal,	or,	Grape Juice,
Brunak,		Prune Juice with Lemon.

BREADS,

Brown and White Bread,
 Granose Biscuit with Almond,
 Dairy, or Cocomanut Butter,
 Oatmeal Biscuits, Zwieback.

SWEETS.

Banana Custard,
 Sponge Cake,
 Fruit Wafers.

FRUITS.

Stewed Raisins, Steamed Figs, Apples and Grapes.

Banana Custard.

Ingredients.—2 teacupfuls of granose flakes, 2 eggs, 3 ripe bananas (sliced thinly), 1 teaspoonful sugar, 1 pint milk or almond milk.

[To make almond milk take 1 tablespoonful of almond butter to 1 pint of water.]

Method.—Heat the milk to boiling point, stir in the flakes, remove from the stove, and add sugar and bananas. Beat the eggs well and add slowly. Cook thirty minutes in a moderate oven. Sul-tanas or raisins may be used in the place of bananas if preferred.

Sponge Cake.

Ingredients.—5 large or six small eggs, 1 cup sugar, 1 cup flour (measured after sifting 3 times), 1 tablespoonful juice of lemon, 1 teaspoonful vanilla extract, a pinch of salt.

Method.—Separate the eggs, yolks and whites; beat yolks first with Dover beater; when light and stiff, add the sugar, beating it in, then beat whites till very stiff, adding lemon juice and salt after they have acquired as much bulk as they can have. Beat the yolks and sugar into the whites, then the flour, stirring as little as possible after you put in the flour. Add vanilla last. Bake forty to fifty minutes in a moderate oven.

—33—

Dinner Rolls.—Two breakfastcups of flour, two ounces Bilson's coccoanut butter, half a teaspoonful of salt, a quarter of an ounce German yeast mixed with one teacupful of warm milk. Add a trifle more milk or flour as may be required to make into a soft dough. Mix and knead well. Put to rise in covered earthen dish. When light, which will be in two or three hours, mould into jem irons warmed and well oiled. Let rise about forty-five minutes in warm (not hot) place. Bake in moderate oven for twenty minutes.

Seasonable Recipes.

Home-made Cereal.—Brown together in a moderate oven for three-quarters of an hour the following: Three pints of wheat bran, one pint maize meal, one cup of brown flour or rolled oats, two-thirds of a cupful of malt or malt honey, and three small eggs or two large ones. When quite brown, for a good cereal drink steep with each cupful of water one large or two small tablespoonfuls of the cereal.

Fruit Sandwiches.—Between slices of bread which have been cut about one-fourth inch thick and spread with butter or



nut butter put a filling made by chopping very fine, equal parts of steamed figs and nuts, moistened with water and lemon-juice to form a paste. Dates, prunes, raisins, or currants may be used in place of figs.

Sweet Sandwiches.—Flavour half a cup of almond butter, fresh from the can, with a tablespoonful of rose-water. Beat stiff the white of an egg with a tablespoonful of malt honey; add this to the almond butter and beat all together. Spread between thin slices of bread, and serve.

Vegetable Salad.—Boil one cupful of rice in one quart of boiling, salted water for ten minutes. Drain, and put it in a



double boiler with two cupfuls of milk; cover, and steam until the milk is absorbed. While hot, sprinkle with salt, and pour into a buttered ring mould. When cold, turn it on a bed of crisp lettuce, and fill the centre with one-half cupful each of cooked beets and carrots, and one cupful of drained peas. Mix the vegetables with French dressing, and pass mayonnaise to be served with the salad.

—*—

Steamed Vegetables.—To get vegetables in the most nutritious and digestible form they should be preferably baked or steamed. They may then be served plain or with a simply-prepared sauce. The Paisley digestive pea or lentil flour affords the basis for a very good sauce.



PHYSICAL PERFECTION, AND HOW TO ATTAIN IT.—VII.

BY THOMAS W. ALLEN.

Clothing.

THE clothes we wear have more effect upon our general health than most persons are aware. The majority of persons dress according to the prevailing fashion, regardless of health or other considerations. There is an old saying that one may be as well out of the world as out of the fashion, and doubtless many have been hastened out of the world by slavishly following some ridiculous and harmful fashion in wearing apparel. But the seeker after physical perfection has more intelligence and common sense than to sacrifice health to custom and convention.

Most persons wear too many clothes, and of too heavy materials. Bodily heat should be generated internally, and from the food digested, and to imagine that it can be obtained by putting layer after layer of clothing, one upon the other, is ludicrous. The following list of clothes are worn, at the time of writing, by an elderly man residing in Lincolnshire:—Chest protector, back and front; two woollen undershirts, two cotton shirts; three waistcoats; two jackets; one overcoat; two pairs stockings; muffler; cap with ear tabs. This burden of clothes is carried at one and the same time, and the wearer is always complaining of feeling cold, and small wonder either. Undoubtedly this gentleman would actually be more comfortable if he would remove half or two-thirds of his clothing.

It is said that among his fellow soldiers none could endure fatigue and hunger like Socrates, who went about in the depth of winter with the same cloak that he usually wore in summer, and walked barefoot even upon the snow.

Don't coddle. Only wear as many clothes as absolutely necessary, and endeavour by cold bathing to get the skin in good tone.

Never stand still in a cold wind, especially after exercise.

If you "feel the cold," don't put an extra coat on, or indulge in a glass of stimulants, but go for a brisk walk or run, or for some other extra exertion.

Sleep.

Most persons require eight hours' sleep, although some find six hours sufficient,

while others require ten or even twelve hours' rest. To be refreshing and to accomplish what nature intended, sleep should be sound and dreamless, and all healthy persons, if they take sufficient bodily exercise during the day will sleep soundly and well. The most frequent cause of sleeplessness is through lack of sufficient physical exercise, although heavy and late suppers, and reading and study immediately prior to retiring may result in insomnia.

Avoid Opiates.

The sufferer from sleeplessness should find out the cause, and remedy it. Avoid all artificial aids to sleep in the form of drugs, narcotics, and opiates. But if he that aspires to a perfect physical development, follows out the directions contained herein, he will not be at all troubled with sleeplessness.

Have the bedroom window open at least two inches at the top, even in the coldest weather. Do not take an after-dinner nap. If you have had sufficient sleep during the night, you will not require a post-prandial siesta. Go to bed to sleep, not to think, and plan, and map out future business schemes.

Be in bed by ten o'clock every night. Do not make a practice of visiting theatres, music-halls, and other places indoors, where hundreds of persons are in close proximity to one another.

Avoid dancing rooms, and do not turn night into day.

Eschew tobacco in any form. Athletes in training never smoke. They consider it reduces the tone and energy of the muscles by making them flabby. It is not only a harmful habit, but a useless one.

Conclusion.

The information contained in this and the foregoing articles is of necessity somewhat limited and condensed; yet there is sufficient for all practical purposes to enable the aspirant to attain a certain degree of physical perfection. If these rules are adhered to religiously, and practised systematically, life will be made more worth living, by the added increase of health, strength, and happiness.

QUESTIONS AND ANSWERS.

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

Thistle: We make it a rule not to answer questions in the columns of this magazine unless we are furnished with full name and address of the writer. Unless we have a request to the contrary, we merely insert the initials of the name, but we are always willing to use an assumed name whenever desired to do so. If you will send us your name and address, we will gladly answer your question by post. It is hardly a proper one to put in the magazine.

Relation of Weight to Height in a Woman; Long Fasting.—E. M. E.: 1. "What is the relation between the height and weight of a woman?" 2. How long could one live without eating?"

Ans.—1. The following are the results obtained by Dr. Kellogg in a test of over 1,500 women:—

Height in inches, 67, 66, 65, 64, 63.
Weight in pounds, 121, 123, 121, 118, 116.

Height in inches, 62, 61, 60, 59, 58.
Weight in pounds, 115, 109, 103, 96, 106.

Dr. Tanner of New York City fasted for 40 days, and made a good recovery. Others have done likewise. There is a case on record of a woman who took no nourishment for the space of fifty-six days, and then died.

Tartar on the Teeth; Care of the Teeth; Bitter Beer.—A. D. D.: "Tartar collects very rapidly on my teeth. 1. What is the cause? 2. What is the best means of cleansing the teeth? 3. A glass of bitter beer after dinner and supper has been prescribed for me as a tonic. What would you recommend?"

Ans.—1. Poor health and failure to keep the teeth clean. 2. We recommend you to use a soft brush and cleanse the teeth with warm water (to which occasionally a little salt may be added) after each meal. Twice a week use a solution of half Listerine and half water. The Listerine may be had from any chemist. 3. That you avoid all stimulants, and eat simple, wholesome food only.

Expectoration; Pain in the Left Side.—A. B.; "I am constantly expectorating yellow phlegm, but I am not troubled with a cough, except when raising the matter. Some also seems to come from my nose. I have a slight pain in my left side, but think it only comes about through coughing. I have tried several remedies, but cannot get rid of the complaint. If you can help me, I shall be extremely obliged."

Ans.—Your case is one that requires a careful medical examination. You should visit a sanitarium, and undergo a course of tonic treatment. This will be a means of building up your health and overcoming the difficulty. In the meantime, you may be able to obtain relief by washing the nose out each morning with salt water, drawing it up through the nostrils. A pinch of salt to a cupful of warm water is sufficient. The Perfection Vaporiser would doubtless be of benefit to you. You can use the following Benzoin solution:—

Oil of Scotch Pine,..... 20 drops.
Oil of Cinnamon,..... 40 drops.
Oil of Eucalyptus,..... 1 drachm.
Menthol Crystals,..... 20 grains.
Compound of Tincture of Benzoin, 4 ozs.

Use the Vaporiser for ten or fifteen minutes three times a day.

Moles; Clear Skin.—D. M.: 1. "Will you kindly inform me of the best means of ridding oneself of moles? 2. What must one do to obtain a clear skin?"

Ans.—1. As a rule it is best not to interfere with the moles. They are usually present from birth and persist throughout life. If, however, they are very unsightly, you might consult a surgeon as to the advisability of an operation for their removal. 2. Eat plain, simple food, taking plenty of fruit, both fresh and stewed; have your grains well cooked, and use dextrinised bread, such as zwieback and granose biscuits. Use nuts and nut-foods in place of flesh. Chew your food well. Be regular in your habits, and take no more than three meals a day. Avoid sweets, pastries, pickles, cheese, condiments, and all rich and greasy foods, and fried foods. Drink water freely in the morning and between your meals. Take a cold sponge bath each morning, followed by vigorous friction with a rough towel. Get out of doors each day for exercise in the open air. Systematic exercise is necessary for maintaining good health. A clear complexion is usually an indication of sound physical health.

Acne.—T. W.: "I have suffered for many years with acne, and have taken medicines and used ointments, but with no results. I have also tried no end of different soaps, but it still persists. The face only is affected. I will be glad if you will let me have your advice."

Ans.—Acne is an eruption of the skin which is usually due to some perversion of the blood. You should adopt a very simple, plain diet, consisting largely of fruit, bread, and nuts, the latter always to be well masticated. You can also take some of the finer grained vegetables, and milk and eggs if they agree with you. Avoid flesh foods and especially all forms of swine's flesh. You should discard tea, coffee, condiments, pickles, cheese, and fried foods. Take time to chew your food well. You will find three meals a day quite sufficient. Avoid drinking with your meals, but drink water freely in the morning and between meal times. Get out of doors in the fresh air as much as possible, and go in for physical culture. Take a systematic course of exercise daily, and a warm bath at least twice a week. Wash the affected parts with hot soft water night and morning, using green soap, then dry gently, and afterwards apply a little of the following ointment: Precipitated Sulphur 1 drachm; Rose Water Ointment and Petroleum Ointment 4 drachms each.

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.

West Indian Edition: Price, 3 cents per copy. West Indian Office: International Tract Society, Port of Spain, Trinidad; and Kingston, Jamaica.

GOOD HEALTH is thankful for the numerous kind wishes expressed by its friends who have written in from all parts of the Kingdom and from the colonies. Month by month our family is growing larger and more representative. For this we are grateful, but not satisfied. It is our desire to greatly increase our list of yearly subscribers, and to bring this about we invite the hearty co-operation of all our friends. Read our special offers on the third cover page, and consider if you have not some friend or acquaintance who would be willing to become a subscriber to such a magazine as GOOD HEALTH at only 1s. 6d per year, post-paid.



OUR NEXT MONTH'S ISSUE.

We have been deeply impressed with the efforts put forth by so many of our readers to acquaint their friends with the paper and its principles. Next month's issue will therefore be got out with special reference to use in this health missionary work. We shall aim to make it representative, and at the same time thoroughly attractive, giving some clear glimpses of the truths for which the magazine stands, and treating all subjects, as far as possible, from the standpoint of one who is not acquainted with the work. Among the chief topics will be the following:—

Science in the Kitchen; Nervous Prostration: Its Causes and Cure; Spring Hygiene; Physical Culture in the Home, etc.

We heartily invite all our readers to order a few extra copies of this number to use amongst their friends.

DEEP BREATHING LENGTHENS LIFE.

Read about a Wonderful Little Instrument that vastly increases your lung capacity, and enables you to breathe strongly and deeply without exertion.



The breathing tube is a marvellous little instrument that quickly teaches one the True Science of Breathing. Very many people only partially use their lungs, and through improper breathing suffer from lung and throat complaints, and general impaired vitality.

Deep breathing kills disease and promotes long life. The body lives on oxygen; the more oxygen absorbed, the healthier the body is. The Breathing Tube (which is small, portable, and can be carried in the pocket), exercises the lungs to their fullest extent. This means the absorption of perhaps **Double the usual quantity of Oxygen.**

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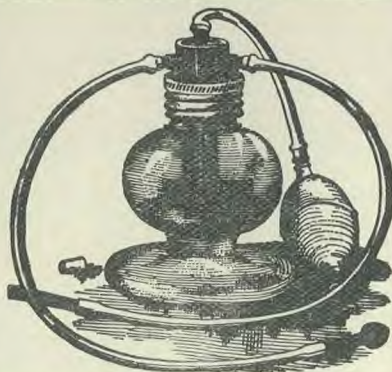
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Samples Free, for Knitting, Embroidery, Crewel, and Crochet work.



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WORKS: **Co., Ltd.,**
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More nutritious than ordinary butter. Keeps indefinitely.

ABSOLUTELY PURE.

.. **BILSON'S** ..

Cocoanut Butter.

PRICE 8d. per lb, carriage forward; in lots of 28 lbs, 7d. per lb, carriage forward.

SEND AT ONCE 6d. IN STAMPS FOR LARGE SAMPLE PACKET OF THIS EXCELLENT BUTTER, POST FREE.

Preparation.—The butter may be used just as it comes out of the tin, or it may be mixed with a little water, or with water and salt. It has a delicious flavour, and is perfectly wholesome. Entirely takes the place of dairy butter both to use on bread, and in cooking.

Full Stock of Nuts, Dried Fruits, etc., and all the Health Foods. Prices Reasonable. Quality The Best. Ask for New Price List.

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PUBLISHERS' NOTES.

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Wanted: Nurse Attendant for invalid lady. Must be strong. Salary about £20. Write for full particulars. E., 48 Gratwicke Road, Worthing.

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(Conducted by correspondence only.)



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- "I am more than pleased."
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No apparatus. Daily Programme.
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Offers facilities for giving a full line of Hydropathic Treatments, as well as Massage and Manual Swedish Movements.

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CEREAL FOODS. HEALTH FOODS.

Where the Best are
to be obtained.

Fredk. Bag & Son,
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London, E.C.

The Old Established City Firm have just issued their new Price List of "**HEALTH FOODS**" for the coming season.

You should write for one to-day because it is to your advantage to do so, and enclose two stamps for the new "Cookery Book, and How to Begin Vegetarianism."

Full of useful Recipes. Contains 24 pages, and tells you how to cook all our foods.

We deliver to every part of London daily, and our terms for **free delivery** are unequalled by any other firm in England.

Mention this journal.

COUNTY FLOUR.

THE complete wheat except the bran. The ideal flour for bread, biscuits, cakes, pastry, puddings, and all household requirements where nutriment is a consideration.

Prepared from the finest selected wheat only. Milled and prepared by our special process to retain the full nutriment of the grain, and eradicate the outer skin or bran.

Try it once Use it always
To please us; To please yourselves.

PRICES.

120 lb. bag,.....17/6, carriage paid.
20 lb. bag,.....3/6. " "
1½ lb. sample,.....6d., by post.

Sole Proprietors

COLLYER BROS.,
BATH LANE MILLS, LEICESTER.

Granose is a Triumph

Of Scientific Food Preparation and Cookery.

AMONG the long list of cereal preparations before the public to-day, GRANOSE stands alone, because of its absolute purity and perfect preparation. Starch composes about three-fourths of the berry of wheat, oats, or barley, and food experts have found that three hours or more of continuous cooking is required to properly prepare starch for the delicate human stomach. Failure to so change the starch is one of the great causes of indigestion, so painfully abundant.

In GRANOSE the starch has been changed, and is easily assimilated. GRANOSE produces far more energy, and is far better for building brain, bone and muscle, than bread, porridge, or other starchy foods. It makes man, woman and child healthy and vigorous.

IT IS THE BEST FOOD OBTAINABLE,

IN THE BEST FORM POSSIBLE.

IF YOU SUFFER with a poisoned circulation, headache, neuralgia, constipation or biliousness caused by dyspepsia, try **Granose Flakes** for a week and note the improvement. For these difficulties the best results are obtained by eating **dry** a bowlful of nicely toasted or heated **Granose Flakes** at the beginning of each meal. They should be eaten slowly, thoroughly masticated, without liquid of any kind.

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EVERY WOMAN
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MARVEL WHIRLING SPRAY.
The new Syringe. Best—Safest—Most Convenient.
It Cleanses Instantly.



Ask your Chemist for it. If he cannot supply the Marvel accept no other, but send stamp for book giving full particulars and directions invaluable to ladies.

MARVEL CO., Dept. 17,
11 Queen Victoria Street, London.

PUBLISHERS' NOTES.

We are sometimes asked as to the character of things advertised in our columns. Our older readers know that we accept no advertisements which are not thoroughly reliable.



ACCORDING to an editorial in the *Daily Mail* "leaders of fashion would do well to consider whether if this article of dress [the corset] cannot be abolished altogether, it could not at least be so modified as to free it from its present serious and unenviable reproach." The Good Health Adjustable Bodice presents such a modification to absolute perfection. It is a dainty, well-fitting garment, with all the good qualities and none of the disadvantages of the ordinary corset.



ORDERS for the International Health Association foods are sometimes sent to the Good Health Supply Department. To avoid delay it would be best for purchasers of these excellent products to order them either of their grocer, if he has them in stock; otherwise direct to the Association, Legge Street, Birmingham.



MESSERS. BAX & SONS, who advertise their stock of health foods, etc., do a very large seed business as well. Any of our readers requiring reliable supplies in this line will do well to write to them.

START THE DAY RIGHT
— NO COOKING —

Shredded Whole Wheat



"BISCUIT" with hot milk and sugar makes the **BEST Breakfast**
SEND ID. STAMP FOR FREE SAMPLE
Shredded Wheat Co.
St. Georges' Ho.
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GOLD MEDAL AWARDED,
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FOR INFANTS, GROWING CHILDREN, INVALIDS and the AGED.

"An excellent Food, admirably adapted to the wants of infants and young persons."
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THE PUREST, MOST WHOLESOME, AND MOST CONVENIENT CEREAL FOOD.

TRISCUIT

Used by Vegetarians and all others who know the value of **Natural Food** instead of Biscuits, Wafers, Bread, Toast and Rusks.

TRISCUIT is made of cleaned and fluted Whole Wheat only (no added ingredients), and baked by Electric heat; therefore it is **NATURE'S FOOD BY NATURE'S PROCESS.** It puts **New Life** into those who eat it regularly, and is the mainstay of many of the world's brightest and cleverest men.

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A Seaside Home.

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Highest recommendations.
Accommodations,—exceptional.
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A BOOK FOR EVERY FAMILY.

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OF DOMESTIC HYGIENE
and RATIOAL MEDICINE.



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

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Agent for the Food Products of
the International Health Associa-
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Canned and Dried Fruits,
Nuts, and other Specialities.

SEND FOR LIST OF PRICES.

A new and high-class

VEGETARIAN RESTAURANT

HAS BEEN OPENED BY THE
FOOD REFORM Co., Ltd.,

AT
4 FURNIVAL Street, Holborn, E.C.
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Quiet and Central.

The most comfortable place in the
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Special Evening Menus.

Ladies' and Gentlemen's Lavatories.

Massage, Electricity, & Nauheim Exercises.

Certificated Masseuses visit ladies for
treatment at their own residences, or re-
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convenience. A resident Masseuse supplied.
Lessons also given.

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

Hygienic Facial Treatment a Speciality.

Apply to

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Get the Magic Pocket Vapouriser; a simple, con-
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of Catarrh, also diseases of the nose, throat and
lungs. PRICE, 4/- POST FREE. With
attachment for treating the ear, as shown in the
accompanying cut, 6/-.

When ordering ask for our free booklet telling all
about Catarrh and Its Treatment.

GOOD HEALTH SUPPLY DEPARTMENT,
451 Holloway Road, London, N.

BOOK NOTICES.

"CONCERNING HUMAN CARNIVORISM," by J. Todd Ferrier, published by the Order of the Golden Age, Paignton, England, Price 1/6, cloth. This is an ably written work on behalf of a bloodless diet. The subject is viewed from a historical, scientific, economic, humane, and religious standpoint. The opening chapter on the records of history contains some very interesting quotations from the early Christian fathers from which it would clearly seem that the primitive Christians were much more alive to the advantages of a pure, natural diet than are the majority of professing Christians of to-day. The chapter giving the testimony of science leaves nothing to be desired, and that on economic problems is likewise most conclusive. We can hardly say as much for the closing chapter, which presents the religious phase of the question. The writer seems to be apologising for certain parts of the Holy Scriptures, which we consider quite unnecessary. The Bible doubtless contains some passages which, taken out of their connection, may be wrongly used to strengthen the position of those who argue in behalf of free indulgence in flesh foods, but its teaching viewed as a complete whole is entirely in the direction of the highest and purest manner of living. With the exception of the closing chapter, however, the book is hardly open to criticism, and certainly contains much of interest and value. It ought to have a large sale.

(Continue on page 288.)

SLOW DIGESTION.

Antiseptic Charcoal Tablets are valuable in cases of fermentation, flatulency or slow digestion. Box, containing 40 tablets, 2/1 $\frac{1}{2}$, post free. Good Health Supply Dept., 451 Holloway Road, London, N.

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BREATHING TUBE.

TWO-THIRDS SIZE

Increases size of chest two to four inches. Used early, prevents consumption; if developed, helps to cure it. Invented by Dr. Joshua Allen, an expert on consumption. Post paid on receipt of 1/1. To foreign countries, 1/6. Circular free. Address, G.H., Highwater & Co., No. 84 The Exchange, Southwark, London.

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

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Brunak

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

Dr. Allinson says:

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

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

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



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

"SANIS"

(REGISTERED.)

UNDERWEAR.

All Wool, Guaranteed.

THE YARN  Pervious and porous.
 THE WEB  Porous—A Stockinette Texture.

* * *

The Advantages of a guaranteed all wool, pervious, non-chilling, and slow conducting garment for next-the-skin wear are well known.

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Comfort is ensured by the fineness of the filament.

Strength By the length of the staple. **Economy** By the price.

"SANIS" UNDERWEAR

(Registered.)

Compares favourably in price with any of its competitors, and its use is recommended by experts in health culture.

Washing directions are given with each garment, which, if followed, will ensure the fulfilment of every reasonable expectation. Name this paper and these instructions will be sent you, tastily printed on a tinted card, corded for hanging. Explana-tory booklet and price list sent free on application.

ADDRESS: **THE SECRETARY,**
79 & 81, FORTRESS ROAD,
LONDON, N.W.

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OUR HEALTH FOODS REACH THE ENDS OF THE EARTH.

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GRANOSE FLAKES, loose or in biscuit form, consist of the entire wheat berry, subjected to hours of steaming and baking, ready for use. Packet,.....7½d.

TOASTED WHEAT FLAKES, the same sweetened with malt honey, nature's health sweet. A most delicious breakfast dish, which can be served hot in two minutes. 20 oz. packet,....8d.

AVENOLA.—A choice combination of ready-cooked grains. For porridge and puddings. 1 lb.,..7d.

NUT ROLLS.—A very nutritious and toothsome biscuit in the form of thin rolls. Just the thing for luncheon. Should take the place of fermented bread on every table. 1 lb box,.....5d.

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PEANUT BUTTER.—Our process of manufacture excludes roasting of the nuts which renders them indigestible.....½lb. 7d.; 1lb. 1/-.

PURE ALMOND BUTTER.—All sweet, finely ground. Per tin, containing about 13 oz.....1/9.

CARAMEL CEREAL, the perfect beverage, fragrant, healthful, and easily made. 1 lb. package, 8d.

PROTOSE.—First-hand meat, obtained direct from the vegetable kingdom. Provides the same elements of nutrition found in animal flesh, without the impurities. Tasty and easily digested. Is generally acknowledged to be a triumph of inventive genius in the realm of Health Foods. 1½lb. 1/4; 1lb. 1/-; ½lb. 8d.

NUTTOLENE.—A delicate nut food, of the consistency of cheese. For sandwiches, etc. 1/4; 1/-; 7d.

BROMOSE.—Plain or combined with fruits. In box containing 30 tablets,.....1/6.

MALTED NUTS.—In fine powder form, ¾lb. tin,....1/-; 1lb...2/-.

Both Malted Nuts and Bromose are made from malted cereals and predigested nuts. They are all food, and are quickly transformed into good blood, then brain, bone, and muscle. They have in addition an effect similar to cod liver oil, and fully as strong, while their palatability gives them a great advantage over cod liver oil, which some stomachs cannot tolerate. There is no better food for athletes, brain workers, invalids or infants.

Send us **One Shilling** for a package of samples and cookery book, or ask your **GOOD HEALTH** agent for these foods.

International Health Association, Ltd.,
BIRMINGHAM.

In answering advertisements kindly mention "GOOD HEALTH."

Book Notices (Continued).

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