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Good Health

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Hygiene and the Principles of Healthful Living.

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EDITORIAL CHAT.

Ravages of the Plague.—During the week ending March 19th, the number of deaths from plague in India reached the enormous figure of 40,527.



The Death-rate of London compares well with that of the great cities of other countries. Christiania, Norway, is among the lowest, with 12.7 per 1,000. London's average for the year 1903 was only 16.6, the lowest on record. In Bombay the rate was more than twice as high or 36.2, while Madras is credited with 40.9.



A Word to Invalids.—There is a Spanish proverb—"When ill luck falls asleep, let nobody wake her,"—from which our invalid readers may draw an important lesson. When your pains and aches temporarily disappear, don't recall them either by thought or speech. Moreover, never recount your symptoms except to your medical adviser, and then in the fewest possible words and on the fewest possible occasions. It is well even to go beyond the proverb, and try to put your aches and pains and feelings of discomfort to sleep, by fixing your attention on things bright and good and beautiful. Herein lies the secret of the so-called Christian Science.



Baby Killed by Castor Oil.—An incident recently happening in Belfast throws a pathetic light on the very common but pernicious custom of drugging babies on general principles. The newly-born infant of a citizen of the place was given a bath of whisky-and-water, and a

spoonful (probably a liberal one) of castor oil. The infant protested against such unnatural treatment in the only way it was able; it promptly died.



"Good Health Cigars."—An American firm has produced a cigar, supposedly free from nicotine, to which it has given the name "Good Health Cigar," thinking thereby, doubtless, to secure as customers a large class of men who realise that tobacco is hurting them, but are unwilling, or unable to give it up entirely. We protest against this wanton desecration of the term "Good Health" by associating it with such an utterly health-destroying thing as tobacco. Even if the nicotine were entirely removed, there are a half dozen other poisons in the "fragrant weed" some of which, notably prussic acid, are even more deadly.



Another Desecration.—We have noticed of late another desecration of the term "Good Health," its use, namely, as a headline in advertisements of patent medicines. We have often admired the ingenuity of the writers of these advertisements, and felt sorry that it should be put to such an unworthy use. From discoursing learnedly of uric acid in the blood, the nervous system, a disordered liver, etc., these masters in the art of persuasion are taking to beginning their disquisitions with an eloquent setting forth of the value of bright eyes, rosy cheeks and all the other accompaniments of good health. But, however the advertisement begins, it always ends up the same way—you must find

your good health in a bottle of medicine or a box of pills. Needless to say the idea is radically wrong.



Food Reform in the Universities.

—The advantages of a simple, natural diet appeal quickly to people who want to use their brains to the best advantage. The professors and students in Chicago University have for some years given excellent patronage to a "Good Health" Restaurant located right on the campus. The movement has also been growing at Harvard with the result that the Harvard Commons, a great boarding hall at which about 1,300 students take their meals, has recently lowered the price for table board to vegetarians from \$4.20 (17/-) to \$2.60 (10/6). Food reformers may partake freely of everything except flesh foods, and thus get better board than their fellows, and save \$1.60 (6/6) weekly, besides. This is an innovation which will be followed elsewhere. Diet reform is a force which must be reckoned with. The time is coming when ocean steamships will remit a portion of the fare to persons who make no use of

meat, fish and game, which are at once the most expensive foods purchased and the most difficult to keep from spoiling *en route*. It is safe to say that vegetarians would cross the Atlantic oftener than they do if the steamship companies were to provide a more wholesome dietary.



Chauncey Depew, on the Healthfulness of Work.—Chauncey Depew, the American statesman and railway magnate, himself a prominent example of well-preserved, active old age, gives a well-considered tribute to the work habit as a means of retaining health and freshness well into the years of physical decline:—"I have observed," writes Mr. Depew, "that health and longevity are indissolubly connected with work. Work furnishes the ozone for the lungs, the appetite, and the digestion which should support life, the occupation which keeps the brain active and expansive. When a man from fifty upwards retires, as he says for rest, his intellectual powers become turbid, his circulation sluggish, his stomach a burden, and the coffin his home."



WOMAN'S GREATEST HANDICAP.

BY M. ELLSWORTH OLSEN.

A PARAGRAPH in one of the dailies describing a recent game of some sort in which both ladies and gentlemen participated, remarked that the former were greatly handicapped by their skirts.

This slight incident suggests a larger and far more important question, namely,

What Is Woman's Real Handicap

in the great struggle of life? Is it her skirts, or is it the unfortunate way in which she has chosen to support them.

If medical men are to be allowed a voice in the matter, there cannot be the slightest doubt that the prevalent custom of hanging several skirts from a tightly-corseted waist is at once unphysiological, unpractical, and physically injurious.

The custom involves two flagrant transgressions of physiological law. 1. It causes serious displacement of the abdominal organs. 2. It interferes with that most important of all vital processes—breathing.

Dangerous Compression.

The so-called waist-line occurs at a most delicate point in the body, which is the juncture of some of its most important organs. The liver, an organ weighing some three or four pounds, lies just across the line, and has been known in cases of very tight-lacing, to be almost cut in two. The stomach, kidneys, bowels, and the other abdominal organs are all affected by the corset, which presses them downward out of their proper places, straining the tendons by which they are supported, and greatly hindering them in exercising their various functions. Indigestion in some of its most obstinate forms has been caused by this prolapsed state of the stomach. In some cases one or even both kidneys have been entirely detached from their proper fastenings, causing the condition known as "floating kidney." Abscess of the kidney is another form of disease that may be brought on in this

way, while cancer of the stomach, or of the breast, is probably chargeable to the corset in a majority of instances. For example, Dr. R. Clement Lucas, reporting two cases of cancer of the breast in a recent number of the *Lancet*, assigns as the determining cause of the cancer developing at this site "the injurious friction of the margin of the corset for many years."

Wandering Pains.

But aside from these definite diseases there can be no doubt that a great many of the wandering pains, the "dragging-down sensations," and those ill-defined feelings of *malaise* and general discomfort of which women often complain, are due primarily to the displacements caused by tight-lacing.

Breathing is very materially interfered with by fashionable dress. Not one civilised woman in a hundred breathes naturally with her whole lungs, as she ought. The central and lower portions of these organs are held as in a vice by those steeled or whale-boned stays; only the upper lobes are entirely free. As well expect to work a bellows after first firmly tying the handles together, as that a pair of lungs thus hampered in their work can admit a sufficient amount of fresh air to properly purify the blood. The inevitable result of this attenuated breathing is that impurities which should be thrown off through the lungs are retained in the circulation, and tend to bring about a diseased state of the system.

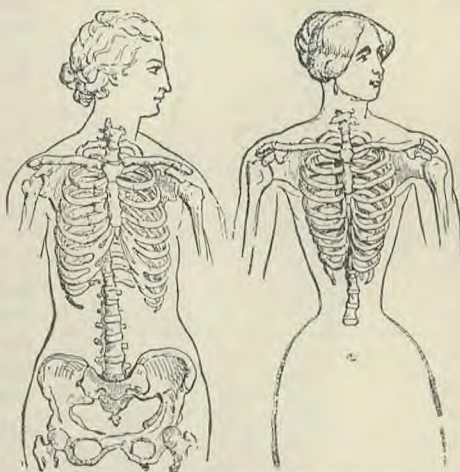
Tight Lacing Seldom Admitted.

Of course no woman will admit to wearing tight clothes. But many of the harmful results which have been pointed out in the foregoing paragraphs are produced without having recourse to that extreme tight-lacing which results in the wasp-waist. Any article of clothing, whether it be an ordinary corset, a so-called "health-corset,"

or simply tight waist-bands, is harmful to the extent that it interferes with full breathing, and crowds the abdominal organs. The various displacements mentioned may also be caused by very moderate lacing, being due as much to the weight of the skirts as to the immediate constriction of a tight corset. These displacements, it may be added, are much more frequent than is generally thought.

Displacements Inevitable.

Dr. J. H. Kellogg recently made "a careful examination respecting the position of the stomach, liver, and bowels, in fifty working-men and seventy-one working-women, all of whom were in ordinary health. In the seventy-one women examined, prolapse of the stomach was found in fifty-six cases. In nineteen of these cases, the right kidney was found prolapsed, and in one case, both kidneys. The fifteen cases in which the stomach and bowels were not prolapsed were all persons under twenty-four years of age. None of these had ever laced tightly, and four had never worn corsets or tight waist bands, having always worn the clothing suspended from the shoulders."



NATURAL AND CORSET COMPRESSED RIBS.

Only six of the fifty men had prolapse of the stomach and bowels, and of these "in only three was the degree of prolapse anything at all comparable with that observed in the women." These three, the doctor found on inquiry, had used a belt or something equivalent as a support for the trousers. In one of the men the right kidney was prolapsed.

It will be seen from these figures that prolapse of the stomach and bowels is six times as frequent among women as among men, and no one at all acquainted with the action of the corset can wonder at this, or have any doubt as to the cause.

Fashionable dress not only preys on the health of our women, it also hampers them

seriously in the discharge of their daily duties. Work which would be pleasant and healthful when done with untrammelled waist, and free muscles, becomes hard and toilsome to one who, so far as the trunk muscles are concerned, is strapped up something like an Egyptian mummy. Shop-girls would lose half their back-aches, and much of that disagreeable "tired feeling" if they were to adopt a healthful mode of dress. Behold the vigour and airy grace of young ladies in their gymnasium suits; then compare their cramped movements and mincing gait when dressed in the latest fashion.

Not Beautiful.

This brings us to another phase of the dress question. Granting as many of our fair readers may do, that tight-lacing is physically injurious, they may be disposed to urge that it is at least conducive to beauty. We answer, No. In the first place, there can be no lasting beauty without health; hence whatever is unhealthful is inimical to true beauty. In the second place an abnormally small waist is itself a monstrosity, and entirely out of harmony with the form as a whole.

Not Womanly.

But is it not womanly to have a small waist? No, it is not womanly, unless general helplessness, and a fair prospect of premature invalidism, be considered in that light. The *Venus de Milo* is universally acknowledged to present a perfect model of womanly proportions. Yet the waist measurement of this statue is exactly 47.67%, of its height; while that of the *Apollo Belvidere*, generally considered to be the finest specimen of well-developed manhood, is only 45 per cent.

A small waist, according to the ancients, belonged to men rather than women, and they were entirely right, for the male has in proportion to his height, the smaller abdominal organs.

No one with an eye for beauty can admire the stiff, harshly-rounded waist and angular outline that the *corsetière* is so proud of. Artists will have nothing to do with it; and if one were found to paint such a monstrosity, no respectable art gallery would hang it. You will look in vain in all the best poetry to find any allusion to this false type of beauty. It was none of these hour-glass phantoms in high-heeled shoes that Milton referred to in those well-known lines:

"Grace was in her steps,
heaven in her eye,
In every gesture dignity and
love."

To take another example, how utterly inappropriate to the strained movements of a tightly-laced woman, are the following lines:

"Her grace of motion and of
look, the smooth
And shining majesty of step
and tread,
The symmetry of form and
feature set
The soul afloat, even like deli-
cious airs
Of flute and harp."

Grace of Movement Impossible.

Grace of movement is a necessary adjunct of beauty, and it is obviously impossible of attainment while the waist is

stiffly bound up in a corset. A beautiful waist must bear a right proportion to other parts of the body. If the figure as a whole is slender and willowy, the waist will naturally be rather small, but its beauty will be marred by a corset. In women of more solid build, the waist is naturally larger; but here, too, the tightly-laced



A BEAUTIFUL WOMAN.
(The Venus de Milo.)

corset is out of place, since it renders impossible both harmony of form and freedom of movement, and thus virtually exaggerates any fulness of the figure. The ordinary corset is really utterly foreign to true womanly beauty. It makes no provision for those soft, undulating curves, and that delicately rounded contour which are at once the glory and the charm of well-developed womanhood.

Therefore it is thoroughly inartistic, as well as unhealthful, and ought to be forthwith banished along with the other instruments of torture that have come down to us from the dark ages.

But would you not allow a woman to improve her figure? By all means, so long as it is done in the proper way. A well-selected course in physical culture will do much to develop the bust, and also to reduce any undue fullness at the waist which may be caused by accumulations of adipose tissue. Women who have passed middle-age would find it greatly to their advantage to spend a few minutes daily in special exercises of this character. The charming grace and buoyancy of youth need not depart so early as is usually the case, if only proper attention is given to the culture of health.

Corrective Physical Culture.

A course of exercises especially adapted to this purpose will begin in next month's issue, and in that or the succeeding number some definite instructions will be given in reference to the subject of, "How to Dress

for Beauty and Health." In fact there will be a series of articles on the subject which will be fully illustrated, and will, we trust, leave no reasonable excuse for the harmful fashions prevailing at the present day.

We shall, if necessary, go beyond our regular staff of contributors, in order to get the very best and latest information on the subject of healthful and artistic dress. Any of our readers who have helpful ideas are invited to write to us at once.

Photos Wanted.

Photos of artistic gowns made on right principles will be accepted with pleasure, and paid for if used. Otherwise they will be returned to the sender. Those of our lady readers who have solved the problem of how to dress beautifully and artistically without doing violence to important organs in the body, have here an opportunity of rendering a real service to thousands of women throughout the length and breadth of the land.

Many a woman is driven against her will to follow unhealthful customs in dress, not knowing that all the necessary conventions can be fully met without having recourse to



A FASHION-DEFORMED WOMAN.

such a dangerous and utterly unnatural garment as the corset. Slovenliness in dress is never excusable, not even on the score of health. Carelessly made, ill-fitting, or ostentatiously plain garments are not becoming to a woman. The aim should be a beautiful simplicity in attire which, while harmonising with the natural form of the wearer, will be dignified and graceful.

STARCH DIGESTION.

BY J. J. BELL, M.D.

THE digestion of starch assumes no little importance when we consider that about 80% of the food we eat consist of this element. The other 20% being proteids and fats. Starch is found in abundance in all our cereal preparations, legumes, etc. Tapioca contains 87.5% of starch or carbohydrates, sago 86.7%, arrowroot 82.5%, rice 76.8%, rye 72.3%, wheat 71.2%, barley 69.5%, maize 68.9%, oats 68.6, lentils 58.4%, haricot-beans 55.8%, peas 55.4%, potatoes 19.1%.

Examined under the microscope we find the starch in these different food substances in the form of little granules, each granule composed of crescentic layers somewhat like the formation of an onion. These little granules are surrounded with an envelope of cellulose, which forms also a network through the entire grain kernel.

Why Do We Cook Starches ?

Now in order for the digestive juices to act properly on these little granules or cells it is necessary for the surrounding cellulose to be broken up, causing the starch granules to swell and become a homogenous mass. This is accomplished by the action of heat. It is for this reason that we cook our starchy foods.

Heat may be applied by boiling, steaming, or baking. The last-mentioned method has an advantage over the others, in that by it the food is subjected to a much higher temperature. Prolonged baking until the starch assumes a golden brown colour has, moreover, the power of chemically changing the starch into a dextrine, which is further along in the process of digestion. This is the reason why the crust of a loaf of bread is so much sweeter than the interior.

The two important digestive fluids which act on our carbo-hydrates are the saliva and the pancreatic juice. The action on starches of these two juices is practically identical. Both contain a ferment which has the power of converting soluble or cooked starch into a sugar which we call *maltose*. It is finally absorbed into the blood as *dextrose* and *levulose*. These last-mentioned sugars are the sugars which we find in ripe fruit and honey.

The saliva is secreted by three pairs of glands, whose ducts open into the mouth. This fluid, though always present, is secreted in very much greater quantities while food is being masticated or chewed by the teeth. Food eaten in a dry form stimulates the flow to the greatest extent. One ounce of dry, well-cooked cereal food, such as granose flakes, will, when well chewed, produce two ounces of saliva, while the same amount of food in a soft porridge or gruel will produce less than one-fourth that amount. This is why a dry, hard, well-baked bread is especially suited to the dyspeptic.

Besides the digestive ferment in the saliva, we have other constituents of importance. It contains a large proportion of water, which softens the food; also an abundance of mucus which acts as a lubricant, preparing the food to pass readily down the passage into the stomach, and preventing irritation of the delicate lining membrane. When the food reaches the stomach, starch digestion continues until the food becomes permeated with the acid fluid produced there. This requires usually from thirty to sixty minutes. When a person lives on sloppy food, or if the food is hurried down through the throat by the aid of some liquid, it is very likely to undergo fermentation, in the course of which various gases and acids will be produced, causing acidity, flatulence, gastric catarrh, etc.

Fried Foods Difficult of Digestion.

Digestive disorders of this kind are still more likely to occur when the starchy foods are improperly cooked, or when the stomach is overloaded. Mixing carbohydrates with free fats, as in fried foods and pastry, prevents the digestive juices from gaining access to the foods. Again, the use of very hot or very cold foods or drinks, and the use of acid drinks greatly retard or cause for a time the cessation of the flow of the saliva.

On the other hand food prepared in an appetising manner by its influence not only through the sense of taste, but also through the senses of smell and sight causes a marked increase in the flow of the saliva.

Mouth digestion of starches is also important as an aid to the stimulation of the flow of gastric juice. It is found that food introduced directly into the stomach of a dog causes no flow of gastric juice, the

stomach remaining inert. On the other hand when the animal was allowed to simply see and smell the food, it caused the saliva and stomach fluid to flow in abundance.

JAPANESE PHYSICAL CULTURE.

THE famous *Jiu-jitsu*, or Japanese system of physical training has two main objects in view: first, to harden and develop harmoniously all the muscles of the body, and, secondly, to teach the pupil the use of certain "fighting tricks" by which to disarm or disable an assailant.

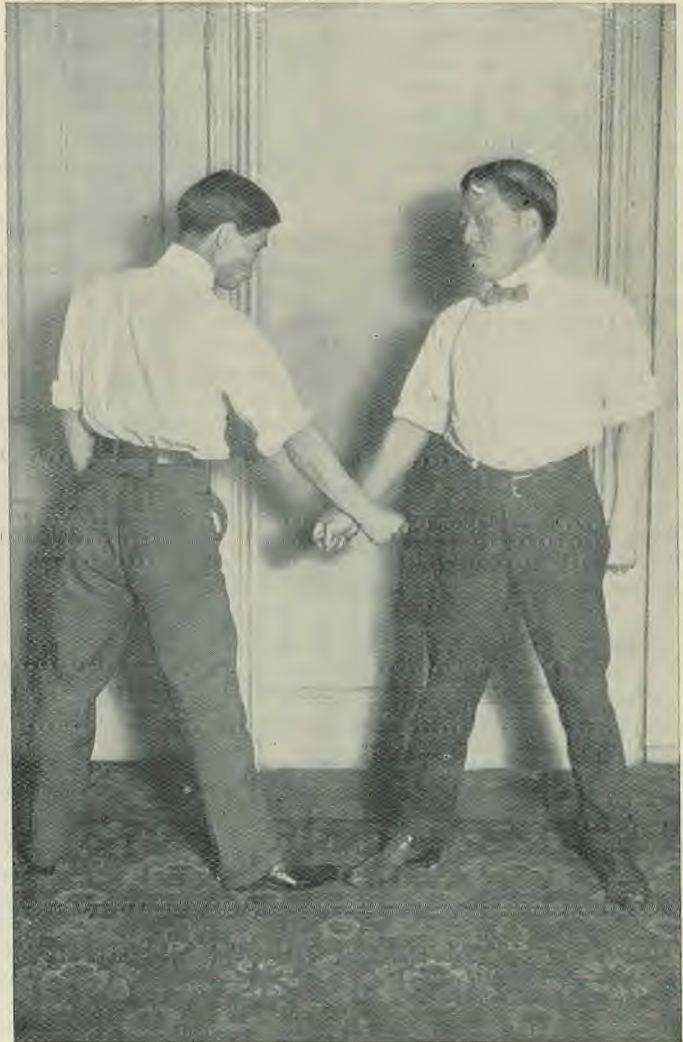
Of the first class of exercises an excellent example is afforded by the wrist-to-wrist movement shown in the accompanying illustration, and described as follows in Mr. Hancock's interesting book* :—

"Let the antagonists stand facing each other in such attitude that the right arm of one is opposite the right arm of the other. Now let each take a short step to the left, extending right arms at the side so that the clenched fists are a little below the hip. Let each antagonist press the inside of his wrist against the outside of his opponent's wrist. The arms must be held rigid, with all the muscles tense. Now let one of the opponents begin slowly to swerve his man round. The assailant will have to take a few short steps as he slowly succeeds. The man on the defensive will have to move his feet a trifle, but should be as pivotal as possible. The one who is being moved should resist just enough barely to avoid defeating his adversary.

"As soon as the one on the defensive has been swung round as far as can be done without radically changing the position of his feet, a moment's breath should be taken, and then the

one lately on the defensive should swerve his late assailant back to where the affair started.

"Care must be taken at all times to keep the arms rigid, and the muscles tense. The com-



WRIST TO WRIST RESISTANT EXERCISE.*

*From the book, "Japanese Physical Training" (H. Irving Hancock), by courtesy of the publishers, G. P. Putnam's Sons, London.

batant who is being moved must employ all the resistance that can be used without defeating the attack. If this exercise is to be of value these points cannot be too thoroughly impressed. The illustration shows the correct attitude for the wrist work, and gives a good idea of all of the arm work."

Jiu-jitsu was formerly known only to a special class called the *Samurai*, but at

present every soldier, sailor, and policeman in Japan is compelled to take a government course in the system. As a means of toughening the muscles, increasing the elasticity and agility, and improving the nervous tone, it seems to have much in its favour.

ABSCESSES: WHAT THEY ARE AND HOW THEY SHOULD BE TREATED.

BY ALFRED B. OLSEN, M.D.

WHEN an organ or tissue becomes inflamed, it gets hot, red, and painful, and there is also a swelling. By proper treatment the inflammatory process may be arrested, and healing take place without any destruction of tissue. The part is then soon restored to its normal condition, and the organ once more performs its natural function.

But this happy outcome of inflammation does not always follow. Often the process is not arrested in time to prevent more serious results. These consist of more or less destruction of tissue, with discharge of matter. The great heat and the numerous microbes which have invaded the part, destroy the living cells. Thus the tissue breaks down, softens, and matter, or *pus*, is formed.

An Ulcer or Abscess.

If the pus forms on an open surface, it is called an ulcer. But if confined and localised internally, or under the skin, it is termed an abscess. It was once thought that the pus consisted of foul material from the blood which is thus excreted, but this is not the case. It is merely the *débris* of broken down dead matter, and a large number of white cells, which resemble those found in the blood. There are germs present as well, and they are found in all kinds of pus. The germs are the active agents in causing the inflammation and destruction of tissue. They gain entrance from the outside through an abrasion of the skin, a scratch, or even a pin-prick. In some cases they may find a means of entrance by the roots of the hair, but this is doubtless the exception.

It is very important to keep all wounds

and bruises of any kind perfectly clean and free from contamination, otherwise inflammation is likely to set in, and more serious consequences result.

Treatment of an Abscess.

Begin treatment as soon as there is the least symptom of inflammation. The cardinal signs and symptoms consist of pain, swelling, heat, and redness. In the very earliest stages the use of cold applications may serve to abort the process, and bring about healing without the formation of an abscess. The cold may be applied in the form of cloths wrung out of cold water, or better still, ice-water. They should be renewed as fast as they get warm. At intervals of an hour or so apply a hot fomentation for five or ten minutes to restore and support the circulation, and then return to the cold again.

But if the inflammation is well along, it is better to resort to hot applications at once. Fomentations, or cloths wrung out of hot water, are most useful. In some cases a hot rubber water-bottle may be used to advantage. This furnishes dry heat, which is easily applied to any part of the body.

Some prefer poultices, but if they are used great care must be taken to maintain perfect cleanliness. Bread or linseed meal poultices may be prepared by boiling in water, and spreading on a clean cloth. On removing cleanse the skin if necessary and destroy the poultice. It is doubtful if any effects can be produced through poultices, that cannot be produced equally well, and with far less danger of infection, by means of fomentations and compresses.

When to Lance.

When pus forms, it usually makes its way to the surface to be discharged if possible. Soon a peculiar softness in the heat of the inflamed area is perceptible, and the tissues above are gradually absorbed and take on a yellowish-white colour. At this step the process can be shortened, and much relief obtained by lancing the abscess. A free incision should be made into the abscess, and an ample opening provided for drainage. This operation should, of course, always be done by the family physician or at the hospital.

The cavity is then scraped if necessary, thoroughly cleansed with some suitable disinfectant, such as peroxide of hydrogen or sanitas, and carefully dressed with aseptic or iodoform gauze and bandaged.

Under favourable conditions healing will soon take place, and there will be little or no more pain.

Varieties of Abscess.

An abscess may occur in almost any

part of the body. One of the most common forms is a boil. A favourite seat for boils is the back of the neck, where the skin is often irritated by the rough edge of a collar. The treatment for a boil is the same as for any ordinary abscess. Use hot applications to bring it to a "head," and then lance freely, cleanse, and dress.

Not infrequently an abscess forms at the root of a tooth, and becomes very painful. In such case, a qualified dentist should be consulted. It is often necessary to have the tooth drawn.

When an abscess forms in the ear, it should receive prompt attention, and a competent physician be called to treat it. There is always great danger that the hearing will be affected, and possibly destroyed. A discharging ear is a constant menace to hearing. Have the patient examined by a specialist, if possible, so that the proper treatment may be applied without delay.

What to Do for Nosebleed.

NOSEBLEED is a condition frequently encountered, and one which, in the majority of cases, gives no occasion for alarm, while in others the bleeding may be so profuse and continuous that life is endangered from the excessive loss of blood. In many cases nature alone checks the bleeding through the clotting of the blood. Blood, when it escapes from the blood-vessels, becomes thick and viscid: this is what is termed clotting, and it is by means of this clotting process that nature checks bleeding; the clots close the openings in the vessels through which the blood escapes. If it were not for the fact that blood-clots form, we might bleed to death from a very slight wound.

In nosebleed the prime object to be sought is to cause clotting of the blood and closure of the vessels. There are some simple but effective measures, applied as follows: Ice or a cloth wrung out of cold water and applied to the back of the neck causes a contraction of the vessels of the mucous membrane of the nose, thereby checking the bleeding. Similar applications may be applied over the nose and face, with the same result. Snuffing hot water into the nose is also of value; the

water must be as hot as can be borne, otherwise the bleeding will only be increased.

Another method which often proves effective is to pass the corner of a clean, dry handkerchief into the nostril from which the blood comes, holding it in place until a clot forms.

If these simple measures fail, the injection into the nose of a solution of tannin or alum will in all probability check the flow of blood.

The injection of a solution of eight parts water and one part hydrozone into the nasal cavity is another very effective means of checking the bleeding.

In more obstinate cases it may be necessary to plug the nostrils. In such cases it will be necessary to call a physician.

Whatever the treatment employed, the position of the patient must be upright; do not allow him even to bend over a basin.

—Charles Stuart, M.D.

DR. A. B. OLSEN recently visited Ireland and Scotland, giving lectures in Belfast, Glasgow, Edinburgh, Kirkcaldy and other places, in the interests of the health principles, and organising branch Leagues at Ballyclare and Kirkcaldy. Dr. George Thomason had charge of the work at Caterham in his absence.

THE OPEN-AIR CURE FOR INVALIDS.

BY M. ELLSWORTH OLSEN.

It is to be hoped that the success attending the open-air system of treating

for the open sky. A boy or girl who prefers sitting indoors to joyous activity out in the fields or even in the street, is not a natural child. But adults are just as much in need of the refreshing influences of the great "out-o'-doors" as are the children, and if they would but try to live simple, natural lives, and cultivate a friendly intimacy with the elements, they would thereby retain their youth and vigour much longer than they do.



A WOODEN BUNGALOW.*

consumption will lead to its use for a large class of invalids, notably those suffering from one or other of the rapidly growing class of nervous diseases.

Let the worn-out business man, the jaded society woman, the neurasthenic, the gloomy dyspeptic live out-of-doors for a month, and with no other attention except plain, wholesome food and perhaps a daily bath, they will make marvellous improvement healthwise.

Man's Natural State.

There is something about the open air that seems to radiate new life and energy into a man. It is like getting back into one's native element. House-air, though it be ever so pure, is not like the air of the hills and vales. The chemical constituents may be there, but it wants the flavouring. Man was not intended to live in a house, but in a garden. In nothing does a child show its elemental character more clearly than in its fondness

interesting books all keep us indoors breathing the vitiated air of stuffy rooms, when we ought to be where the soft breezes can have free play, and the sun can put a healthy tan on our faces.^{W. L.}



CHALET RAISED ON STANCHIONS WITH VERANDAH.*

*Open air chalets designed by Dr. Charles Reinhardt, author of the "Hand-book of the Open Air Treatment."

As a means of cultivating the out-door habit the open-air chalets are to be recommended. They can be put up in one's back garden, are neat, attractive, and durable, and inexpensive. Installed in one of these chalets, with intelligent nursing and medical supervision and the pleasant association of friends, the consumptive is probably more likely to make a good recovery than if sent to some insti-

nences from which they have not fully recovered. In most cases of the kind the out-door life which is possible in a chalet with its open windows facing all sides, is the beginning of new health and energy.

The chalet may seem bare, but there is an advantage in this as it leads the inmate to look *outside* for beautiful things. Nature is full of the true and the beautiful; did we but properly use our eyes and our ears,



A SLEEPING CHALET.*

This view is taken from the north-east. There is a verandah facing the south-west.

tution where a great many sufferers from this disease have congregated. Moreover, the expense of this home treatment would be far less.

The chalet system is coming to the front more and more, and bids fair of becoming generally recognised as the best plan of dealing with the unfortunate victims of this so common malady. In the percentage of recoveries the sanatoriums run on this system compare most favourably with institutions where the patients are accommodated in one large building.

But there are other invalids besides those suffering from lung trouble. Some are over-worked; others have had ill-

nesses from which they have not fully recovered. we should see much that now escapes our attention as common.

Chalets may be used for sleeping purposes alone, they make fine play houses for the children, and come handy in a great varieties of ways. Their increased popularity is an indication that they have come to stay.

—♦—

GET HEALTH.—No labour, pains, temperance, poverty, nor exercise that can gain it must be grudged; for sickness is a cannibal which eats up all the life and youth it can lay hold of, and absorbs its own sons and daughters.—Emerson.

HYDROTHERAPY IN THE HOME.—LESSON VI.

The Foot Bath.

BY GEORGE THOMASON, M.D.

APPLICATIONS of water to the feet produce various therapeutic effects, not only upon the feet themselves, but also upon the pelvic and abdominal contents and even the brain, the results varying, of course according to the temperature of the water used. These effects are due to the anatomical fact that the soles of the feet are in intimate nerve relation and communication with the abdomen. Priessnitz, more than a hundred years ago recognised this relationship, and made practical use of it, reasoning logically that if getting the feet wet and cold would in some cases produce pelvic and abdominal inflammation and other ill effects, it must then be equally possible by carefully regulated applications to the feet to favourably influence disease processes in this area.

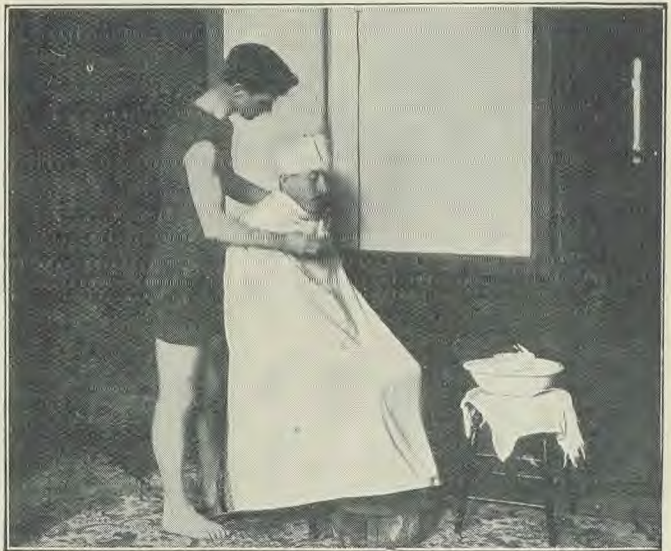
The Hot Foot Bath.

An ordinary pail may be used for this purpose as well as for foot baths at other temperatures. The water should be as hot as can be borne. As the bath progresses, the feet will tolerate a higher temperature, so water may be gradually added until a temperature of 118° or 120° F. is reached. The bath is continued a varying length of time according to the result desired.

A most excellent means of preventing colds following exposure is the hot foot bath for ten to fifteen minutes combined with wrapping the body in a warm blanket and the drinking of half a pint or more of hot lemonade just before retiring.

Following a severe sprain of the ankle, the hot foot bath will wonderfully relieve the pain, and continued for fifteen minutes night and morning will greatly assist in reducing the swelling and in carrying off effused material which has collected in the joint.

A congestive headache due to mental strain, worry, or great emotion, will be almost instantly relieved by the hot foot bath. The water should be as deep as possible in order that more blood may thus be diverted from the brain to the feet and legs. A cold cloth or towel wet in cold water should be placed about the head and changed frequently, thus diminishing the amount of blood in the brain.



TAKING THE HOT FOOT BATH.

Some who may find difficulty in taking the cold morning friction bath will be made very comfortable by standing in a hot foot bath while applying cold water to the rest of the body.

The hot foot bath used for any purpose should be concluded by dashing cold water over the feet immediately before drying to produce vigorous reaction.

The Cold Foot Bath.—The water for this purpose may be used at a temperature varying from 40° to 60° F. Those habitually suffering from cold feet will find great relief by using the short cold foot bath accompanied by friction. A very excellent procedure is to stand in a vessel containing from one to two inches

of very cold water, alternately rubbing vigorously the top of one foot with the sole of the other. The feet should change places every five to eight seconds, and the bath should be continued only one or two minutes, the feet then being dried by brisk rubbing with a coarse towel. The lumberman of the Canadian woods when suffering from cold feet, removes his boots and rubs his feet vigorously with snow, and on replacing his boots finds his feet delightfully warm.

A cold rubbing foot bath, continued one to three minutes, is an excellent means of helping to relieve constipation, acting as a direct stimulant upon the intestines. When used for this purpose the water should be as low as 45° or 50° F.

Persons suffering with congestion or inflammation of the bladder or other pelvic organs must, of course, carefully avoid the

cold foot bath. Such patients find relief by the use of the hot foot bath concluded with a mere dash of cold water over the feet.

The Alternate Hot and Cold Foot Bath.—For this bath two pails are necessary, one containing water as hot as can be borne, the other very cold water. The feet are first placed in the hot water for about a minute, then changed to the cold for twenty seconds, thus alternating for ten to fifteen minutes. This is a most excellent procedure for the relief of chilblains, especially if taken just before retiring. It is also a splendid tonic to the veins and tissues in cases of varicose veins of the legs. Ulcers arising from varicose veins, and other indolent ulcers of the legs, are marvellously stimulated in the healing process by this form of treatment.

BATTLE CREEK SANITARIUM QUESTION BOX.*

BY J. H. KELLOGG, M.D.

Why should one be hungry after getting wet?

Ans.—Because making the body wet stimulates the skin, and thereby increases the appetite. This is the effect of hydrotherapy. The shower-bath in the morning before breakfast acts as a tonic to the skin, and creates a demand for food. It also increases the production of gastric juice, and hence is especially adapted to persons who have slow digestion.

Does a fruit diet make the blood acid, and a vegetarian diet alkaline?

Ans.—No, the acids of fruits become alkaline before entering the blood. The idea is current that acids have a tendency to produce rheumatism, and that persons suffering from rheumatism, or a predisposition to it, must avoid them. This is a great mistake.

Are fruit and eggs a good combination?

Ans.—Not always. Raw eggs, beaten up with fruit juice, make a fair combination; but boiled eggs, which require several hours for digestion, form with fruit a bad combination for a weak stomach. If eggs are properly cooked, they may be used with vegetables.

Is there anything which can be done to prevent one from taking tuberculosis or consumption from the person with whom he rooms and associates continually?

Ans.—Yes. The preventive means is to watch over the consumptive, and collect on a paper or cloth every particle of sputum that he raises and expectorates, and burn it. If there is not a particle of it left, there will be no contagion. There will be no trouble from this source so long as there is no conversion of the sputum into dust.

Do you recommend out-of-door exercise before breakfast?

Ans.—Yes, if one is strong enough. But the man who is so unfortunate as to be a dyspeptic must be careful not to exercise too vigorously before he has had his breakfast. He must conserve his energy for the purpose of digesting his food. Very weak and feeble people should not try the early exercise at all. But if one is too weak to walk he can lie on a cot, or sit in a chair, where he can take deep breaths of fresh air, and thus give his lungs and liver exercise.

*Extracts from a lecture before the patients in the Sanitarium parlour.

GLIMPSES OF THE MATABELE.

BY MRS. W. H. ANDERSON.

SIMPLE, open-hearted, generous, child-like in their way and manner, and of a quiet, peaceable disposition, the Matabele are rapidly adjusting themselves to the new situation in South Africa, and the young people make very good pupils in the various mission schools.

Physically, they are not by any means to be despised. The average stature is rather above than beneath that which prevails in this country, and their proportions are good. The women have rather more than their share of the hard work, and develop a strong, sturdy physique. The accompanying cut shows a group of them with empty baskets on their heads,

just returning from the shop where they have sold the grain they brought early



NATIVE WOMEN WITH EMPTY GRAIN BASKETS.

in the morning. These baskets will hold seventy-five or eighty pounds of grain, and the Matabele woman thinks nothing of carrying such a load a long way.



A NATIVE GRIST MEAL.

Another of our cuts shows a native grist mill at work. The women and girls are pounding out their native grain called "nyuti." First the grain is moistened with a little water, then the long pole is lifted high into the air, and brought down with great force; thus the stamping process continues. Sometimes only one woman works at each block or mortar; at other times two will work together, in which case one pole comes down while the other is up in the air,

the workers keeping the time by a song. After a few minutes they will stop, lay down their poles, and turn the grain out on a mat to dry in the sun. When it is sufficiently dry, they will put it in a flat, round basket, and shake it so as to separate the chaff. The grain is then put back and stamped for a long time, after which it is taken out and separated again. This time it is made into two or three grades of meal, according to the quality. The next thing is to cook it in the form of a very thick porridge, which is eaten with a simple gravy made from monkey nuts ground up in these same mortars. This constitutes a staple breakfast dish.

For dinner, which is taken at the close of the day, the usual thing is a stew made from native corn and beans, occasionally varied with fresh vegetables as yams or marrows, and now and again with the products of the chase, milk, eggs, etc.

"Ah! these are of a royal line,
All children of a king."

is doubly true of some of these girls. They are the grandchildren of Umsilikazi, the Zulu chief, who, with his warriors, went north and founded the tribe of the Matabele. The late king Lobingula, who was ruling at the time the English occupied the country, was their uncle. The mother of these girls urged them to go to



GIRLS OF THE ROYAL BLOOD.

the missionary and learn to read when we first arrived at the station. But not till after her death did they decide to do so. They have given their hearts to God and are making encouraging progress in their studies.

The remaining cut shows the first house built at our Umkupavula station. It is quite typical of the houses usually built by the missionaries, although it is better than a great many of them.



A MISSION HOUSE.



THE . . .

HOME.

THE INNER LIFE.

We paint bright pictures oft with careless touch
Of fancy's magic golden brush, and yet
In words can ne'er express the thoughts that thus
Upon the inner tablets gleam and glow.
We meet and part while deep within the heart
Emotions like the full rich undertones
Of some great organ thrill the soul, yet give
No sign save dimming of the eye, perchance,
Or flushing of the cheek, or tremor of the hand.
Time hasteth on and on, and what have we
To do? A character to form so pure,
So fair, so true, so holy and so bright
That angels can behold the structure and
Approve the plan; an influence to shed,—
Aye, seeds of light to sow on soil made rich
With prayers and tears. A noble life is found
In earnest work wrought in the lowly paths
Our Saviour trod. Full soon creation's morn
Will dawn, full soon earth's scenes be o'er;
then let

Us take the yoke and gladly wear it till
The Master says: "Well done, thou faithful one,
Enter through pearly gates for aye."

—*Eliza H. Morton.*

THE HUMAN UNIT.

BY G. C. TENNEY.

LONG ago, and very early in the history of our race, the Creator stated that it was not good that man should be alone. From that time to the present there has been a constant confirmation of that conclusion. Whether or not God was disappointed in man because he did not successfully develop a symmetrical character, and therefore he had to have a postscript, as it were, added to him, is not stated clearly. But, aside from certain physiological necessities which made woman a necessity to the perpetuation of the race, we might quite reasonably conclude that this was so—that man was a partial failure, that he developed in a one-sided form, and took pride in cultivating his manly qualities, and became so intensely masculine that he represented a kind of monstrous appearance, with one

side towering too high, and the other side of his nature almost entirely wanting.

What could be done in such a case except to carry the work of creation enough further to supply this deficiency, and so to stand up alongside the man a help that was meet for him. The man represents the sterner, bolder, and more aggressive features of human nature, and too often neglects, or even contemns, the gentler graces, which give symmetry and beauty to character. And since he proved himself to be wanting in those qualities there was no way except to ally him to a creature that would exhibit them. The crown of womanhood is grace. The boast of manhood is strength. To man's hardier and bolder nature woman brings purity, gentleness, patience, constancy, so that by blending of the feminine with the masculine we have God's idea of humanity. Neither the man nor the woman represents the divine ideal of what mankind should be, or what He would have it. But this may be attained by the miracle of marriage.

I speak of marriage as a miracle, because nothing short of an exercise of divine power can blend two human lives into one. This miracle is inherent in the words spoken at the beginning by the Almighty Father when He solemnised the first marriage: "They shall be one flesh." These words have lost none of their power, they still form the magic oracle by which every true marriage is consummated. Without these words spoken by infinite power there can be no true marriage. God's power still works in perfecting mankind as in the beginning. And thus by His hand is laid the foundation of every home that is worthy of that sacred name.

The first requisite for a godly home is a godly marriage; and it is the godly marriage that forms the true human unit.

NEW SUMMER SALADS.

BY MRS. EVORA PERKINS.

To be successful in the preparation of salads one must realise that the most dainty salad is ruined by allowing it to be served in a careless manner. The value of a salad depends upon the value of the ingredients and the skill used in their preparation.

Care should be used to combine only such foods as harmonise. Salads can be prepared from vegetables, fruits, and nuts.

Most salads are more acceptable if garnished. Several varieties of lettuce, celery leaves, sprigs of parsley, nasturtium leaves, slices of tomato or lemon, may be used for this purpose. They should always be served cold.

Fruit salad may be served just before the dessert, while salads prepared from vegetables and nuts should be served between the soup and the vegetable course.

Such a salad as potato, beet, lemon, cottage cheese, apple, pineapple, and banana, should be prepared stiff enough to hold its own weight.

RECIPES.

Baked Banana Salad.—A variety of salads can be prepared from this very common fruit. Peel the banana, roll lightly in sugar, place in a granite or porcelain pan, and bake in a moderate oven for twenty minutes. Dress with a sour fruit-juice thickened to the consistency of cream by adding a little corn-flour.

A lemon sauce—one cup of water, one tablespoonful of corn-flour, and the juice of one-half large lemon sweetened to taste—makes an excellent dressing.

Cut the baked banana in slices, and place in the centre of the dish upon which a leaf of lettuce has been laid, and dress with the sauce.

Banana Salad No. 2.—Prepare as for the above, but serve whole on a plate with salad dressing over the centre of the banana, leaving the ends exposed and resting on a small leaf of lettuce.

Pineapple Salad.—Carefully stir together one part sliced fresh or canned pineapple and sweet salad dressing. Serve on a garnish of lettuce leaves.

Apple and Pineapple Salad.—Prepare as for pineapple, using one-half part of finely cut tart apples; as fast as they are cut they should be added to the salad dressing, to keep them from becoming dark. Apples should never be chopped, as this causes them to lose their colour.

Apple Salad.—Prepare as for apple and pineapple, leaving out the pineapple.

Protose Mayonnaise.—Cut protose in small cubes, and add one part of mayonnaise dressing to five parts protose; serve on a garnish of green.

Salad in Surprise.—Carefully cut a slice from the top of a well-ripened tomato; remove the inner portion, and fill with any salad; replace the slice of tomato, and serve with a garnish.

Sunflower Mayonnaise.—Place on a large lettuce leaf a ring of cottage cheese, and in the centre place a small quantity of the cooked yolk of an egg which has been passed through a colander, then surround the cottage cheese with a ring of cooked nut-oil dressing.

Asparagus Salad.—Dress cooked asparagus tips with sour-salad dressing.

Savoury Salad.—Force one-half pound of protose through a fine colander; add one pint strained tomato, one-half cup gluten, six teaspoonfuls of pulverised celery leaves, one and one-half teaspoonfuls salt, two tablespoonfuls lemon-juice, and one-third cup nut oil.

Beet Mayonnaise.—Follow the directions for protose mayonnaise, using cold chopped beets instead of protose.

Sour Salad Dressing.—Rub two slightly rounded tablespoonfuls of peanut or almond butter smooth with two-thirds of a breakfast cup of water according to directions for preparing the nut butter for bread. Let this cream boil up for a moment over the fire. Remove from the stove, add one-half teaspoonful of salt and two tablespoonfuls of lemon juice. Cool, and it is ready for use. If too thick, it may be thinned with a little lemon-juice or water. More salt and lemon-juice may be added if desired. By using a scant cup of strained stewed tomato in place of the water in the above, with the almond butter, we have another palatable and very pretty dressing.

Sweet Salad Dressing.—Rub two rounded tablespoonfuls of almond butter smooth with two-thirds of a cup of water, add two tablespoonfuls of sugar, one-fourth of a teaspoonful of salt; cook as for sour dressing, and add two tablespoonfuls of lemon-juice. When a yellow colour is desired with either the sweet or the sour dressing, have the beaten yolk of an egg in a bowl, and just as you remove the dressing from the fire, pour it over the egg, a little at a time, stirring well at first. When the egg is used, a little less water and more lemon-juice may be required.

The dressing is especially palatable on finely sliced apples; apples and celery; apples and very ripe bananas; strawberries and bananas, or pineapple and orange. If the dressing is put on as soon as the fruit is sliced, it will not turn dark.

The sour dressing of either nut or almond butter may be used whenever a sour dressing is desired; but the nut butter is richer with "chicken salad" or over sliced apples, flavoured with the oil of, or a very little minced, onion. This apple and onion salad is, by many, liked best of all.



CLEANING AND POUNDING RICE, JAPAN.

WHAT THE JAPANESE EAT.

THE pluck and genius of the "little Japs" in their conduct of the present war is attracting attention to their habits, diet, and physical training. H. Irving Hancock in a recently published book* on the subject, records a conversation he had with a native coal-heaver in Nagasaki harbour, which gives us an interesting glimpse into the eating-habits of the labouring classes. We quote a few paragraphs:—

"Have you no food?" I asked.

"Oh, yes," he answered smilingly, and held up a little fragment of dingy blue cloth, in which something was wrapped. He opened the bundle to display his noonday meal—an apple, a tomato, and an onion.

"Is that all you have to eat?" I asked.

"Why, yes," came his reply. "I would not care to eat more just now. I have five hours more of work to do this afternoon."

"How about your friends here? Have they brought no more to eat than you have done?"

"Perhaps," came the smiling, shrugging response. "They will show you."

A woman near by had in a little tin something like three heaping tablespoonfuls of cooked rice. Another produced from her bundle two raw tomatoes and a thin rice cake of a diameter of a little more than two inches. A child had two similar rice cakes and an apple. And this gives a very fair idea of what these hard-working people found sufficiently nourishing food

* "Japanese Physical Training." See page 22.

on which to do five hours more work of coal-passing. Returning to the man whom I had at first questioned, I inquired:

"What did you have for breakfast this morning?"

"Oh, something very nice—a bowl of rice with a few little strips of dried fish."

"And what will you eat to-night, when your day's work is done?"

"I do not know. That is for my wife to say. Probably she will give me some boiled fresh fish, some lettuce, tomatoes, onions, and cucumbers, or radishes. But it will be dark before we reach home, for as soon as we leave here we shall go to one of the baths. You know we people who handle coal all day must be very dirty at night."

I inquired of the man if there was not something I could get him from the ship. He replied that he would be very glad to have some water, and handed me a bucket in which to bring it. I returned to the lighter with distilled water that had passed through an ice-packed "worm." My man thanked me, took a sip of the water, and spat it overboard.

"Too cold," he remarked. "I will set it in the sun for a little while."

The lightness of the diet might suggest easy work, but these men had just been filling the bunkers of an ocean-bound steamship, a process which involved tossing from man to man baskets of coal weighing from thirty to fifty pounds each, all of which was done, the author tells us, with great apparent ease.

One is interested to notice the man's

intention of visiting the bath, and his preference for water. We may learn a lesson from the Japanese in temperance and strict personal cleanliness.

Less beer on the inside and more water on the outside of his body, would not be a bad arrangement for the British working man, and if he were to cut down his consumption of solid food to about two-thirds of the usual amount, he would get through the warm weather in far better shape. Gross eating and stuffing not only fail to impart strength, they draw on the natural reserves of the system, and usually induce or encourage the use of alcoholic beverages.

HINTS ON THE CARE OF THE BABY.

DR. EMELYN L. COOLIDGE gives in the *Ladies' Home Journal*, the following hints to mothers regarding the care of a baby of four or five months:—

When carrying the baby about the house change him from one arm to the other occasionally, so that if he wishes to use his hands, each one of them may be exercised equally. In after years it will be a great advantage to him if he can use one hand as well as the other.

Frequently by the end of the fourth month the baby will show signs of fear. If a stranger enters the room and attempts to take him, he will often scream and not be pacified until his mother or nurse holds him in her arms. It is much better to accustom the baby to the presence of a stranger before allowing him to be held by that person.

Dangers in Promiscuous Kissing.

Never under any circumstances allow the baby to be kissed on the mouth. Tuberculosis, diphtheria, and many other dreadful diseases are contracted in this way. It is no doubt a great temptation to kiss a sweet little infant, but think of his best good, and choose his little hand for the caress.

It is an excellent plan to let the baby lie in the centre of a large bed, draw up his long skirts, and allow him to kick his little legs about for half an hour or so every day; sometimes change his position and let him lie on his side or stomach for a while; this will bring into play the muscles

of the lower extremities and so help to strengthen him. Place a blanket and some small pillows in a large clothes-basket, and prop the baby up in a half-sitting position for a little while each day, beginning with fifteen minutes at a time; then half an hour, etc. This is much better than constantly holding the child in the arms.

The baby may now be played with for a short time every day, but never just before bedtime. The best time to play with a baby is after his morning nap. Do not allow him to be tossed violently in the air in order to make him laugh or crow; remember how tender and delicate a little creature he is, and be gentle when handling or playing with him.

If the mother is nursing her baby and he has never had a bottle, it is now time to begin to give him one meal a day out of a bottle. Should the mother's milk then suddenly fail, or should she be obliged to leave the child for a short time, there will be no struggle, which would be specially hard for the baby in the coming hot weather. By very gradually accustoming the digestive organs to cow's milk the danger of a bad attack of indigestion, when the child must be weaned, is lessened to a great degree, and generally obviated entirely.

Date Rolls.

THE following recipe will be found to make a most delicious form of unleavened bread, excellent for picnic outings, and for daily use:—

1 cup whole meal; 1 cup white flour; 1 cup desiccated cocoanut; 4 tablespoonfuls ground almonds; cold water for stiff dough. Knead thoroughly for at least ten minutes. Form into individual rolls of any size desired, rolling stoned dates into the centre of each. Bake in a moderately hot oven.

THE following branches of the Battle Creek Sanitarium are now being conducted in Great Britain, each being under regular medical supervision:— **Belfast Branch Sanitarium**, 343 Antrim Road, Belfast.

Surrey Hills Hydropathic Institution, Caterham, Surrey.

Leicester Branch Sanitarium, 80 Regent Road, Leicester.

For full particulars address the Secretary.

QUESTIONS AND ANSWERS.

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

Old Shoulder Dislocation.—C. E.: "A woman of thirty-two, suffering pain in the chest, has just been told that her shoulder is dislocated. Is it likely that the shoulder could be set now?"

Ans. Have the patient go to the hospital, and consult a specialist in reference to what can be done.

Amount of Sleep Required.—H. P.: 1. How much sleep do you consider necessary for a young man of twenty, employed mostly in manual labour? 2. What hours are best?"

Ans. 1. About eight hours. 2. From 10 p.m. until 6 a.m.

To Reduce Weight.—X. Y. Z.: "I am very fat. Would you kindly advise me how to reduce my weight and take away double-chin?"

Ans. Be very abstemious in your eating, taking only plain food, and using a small variety. Have a hot full-bath or a Turkish or vapour bath three or four times a week. Take long walks daily, and spend an hour or two daily in physical culture.

Nervous Debility—Lack of Confidence—Biliousness.—G. M.: "As one who suffers keenly from nervous debility, I shall be glad to have information as to its cure. Cannot understand why I suffer so, for I am in excellent health, except that I am a little bilious at times, which is doubtless due to my sedentary occupation. I have no confidence or self-reliance before company and get depressed afterwards."

Ans.—Make an earnest business of health culture. Adopt a plain, nutritious diet. Take plenty of sleep, and have your bedroom well ventilated. You should get out of doors in the fresh air every day and take a brisk walk of three miles or more. Drink water freely in the morning and between your meals. Have a tepid or cold sponge bath, followed by vigorous friction each morning, and then half an hour of some suitable exercise. Avoid drinking with your meals. Chew your food well, retaining the food in the mouth until it is reduced to a liquid state. Be abstemious in your habits. Cultivate a cheerful disposition and avoid introspection. Do not allow yourself to worry. Try to be self-reliant and, if you fail, never mind, but try again.

Constipation; Proper Use of the Enema; B. G.: "I am very subject to constipation, although, by taking pills, I am able to keep my bowels open. 1. Would you advise me to use an enema? 2. When is the most suitable time to take it? 3. In what position should the enema be taken, sitting or reclining? 4. What quantity of fluid should be injected? 5. Would it be well to dissolve $\frac{1}{4}$ oz. of Castile soap in the water? 6. About how hot should the water be? 7. Should the water be retained for any length of time, and, if so, how long? 8. Should it be taken once a day, or every other day, while the bowels are constipated? 9. Do you recommend any particular make of enema? 10. Are gum elastic rectum

nozzles superior to bone? 11. Do you consider the use of the enema weakening to the system? 12. What other advice could you give to overcome constipation?"

Ans.—1. Yes. 2. About an hour after breakfast. 3. Lying on the right side, or on the face with the hips raised. 4. From two to four pints. 5. Yes, a soap enema is an excellent thing to use in severe cases of constipation. 6. From 85° to 95° F. 7. It is well to retain the water from five to twenty minutes, if possible, but it is difficult to retain it longer as a rule. 8. Once every other day, if you have to use it for any length of time. 9. Goodrich's Combination Hot-Water Bottle and Enema is a good appliance which can be obtained at any chemist's shop. If not on hand, they can order it for you. 10. Gum elastic nozzles will serve the purpose as well as anything else. 11. No, not unless the enema is hot, and persisted in too long. 12. Steamed figs and dates, stewed prunes, sultanas, and English currants, baked apples, with plenty of fresh fruit and brown bread will soon put your bowels right. Avoid drinking with your meals, but take water freely in the morning and between your meals. Do not neglect exercise.

Literary Notices.

"*Japanese Physical Training*," by H. Irving Hancock. Published by G. P. Putnam's Sons, New York and London. Price 5/- net. A well-written and finely illustrated book which gives a lucid setting forth of that system of physical culture which has done so much to make the Japanese the alert, active, well-balanced people that we know them to be. Our readers will be especially interested in what the author has to say about the principles of diet, clothing, bathing and general rational living which obtain among the Japanese. The *Jiu Jitsu* exercises themselves, which the text and illustrations make very clear, are well adapted to strengthen the frame, and make the individual more efficient both for mental and physical effort. The book is worthy a wide circulation.



"*The Care and Feeding of Children*;" a catechism for the use of Children's Nurses and Mothers by L. E. Holt, M.D. With an Introduction by Eric Pritchard, M.D. Third edition, revised and enlarged, price 2s. net. It is not too much to say that this is an ably written, practical, and helpful work on a subject of most timely importance. The last few years have witnessed an increase in the death-rate of infants under one year old which in the light of facts must be assigned to a lack of proper care and feeding. This book, taking up the subject in the form of questions and answers, contains a very large amount of just such practical information as is needed by mothers and all having the care of children.

Glasgow Good Health League.

The Glasgow Good Health League is making encouraging progress in disseminating the blessed principles of the gospel of health.

Weekly meetings are held, at which lectures, health talks, and demonstrations in cookery and rational treatment are given by the members of the League. The attendance and interest are both growing, and the meetings are lively and attractive. The League is intensely anxious to reach as many as possible with the life-saving truths connected with the care of the body, and invites all who are interested in the possession of health in Glasgow and vicinity to attend its meetings, which are held each Wednesday at 8 P.M. at Bethel Church, 200 Eglinton Street.

The Health Food Supply Stores, situated at 88 Great Western Road, Glasgow, find a growing demand for their goods, and this is certainly a good indication of the growth of interest in the reformed diet.

A clean, nourishing, bloodless diet, is logically bound, sooner or later, to produce a clearer skin, a brighter eye, and an increased elasticity of muscle above what is possible on a diet composed of gross articles of food.

The Glasgow Good Health League wants to make "a league of friendship" with hundreds of Glasgow people, in order to share with them the blessings of experimental knowledge of a far better manner of living than that which prevails generally.

ALEXANDER RITCHIE.

If you suffer from

CATARRH,

We invite you to send for a copy of our free art booklet, telling a great deal about the disease and its proper treatment. Address:

Good Health Supply Dept.,

451 Holloway Road, London, N.

The Good Health School of Physical Culture.

(Conducted by correspondence only).

A Few Brief Extracts from Letters Received.

- "My bodily health is improving."
- "I am still enjoying my exercises very much."
- "I am doing nicely with the exercises."
- "Am very pleased with the exercises."
- "I have much enjoyed the course, and feel greatly benefited by it."
- "I feel I should be lacking in common gratitude if I did not write to thank you for your exercises and kindly advice so readily given, on account of which even at this early stage, I feel so much better."

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Alnut Cakes & Caramels.

Uncooked. Ready to eat. Highly concentrated. Easily digested. A marvellous food for making fat and

Rich Red Blood.

Far superior in all cases to Cod Liver Oil. Analysis shows about 20% Proteids and 50% Fat. Made by Electricity from Choicest Nuts only, by a Secret Process. Not Predigested, and containing no Peanuts.

A FOOD THAT IS ALL FOOD.

In Boxes at 6d. each, containing 1 Cake or 8 Caramels. Post Free 2d. extra on one and 1d. on each additional cake. From the sole manufacturers.

"PITMAN" HEALTH FOOD STORES,
188 & 189 Corporation Street,
BIRMINGHAM.

Illustrated Price List, 80 pp., post free.
Two stamps, with copy of "Aids to a Simpler Diet."
The largest dealers in the British Islands.

MASSAGE, Electricity, and Nauhelm Exercises.

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—
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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

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West Indian Office: International Tract Society,
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Mr. G. K. OUZOUNIAN (No. 90 Sharia Attarine),
has kindly undertaken to represent **GOOD HEALTH**
in Alexandria, Egypt, for which his training as a
Sanitarium nurse especially fits him. We trust
he may be blessed with abundant success.



THE new bound volume of **GOOD HEALTH** (June
1903—May 1904) will be ready for delivery the
latter part of May, the price being only 2/-; post
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ing volume. The printed index will be forwarded
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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 cor-
set. Supports
all garments
without harm-
ful pressure. **No
stays to break.**
Thousands
have been sold,

and are giving excellent satisfaction.

Send for circular and prices to the Sole Agents: **Good
Health Supply Dept., 451 Holloway Road, London, N.**

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.

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(REGISTERED.)

UNDERWEAR.

UNSHRINKABLE.

All Wool, Guaranteed.

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

The Advantages of a guaranteed all wool, pervious,
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Comfort Is ensured by the fine-
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Strength By the length
of the staple. **Economy** By the price.

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Compares favourably in price with any of its competitors,
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Washing directions are given with each garment, which, if
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Explanatory booklet and price list sent free on application.

ANY GARMENT found to have shrunk in wash-
ing will be replaced.

ADDRESS: **THE SECRETARY,**
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A Few of MY SPECIALITIES.

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

Sample box containing 14 varieties Fruit-
arian Cake and 3 Butters, post free, 1/.

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

HUGH MAPLETON, Nut Food Manufacturer,
Ardwick Green, MANCHESTER.

In answering advertisements kindly mention "GOOD HEALTH."

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:

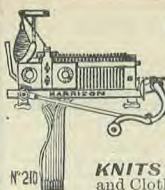
"The enrichment of cereal food with this soluble phosphate, which is otherwise thrown away in the bran, is a process worthy of all commendation. . . . The Frame-Food Co. manufacture a preparation called Frame-Food, in which the presence of a constant quantity of soluble phosphate, derived from the bran,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

The HARRISON RIBBER is specially adapted for Seamless Ribbed Stockings and Socks.

The Harrison Ribber.

"Live" KNITTING WOOLS.

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.

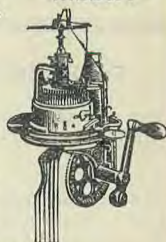
Samples Free, for Knitting, Embroidery, Crewel, and Crochet work.

HARRISON PATENT KNITTING MACHINE Co., Ltd.,

WORKS:

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Branch:—103a OXFORD STREET,
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"IT IS NATURE'S SOAP."

Dr. Kirk (Edinburgh)

McCLINTON'S SOAP

is made from plant ashes
instead of caustic soda.

It is therefore the mildest soap obtainable. Most children in summer suffer from Rash, or "Hives" (as it is called in Scotland). Here is a remedy as simple as it is safe: Make a lather of this soap, as if for shaving, and spread it over the itchy place; cover with a soft cloth.

Dr. Kirk says: "This lather will cure "hives," and will never, we believe, fail to do so."

JUST TO GET YOU TO TRY IT,
we offer a wonderful box in return for 1/6 containing Toilet and Shaving (or Tooth soap, made entirely from vegetable material(s).

D. BROWN & SON, LTD., Dept. 12,
Donaghmore, Tyrone, IRELAND.

McCLINTON'S SOAP



To each purchaser of a 1/6 box we send a pretty match-holder, enamelled in colours, representing a cottage fireside in this Irish village.

In answering advertisements kindly mention "GOOD HEALTH."

**GREAT CHEST
AND LUNG DEVELOPER.**

THE ALLEN BREATHING TUBE.
TWO-THIRDS SIZE

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

PUBLISHERS' NOTES.

THE ripe olives supplied by the Pitman Stores (Birmingham) may be had at 8d. per pound.



ONE of our representatives called recently at the Savoy Cafe and Food Stores in Nottingham, and was pleased to find an establishment reflecting honour on the movement. Mr. Martin, the manager, fully deserves the success he is achieving, and has our best wishes for the further enlargement of his business.



A. S., one of our League members in the North writes:—

"Enclosed find stamps for some back numbers of GOOD HEALTH to use in obtaining some good yearly subscribers. So far I have missed no opportunity for making GOOD HEALTH known by transferring the few copies I had at my disposal from one person to another.

"My wife is doing something like you suggest in your May number. In our case it cannot be otherwise because our little flock of three (four years, two years, and nine months) are admired by our city mothers who often have such delicate-looking children, and so want to know the cause of such bright eyes and rosy cheeks. Then my wife tells of GOOD HEALTH, promises to send them a 'seed' copy, etc."



WOMAN BOOK-KEEPER (vegetarian) desires two unfurnished rooms in quiet house of Christian abstainers before June 24th. North or north-west district preferred. Good references. C.H. 83 Camden Rd., N.W.

A DAINY SAMPLE . . .
OF

**ARCHIBALD'S
OATMEAL CREAM**

*Will be forwarded on receipt of
One Penny for Postage.*

Everyone knows the softening properties of oatmeal. Oatmeal Cream contains the whole of these properties in a concentrated form. Is a Skin Food. Absorbed 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.

ILLINOIS & DENVER HYGIENE CO.,
New Offices:
6 St. Swithin's Lane, E.C.

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

A WHOLEWHEAT PRODUCT

TRISCUIT

BAKED BY ELECTRICITY
THE PERFECT FOOD OF PERFECT MAN

Superior to any form of Bread known because of its Crispness & Digestibility.

ALSO

**Shredded
Wheat**

**The ONLY
Porridge Cake**

Warm a biscuit, and then serve. Simply pour on milk, and add sugar or salt.

Samples Free. **SHREDDED WHOLE WHEAT BISCUIT**

C. E. Ingersoll, 317 St. George's House, Eastcheap, E.C.



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.

**A REVOLUTION
IN PULSES**

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

DIGESTIVE PEA FLOUR

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.

**SAMPLE PACKET
2d. POST FREE**

DIGESTIVE LENTIL FLOUR

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.

CEREAL FOODS.

HEALTH FOODS.

Where the Best are
to be obtained.

Fredk. Bax & Son,
35 Bishopsgate Street,
London, E.C.

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

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

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

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

Mention this journal.

**COUNTY
FLOUR.**

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

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

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

PRICES.

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

Sole Proprietors
COLLYER BROS.,
BATH LANE MILLS, LEICESTER.

In answering advertisements kindly mention "GOOD HEALTH."

EVERY WOMAN

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;
11 Queen Victoria Street, London.

PUBLISHER'S NOTES.

Bowel Complaints will be taken up in an important article next month.



WE acknowledge with thanks the receipt of several excellent loaves, both brown and white, from the Ever-Fresh Bread Co. The bread is of fine flavour, nutritious, and wholesome. It is not sticky, as one might at first suppose, but on the contrary quite light and porous, and therefore easy of digestion. Its superior keeping qualities are not due to the use of chemical agents, the process being entirely free from objection on the score of health, and bidding fair to become very widely adopted.

"There's magic in the web of it."—*Shakespeare.*

❖ ❖

KNEIPP=LINEN MESH UNDERWEAR.

A PURE LINEN MESH.

Strongly recommended by the medical profession as the most healthy and comfortable Underwear. Being porous it allows the skin to breathe, and preserves the natural heat of the body.

Prevents Colds, Chills,

Rheumatism, Eczema.

Sold By Leading Hosiery and Drapers.



Explanatory booklet with samples and name of nearest agent post free from

Kneipp=Linen Depot,

2 MILK STREET, LONDON, E.C.

FLAKES! FLAKES! FLAKES!

Dainty Flakes of Wheat,

the whole wheat and nothing but the wheat, cooked to perfection.

SUCH IS GRANOSE.

IT represents the best form in which wheat can be eaten. Because it allows every part of the grain to be exposed to the temperature required for the thorough mastication of the starch, raw starch or starch foods imperfectly cooked being a prolific cause of poor nutrition, and the various ills resulting from indigestion so frequent to-day.

THOUSANDS ARE BENEFITING FROM THE
USE OF GRANOSE. JOIN THEIR NUMBER.

7½d Per Large Packet of Loose Flakes or Biscuits.

INTERNATIONAL HEALTH ASSOCIATION, LIMITED,

(Full PRICE LIST

BIRMINGHAM,

sent free on application.)

In answering advertisements kindly mention "GOOD HEALTH."

“KOMPLXSHN.”

Answering many enquiries the Proprietor desires to explain that “Komplxshn” is a skin soap made from **Pure Olive Oil** Without any Alkali, Fatty Substance, or Colouring Matter. The one object in view has been to produce a **Perfectly pure soap** that should be not only negative in its application—that is—not only not injurious—but positive—in that it should have curative properties, than which nothing could be better for the Complexion, Chapped Hands, Dentifrice, The Nursery, Bath, Shaving, or Sick-room.

In Boxes of 3 Tablets 1/- Post Free 1/3.
4 Boxes Post Free 4/6.

ADDRESS: “KOMPLXSHN.”
48 Navarino Road, Hackney, N.E.

.. THE .. F. R. Restaurant,

4 Furnival Street
(Opposite Prudential Buildings.) Holborn, E.C.

Is the most advanced Vegetarian Restaurant in London. Nut preparations and various Health Foods always on the Menus.

1/- Ordinary Three Courses
Cheese & Coffee.

The best variety of Sixpenny Teas in the kingdom, served after 3.30

Ladies' and Gentlemen's Lavatories.
Open 8.30 to 8 p.m. Saturday, 4 p.m. in summer,
7 p.m. in winter.

Savoy Health Food Stores,

Exchange Walk, Nottingham.



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.

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.,
88 Gray's Inn Road, London, W.C.

In answering advertisements kindly mention “GOOD HEALTH.”

BIRKBECK BANK

ESTABLISHED 1851.

2½ per cent INTEREST

allowed on Deposit Accounts Repayable on Demand.

2 per cent INTEREST

allowed on Current Accounts on minimum monthly balances when not drawn below £100

Advances made to Customers, and all General Banking Business transacted.

Apply C. F. RAVENSCROFT, Secretary,
Southampton Buildings, High Holborn, W.C.

PUBLISHERS' NOTES.

WE hear excellent reports of the aerated milk noticed extensively in our April number. Adults who could not take the ordinary milk, doubtless owing to its impure state, have found themselves able to use the new product, which is also proving its value in the feeding of infants.



THE June number of the American *Good Health* will be especially devoted to the subject of Food Reform. It will be liberally illustrated with a variety of fine, half-tone engravings, and contain a lot of excellent information. We shall have some extra copies sent us, and will supply them to our readers post-free at 7d. per copy; or, in lots of three or more at 6d.



MR. ALBERT BROADBENT, secretary of the Vegetarian Society (Manchester) gave an excellent and much appreciated address in Holloway Hall, at the May meeting of the North London Good Health League. The audience, numbering fully 200, showed a deep interest in the principles set forth. The main subject discussed was "The Daily Menu, and How it may be Improved." Mr. Broadbent also told some interesting things about the origin and progress of the movement in Great Britain.

SHELLED NUTS.

The best lean beef contains 19.3 per cent. of proteid. Nuts contain as high as 28 per cent. They are natural meat.

Barcelonas.....9d. lb.	Pine Kernels.....1/- lb
New Walnut Halves...1/- lb.	Blanched Swt. Almonds, 1 6lb
Broken " " ..10½ lb.	Ground Almonds.....1/6 lb
Apricot Kernels.....9d. lb.	Caster Kernels.....9d. lb

All makes of Health Foods in stock.

EDWARD NORMAN, Health Food Specialist,
Skerry Hill, MANSFIELD.

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, 2/1½, post free. Good Health Supply Dept., 451 Holloway Road, London, N.

NO BREAD LIKE REYNOLDS' WHEATMEAL

PURE, * *
DIGESTIVE, *
WHOLESOME.

J. REYNOLDS & CO., LTD.,
GLOUCESTER.

Order from your baker,
and test the Quality.

The Leicester. Sanitarium

(Formerly Midland Sanatorium)

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

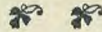
SKILLED NURSES
Trained at the Battle Creek
Sanitarium.

A WHOLESOME DIET.
PLEASANT SURROUNDINGS.

Address the Secretary,
80 Regent Road, Leicester.

In answering advertisements kindly mention "GOOD HEALTH."

NO ADULTERATION!



IN these days of widespread adulteration of food, disease-producing, chemical, and other injurious elements, with shortening, preservative, and colouring properties, also animal products, are commonly used, and **absolutely pure foods** are extremely rare.

This is the reason for our existence in business, and if you have not tried our **Health Foods**, which are entirely free from all the above-mentioned injurious elements, we earnestly advise and invite you to **try them**.

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

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

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

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

WHOLE WHEATMEAL BISCUITS.—Sweet or plain. 1 lb. box,.....5d.

OATMEAL BISCUITS.—Made from best Scotch oatmeal. 1 lb. box,.....6d.

FRUIT WAFERS.—Made with the best stoned fruit. 1 lb. box,.....8d.

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

PURE ALMOND BUTTER.—All sweet, finely ground. ½ lb. tin, 1/1; 1 lb. tin, 2/-

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

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

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

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

MALTED NUTS.—In fine powder form, ½ lb. tin, 1/-; 1 lb. tin, 2/-

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



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

Manufactured in the interests of HEALTH by the

International Health Association, Ltd.,
BIRMINGHAM.

In answering advertisements kindly mention "GOOD HEALTH."

A Startling Invention!

Superseding all hitherto known methods of Bread-Making,
by which the bread remains FRESH and SWEET FOR WEEKS.

“Ever-Fresh Bread”

(PATENTED ALL OVER THE WORLD)

Can be Baked in Any Kind of Oven.

The Patentees grant exclusive rights for
producing this bread only to one bakery
establishment in each town or district.

NUMEROUS testimonials testify to the wonder-
ful qualities claimed for this invention,
which bids fair to

Revolutionise the Entire Industry!

.. Ever-Fresh Bread Is ..

Absolutely Free From Chemicals,
Of Superior Nutritive Qualities and
Easy of Digestion.

ASK YOUR BAKER TO SUPPLY IT.

License to be had at the Office of

THE “EVER-FRESH BREAD” CO.,

BUCHANAN BUILDINGS, 24-26 Holborn, London, E.C.

Telegrams: “BREADURAS.” Telephone: “651 HOLBORN.”

Smart Representatives Wanted.

Testimonials and Inquiries.

Dr. Lossen, Advocate and Notary Public, of
Eltville, writes:—“Your patent bread has the
freshness and sweetness of the famous Graham
Bread, and contains all the qualities which are
claimed for it. I have had part of a loaf, which
had been cut, for a whole month in my office
(which is heated daily entirely uncovered, and
it is still fresh and palatable, and entirely free
from mildew. You are at liberty to make any
use you like of this letter.”

“War Office, London, S.W., March 29, 1904.
“The Ever-Fresh Bread Co., Buchanan
Buildings, 24-26 Holborn, E.C.

“Gentlemen.—I should be glad to be favoured,
if possible, with particulars relating to the
patent bread produced by the Ever-Fresh Bread
Co., and as to the method of its manufacture.

“I should also be much obliged if you would
kindly send a sample loaf of the bread in ques-
tion to this office, if you can.

“I have the honour to be, Gentlemen,
Your obedient servant, W. A. DUNNE.”

“332 Portobello Rd., Kensington, W., April 6, '04.
“To the Ever-Fresh Bread Co., Holborn, E.C.

“Dear Sirs,—I have given your improved
patent “Paul” a thorough good trial, and must
say it passed my expectations in every way. I
cut a loaf this morning which was eight days
old, and found it perfectly fresh and sweet. I
never saw anything keep like it. JOHN HEIDE,
Baker and Health Food Specialist.”

Further Testimonials from English
Bakers Can Be Seen At Our Offices.

In answering advertisements kindly mention “GOOD HEALTH.”