





MATERNITY.

(After the painting by T. B. Kennington.)

# Good Health

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## EDITORIAL CHAT.

**Arsenic in Sweets.**—Chemical analysis has revealed the presence of arsenic in some cheap varieties of sweets, due to colouring agents. Sweetmeats form altogether too prominent a feature of the average Britisher's diet: they could be entirely dispensed with to the great advantage of the public health, and without involving any real nutritional loss.



**Insanitary Barber Shops Again.**—Our strictures on "Insanitary Barber Shops" in the last number but one, have not passed unchallenged, at which we are not surprised. Barbers, like other human beings, dislike having their faults pointed out. But indignant denial is no answer to the charges made, which may be substantiated by anyone who will investigate for himself. Allowing for some honourable exceptions, our barber shops are not at present conducted on the lines of hygiene and strict cleanliness, and it is in the interests of barbers who do the best work, as well as of the public generally, that the fact should be pointed out, repeatedly if necessary.



**Insanity Increasing in Scotland.**—Dr. Clouston, Physician Superintendent of the Royal Edinburgh Asylum, presented his annual report at a recent meeting of the members of the Asylum Corporation. There had been, said the doctor, an unusual number of aged and broken-down people, a very large number of cases suffering from general paralysis, and the number of alcoholics was excessive to a degree un-

precedented in the history of the asylum. He gave the following figures covering three decades of mental disease in Edinburgh:—

In 1873 there were 583 rate-paid insane persons chargeable to Edinburgh and Leith, or 1 to every 413 of the population. In 1883 there were 693, or still 1 to every 413 of the population. In 1893 there were 877, or 1 to 379 of the population, and in 1903 there were 1,248, or 1 to every 315 of the population. Taking Scotland all over at these four periods, the figures were 1 in 519, 1 in 420, 1 in 371, and 1 in 320.



**What is the Reason?**—What is the reason for the increase? the doctor asks, and then replies that the labouring classes are less afraid of asylums than they used to be, consequently make greater use of them; again, "the area of what constitutes certifiable mental disorder or defect has enlarged"; and thirdly the patients live longer than formerly, having better care; but these considerations do not, as Dr. Clouston admits, account for the steady increase of the mentally diseased. "Senile insanity was increasing; adolescent insanity had also increased out of all proportion to the increase of population; general paralysis was greatly increasing—from 205 to 431 per decade in the thirty years; alcoholic insanity went steadily up; this year in no less than 42·3 per cent. of all the men, and in 18 per cent of the women; much the largest proportion ever experienced. Excess in alcohol was assigned as the cause of their insanity. In 1873-7 the percentage of alcoholic cases was only 18·5 among the men, and 10·4 among the

women admitted. That had now been doubled. . . . It was a social scandal of a very alarming kind that nearly one-half of the insanity of any district should be more or less due to drink."

This report, for which we are indebted to the *British Medical Journal*, calls for no comment from us, although we may add that this state of things is unfortunately not peculiar to Scotland. In all the most highly civilised nations insanity is, to the best of our knowledge, on the increase, and is doubtless a legitimate outcome of the large use of stimulants and narcotics and of unnatural habits generally.



#### The Nature of a Bilious Attack.—

"Biliousness, is a symptom rather than a disease," writes Dr Dudley Fulton. "If one suffers from biliousness, the liver is at once blamed, when as a rule the liver has nothing to do with it. The condition is the result of too much rich food, or of indigestible food in the stomach or intestines. Biliousness is a combination of symptoms—loss of appetite, nausea, headache, and lassitude—all curative in character. Nature enforces loss of appetite, abhorrence of food, and insists upon the patient's giving his stomach a rest. If the food is in his stomach, nature produces vomiting to expel the offending substance. Sometimes it is best to give a lavage to assist nature. There may be diarrhoea—another effort to eliminate these poisons from the body. In all these we can see nature at work trying to cure disease. The rational treatment is not at once to give calomel, thereby introducing more poisons into the system, but to act in harmony with nature's laws, that these poisons may be eliminated in a natural way."

A good cure for biliousness is an exclusively fruit dietary for a few days. Fruit acids cleanse and purify the whole system, and the natural sugar of fruit keeps up one's strength.



**A Startling Statement Concerning Meat Extracts.**—Prof. Halliburton, of King's College, in a recent letter before the American Chemical Society, made pointed reference to the practical worthlessness of meat extracts from a nutritive

point of view. Our readers are familiar with the generally prevalent idea that these preparations contain, to borrow the words of another, "something like the equivalent of an ox in a small jar of the extract," an impression ruthlessly swept aside by the professor, who remarks, with great plainness of speech: "Instead of an ox in a teacup, the ox's urine in a teacup would be much nearer the fact, for the meat extracts consist largely of products on the way to urea, which much more nearly resemble in constitution the urine than they do the flesh of the ox." This makes very unpleasant reading for lovers of beef-tea, and is hardly likely to increase anyone's appetite for a juicy beefsteak either, for it is evident that if meat extracts have such a disgusting character, the meat from which they are taken must to a large extent share in the condemnation. Let us be thankful, then, that flesh foods are not among the necessities of life, and await with patience the complete conversion of the distinguished professor to vegetarianism.



#### Fewer Births and Fewer Deaths.

—The vital statistics of the City of London and the metropolitan boroughs have recently been published, and we cull the following items:—

The 130 906 births registered in London during 1903 were equal to an annual rate of 28.5 per 1 000 of the population, estimated at 4,613,812 persons in the middle of last year. This rate was lower than that recorded in any of the ten preceding years, 1893-1902, during which the birth-rate averaged 29.9 per 1,000; in the three years 1900 to 1902 the rates were 29.1, 29.0, 28.5 per 1,000 respectively. The deaths of persons belonging to London registered during last year numbered 69,737, and were in the proportion of 15.2 deaths per 1,000 persons living, against 18.6, 17.1 and 17.2 per 1,000 in the three preceding years. 8,088 deaths were referred to infectious diseases; of these, 13 resulted from smallpox, 2,046 from measles, 361 from scarlet fever, 740 from diphtheria, 1,627 from whooping-cough, three from typhus, 368 from enteric fever, five from simple continued fever, and 2,925 from diarrhoea. These 8,088 deaths were equal

to an annual rate of 17.6 per 1,000, which is less than the rate for either of the three preceding years. Consumption carried away 7,124, or in round numbers, *nearly as many as all the infectious diseases combined*. This rate is also a little lower than that of preceding years.

Thus we are by means of public hygiene gradually stamping out the infectious diseases and consumption; but our birth-rate is diminishing, which is in itself a serious thing, and various other diseases arising more directly from artificial and health-destroying habits are claiming more victims than ever before, notably various nerve disorders, insanity, and cancer.

**Healthiest and Rainiest Years.**—1903 not only distinguished itself as the rainiest year on record, but, according to the report of the Registrar General, was also the healthiest year ever known.



**Why Does Much Rain Conduce to Health?**—This is a difficult question to answer. Of course the rain purifies the air and surface of the earth. The sewers, too, are flushed with water, and all dirt and excreta are rapidly carried away. On the other hand much rain and wet conduces to rheumatism and similar disorders, as well as inflammatory diseases.

## THOROUGH MASTICATION; OR THE "FLETCHERISING" OF FOOD.

BY GEORGE THOMASON, M.D.

FORTUNATELY the important subject of the better chewing of food is attracting no little attention at the present time, both in this country and America. Much credit is due to Mr. Horace Fletcher for his untiring efforts and able researches along these lines for several years past. His original setting of certain hitherto unobserved benefits to be derived from more perfect mastication of food has attracted the attention of a number of the leading physiologists of the world, who have, after most careful and complete experimentation, largely substantiated the correctness of his observations.

### Cured Himself of Indigestion.

Mr. Fletcher's contention is that all food taken into the system should be masticated not merely so that it can be swallowed, but till it is in liquid form, and does not require swallowing in the ordinary sense of the word. By adopting this practice he has cured himself of a serious form of indigestion, and finds that he can maintain his strength while doing hard work on less than half the amount of food usually considered necessary.

The evil effects of insufficient mastication are many. It is well known that the food, after being taken into the mouth, passes through various stages before it is ready for absorption in the intestines. Each successive stage is important as related both to the one which precedes

and to the one which follows it. Nature intended that the food should be thoroughly mixed with saliva in order that the starchy element in the food should while in the mouth be well advanced towards digestion. If the food is improperly masticated, perhaps washed down with fluids, undesirable conditions result, namely:—

### Harmful Results of Hasty Eating.

1. The starch is not digested, and entering the stomach unchanged, is liable to undergo fermentative processes.
2. The food enters the stomach in lumps, instead of being thoroughly disintegrated, and the coarse food-particles act as a marked irritant upon the delicate lining membrane of the stomach.
3. The gastric juice cannot gain ready access to the lumpy food, therefore digestion in the stomach is greatly retarded, the food must remain for too long a period in the stomach, which permits of putrefactive changes. This results in the formation of poisonous substances from the food. These poisons when absorbed benumb the nerves, and by a form of intoxication lay the foundation for neurasthenia, sick headache, biliousness, kidney disorders, and many similar conditions.
4. The fermentation of the starch produces alcohol and gas, giving rise to such results as usually come to the "moderate drinker." Moreover, there is gaseous distention of the stomach and bowels, often

causing considerable pain, and lessened ability to empty their contents.

#### Overburdening the Intestines.

5. The starchy foods that escape fermentation, not being sufficiently advanced in the digestive process when they reach the small intestine, throw an extra burden upon this organ, which must sooner or later result in embarrassed activity, and finally complete inefficiency and exhaustion.

It is a well-established fact that hasty eating predisposes to over-eating. Nature does not seem to have opportunity to say, "It is enough." Thus a double tax is imposed, that of digesting an unnecessarily large amount of food which, again, is in a difficult form for digestion; and there is scarcely any dietetic crime greater than that of surfeiting.

It has for many years been the settled opinion among physiologists that the amount required daily by the average individual is twenty-one ounces of water-free food. After some years observation and experimentation with many individuals, Mr. Fletcher is firmly of opinion that this amount is altogether too large when the food is properly masticated. He has subjected himself, and others, for prolonged periods, to arduous daily physical and mental labour, while subsisting upon less than half the amount above mentioned, at the same time chewing each morsel three or four times more than is usually done, and with the result that not only did the experimenters perform an excessive amount of work, but with remarkably little fatigue, and with even a slight gain in weight.

#### Saving of Energy.

Much energy is required of the body in digesting food, and if this process is shortened by more than one-half, it must result in the saving of an enormous amount of energy to the body, which can in time be otherwise utilised in work.

There is no doubt but that Mr. Gladstone's remarkably preserved strength of body and mind was as much due to his well-known habit of thorough mastication of his food as to his regular physical exercise.

Most animals set an excellent example in reference to thorough mastication. Even the fowls who gulp down their food

so rapidly are obliged afterwards to swallow some "grinders" in the shape of small stones, by which the grinding process is carried on.

Not only is the digestive period shortened by proper mastication, but absorption is greatly favoured. Hence there is no fermentation and decomposition, no gaseous distention, the bowels do not become obstructed with an excess of waste material to undergo further decomposition. No one factor is more potent for overcoming constipation than thorough mastication of the food.

#### A Sixth Sense.

Mr. Fletcher calls attention to the recovery of another—a sixth sense, if one pleases. He states that after practising thorough mastication for a time there is more perfect control over the action of the muscles involved in swallowing, and that they do not accept without protest a particle of insufficiently masticated food.

Less "raw material" means less cost for food, which is certainly an item requiring consideration on the part of many.

It has been suggested by a prominent American physician that in harmony with the precedent established in speaking of "Pasteurising" food in honour of the man who discovered the simple means of increasing the keeping properties of food, so in honour of the man who is doing so much in calling attention to better chewing as a physiological means of the sterilisation of food and preventing its decomposition, the process should be termed "Fletcherising."

Thorough mastication certainly will dispose of the repeated question: "What shall we do with the crusts and stale bread?" As has been aptly remarked, "eat them and thus save both the bread and the doctor's bills."

WHENEVER it is possible, parents should have a piece of land connected with the home, that the children may learn to cultivate the soil. How many beautiful and valuable lessons may be drawn from preparing the ground, sowing the seed, and tending the growing plants. In learning these lessons, parents and children are benefited and blessed.—*Ellen G. White.*



## SUCCESSFUL VOICE STUDY.\*

BY A. E. J. M'CREARY, L.MUS.

MANY are the students of the voice, but few reach the standard that gives them pleasure in singing, or their friends in listening. Being asked by the editor of this paper to write a few words on the subject, I should desire to make them few, as the readers who practise the valuable instructions given in GOOD HEALTH want to know what to do, and why, and can commence the practice at once.

Incorrect breathing is the cause of all the distress—escape of air instead of escape of tone, caused by a laziness of inhaling the breath, and by not knowing how to utilise it efficiently when it has been received.

Resistance is the first great law to be observed. Since the fall of man, the law of resistance has been at work either as a master or as a servant for his own advantage. "Cursed is the ground for thy sake." The greater the resistance felt in inhaling the breath, the greater the recoil will be, consequently the greater the quantity of "compressed air" in the chest, involving full inflation of the "ventricles" or pockets of the larynx.

The next step is to put "resistance" against the upward pressure of the breath, by a backward or swallowing thought. In standing before an audience, or indeed at any time, take a short step backward, keeping the chest and head as motionless as possible. This will draw in the stomach and lower part of the body, and increase the upward pressure of the breath, besides offering more resistance to the breath when being inhaled. It will only be necessary to take a breath in this manner to find the

great advantage it possesses in *controlling* power. When singing, open the mouth from side to side, especially for the upper notes.

There is one point more that the student should notice. In commencing a note it is necessary to "gather the tone" before attacking it firmly. Let the student practise this thoroughly, as he will then have no difficulty in continuing the tone which is already made.

I was glad to see in an article on deep breathing in GOOD HEALTH that it was taught in the following position: Hands on the waist with fingers in front, body erect and abdomen drawn in; this is the manner in which the famous old Italians used their breath. It is on this point of compression by the drawing in of the abdomen that the modern school differs. To breathe abdominally the chest walls must be relaxed, and when the full breath has been taken, a certain effort is required to "hold the breath" mentally instead of automatically, thus inducing two movements instead of one, and involving waste of time and energy. Man was made upright, let him strive to remain so.

It is "compression" that gives us our big results; compressed air, compressed steam, compressed paper. The very organs of the body themselves are so compressed that it would be a difficult matter to pack them exactly as they are. Let us remember the old adage that an ounce of practice is worth a pound of theory. It is not the quantity of breath so much as the manner in which we utilise it that determines the quality of the singing. Let us take in all the breath we possibly can, provided the chest is elevated when doing so, otherwise it will be like playing on a drum without tightening the sides.

\*It was noticing the remarkable ease and naturalness with which the pupils of Prof. McCreary sang at a meeting of the Belfast Good Health League, that led to a request for this article, in which the writer has summed up some of the most essential principles of his system.—Ed.]



### A COUNTRY LIFE FOR HEALTH.

PHYSICAL deterioration—how familiar the term has become of late!—is very largely due to separation from the soil and the healthful labour involved in its cultivation. Wordsworth doubted whether townspeople were possessed of souls; he would have come nearer the mark if he had questioned whether they had any bodies sufficiently strong and serviceable to deserve the name.

Who has not viewed with sadness and amazement the anæmic, seedy, young-old urchins, that pour out of our Board-schools? or marvelled at the crowds of pale, sickly-looking people that man our enormous factories, and daily maintain an uneven, often hopeless struggle for mere existence?

We are suffering from over-crowding. City life, bad at the best, is suicidal in the noisome, disease-producing slums. Men and women need to get out in the country, and work with their hands. As a nation

we have for a long time been digging for wealth; it behoves us now to begin to do some digging of a different kind for health.

Hard labour in the cultivation of the soil should be held in honour. Boys should be taught the nobility of such work, and should be encouraged to train themselves for farm life. The crowded city is utterly unsuited to growing children; the country is their rightful

heritage. There they can run about freely, expand their lungs, and develop into strong, capable men and women. There also, they are free from many temptations which abound in the city.

For the adult whose nervous system is worn out, the pure air, quiet surroundings, and simple, natural life of the country



COUNT TOLSTOI.

make the very best medicine. Useful labour brings a return of appetite, in harmony with that great divine arrangement, "In the sweat of thy face shalt thou eat bread." Refreshing sleep likewise returns. Do we not read, "The sleep of a labouring man is sweet"? This almost exclusively brain work, in which so considerable a portion of our city population are occupied,



cannot but have a disastrous effect upon the national health and likewise the national physique. A certain amount of out-door exercise is a *sine-qua-non* to the best vital efficiency; and if it can take the form of useful labour in tilling the soil, it will be all the more effective from a health standpoint.

Tolstoi, the famous Russian novelist and reformer, is in the habit of spending his forenoons working among his farm-labourers. Then after a simple meal of plain, wholesome food, such as that which

her children; and there is a freshness about natural things that never fails to charm. The morning matins of the birds, the budding trees, and sweetly-innocent faces of the flowers, the broad, expansive meadows with grazing cows, the golden sunset, the blue sky overhead with its fleeting clouds—who ever grew tired of these gracious gifts of nature, or wished them otherwise?

All these natural advantages are denied city folk, who verily shut themselves up in



the poorest peasant can afford, this wonderful man sits down to his literary tasks. Who will deny that his virile working ability and freshness of view are largely due to this Spartan simplicity and out-door life?

Aside from the advantages of pure, fresh air and healthful labour out of doors, the country also affords a variety of pleasing, natural objects, which rest and rejuvenate the over-wrought mind, and inspire a peaceful calm most favourable to health. Nature is, after all, the great entertainer. She is ever lifting the curtain to reveal some new beauty to the wondering eyes of

a compound of brick and mortar, and endure a species of self-imposed slavery, not so far different from that in store for the Chinese who may take up labour on the Rand. And yet the people are turning their backs on the country with its glorious freedom, and flocking into the city, where the vast majority of them will in time be ground under the



iron heel of poverty. Truly it is high time that a movement was instituted in the other direction. There is remunerative work for thousands in the country. With a sufficient supply of well-directed labour, this country

could raise millions of pounds worth of fruit, garden vegetables, and dairy produce, which it is now importing from abroad, and at the same time vastly improve the national health and the national physique.

## FALLING HAIR AND WHAT TO DO FOR IT.

BY J. H. KELLOGG, M.D.

THE cause of falling hair is failure of nutrition, and the failure of nutrition of the scalp is perhaps due to general failure of nutrition. Some of you have noticed, for example, that now and then a little ridge or a little white spot occurs on your finger nails. If you will examine these you will see that they appear on all the nails, and that they are at about the same distance; that is, the cross ridges, not the longitudinal. If you have had a fever, for instance, you will possibly have noticed the little ridges on the nail. That ridge marks where the fever was. The day that you had the fever, the nail stopped growing. The toenails grow one-fourth as fast as the finger nails, and the hair grows at the same rate.

During fever, the hair ceases to grow. Every hair has its normal length in every person. It may be only six inches, or a foot, or two or three feet long, or it may be long enough to fall upon the floor in standing erect, and this may be the normal length for these individuals. Now, why is it longer in some than in others? Not because the hair grows longer or faster, but because the roots are stronger.

The hair continues to grow until its

weight becomes sufficiently great to pull it out by its roots. That is the reason the hair falls out. When nutrition fails, the roots become weak, and small and feeble, and then the hair will fall out, until by-and-by, simply brushing it, making slight traction upon the hair with a brush, will pull it out by the roots. This is not brushing the hair out, for it would soon fall out anyway, because the roots are so feeble.

Now the thing to do is to improve nutrition. It may be that the whole body is weak, and the nutrition bad, as in the case of fever or chronic dyspepsia; this would cause baldness by de-

preciating the whole body.

Another cause is injury to the scalp itself. It may be a local disease. The general bodily health may be good, but there may be a local disease of the scalp. Baldness is generally due, in fact, to dandruff. When one has dandruff of the scalp, in ten or twelve years baldness is pretty sure to appear. It may be sooner, but ten or twelve years will be pretty certain to bring it.

There are two things to be done for falling hair: First build up the body by improving the nutrition of the whole body,



"WHERE'S MY BABY?"

so that there will be better nutrition of the skin; then make sure that the skin is healthy. Dandruff is a parasitic disease which gets to the roots of the hair. It is just like a worm eating at the roots of a tree. It might be said that there is a worm eating at the roots of the hair, until the root is injured sufficiently to allow the hair to fall out.

The morning cold bath and general friction of the skin, with plenty of work out of doors, are important means of improving the general nutrition. I have seen a great many Indians in the West, and I have never seen a bald-headed Indian yet. He is not bald-headed for the reason that his skin is in splendid condition. He has a splendidly healthy, vigorous skin, and it is just the same on the top of his head—the scalp has the same sort of exposure to the air as the rest of his body. Men often wear warm hats that over-heat the scalp, and thus impair its integrity and health, while ladies certainly never trouble their heads in that way. You rarely see a lady's hat that is very likely to over-heat her head. They seldom wear anything on their heads for protection. They simply wear a little something held on with a pin, for the sake of looks, but it is not intended for protection. Consequently ladies do not suffer from baldness nearly so much as men.

#### Hygienic Treatment of the Scalp.

Now one of the very best things to increase the nutrition of the scalp is to dip the hands in very cold water and shampoo it thoroughly. In case of dandruff it is necessary to destroy the parasite that is doing the mischief, and the scalp must be disinfected, and for this the best thing in the world is crude petroleum, one drachm to the ounce of alcohol being a good application. That is the best of all remedies, and some of these remedies that we see vaunted in the newspapers are simply a preparation of crude petroleum. Resorcin is a product of coal-tar, and is very similar to petroleum in this respect. This may be advantageously used in a preparation of twenty grains of resorcin to the ounce of alcohol, adding five drops of castor oil. The hair should be shampooed at least two or three times a week, and this put on until the scalp is thoroughly wet with it;

then rubbed in until the roots of the hair are reached and the parasites destroyed.

#### When There Is Hope.

Now in the case of a bald and shining pate, what can be done? When you take a cross view of it, see if you can see a little bit of a fine down growing there. If you can, there is still hope. But if it is perfectly smooth, there is absolutely no hope, because the very roots of the hair and the follicles have been destroyed.

But it is really rare that we meet such a case as that. Generally, there is a very fine down present. In that case there are just as many hairs growing as ever, but they are very soft and thin and short. You can tell a great deal about the condition of the hair by examining the combings. Separate them into long and short hairs, and see which predominate. If there are more short hairs than long, then you are getting worse.

The other day a gentleman asked me about baldness, and asked my opinion as to the condition of his hair. I told him to save the combings for me, and the next morning he sent me a whole envelope full. I got someone to count them, and found that there were one hundred and two short, and ninety-six long hairs. So the short hairs were six to the good. That shows that the condition of his hair is pretty nearly at an equilibrium, he is not getting worse very fast, but still he is losing a little ground. But it is a bad case, anyway, in which half the hairs are short. In such a case a vigorous remedy must be applied at once, which will disinfect the scalp and destroy the parasites which are growing there, and give the hair a chance to develop.

It is related of an Irish coachman that his medical adviser prescribed animal food as the best means of restoring health and activity. "Patrick," said he, "you're run down a bit, that's all. What you need is animal food." Remembering his case a few days afterward, he called upon Pat at the stable. "Well, Pat," said he, "how are you getting on with the treatment?" "Oh, shure, sir," Pat replied, "Oi manage all right with the grain and oats, but it's mighty hard with the chopped hay."

## HYDROTHERAPY IN THE HOME.—LESSON V.

## The Cold Mitten Friction.

COLD water is the best tonic we possess. It may be administered in a hundred different ways, and graduated to suit the needs of any one, old or young, feeble or strong. Cold water is a natural tonic, for it exhilarates and energises without leaving any depressing effects. It produces not merely temporary but permanent benefit.

## An Ever-Ready Tonic.

Cold water has the great advantage that it is available by rich and poor alike. It is economical and ever ready to be applied. The methods of use, too, are very simple, and may be easily acquired by all. Cold water may be applied in the form of a wet rub, mitten-friction, towel or wet sheet rub, cold compress, cold pack, spray, douche, or partial or full bath. Let us consider briefly what is known as

## The Cold Mitten Friction.

The appliances are simple and few, consisting of a basin of water and a mitt of some sort of rough material, such as coarse mohair or closely woven woollen cloth. One or two Turkish towels should also be ready for drying the patient.

The temperature of the water must be regulated according to the state of the patient. Dr. Kellogg, in his excellent work "Rational Hydrotherapy," recommends a temperature of 60° F. to begin with. This may be lowered one or two degrees daily until 40° F. is reached.

## The Procedure.

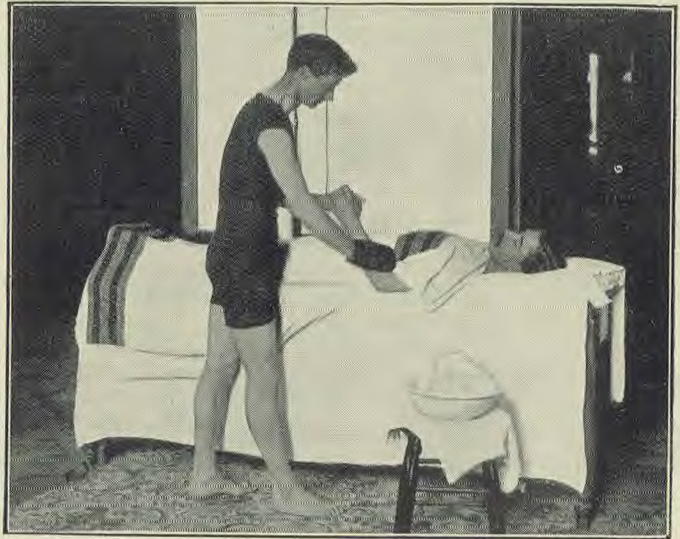
Have the patient undress in a warm room, and wrap him in a blanket with a hot water bottle to the feet.

Dip the mitt in the water and wring it out well. Then expose one of the arms,

keeping the rest of the body well covered. Support the arm with your left hand and rub briskly, again dipping the mitt into the cold water once or twice if necessary. The friction quickly produces a marked redness of the skin. Then drop the mitt and dry well with the towel.

Cover the arm, and proceed to do the same with the other arm; then take in turn the chest, abdomen, lower limbs, and, last of all, the back.

It is often well to bathe the face and



neck with cold water at the commencement. A cold compress may be laid across the forehead.

## To Obtain a Reaction.

Of course the object of the treatment is to obtain a good reaction, and thus stimulate the circulation of the blood as well as respiration. The reaction is indicated by a warm, red glow of the skin, which stirs that important organ into healthy activity. Without a proper reaction harm would ensue to the patient, who would be chilled instead of warmed. Cold water and vigorous friction hasten the reaction. The rest of the body should be kept warm while the friction is being given.

### Regulating the Treatment.

The treatment is regulated by the temperature of the water and the degree of moisture of the mitt. As the patient gets accustomed to the procedure, the water may be colder, and more water be allowed to remain in the mitt. At first the latter is wrung almost dry, then saturated more or less completely, and finally it is used dripping with water.

### Indications for Its Use.

Cold friction is useful in most fevers, being efficient in lowering the temperature,

and at the same time imparting strength to the heart. It has the effect of rousing the patient and increasing vital resistance.

It is very valuable in heart and kidney diseases as well. For nerve disorders in general, and especially for neurasthenia, it is a most welcome and effectual remedy.

Cold friction is also an excellent procedure for consumption, anæmia, and chlorosis. Indeed it stands without a peer in the treatment of pulmonary tuberculosis. It is also used in typhoid fever, malaria, rickets, Bright's disease, and hysteria.

A. B. O.



## THE STIMULATING PROPERTIES OF FLESH FOODS.

BY J. H. KELLOGG, M.D.

WHEN an animal is killed by cutting its throat or sending a bullet through its brain, it does not instantly entirely die. It loses consciousness, its heart ceases to beat, its individual or somatic life ends, but its tissues still continue to live—for several hours in the case of warm-blooded animals, for even days in the case of cold-blooded animals like the snake and the turtle.

During the time which elapses between death, so called, and the actual death of the cells and tissues of the body, the activity of the living animal consumes the soluble food material which is in contact with these cells and tissues, at the same time continuing to produce the waste substances which during life are rapidly removed from the body through the kidneys, lungs, and other excretory organs.

The rate at which these substances are produced during life is so great that death ensues within a few minutes when the avenues through which they escape are closed, as when respiration is interrupted by submergence in water or constriction of the throat, death in these cases occurring not by the simple absence of air, but by the accumulation of poisonous matter within the body, which destroys the activity of the living cells.

It is by the accumulation of these poisons after death that the tissues are finally killed. During life the tissues are continually washed by a stream of pure blood, which not only bathes them, but

distributes nutriment, and at the same time gathers up the waste substances and carries them to the liver for distribution to the kidneys, lungs, and skin for elimination. When the heart ceases to beat, this cleansing process ceases, and the poisons which are ever forming at a rapid rate accumulate until the vital fluids are so saturated that every living structure is killed. The arteries continue to contract after death until all the blood which they contain is forced on into the tissues and still farther on into the veins, so that the flesh of a dead animal contains nothing but venous blood and poisonous juices, in addition to the organised juices which have not yet been broken down.

Beef tea has long been recognised as a stimulant. As such, it has been introduced into the British Army as a substitute for whisky and other stimulating liquors. Its stimulative properties, however, are wholly due to the tissue poisons, or excretory substances contained in it.

We have in this fact an explanation of the stimulating properties of meat, to which the great popularity of flesh food must be attributed, since, as is well known, the human appetite readily acquires a taste for stimulants of any sort. But this very property is a most important argument against its use, for the reason that stimulants do not impart force or energy, but only compel the nerve-centres to discharge to an abnormal and unsafe extent the energy which they hold in store.

## CARING FOR THE LITTLE ONES.

BY EULALIA S. SISLEY-RICHARDS, M.D.

THE days of "April showers" have passed, and now the little ones should be out enjoying the "May Flowers," themselves as bright and beautiful.

If our GOOD HEALTH mothers, during all the winter months, have given due attention to their children's daily manner of life, they need have no fear for their present safety. The spring tonics and

It is well, however, at this time of the year, to make some changes in the little one's diet. During the winter months their food has consisted quite largely of heat-producing stuffs, but as the warmer days draw on these more concentrated, starch and fat-containing foods may be replaced to some extent by fruits and a moderate quantity of well-selected vege-



A SPRING BLOSSOM.\*

so-called blood-purifiers may with perfect propriety be left in the chemist's shop, where perhaps they are safest. Even the standard old-fashioned home remedies, such as castor oil or sulphur and treacle, may be omitted without incurring the slightest risk to the children's health.

\*One of our Good Health Babies, C. Stanley Smith. Age, one year and six months (Nottingham).

tables. Of course the whole-meal bread and other cereals are always essential, as children require bone and tissue-building material during the summer as well as in the winter months.

It is especially during the spring months that there stalks through the land, a disease oftentimes regarded lightly, but in reality one of the most fatal to young children.

While it is best for the children to be much in the open air, care must be taken that they are suitably clothed. As the spring days come, there is a tendency among mothers and nursemaids to be careless in this matter. Were all days warm and bright it would matter less, but some will be damp and cold.

At such times mothers should see that the babies do not sit about in damp places, and that their little hands and feet are warmly clothed. Carelessness in this regard will invite disease.

While it is not always possible to prevent the contraction of whooping-cough, with special care the serious heart and lung complications may frequently be averted.

It would seem almost useless to say that a child suffering from this disease should be isolated from other children. Some mothers carelessly permit their children to be exposed to whooping-cough, thinking that since they will probably have the disease *some time*, the sooner the better. This is quite a mistaken idea, since the younger the child attacked, the greater is the danger of serious complications.

If the paroxysms of coughing are frequent and severe, the child should be kept in bed. A simple and nourishing diet should be given. This is especially necessary when the coughing attacks end in vomiting. An abundance of fresh air (without draughts) should be supplied the patient night and day throughout the course of the disease. The sipping of hot water, or hot unsweetened lemonade will often lessen the frequency of the coughing paroxysms. The use of the chest pack is also beneficial in many cases. A compress large enough to cover the chest should be wrung quite dry from cold water, then completely covered with several thicknesses of dry flannel. The whole may be retained in place by a flannel jacket or some such simple device.

The child should receive a daily tepid or cold sponge bath, accompanied with vigorous friction, so as to ensure a good reaction.

While it is not usually possible to cut short the course of whooping-cough, these simple measures, if faithfully carried out, will help to strengthen the child for a successful combat with the disease.

## MALARIAL FEVERS.

BY ALFRED B. OLSEN, M.D.

In fevers there is a marked rise of temperature, and the skin becomes hot and flushed. The normal temperature of the body as taken in the mouth is 98.6° F. A rise of two to four degrees is a moderate fever. More than that would be a high fever.

### Eruptive Fevers.

Many fevers, such as measles, and chicken pox, are contagious, that is they spread by contact. Such fevers are usually accompanied by an eruption which is characteristic of the disease. All the infective or eruptive fevers are believed to be due to microbes or germs. These carry the disease from one person to another.

Malaria is usually an intermittent fever; that is, a high fever of 104° F. or more is followed by a normal temperature lasting a number of hours, when the high fever comes on again. The fever may appear daily, or every second day.

### Malarial or Swamp Fever.

Malaria is a disease of hot and tem-

perate climates, and is very widely distributed over the earth. It is commonly met with in the United States, especially the gulf states, in Central Africa, India, and in many other countries. In the United Kingdom it is rare, and then as a rule is imported from abroad.

Malarial fever is also known as swamp fever, ague, or chills and fever. For many years little was known about the cause of the disease further than that low swampy land, badly-drained soil, and decaying vegetation seemed to favour its development, especially if accompanied by a warm, moist climate.

### Mosquitoes Carry Infection.

Later on microscopic research showed that the active agent in producing the disease is a parasite which invades the blood and destroys the red blood cells. Still more recently it has been found that a certain variety of mosquitoes carry the parasites, and thus spread the disease. Consequently a mosquito bite is no longer a simple matter involving merely a passing

annoyance, but the direct source of an infection.

#### Treatment of Malaria.

In the treatment of all fevers hygienic measures are of vast importance. The general health should receive careful attention, and everything possible should be done to sustain the strength of the patient, and at the same time eradicate the disease. We must bear in mind that fever is really a fire within the body, by means of which nature is attempting to get rid of accumulations of poisonous and waste matters. There is always great danger of damage being done incidentally to healthy tissues, which may also be destroyed. During the high fever there is often great weakness and prostration; but in the intervals of normal temperature there is considerable relief, and strength returns.

#### Hot Baths and Packs.

As a rule, when the fever is at its height, the patient complains of chill, and often shakes with the cold. The treatment should begin before the chill comes on, and should consist of hot applications. An electric light bath or vapour bath combined with a hot foot bath, and hot drinks will usually prevent the rigour, and afford great relief.

Some prefer a hot, dry blanket pack with a hot water bottle to the feet. India rubber hot water bottles should be placed on either side of the patient, and along the spine. Hot water or lemonade should be taken freely, and several blankets tucked snugly about the patient to produce warmth.

#### Make the Patient Perspire.

The object of the treatment is to stop the chill, and bring on active perspiration as soon as possible. The sweating promptly relieves the distress, and reduces the fever. Sometimes vigorous measures are required to bring this about. In some cases a hot wet blanket pack may be preferred.

After the fever is broken and copious perspiration has taken place, give the patient a tepid sponge bath and a gentle oil rub. Rest is required now, and sleep will be very refreshing.

The same treatment should be repeated when the next chill is expected.

It is a safe rule to always cleanse the

bowels by giving a warm or tepid soap enema. Constipation is frequently met with in fevers of all kinds.

#### Diet.

This should be simple and consist of food easily digested. Baked apples, plain stewed fruit, and fruit juices with dextrinised breads and grains may be taken in most cases. Sweet, pure cream, custards, and soft boiled or raw eggs may also be used.

It is a mistake to try to over-feed the patient. Only as much food should be eaten as can be digested and assimilated by the system. More than that will over-tax the digestive organs and bring on dyspepsia.

Lastly, do not fail to have the sick room well ventilated. Pure, fresh air is of the greatest importance, and a generous supply should always be at hand. Cold water, too, can be taken freely by the patient without untoward results.

### EXERCISING TO KEEP LIMBER.

THE abnormally developed man who can dazzle an audience by weight-lifting and other feats of muscular strength is not necessarily a better man for the really important duties of life. In fact, his rather exclusive attention to muscle culture tends to blunt the finer sensibilities, and to render him more or less unfit for higher things.

Bulging muscles are not in demand to-day so much as a symmetrical all-round development, and that condition of radiant health which makes hard work a pleasure and life really worth living.

#### Deep Breathing.

The exercise which the average man or woman most requires is that which will keep the body elastic, and the mind buoyant. Deep breathing is of the very first importance. It, alone, pursued systematically for twenty minutes or so daily will do wonders in improving the digestion, purifying the blood, and putting new life into every organ of the body.

Here is a simple breathing exercise. First, take a good standing position, heels together, feet at right angles, abdomen drawn in, hips well back, and chest to the



front. Draw yourself up to your full height—stand tall, letting your hands hang naturally. Now starting with hands at the side, raise both together by a vigorous outward sweep till the palms face each other high above the head, and, holding them there a moment, bring them to the sides again by a forward movement. Keep the elbows straight all the time, and make the movements rather slowly but with vigour, breathing in deeply while raising the arms and expiring as they are lowered. Go through this movement repeatedly till you are tired. Note how the outward arm movement expands the chest, while the forward movement contracts it, thus giving a mechanical aid to full breathing.

### To Strengthen the Abdominal Muscles.

While resting the chest and arms you can take this movement for the abdominal muscles: Lie flat on your back, legs well stretched out. Without moving any other part of the body raise the legs, keeping the knees straight, about two feet from the ground, and slowly return them. If the movement is properly taken, the

abdominal muscles will feel the strain. Do not take this exercise very many times the first day, or the muscles will become sore. By way of change raise the legs till they are at right angles with the body.

Next, keeping the legs immovable, and without using the arms, raise the trunk to vertical and return to horizontal. If

this is too easy, try doing it with arms against the sides and hands on shoulder tips, or with arms above the head.



FIG. 2.

All these exercises are excellent for dyspeptics as they strengthen the abdominal walls, and help to pull a prolapsed stomach back into its proper place.

Here is a stretching movement, which the illustrations will help to make clear. Raise the hands high above the head, as in Fig. 1, stretching them vigorously upward. Then bend over, keeping the knees perfectly straight until the fingertips touch the ground, as in Fig. 2. Return to the first position, and repeat until you feel like resting.

Next starting again from the position given in Fig. 1, bend arms, chest, and head backward as far as you can; return to first position, and repeat as many times as the preceding exercise. A good brisk run in the open air, followed by a rub-down, would be a very suitable wind-up of these exercises, which should be taken in clothing that will not in any way impede the body.



FOR nervous, gloomy, feeble patients, out-of-door work is invaluable. Let them have flower beds to care for. In the use of rake, hoe and spade they will find relief for many of their maladies. Idleness is the cause of many diseases.—*Ellen G. White.*



FIG. 1.

## SELF-APPLIED MASSAGE, OR PROFITABLE WORK FOR SPARE MOMENTS.

MASSAGE is one of the most effective and likewise agreeable forms of treating disease. The skilled manipulator can perform wonders in the way of equalising the circulation, and putting the body with all its organs in the way of health. But even simple rubbing, if done with some eye to effects, may prove very helpful. One of our exchanges gives the following practical instructions concerning self-applied massage, which we are glad to reproduce for the benefit of our readers.

### Treatment for Cold Feet.

Do you have cold feet and hands?

If you can spend a few moments out-of-doors in the morning, raise one hand to the level of the head, grasp its fingers between the fingers and thumb of the other hand, and slowly and firmly squeeze the blood out from finger-tips to wrists. Do this every morning to your hands, and every night to your feet, repeatedly. Your hands and feet will be warm, and you will not have chilblains.

### To Clear the Head.

Here is a suggestion for full-blooded people: When you are waiting for the fellow who does not keep his appointment, place your hand at the back of your neck, where the hair joins it, and rub downward. You will thus empty the glands, and prevent their swelling and turning into boils. Or, put your fingers on the neck at the angle of the jaw, and draw them smartly downward over the course of the jugular vein. This will remove the used-up blood from the brain, make that organ feel light and clear, and help you to keep cool when you are tempted to say unpleasant words of the fellow who keeps you waiting.

### Varicose Veins.

If you have a tendency to varicose veins, when you sit down, elevate your feet. The blood will flow out of the turgid veins, and give you great relief. By friction from the heel upward, you can encourage the return of the blood to the heart, as well as give tone to the feeble veins.

### Liver Troubles.

Probably half the people either have or claim to have, liver troubles. You can turn a spare five minutes to excellent account by giving your liver a lift. Just place one hand heavily on the right side at the lower border of the ribs, and rub it down slowly four or five inches. Do this a dozen times, and you will empty the overfull liver of its superabundant contents. This relieves the liver, cures heartburn, and remedies cramps by removing the acidity from the stomach.

The food of a dyspeptic remains too long in his stomach, fermenting and becoming acid, and causing inflammation. Try the plan of helping your stomach get rid of its contents. Place one hand at the extreme edge of the left side, immediately under the ribs, slightly over-lapping them. Then work it round to the right by pressing the fingers as hard as you can, and drawing the hands extended in front. Then swing to the right and then to the left, and repeat the process. Practise this daily before meals, and you will never have cause to complain that reasonable food "sets like lead" on your stomach.

### For Red Nose.

Some people are unfortunate in a tendency to contract a red nose. This is because the blood enters the nose and does not return from it. All you have to do to remedy the matter is the regular performance of this little feat: Grasp the tip of the nose between a thumb and finger, and massage upward to the root. This operation empties the nose of used-up blood, and allows fresh blood to flow in. A cold in the head is not half so likely to seize you.

### Better than Hair Tonics.

Massage of the head will do more to keep the hair healthy and prevent it from falling out than any amount of hair tonics and other preparations. Give your head a good rubbing with the fingers every night, and do not wear your hat any more than you are positively obliged to. If this is done habitually from youth, you will not be likely to be bald.



### THE FOOD REFORMER ON A TOUR.

THE following letter being representative of a number that have come to us, we reproduce it here in full, accompanied by some suggestions in the way of reply:—

To the Editor of GOOD HEALTH.

Dear Sir,

In June last, I commenced upon a strictly vegetarian, and (so far as my present knowledge of foods goes) hygienic diet. So far I have not had any serious difficulty to contend with. I have lived on simple foods as far as possible (potatoes, greens, "conservatively-cooked," haricot beans, a liberal supply of milk puddings and stewed figs, cocoa made with milk, oatmeal porridge for breakfast, etc.). I find, however, some trouble in the selection of food when away from home, so many things offered to one being contaminated with fish or flesh. Of course one can easily abstain from such, if it is only a question of a meal or so. But I am expecting to spend three weeks or a month in Germany, some time between the beginning of May and July. During a good part of that time I shall probably be touring with my relatives, and may visit many and varied places, staying but a short time in each. Hence it is possible that I may on many occasions have to "snatch a meal" here and there as opportunity offers. Now as before stated, I am only a recruit, and know very little about food values, and it might perhaps puzzle me a little even in England, to know what I could obtain readily, hence in the "Sausage-land" this would be still more difficult. I shall have to be very hungry, indeed, before I shall touch flesh or fish, or anything I know to be contaminated with the same; but one must eat, and as I say, I am very anxious to know what to eat, or rather what I shall be able to obtain, which is fit to eat, when I am away from home. Obviously, I cannot carry a month's provisions with me. If, therefore, you could give me any information and advice relative to the same I should feel considerably relieved. Apologising for taking up your time thus, believe me,

Yours sincerely,

A. E. P.

In the first place, don't worry about the food question. Resolve to have a thor-

oughly good time on your trip, and to put up good-naturedly, even humorously, with any little inconveniences that may come to you as a result of living up to your principles, remembering that your consistent example will not be without its influence.

The actual difficulties will not be as great as you might expect. The writer has travelled in France and Germany, and other parts of the Continent, and has never failed to get what he considered a very fair meal without once tasting of flesh, fish or fowl. You will have no difficulty in getting good bread, and at the principal meal nicely cooked vegetables. Fresh and stewed fruit, milk, and butter, and eggs are always to be had.

#### The Real Difficulties Not Great.

At *table d' hote* meals it is best to quietly inform the waiter that you do not take flesh in any form, and then select the most wholesome foods that are provided. In the best hotels they will often give you a good dish of poached eggs on toast in place of the meat dishes; but usually it will not be difficult for you to make out a fairly good meal without. Of course where it is a case of ordering what you want and paying for it, the situation is much more favourable. For the morning and evening meal you can get good bread and butter, hot milk, and some mild fruit, fresh or stewed. You do not need anything more. For dinner you can have eggs in some form, vegetables, and bread.

### Not an Ideal Diet.

It is hardly necessary to say that you will not always have the most ideal meal. Hotel fare is not selected with a view to wholesomeness, and the vegetarian, although he is gradually coming to be known and respected, is not really catered for. But this need not trouble you seriously. If you should find the fare at your particular hotel unsuitable, you could easily arrange to take your dinners, at least, at some one of the many restaurants, who make a speciality of catering for travellers, and who are often more willing to accommodate themselves to the needs of their customers.

In any case there is no need of assuming an apologetic tone. You have a perfect right to prefer to feed on the beautiful and wholesome fruits that come from the lap of mother earth, rather than make your stomach a cemetery for the dead and decaying bodies of the lower animals. On the other hand, avoid a militant air; let your manner be quiet and conciliatory, with due regard to the feelings and customs of others.

We have spoken of your disadvantages; but your advantages will be many. You will entirely avoid the most suspicious part of the hotel bill of fare. The meat trade offers so many contingencies, so many inducements to fraud, that it is difficult for the most honest and thoroughly competent chef to secure a fairly good article, while some hotels are notoriously careless in this respect. If there is any one food that is dangerous to indulge in away from home it is flesh.

### Foods Convenient to Carry.

You say that you cannot take a month's provisions with you, and that is very true. Nevertheless, you could, and we think with excellent advantage, take along a few special proteid foods, as this part of the diet is the most difficult to obtain. Of manufactured foods, bromose, protose, banana biscuits, fruit and nut cakes are all very concentrated foods, which are not only nourishing but palatable and convenient to handle as well. A few pounds of such foods, together with a good assortment of shelled nuts, such as you can obtain from any of the dealers in these lines mentioned in our advertising columns,

would not occupy a very large amount of space, and would come in very handy on a number of occasions. By a little effort in the way of getting in touch with Continental vegetarians, of whom there are a great many, you could also get fresh supplies of most of these special foods.

### Some Don'ts.

Now a few don'ts by way of parting. Don't eat between meals. Three meals are ample, and the third meal ought to be taken not later than six or seven o'clock in the evening, and be very simple. There is no objection, however, to your taking a couple of oranges or an apple a half-hour or so before breakfast. Oranges may also be taken before dinner or supper.

Don't over-eat, and don't starve yourself. Avoid mixed and complicated dishes as far as possible. Eat slowly, chew your food thoroughly, till every particle is finely pulverised and moistened with saliva. This is especially important in travelling when you will often be taking food to which you are not accustomed. Finally, don't think about your food once it has been swallowed. Your stomach doesn't want to be watched; it is a bashful organ, and gets nervous and fidgety when thus interfered with. Digestion is never perfect unless it is entirely unconscious.



**Granose Flakes with Malt Honey.**—Spread the granose flakes on a large shallow dish, pour the malt honey thinly over it, then mix with a spoon until the malt honey seems evenly mingled with the granose.

**Lentil Dressing.**—Thicken the requisite amount of good rich milk with equal parts of lightly-browned white flour and the Paisley Digestive Lentil Flour. Bring to boil, and season with salt to taste.

**Gluten Porridge with Dates.**—Heat a quart of milk or water, or one half of each, as preferred, to boiling; sift in lightly with the fingers six

## Seasonable Bills of Fare.

### BREAKFAST.

Ripe Bananas.  
Gluten Porridge with Dates.  
Fresh Toasted Zwieback with  
Walnut Cream Butter.  
Milk Buns. Stewed Fruit.



### DINNER.

Tomato Macaroni Soup.  
Baked Potato with Lentil Dressing.  
Tinned Peas.  
Wholemeal Bread. Shelled Nuts.  
Compote of Peaches with Rice.

### BREAKFAST.

Pine Kernels.  
Granose Flakes with Malt Honey.  
Oatmeal Porridge with Milk.  
Nut Rolls.  
Baked Apples. Sweet Oranges.



### DINNER.

Potato Soup with Croutons.  
Mashed Peas.  
Cauliflower with White Sauce.  
Sliced Protose.  
Ripe Olives. Brown Bread.  
Baked Apple Pudding.

tablespoonfuls of gluten, or sufficient to make a porridge of the desired consistency. Just before serving, add some fresh dates, from which the stones have been removed.

### Compote of Peaches with Rice.

**Compote.**—A term used in cooking to signify something whole in a sauce; hence a compote of fruit is a fruit either whole or split, the stone or core removed, dropped into a boiling syrup, and cooked without breaking, cooled and served with the syrup.

Take a tin of peaches or pears, heat, sweeten to taste, drain, return to fire, flavour to taste, simmer to a syrup, or thicken with a little cornflour rubbed smooth in cold water. Serve in a ring of rice, placing two or three pieces of the fruit in the centre. Pour sauce over the fruit.

### Baked Apple Pudding.

**Ingredients.**—Three cups zwieback crumbs, 2 eggs, 1 cup water, 3 lbs. apples, 1 lb. stoned raisins.

**Method.**—Peel and cook apples, using as little water as possible, chop the raisins fine, or better still grind them through an "Enterprise Food Chopper." Thoroughly beat the eggs, and mix with the water. Stir into the zwieback crumbs. Put a layer of this mixture over bottom of a pie dish, then a layer of stewed apples, a layer of

raisins, another layer of apples, and cover with the zwieback crumbs; bake in a slow oven for two or three hours. This pudding is improved by being allowed to cool, and then re-heated before serving if desired hot.

### Milk Buns.

**Ingredients.**—1 oz. yeast, 2 pints milk, about 5 pints flour, 1 cup sultanas,  $\frac{3}{4}$  cup best dairy butter or cocoanut butter, 1 cup sugar.

**Method.**—Dissolve the yeast in two tablespoonfuls of warm water. Stir into a basin containing  $1\frac{1}{2}$  cups water, 2 cups flour; then add yeast, beat well and set in a warm place till partially risen. Put 2 pints flour in an enamel mixing pan, add 2 pints milk and beat until thoroughly mixed, then add the batter that is in the basin to this and stir gently until smooth. Cover with lid and set in a warm place to rise. When light add the butter which has been previously melted, and the sugar. Wash the sultanas in warm water and add while warm. Now beat in enough flour to make a soft dough. Turn onto the kneading board and knead until it does not stick to the board. Put back in the pan and set in a warm place to rise until very light. When light shape into balls about the size of a walnut and place in well-oiled shallow tins. Set in a warm place, and when they have doubled their size bake in a moderate oven twenty minutes or half an hour.

# QUESTIONS AND ANSWERS.

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

**Milk and Eggs; Sugar; Raw Apples; Sleep; Study; Sanis Underwear.**—C. L.: "I have five healthy children, ages  $9\frac{1}{2}$ ,  $8\frac{1}{2}$ , 7, 5, and 12 years. They are all life vegetarians, and it is to your valuable health magazine I am indebted for learning much concerning their care; but there are some things that worry me and about which I should like to have your advice. 1. I am told that milk is very bad, also butter, cheese, and eggs. What would you recommend? 2. Some say that both sugar and salt are bad. Is that true? 3. Do you think that children can eat raw apples, oranges, and bananas without harm? 4. I am told the bananas are indigestible, and give rise to worms. Do you agree? 5. What do you consider the ideal diet for the perfect development of children? 6. When are the best times for meals? 7. How large a quantity of food should they take at each meal? 8. How many hours a day might the two eldest study to advantage? 9. What is the length of sleep required? 10. What is the best time for out-door exercise. 11. What would you recommend in the way of Physical Culture? 12. Do you recommend flannelette for children, and, if not, what should be used?"

*Ans.* 1. If you find that milk and cream agree with the children and you can obtain them absolutely pure and free from filth and disease, there is no objection to using them in moderation. Eggs, too, might be used in the cooking without any harm, but we cannot recommend ordinary cheese for children. 2. It is not necessary to take sugar, for all the starch one eats is changed into sugar in the process of digestion. The mixture of sugar and milk which is so common is a bad one, and often gives rise to fermentation. The natural sugar of fruit is, on the other hand, perfectly wholesome as well as nutritious. It would be difficult to prove that salt is necessary to the system; still, if used very sparingly, there is little or no objection to it as a rule. 3. Yes, but they must be ripe and free from decay and well masticated. 4. No. As a rule they are easily digested and form a wholesome food. 5. Fruit, dextrinised breads and grains, and nuts, with a few vegetables. 6. Eight, one, and six o'clock. 7. Children should have plain, wholesome food set before them, and be encouraged to chew it well. If inclined to over-eat, advise them to stop when they have had enough. This is a safe rule for most people to follow. It is a mistake to urge children to eat and to pamper their appetite with pastries and sweetmeats. 8. Two to four hours. 9. From ten to fourteen hours, according to the age of the child. 10. In the morning between breakfast and dinner, and in the afternoon. 11. Active out-of-door exercise daily. You might join the Good Health School of Physical Culture and form a class with your children, giving them the drills. They would enjoy it and derive great benefit therefrom. 12. No. Flannelette absorbs the wastes from the body, and is likely to chill after exercise. In regard to fire, too, it is very dangerous. Sanis,

which is a pure all-wool underwear, is excellent in quality and very reasonable in price. You will find the address in our advertising columns.

**Glaucoma; Nut Foods; Raw Wheat.**—O. M.: 1. "What is the cause of total blindness without any disease or discolouration of the eyes? 2. What is the percentage of proteid in nuttolene, bromose, malted nuts. 3. How much of these foods would be sufficient to furnish the daily amount of proteid to a person of ten or eleven stone, leaving out the consideration of other food? 4. Would you recommend the food known as plasmon as being all that is claimed for it? 5. Is there any harm in eating wheat just as it is, before being made into wholemeal bread?"

*Ans.*—1. It would be impossible to give the cause without a personal consultation. The condition may be due to a brain lesion, or disease of the optic nerve, or possibly to glaucoma. 2. The percentage of proteid in nuttolene is 30; in malted nuts, 23; bromose, 19 $\frac{1}{2}$ ; and in profose, 26. 3. About four to eight ounces per day, the quantity being regulated according to the amount of proteid contained in the other articles of food taken. 4. We are not prepared to say. 5. Yes, for the wheat contains raw starch, which is indigestible. It ought to be thoroughly cooked or baked. Twice-baked bread is the most wholesome, because the most easily digested. The second baking helps to dextrinise the starch and render it more readily digestible.

**Bad Dreams.**—D. P.: "I have had bad dreams every night. I tried going to bed without supper, but dreamed just the same. What would you advise to stop the dreams?"

*Ans.*—Go in for a plain diet, consisting largely of fruit, both fresh and stewed, breads, cereals, nuts, and nut foods. Chew your food well. Three meals a day are sufficient, and the last should not be taken later than six in the evening in your case. We find that many people do better on two meals a day, with breakfast about eight or nine and dinner between three and four o'clock. Have your bedroom well ventilated, and do not have too many covers on your bed; it is not well to be overheated. Take physical culture both morning and evening. Before retiring have a neutral bath at a temperature of 95° or 96° F. for fifteen minutes. Sleep on your right side. If you follow these simple suggestions, you ought soon to get over the bad dreams.

**Growths on the Nose.**—Tynecastle: "I am fifty-seven years of age and fairly strong and healthy, but for the past ten or twelve years I have been troubled with four or five growths upon my nose. I am told that they are large wens, which could easily be removed by an operation. Do you consider there is much danger attending the operation?"

*Ans.*—There ought to be little or no danger as the operation is comparatively slight.

**Eggs and Uric Acid.**—C. B.: "I should be very grateful to you for your opinion as to whether eggs contain uric acid or not."

*Ans.*—Eggs are believed to be free from uric acid.

**Obstinate Constipation—Depression of Mind and Body.**—P. L.: "I suffer with chronic constipation. I am obliged to lead a sedentary life, and am at work from nine in the morning to ten at night. This prevents me from participating in athletics. I am also much depressed. I am persuaded that the only hope for me is in strict regulation of my diet. What would you advise?"

*Ans.*—Use fruit freely, both fresh and stewed, especially steamed figs and dates, stewed prunes and sultanas, and baked apples. Your breakfast should consist of fruit and dextrinised breads, and grain preparations, such as Granose Biscuits, Toasted Wheat Flakes, Avenola, Nut Rolls, Wholemeal Biscuits, Oatmeal Biscuits, etc. Avoid drinking with your meals. Chew your food well. Drink

water freely on rising in the morning, and between your meals. Have a fixed time for going to stool; an hour or two after breakfast is a good time. Use a tepid, graduated enema, beginning with three or four pints, and diminishing the quantity by half a pint each day. Spend your holidays out-of-doors.

**Exercises to Strengthen a Weak Heart.**—A. I. J.: "Can you inform me what exercises to take to improve and strengthen a weak heart. (2) The doctor tells me that one of the valves is defective. Can this be cured by systematic exercise?"

*Ans.*—1. Join the Good Health School of Physical Culture, and exercises suitable to your condition will be provided. 2. A radical cure is doubtful, but a systematic course of exercise would certainly be the means of improving and strengthening the heart. By means of proper exercise it is often possible to develop the muscle of the heart so as to compensate for the weakness. In many such cases the recovery is so perfect that the patient scarcely realises that there is any weakness of the organ at all, and can live on for years enjoying good health.

## The Good Health Crusade.

What can a busy man, who scarcely finds time to introduce "Good Health" to his friends, do to help forward your work?

*Ans.*—He can usually persuade his newsdealer to display one of our attractive posters for a few days each month, and to order a few copies of GOOD HEALTH regularly through his London wholesaler. To any such newsagent whose address may be sent us, we will gladly forward a poster monthly direct from our editorial offices at 451 Holloway Road.



## What Can a Busy Mother Do?

*Ans.*—Busy mothers are our most efficient helpers. They know how to reach the hearts of other busy mothers who stand in the greatest need of the instruction in hygiene and the care of little children which the magazine contains. The health of the family is largely dependent on the mother. GOOD HEALTH wishes to reach and be of real help to every mother in the land. We want to lessen the number of child funerals; we want to brighten the eyes and paint roses on the cheeks of the delicate boys and girls that have grown so numerous in recent times—in short we want to sow the seeds of health everywhere, and to do this we need the co-operation of our experienced mothers. You who have tried these principles and found them helpful, are the very ones who can introduce them to others. Take your own and your children's increased health as a precious loan which is to be repaid in self-denying service on behalf of others.

Our booklet telling all about the League Organisation will be sent on application to the Secretary, Good Health League, 451 Holloway Road, London, N.

## A WORD TO NEW READERS.

If you receive a copy of this number of GOOD HEALTH without having subscribed for it, you may safely conclude that the magazine has been sent you by some member of the Good Health League, who thus invites you to become a permanent reader. Further copies can be obtained through your regular newsdealer, or the magazine will be sent for one year, post free, to any country in the Postal Union, for the small sum of 1/6.

## BOOK NOTICES.

"*Glimpses of Factory Life*," by Thomas W. Allen. Published by the Garden City Press, Ltd., Hitchin, Herts. The writer of this pamphlet lays claim to having spent fifteen years amid the scenes and surroundings which he depicts. The picture he draws is not a pleasant one; we suppose it is, in all essential points, true to life. Certainly factory employment at the best, is not conducive to health and well-rounded development.

"*Cancer: The Natural and Only Cure*," by C. P. Newcombe. Price 6½d, to be obtained of the author, 19 Elms Avenue, Muswell Hill, London, N. The author of this little book has compiled a number of statements of physicians, throwing light on the possible causation of this rapidly-increasing disease, and has added some valuable suggestions of his own. He believes that the greatest single factor in the production of cancer is the large use of flesh meats; that consequently an essential feature of its successful treatment would be to adopt a plain and rather spare diet mainly of bread and fruit.

# 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.

COULD you get one other person to take **GOOD HEALTH**? If so, do it.

\* \*

THE Rev. John Pyper, editor of the *Bible Temperance Educator*, and Mrs. Pyper spent a week recently at the Caterham Sanitarium, their visit being greatly enjoyed both by patients and helpers.

\* \*

PERSONS desiring to spread the health principles may, by sending in a request for the same, receive, carriage forward, a parcel of literature for free distribution. The supply is limited, hence applications should be sent in at once.

\* \*

Most of the so-called spring tonics are not only useless, but decidedly harmful; and yet there is a demand at this season of the year for something that will tone up the system and improve the appetite. We have great pleasure in giving our cordial recommendation to Welch's Invalid Port Wine, made from the best Concord grapes, and entirely free from alcohol. A wineglassful of this excellent natural tonic taken immediately on rising in the morning will be beneficial to a very large class of invalids, and to others wanting in strength and energy. The same Company also supplies a very good non-alcoholic communion wine, and some pleasant summer drinks. Grapes are a most valuable form of food in fevers and other wasting diseases, and the above-mentioned firm is doing a real service in behalf of health in introducing this concentrated form of grape juice into the country.

THE PUREST, MOST WHOLESOME, AND MOST CONVENIENT CEREAL FOOD.

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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 flamented **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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### "PITMAN" STORES

have now introduced eight new varieties (as marked thus \* below) of their

#### Uncooked Fruit and Nut Cakes,

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8 oz. cakes made in the following varieties:

\*APRINUT—BANANUT—  
MUSCATALMO—PLUMANUT, } at 6d. each.  
\*ALNUT SANDWICH. ... .. }

DATANUT and FRUTANUT ... at 5d. each.

\*FIG and RAISINUT—DATE and  
APPLENUT—DATE & GINGER } at 4d. each.  
—FIG and GINGER. ... .. }

FIG and ALMOND—FIG and  
COCOANUT—DATE & ALMOND } at 3d. each.  
—DATE & COCOANUT—FIG &  
WALNUT—DATE & WALNUT }

\*ALNUT CAKE, or Alnut Carameis, made entirely of NUTS. ... at 6d.

**VIGAR WAFERS**, either cake packed in wafer form (12 in box) at 1d. extra to above prices, or 12 assorted in box ... .. at 6d.

Post free 3d. extra on one and 1d. on each additional two cakes, from the sole manufacturers.

"PITMAN" HEALTH FOOD STORES,  
188 & 189 Corporation Street,  
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Illustrated Price List, 80 pp., post free, one stamp.  
The largest dealers in the British Islands.

A DAINTY SAMPLE . . .  
OF

## ARCHIBALD'S OATMEAL CREAM

Will be forwarded on receipt of  
One Penny for Postage.

Send for it  
and try it.  
IN 6d. & 1/-  
TUBES.

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, Sunburn, Tan and Freckles. Softens the Skin.

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New Offices:  
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**NOURISH & FLOURISH!**

**WHEAT PHOSPHATES,**

so vitally necessary for the proper growth and development of the Infant Frame, are extracted from Wheat Bran by the Frame-Food Co.'s process. This process rejects the woody fibre and husk [which no human stomach can digest], and produces a soluble extract easily digested by the youngest infant.

**FRAME-FOOD**

[FOR BUILDING UP THE FRAME.]

which is the only Infant's Food containing these Natural [not chemical] Phosphates, is unrivalled in its capacity to enrich the blood, and develop the bone, teeth, muscle, and brain of Infants. As its name [Frame-Food] implies, it contains the organic constituents necessary for building the foundation of a strong and healthy frame.

**THE LANCET says:**

"The enrichment of cereal food with this soluble phosphate, which is otherwise thrown away in the bran, is a process worthy of all commendation. . . . The Frame-Food Co. manufacture a preparation called Frame-Food, in which the presence of a constant quantity of soluble phosphate, derived from the bran, may be relied upon."

**FREE TEST.**

A sample, with a booklet entitled, "BRINGING UP BABY," by a Hospital Nurse, sent post free. (Mention this Paper.)

**16 oz. Tin, 1s.**

**FRAME FOOD CO., LTD.,**  
Battersea, LONDON, S.W.



**New Harrison**

**Swift Gold Medal.**

**KNITTER**

A pleasurable and profitable occupation.

LISTS FREE.

**KNITS** Stockings, Ribbed or Plain. Gloves and Clothing in Wool, Silk or Cotton.

Lessons Free.

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Cash or Deferred Payments.

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So called because we guarantee the Fleece is shorn while the sheep are alive in the meadows. This is important to wearers as "live" wool is the most Durable, Elastic, Warmest, and Healthiest.

Our genuine undyed wool is a speciality.

**"Silkeena."** A substitute for silk. Wears better than silk.

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

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WORKS: **Co., Ltd.,**

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Branch:—**103a OXFORD STREET,**  
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**A REVOLUTION**

**DIGESTIVE PEA FLOUR**

**IN PULSES**

**SAMPLE PACKET**

**DIGESTIVE LENTIL FLOUR**

**2<sup>d</sup> POST FREE**

Genuine natural flavour and taste.  
The Beef of the Vegetable Kingdom.

Invaluable for Dyspeptics and Invalids. Exceedingly digestible. Supplies system with all it needs. Rich in natural phosphates. Contains more life-sustaining nourishment than beef, and twice as much as wheat, oats or barley. In tins 8d., post free 1/-. Two tins 1/9.

From Grocers, Chemists, &c., or from the Manufacturers: The Digestive Food Co., Paisley. London Agent: E. J. Reid, 11, Dundin House, Basinghall Avenue, E.C.

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**GREAT CHEST  
AND LUNG DEVELOPER.**



**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.

### PUBLISHERS' NOTES.

BELFAST readers will be pleased to know that S. D. Bell & Co., of 53 Ann Street, carry a full line of the food products of the International Health Association.

\* \*

THE Good Health Adjustable Bodice is having a remarkable sale, and gives excellent satisfaction, possessing all the real advantages of a corset with none of its disadvantages.

\* \*

THE International Health Association have lowered the price of their excellent almond butter. It is now offered at 1/1 for a half-pound tin, and 2/- for a pound tin. Almonds are among the most valuable nuts to be had, and this almond butter makes an excellent food for invalids. It may also be used in the form of a thin cream as a dressing for cereals, fruits, etc. It is one of the most delicate and tasty foods that we have tried.

\* \*

THE Pitman Stores (Birmingham) have favoured us with samples of their new Fruit and Nut Cakes. These toothsome foods may now be obtained in no less than seventeen different varieties. The time is past when food reformers could complain that they were not catered for. The danger is now that with such a large variety of choice viands to select from, they may develop Epicurean tastes, and indulge too freely in the good things, which ingenious men like Mr. Cook and others are inventing for their benefit.

A Few of  
**MY SPECIALITIES.**

Nut Cream Butters, Almond, Walnut, and Coconut. Fruitarian Cakes, 1d. to 7d. each.

Sample box containing 14 varieties Fruitarian Cake and 3 Butters, post free, 1/.

Write at once for price list, and learn how to improve your bill of fare very materially.

\* \* \*

HUGH MAPLETON, Nut Food Manufacturer,  
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ESTABLISHED 1851.

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INVESTED FUNDS TEN MILLIONS.

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

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Educational home. Physical, Mental, and Moral defects rectified. Both sexes. Delightful home for REST. Miss Cromartie, 5 Buckingham Road, Brighton.

### TO ADVERTISERS

GOOD HEALTH is a home magazine, read by thoughtful, intelligent people, and often kept on file for future reference. It therefore makes an excellent advertising medium. Circulation, 45,000-55,000 copies monthly.

**RATES:**—£8 per page; £4 per half page £3 per quarter page, etc.

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

451 Holloway Road, London, N.

# NO BREAD LIKE REYNOLDS' WHEATMEAL

PURE, \* \* \*

DIGESTIVE, \* \*

WHOLESOME.

**J. REYNOLDS & CO., LTD.,**  
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Order from your baker,  
and test the Quality.

In answering advertisements kindly mention "GOOD HEALTH."

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.*

T. J. BILSON & Co.,  
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CEREAL FOODS.  
HEALTH FOODS.

Where the Best are  
to be obtained.

**Fredk. Bay & Son,**  
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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.

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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,.....8/6, " "  
1½ lb. sample,.....6d., by post.

Sole Proprietors

**COLLYER BROS.,**  
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should own a

**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,  
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**PUBLISHERS' NOTES.**

THE London Auxiliary of the Bible Temperance Association held its annual social meeting at Islington Chapel, stirring addresses being given by the Rev. John Pyper, Mr. and Mrs. Auckland, and others. Miss Dunhill, a white-ribbon organiser from India, bore testimony to the good which the literature of the Association is doing in that country. Full particulars of this important organisation may be obtained of the Secretary, Mrs Auckland, Grasmere, Woodbury Downs, Seven Sisters Rd., N.



WE are pleased to note the favour with which the many varieties of nut foods are being adopted by the public generally. Among the newer products are the walnut cream butter and almond cream butter manufactured by Mr. Hugh Mapleton, Ardwick Green, Manchester. These butters are of delicate flavour and very palatable; they help to enlarge the variety of foods at the service of those who have gone back to the original diet. Mr. Mapleton's price list gives information concerning other interesting and wholesome preparations.

**GOLD MEDAL AWARDED,  
Woman's Exhibition, London, 1900.**

**NEAVE'S FOOD**

**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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Dr. BARNARDO says: "We have already used Neave's Food in two of our Homes (Babies' Castle and the Village Home), and I have no hesitation in saying it has proved very satisfactory."—July 27th, 1901.

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USED IN THE  
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For full particulars address the Secretary.

The Good Health School of  
**Physical Culture.**

(Conducted by correspondence only.)

**A Few Brief Extracts from Letters Received.**

"I feel so much better."  
"I am taking the exercises regularly, and am enjoying them very much."  
"You will be pleased to hear that my health is improving."  
"I am more than pleased."  
"My health has wonderfully improved."

No apparatus. Daily Programme.  
Physiological Exercise. Fifteen Weeks of Training. Cures Disease and Brings Good Health.

Send stamp for particulars

**GOOD HEALTH SCHOOL,  
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**The Good Health Adjustable Bodice**

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

It does away with the corset. Supports all garments without harmful pressure. No stays to break. Thousands have been sold,

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Certificated Masseuses visit ladies for treatment at their own residences, or receive in well appointed rooms with every convenience. Resident Masseuse supplied. Lessons also given.

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

Hygienic Facial Treatment a Speciality.

Apply to—  
Miss HORNCASTLE, 14 Baker Street.  
Mrs. CHAPMAN, LONDON. W.

**S. D. Bell & Co.,**  
53 Ann Street, Belfast.

Agent for the Food Products of  
the International Health Association,  
and for other Health Foods.

Canned and Dried Fruits,  
Nuts, and other Specialities.

SEND FOR LIST OF PRICES.

**A BOOK FOR EVERY FAMILY.**

**Home Hand-Book**

OF DOMESTIC HYGIENE  
and RATIONAL 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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The second part deals with diseases, giving symptoms, causes, and simple home treatments. The instructions for the latter are very full, and with the help of the numerous illustrations give the reader a very clear idea of the mode of application.

1675 pages, profusely illustrated, including a large number of full-page coloured plates. Circulars giving full particulars as to contents, prices, etc., sent on application.

Address:  
**Good Health Supply Co.,**  
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Food Stores,**

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PRICE LIST now ready of all  
the latest and best foods  
for the building of the body  
and maintenance of good health.

WRITE FOR LIST (post free).

EVERYTHING  
AT STORE PRICES.



**WHY SUFFER  
WITH CATARRH?**

Get the Magic Pocket Vapouriser; a simple, convenient, and effective instrument for the treatment 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,**  
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**START THE DAY RIGHT**  
— NO COOKING —

# Shredded Wheat

Whole



**"BISCUIT"**  
with hot milk and sugar makes the **BEST Breakfast**  
SEND 1d. STAMP FOR FREE SAMPLE  
Shredded Wheat Co.  
St. Georges' Ho.  
Eastcheap, E.C.

**PUBLISHERS' NOTES.**

THIS number of GOOD HEALTH completes volume 2, which will be ready shortly, neatly bound, with index, at only 2/4, post free.



OUR hearty thanks are due to the readers who have kindly favoured us with newspaper clippings and have shown their helpfulness in other ways. We are always pleased to hear from our friends, and if you do not invariably get an answer by return of post, the reason is not lack of interest and appreciation, but of stenographic help.



We have pleasure in presenting to our readers this month an article by Dr. Thomason setting forth quite fully the system of thorough mastication introduced by Mr. Fletcher, and which is coming to be known as "Fletcherising." Dr. Thomason, who has personally met Mr. Fletcher at the Battle Creek Sanitarium, is making a short stay in London preparatory to going to South Africa, where he will take up medical and sanitarium work in line with the principles advocated in GOOD HEALTH. We may be permitted to hope for some further contributions from his pen.

**SHELLED NUTS.**

The best lean beef contains 8.7 per cent. of proteid. Nuts contain 87 per cent. They are natural meat.

Barcelona.....	9d. lb.	Pine Kernels.....	1/- lb
New Walnut Halves..	1/- lb.	Blanched Swt. Almonds.	1 6lb
Broken " " "	10 1/2 lb.	Ground Almonds.....	1/6 lb
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All makes of Health Foods in stock.

**EDWARD NORMAN, Health Food Specialist,**  
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10/- parcels, half free, 20/-, carriage free.

**SLOW DIGESTION.**

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

**Health Foods For Health.**

.. THE ..

**Health Food Supply Stores,**

88 Great Western Rd.,  
GLASGOW.

Is the place to obtain the best foods,  
as recommended in this journal.

Agents for the  
INTERNATIONAL HEALTH ASSOCIATION'S  
FOODS, THE LONDON NUT FOOD CO., AND  
"PITMAN" SPECIALITIES, WELCH'S  
GRAPE JUICE,  
and all other vegetarian specialities, including  
SHELLED NUTS, DRIED FRUITS, COCOA-  
NUT BUTTER, etc.



Orders of 10/- and upwards carriage paid to all parts in Great Britain.

The  
**Leicester Sanitarium**

(Formerly Midland Sanatorium)

Offers facilities for giving a full line of Hydropathic Treatments, as well as Massage and Manual Swedish Movements.



**SKILLED NURSES**  
Trained at the Battle Creek Sanitarium.

**A WHOLESOME DIET.**  
**PLEASANT SURROUNDINGS.**



Address the Secretary,  
80 Regent Road, Leicester.

In answering advertisements kindly mention "GOOD HEALTH."



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**O**RDINARY porridge is not always digestible. The Cereals contain a large proportion of starch, and if this is eaten in a moist form, the saliva cannot act upon it readily, and indigestion results.

In Avenola this difficulty is avoided by thoroughly cooking the grains beforehand, which has the effect of partly converting the starch into sugar, and rendering Avenola


## .. A NOURISHING AND .. EASILY DIGESTED FOOD.

Avenola is made from a variety of grains, combined in the right proportion, so as to provide the best ratio of strength-giving, and bone- and tissue-making materials. This makes it a valuable food for growing children, and, indeed, for all who desire to build up a healthy body.


Avenola is quickly prepared. If put into cold water, it is ready for use as soon as the water boils. Chopped dates, or other clean dried fruits can be added, and make a tasty porridge.

Avenola also makes delicious puddings. Recipes are given on every package, and further recipes are supplied on application. In air-tight canister, containing **One Pound, 7d.** Postage extra. Order from your grocer.

The Shilling Package of Assorted Samples contains a sample of Avenola. The package is sent post-paid to any address on receipt of One Shilling.



International Health Association, Ltd.,  
Legge Street, Birmingham.



## A Seaside Home.

Conducted on Food Reform principles.  
Delightful location, near the chimes, pleasure  
gardens, and town.  
Highest recommendations.  
Accommodations,—exceptional.  
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### PUBLISHERS' NOTES.

THE Health Biscuits of the Vegetarian Society (Manchester), of which full particulars are given in our advertising columns, are of excellent flavour, and give the teeth plenty of work to do. They are worthy of a good trial.



GOOD HEALTH still has a small supply of the free booklet telling about "Catarrh and its Treatment," and will send a copy on application.



INDIA subscribers will kindly note that supplies of health foods, health books, etc., can be obtained of the branch office at 39/1 School St., Calcutta. To this office yearly subscriptions to the magazine should also be sent in.



**Abscesses: What They Are, and How They Should Be Treated** will be the subject of a leading article in our next issue.

**Starch Digestion** will be taken up by Dr. J. J. Bell in an article which will show the reason why the ordinary starchy foods disagree with many persons, and how they may be prepared in a more wholesome and easily digestible form.

Dr. Sisley-Richards will give some timely instruction on the subject of **Hygienic Cookery.**

**Woman's Greatest Handicap** will be the title of an illustrated article dealing with the healthful dress question. This will make good reading for men as well as for women, the male sex being largely responsible for the health-destroying fashions of the day.

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