



Our Sanitarium at Jerusalem.

[See page 111.]

Good Health

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

Entered at Stationers' Hall.

Vol. 3.

September, 1904.

No. 4.

EDITORIAL CHAT.

Lady Health Inspectors.

Glasgow has six lady inspectors who visit the homes of the poorer class, "in order to insure therein a certain measure of cleanliness." These also give advice in regard to ventilation, clothing, overcrowding, and will in future take up the matter of infantile feeding.



The "No Hat" Crusade.

Probably it is going a little too far to say that a light, porous slouch hat, or one of the airy creations that our women folk are wont to affect, will seriously interfere with the health. Moreover, there are conditions of weather,—rain, wind (raising an unusual amount of dust) and cold, or excessive heat, when it seems desirable to have a suitable head covering. Nevertheless we are inclined to sympathise with the "no hat" idea as an endeavour to break away from unnecessary, and often unhealthful conventions.

How Hat Fashions Might Change for the Better.

Certainly hat-wearing as practised at present has its distinct drawbacks. There can be no doubt that the stiff, close, unventilated head-gear worn by a great many men is one cause of the generally prevalent baldness. The hair is a natural growth, and requires air and light for its best development. Especially does the circulation of the scalp need to be free and unimpeded, which is impossible with a tight hat-band pressing heavily upon it. Ladies' head-gear might be improved in the direction of greater simplicity, natural

history specimens could be relegated to the museums, and the dangerous hat pin discarded.



Appalling Infant Mortality.

At the Glasgow Congress of the Sanitary Institute, the President, Mr. W. F. Anderson, spoke of "the appalling infantile mortality of the large towns" as "one of the most important problems demanding solution." At Manchester this infantile mortality is 185 per thousand; in Leeds, 178; in Sheffield, 180; and in Glasgow, 128. The most important cause was improper feeding.



Fried Fish a Cause of Enteric Fever.

IN a report by Dr. W. H. Hamer on the prevalence of enteric fever in London, facts are submitted which go to show that fried fish are a prolific cause of this disease. The doctor points out that there is great carelessness, first in cleansing the fish, and secondly in cooking it. Especially in the case of smaller fish, it is "a temptation in busy times to remove the heads only, and to fry the fish with the gut still contained in them." In other cases gutting is done, but very imperfectly, and the consumer is fed in part at least on offal. As for the cooking, it is only half done, and therefore offers no safeguard against infection. The enormous business done by the fried-fish shops, makes them a dangerous source of spreading disease, and the very fact that their wares are so widely partaken of, makes it difficult to trace the evil effects. The sickening odour arising from these places is itself suggestive of the quality of

the aliment provided. Fried-fish shops would best be severely let alone by everyone who values his health.



“Economic Nutrition.”

The July *Contemporary Review* contains a very interesting article on the researches of Mr. Horace Fletcher, whose theory of thorough mastication was quite fully discussed in one of our spring issues. “Fletcherising” is becoming increasingly popular, especially with men who are desirous of attaining the maximum strength from their food, and are willing to exercise a little self-control to bring this about. There cannot be the slightest doubt that ordinary customs encourage the eating by adults of much larger amounts of food than are called for, and the efforts of the system to throw off the surplus involve a serious loss of nervous energy. We shall give this important subject further consideration next month.



Wanted—A Clean Milk Supply.

At the recent conference of London sanitary authorities, the need of a better milk supply received considerable attention. “The County Council was asked,” says the *Lancet*, “to seek legislation which would enable persons to be penalised who sell milk contaminated with filth.” And the journal continues: “The cleansing of the teats and the udder of the cow before each milking and the cleansing of the hands of the milkers are undoubtedly needed, and in practice are at the present time generally neglected.” Such serious abuses of public confidence require drastic treatment. The present situation is an anomalous one. Comparatively innocent acts of adulteration, such as the diluting of coffee with chicory, are severely punished, while the farmers whose criminal carelessness and lack of decent cleanliness results in our city populations being compelled, if they use milk at all, to consume along with it literally tons of barnyard filth, go scot-free.

The fact that milk is so largely a food for infants and growing children, makes its present filthy condition the more dangerous to the public health.

Tons of Smoke.

MR. PETER FYFE, the sanitary inspector of Glasgow, gives in his current annual report (summarised in the *Lancet*) some interesting particulars in regard to the smoke nuisance. His researches show “that on an average 36.44 hundredweights of solid matter fall upon each acre of the city per annum.” Two steel works alone charge the atmosphere of Glasgow with nearly 98 hundredweight of solid matter every 24 hrs. Mr. Fyfe points out the possibility of greatly reducing the smoke output of factories by better methods of stoking, and we join him in the hope that legal action will be taken to minimise what has come to be a serious menace to the health of our city populations. Unnecessary pollution of the air supply is an evil which requires prompt attention.



“Fruit and Filth”

is the suggestive title of an article in the *Lancet* of July 16th, which calls attention to a matter of the widest public interest.

“To the uninitiated,” writes the correspondent, “fruit-picking calls up pleasant mental pictures of picturesque crowds of country people in sunbonnets and bright coloured aprons, with laughing eyes and brown faces, coming home laden with the rich, red strawberries or the even more brilliantly coloured red currants or other tempting fruit—all clean and sweet and wholesome. As a matter of fact the true state of the case is very



Courtesy of] THE PICKERS' SHANTIES.

[the *Lancet*.

different; the greater part of the fruit that comes to London is picked and handled for the market and made into jam by the very filthiest people in the whole community. There are exceptions here and there, but I am well within the mark in saying that the greater proportion of the fruit grown in Kent is picked by people whom the readers of this article literally would prefer not to touch even with a pair of tongs.

"Beginning at Orpington and the Crays and going south and east through the fruit-growing districts the observer will see at intervals of a mile or two long rows of iron shanties, each about seven feet by thirteen feet, which, did he not know, he would probably consider to be a particularly bad kind of pig-sty. . . . He might also, if he were of an altruistic turn of mind, comment upon the cruelty of keeping pigs during the hot weather in boxes made of corrugated iron. In sober truth these are the dwellings of the people who pick the fruit or, to be strictly accurate, the greater part of it.

"As soon as the strawberries commence to ripen the very lowest of the slum dwellers move out along the country roads into Kent and take up their abodes in the corrugated iron shanties ready for the fruit picking. A few of the more aristocratic bring tents in which I have even seen a bed, whilst a still smaller proportion come in caravans."

Outbreaks of Typhus Fever.

The writer says he has stood near when the pickers have gone with their large baskets filled to the overseer to get tallies for them, and, if on the leeward side, "the smell which has come from the crowd round the shed, in spite of the beautiful odour of the fruit, has been horrible." Outbreaks of typhus fever have occurred amongst the pickers in recent years, though the outdoor life doubtless does much to minimise the danger of infection. Swanley, the centre of the soft fruit district, is described as being in a very poor sanitary condition. Only "in a very few cases is the water laid on to the pickers' compounds,



Courtesy of]

A GROUP OF PICKERS.

[the *Lancet*.

and they have to fetch all they want in buckets, frequently from a distance." Evidently such an arrangement offers the greatest inducement to uncleanness.

We should like to quote further, but space forbids. Readers desirous of getting at the bottom of things would do well to secure this copy of the *Lancet*, and read the entire article. The writer admits that the situation is a difficult one to deal with. The country is being depopulated, and the farmers seem to be dependent on these slum people to get their fruit picked. But we think that the most serious obstacle in the way of improvement is that the farmers and land-owners are callous and indifferent. A little resolute planning with the determination that one's employees shall live under conditions of decent cleanliness, would soon put matters on a much better footing, and in the long run the financial returns would be better. The condition of a large part of the fruit sold in the metropolis is such as to suggest that it has been picked and handled by dirty, ignorant people. Carefully picked fruit would present a far better appearance, and would command a better price. The *Lancet* has done public service in calling attention to the matter, and we sincerely hope that the proper sanitary authorities will take the case in hand at once.



THE STORY OF PRIESSNITZ.

BY J. H. KELLOGG, M.D.

It was not long before Priessnitz became the butt of persecution. The pastor of the church in Freiwaldau which he attended, was always very much enraged when he saw him in the house. He denounced him as a false prophet, and accused him of practising witchcraft, because he said water had the power to do these wonderful things;—"as if water could have the power to heal; it must be this man bewitched it."

Soon the doctors joined in the persecution. Priessnitz was arrested and thrown into prison, where he was starved for several days, after which he was tried, convicted and imprisoned, because he had been healing without a licence. However, he was soon pardoned through the influence of some of those whom he had restored to health, and was allowed to practise as a water-cure physician.

Meanwhile, the preacher who had persecuted him so bitterly and denounced him continuously for years, was taken very sick, and given up to die by the doctors of that region. As a last resort he called in

Priessnitz, and through the efforts of this man and his simple water and wet cloths, he was restored to health.

The government some little time afterward sent a commissioner to investigate the matter and see what this man was about. Complaints that he was a quack and was practising medicine without a licence came in so thick and fast from members of the medical profession that the government sent well-informed men to investigate. During the investigation, various men were brought in to testify.

One man especially gave a very interesting testimony. He had first been treated by a doctor who was present at the trial, and who complained that Priessnitz had taken his patient away from him. The court said to the man who had been treated, "Which of these men helped you, Priessnitz or the doctor?" Said the patient, "Both of them helped me. The physician helped me to get rid of my money, and Priessnitz helped me to get rid of my disease."

Priessnitz went on with his work amid

all the persecutions, some of which were very serious and others petty and exasperating. The boys of the neighborhood went up on the mountain side, and cut the pipes that brought the water down to his establishment. There was one persecutor who set himself up as a rival in the same town. Although Priessnitz was building up the town, the people set themselves against him. For years he was persecuted by them in a most extraordinary way; but some ten years after his death, which occurred about the middle of the last century, when he was a little past fifty, a magnificent monument was erected to his memory. When looking at this monument one cannot but recognise the fact that men are often more appreciated after they are dead than when they are alive. All about this monument are little inscriptions written there by grateful patients.

I took a long walk over the mountains (about twelve miles), visiting all the springs, and I found at every spring a tablet which was erected by some grateful patient or patients from some country,—from Austria,

from Germany, Switzerland, Bohemia, Russia. In some cases very beautiful tablets, very costly monuments, had been erected to the memory of this great man; for suddenly Priessnitz was a great man.

Our illustrations represent familiar scenes in the beginning of the water cure, in 1816 or 1818; Priessnitz had only the humblest of facilities. At first he received for treatment, injuries, sores, ulcers, and the like. People came to him with their rheumatic joints and gouty toes. He had his tub of water, and moved from one to the other, bathing the affected parts.

He also used sweating. He had no vapor or Turkish or Russian baths, and used no hot water. So he put the patient into a cold bath, then into a bed to sweat; and his method of making him sweat was to cover him up with two feather beds. The reader may smile at this, but it would not seem at all strange in Germany. There, even in the hotels, it is not at all unusual to find a feather bed provided in place of blankets.

While in these feather-bed packs,



patients were given large quantities of water, to keep up the perspiration. They drew the water through a straw or cane from a glass.

During the first years of Priessnitz's work he was unable to bring enough water down from the mountains to give shower baths at home, but there was a place high

up among the mountains where the water fell about ten feet, and to this place he took his patients in a rude cart, he himself walking at the side and driving the ox team.

In our next article we will describe and illustrate other of Priessnitz's methods of applying water as a curative agent.

SHATTERED NERVES.

BY ALFRED B. OLSEN, M.D.

"CAN you not recommend a tonic for shattered nerves?" asks a correspondent. We would say in reply that something more than a tonic is needed.

Not many years ago functional disturbances of the nervous system were comparatively rare. But within late years there has been a marked change, and now nervous diseases are multiplying in all civilised lands. Indeed, the rapid increase of such disorders is a grave matter which deserves serious consideration. The causes, the symptoms, and the rational treatment of nerve exhaustion will receive attention in a series of three articles, of which this is the first.

What is Neurasthenia?

This is a Greek word, the literal meaning of which is *nerve debility*. In other words, neurasthenia is nerve exhaustion or nerve prostration. Nerve force becomes deficient. The nerves are in a hypersensitive condition. Small matters that would ordinarily not be noticed, irritate. Little things excite. One gets into a state aptly termed "fidgets." Bad temper is easily manifested. The patient is cross, sulky, and ugly. There is fear and apprehension. In short the nervous system is shattered, and nervous control is more or less completely lost.

Shattered nerves is a functional disorder. There is no serious organic change. Nevertheless the disease is a serious one, for it may lead to grave and incurable disturbances of the nervous system. So it must receive immediate attention, and everything possible be done to promote recovery.

No Respector of Persons.

Any one may suffer from shattered nerves. All classes are affected. The

labouring man is not immune. Rich and poor furnish victims. Even children and youth are subject to attack. The business man, the society woman, the school teacher or the pupil, the clergyman, the doctor or lawyer, the butcher,—any of these may suffer from shattered nerves, and as a consequence lead a miserable existence. Further, one attack by no means protects from a future illness. On the other hand, one who has suffered is more likely to suffer again.

Some of the Causes.

It would be difficult to classify the causes which lead to neurasthenia. They are both numerous and varied, and affect different persons in different ways. In a general way the causes may be considered under two heads,—mental and physical. The laws of hygiene and healthful living must be neglected in order to have neurasthenia. There is carelessness in the care of the body. The demands upon the vital organs are in excess of their capacity, and after a time nature gives way, and nervous prostration is the result. These inordinate demands reduce the normal efficiency of the body, and diminish the recuperative power of the nervous system. The nerves go on a strike, and the functions of the organs become perverted.

Nerve Strain Before Nerve Break-down.

The nervous system is well organised and prepared to stand a big strain. It is capable of hard and difficult work, and under favourable conditions, a reasonable amount of work only serves to strengthen and vitalise. But it is the continual overstraining day after day for years, the constant drain of nervous energy that finally

leads to exhaustion. Nerve energy is utilised faster than it is developed. It is not only used up, but the conditions for further manufacture of this vital necessity are made more and more unfavourable. The amount of work, both physical and mental, that a man or woman is capable of doing is enormous, providing the body is in a *fit* condition and moderation is practised. But too often there are serious departures from the principles of healthful living. Some of these have to do with

Errors of Diet.

There is the sin of overeating, which is well nigh universal among adults. We believe it was Abernethy who said that "one-fourth of the food a man eats keeps him, and the other three-fourths he keeps at his peril." Whether this be actually true or not, it is well known that most people eat too much. The quantity of food put into the stomach is not the only factor for consideration. The amount actually *digested* and *assimilated* is of far greater importance.

Again, most people are inclined to eat too fast. Too often the food is hastily bolted without proper mastication and insalivation, and as a result it lies heavy in the stomach, and is likely to undergo fermentation before digestion is completed. Time is well spent in thoroughly chewing the food. This is the first step of digestion, and is under the direct control of the will.

Condiments, pickles, and highly seasoned foods are avoided by him who considers his health valuable. Pastries, sweets, greasy foods, and cheese are also undesirable.

The man who would follow the natural life abstains from flesh meats. While nutritious and commonly used freely in civilised countries, flesh food is relatively a poor food since it contains uric acid and other waste products of tissue metabolism.

The Drink Evil

is undoubtedly one of the great causes in bringing on nervous disorders. Alcohol in any form is a tissue poison, and a nerve irritant. Alcohol has a specific and direct action on the nervous system, as witnessed in the loss of co-ordination shown in the unsteady gait of the drunkard. He becomes hilarious, and is no longer responsible for what he says or does. The nerves are excited to an unnatural state, and are

beyond control. Intemperance is a prolific cause of nerve disorders of all kinds, and should be combated with a strong hand.

Neglect of Sleep.

As a rule the neurasthenic is a poor sleeper, perhaps a victim to insomnia. For a long time he made himself do without sufficient sleep. Then he could sleep, but would not. Now he would, but cannot. The mental machine has been pushed to such extremes that its control is now lost, and it goes on working unbidden.

Sleep is the time for recuperation and repair. The expended energies of the day are thus renewed. The brain cells are in a state of quiet repose, and energy is laid aside for the use of the next day. Most grown-up people require seven or eight hours sleep per day, and some still more. The exact amount depends on the build, constitution, and state of health of the patient.

Worry and Anxiety.

Someone has said that work builds, and worry kills. All are acquainted with the depressing effect of worry. It is veritable mental suicide. But how common an evil it is. Some people almost boast of their worries. "I worry over this that and the other" is constantly heard on every hand.

"Don't worry," is easier to command than obey. And yet, after all, why worry? What is the benefit gained? How much money has been saved or gained by worry? Has it done you the slightest good? Has worry saved doctor's bills or paid draper's bills? Has it built houses or sold farms? Has it ever contributed one ounce of good cheer or one grain of happiness? *No*, of course not. Then why worry any more? Stop the abominable habit, and substitute good cheer and hope and, if you please, hard work.

Sedentary Life.

As a people we are getting to be less and less active as far as exercise and physical culture are concerned. What with trains and trams and omnibuses and cabs there is little chance nowadays for walking. In the morning the busy man takes the tram to the station; boards the train and is carried to his office or shop. In the evening he rides home again. Wherever he



goes, he takes the tube or the train or the bus.

In the morning he is too hurried to exercise himself, and at night he is too tired. Occasionally he gets away for a brief afternoon or a week end, but that is not sufficient. Such spasmodic efforts are of little real value.

Activity is the first law of life. Cessation of activity means death. The essential difference between living matter and dead matter is that of activity. In the tree activity is manifested by growth; in the animal world by both growth and movement.

If you would have steady and calm nerves, go in for physical culture and outdoor exercise.

The Excitement of Social Life.

Modern fashionable life is detrimental to health. It is a life of unnatural and destructive excitement. It brings heavy strain upon the nerves, and soon has an enervating effect which is exceedingly disastrous. It is fashionable nowadays to reverse natural conditions. Night is turned into day, and day into night. It is fashionable to go to bed in the morning and get up in the afternoon. It is fashionable to eat indigestible compounds at unseasonable hours. It is fashionable to deform the waist and constrict the internal vital organs. It is fashionable for women to expose as much of the breast as possible, and for men to expose as little of the neck as possible.

It is fashionable to have pale cheeks and a delicate appearance.

Rugged health and a robust figure are vulgar and unfashionable.

(To be continued.)

Beautiful Seaside Resorts.

The beauty of English coast towns has passed into history. For striking scenic effects, brilliant blue skies, and continuous sunshine, one goes to the Continent, but for quiet, restful beauty, and a sky that never tires, but is continually changing, and seems able to reflect every passing mood, give us the English seaside town, with its pure, bracing air, its groups of happy children on the sands, and its pleasant, home-like surroundings.

It is hard to choose among so many attractive spots, but the visitor to Ilfracombe is not likely to be disappointed. A commanding situation, spacious beaches, first-class sanitation, good accommodations at reasonable prices, and opportunities for walks, drives, and cycling in a perfectly enchanting country neighbourhood, all unite to give it a high place in the list of popular resorts.

A beautifully illustrated art booklet will be sent free of charge to any reader of GOOD HEALTH who will send his name and address on a postcard to the Town Clerk, Ilfracombe.

MOTHER: "Johnny Jones, did you get that awful cold while out playing?"

Son: "No, mother; I think I caught it washing my face yesterday morning."



HOW WE BREATHE.

BY J. J. BELL, M.D.

WHEN the subject of breathing or respiration receives the attention which it deserves, one-seventh of our population will not be entering untimely graves owing to the great white plague, consumption.

Breathing consists of two movements—inspiration, or breathing in; and expiration,

ensheathed above and at their sides by a cone-shaped bony cage formed by the ribs, which are hinged to the backbone or spinal column behind, and attached in front to the breast-bone or sternum by flexible gristle, or cartilage. These attachments afford the ribs great freedom of movement,



THE HARBOUR, ILFRACOMBE.

or breathing out. The former occupies a little less time than the latter. The purpose in breathing is to supply the blood with oxygen, and to remove from it deadly poisons which are being constantly produced in the body. One of these poisons we term *carbon dioxide*. It is these poisons which give to the blood in the veins its dark, purple colour. The bright red colour of the blood in the arteries is due to the large amount of oxygen which it contains.

The lungs act as a great purifying reservoir for the venous blood, which is pumped to them by the heart. They are

allowing expansion of the chest cavity in all diameters.

The under surface of the lungs is separated from the digestive organs by a large, flat, dome-shaped muscle which we call the *diaphragm*. This muscle divides the body cavity into two divisions; when the fibres of this muscle contract, it is drawn down, thus losing its convexity above, and the muscles covering the lower or abdominal cavity are pressed forward. The diaphragm lowers at the same time that the movement of the ribs takes place. By these movements the upper or chest

cavity enlarges. And as there is more space produced, the air rushes in through the nostrils down the windpipe or trachea and bronchial tubes into the little air sacks of the lungs.

A rough picture of the lungs is obtained by comparing one of them to a bunch of grapes, supposing that the stems instead of being solid are tubular, and that the grapes are hollow inside. The air we will say rushes down the stem or bronchial tubes into the grapes or air sacks. Let us suppose that around these grapes and running in their skins, are a large number of small, minute blood-vessels which we call capillaries. The walls of these vessels are so thin that they allow the oxygen of the air to pass in to unite with the blood, while at the same time the carbon-dioxide and other deadly poisons pass out from the blood.

Now the next thing is to dispose of this poison-laden air from the inside of the grapes or air cells. This is accomplished by a reverse movement of the ribs, diaphragm, and abdominal muscles. By these movements the chest cavity is decreased in size, and the lungs are compressed. Thus the air is squeezed from the air sacks out through the bronchial tubes, windpipe, and nostrils. This we term expiration.

The air cells of the lungs are so numerous that if their walls were spread out they would cover a surface of about 2,000 square feet. This surface when all used insures sufficient aeration of the blood provided

the air is pure. But we must not forget that it takes only a very few minutes for an ordinary sized family to render impure the air of a room unless a means of changing the air is provided either by open windows or other methods of ventilation. Every breath we exhale spoils three cubic feet of air.

Breathing is often quite truly represented by the action of a pair of bellows. The air rushes in and fills the bellows when the sides are drawn apart. But if a band were tied round the bellows it would be impossible to get any or only a small quantity of air to rush in. This is what happens when we constrict the waist with belts or tight clothing. Abdominal respiration is then cut off, so that only the upper part of the lungs is being used to advantage.

If we wish to use all our breathing capacity we must not only have entire freedom round the waist-line, but we must also carry the body in "position." This is accomplished by trying to stand as tall as possible, the head being raised (not thrown back) to the highest possible point. The other parts of the body take care of themselves. We should not only stand tall, but we should also sit tall and walk tall.

Cultivate the habit of filling the lungs full of air by deep inspirations. With ordinary quiet respiration we take in about twenty cubic inches of air. By deep inspiration we can take in about 100 cubic inches more.



THE "TIMES" ON TEMPERANCE TEACHING IN THE SCHOOLS.

THE comments of the London *Times* in reference to the petition, signed by nearly 17,000 medical men, asking for the teaching of hygiene and temperance in the schools, are sufficiently interesting to be well worth quoting. Here is what the "Thunderer" has to say:—

"This is the year 1904 of the Christian era, and this the country which prides itself upon being in the forefront of civilisation, and piques itself upon its common-sense and its practical intelligence. . . .

"Yet in this favoured land a deputation of medical men last week waited upon the Minister of Education to beg him, *in view*

of the appalling and increasing degeneration among the people, to take steps to have the rudimentary laws of health taught in the public schools.

"The minister expressed his entire sympathy with the objects of the deputation, but was obliged to confess that he could not promise any immediate help, because his department does not possess *teachers who themselves know* what the deputation desire to have taught. His department is doing what it can to induce the existing teachers to learn, and *two years hence* it hopes that every teacher admitted to its staff will be adequately instructed.

"So that in about a generation it may be possible that the fathers and mothers of the next will learn at school a little of what it most nearly concerns them to know. It would need the pen of a Swift to do justice to this mordant satire upon the way in which this nation carries on the highly important business of training its men and women."

We have no disposition to detract in the least from the forcible words just quoted; but it is only fair to the education authorities to point out that the teaching which this petition calls for is of a character which might not have been accepted twenty-five or fifty years ago. We understand it is proposed to teach the children that alcoholic drinks are distinctly harmful to the human organism, even if taken moderately; that they are never necessary to health; and that to tamper with them at all is dangerous. This, to our best knowledge, represents the attitude of Sir Victor Horsley, Prof. G. Sims Woodhead, and other leading lights in the medical profession, who have given this subject their special attention. Hence this will doubtless be about the kind of instruction given the children in our schools if the recommendation is carried out.

Factors in Temperance Advance.

The change in medical opinion relative to the use and effects of alcohol, is not a little due to the strenuous and well-directed efforts of that magnificent organisation, the Medical Temperance Association, whose influence for good has been, and is to-day world-wide. With the organisation of this body, including so large a number of the chief medical men of the country, total abstinence has greatly strengthened its position from a scientific point of view. No intelligent person can now regard the movement as fanatical or one-sided.

The United Temperance League is another powerful agency whose persistent efforts to spread a knowledge of temperance principles has had not a little to do with bringing about the present comparatively enlightened state of public opinion regarding such matters. If we turn to the country's press, the conspicuous services of the *Daily News*, stand out prominently. With us the temperance question is one that rises above politics, and we admire the paper that refuses to push by means of

its advertising columns, the sale of liquors against whose harmful and insidiously dangerous character it is now proposed to warn the boys and girls in our public schools.

Steps to Be Taken.

But returning for a moment to the *Times'* quotation, it is indeed a sad state of things when the teachers themselves are ignorant in regard to matters of such vital importance to the nation. We would suggest that immediate steps be taken by the proper authorities to have some suitable text books prepared which will deal with the elementary principles of hygiene and temperance in a simple, practical way, and yet in harmony with the latest researches of science. It is not necessary, as a writer in the *Lancet* points out, that our children should have an intimate knowledge of their "insides"; nevertheless they should be taught enough about these organs to perceive the reasons why such things as alcohol and tobacco, impure air, bad food, and uncleanly habits are injurious to the body. In our opinion cigarettes are doing more harm to our school-boys than drink. Hence this evil habit should receive its proper share of attention. The little white "coffin nails" are sapping the life and vitality of tens of thousands of our boys, and making them undersized, unfit for intellectual or physical work and generally good-for-nothing. Arrangements ought also to be made for teaching a proper observance of the laws of good digestion, and the importance of a clean skin. Secret vice should be warned against. Parents, to whom this delicate duty naturally falls, are woefully negligent, and if the ravages of a great moral cancer are to be effectually stopped, the matter may have to be put in the hands of properly trained, competent teachers. The business of educating its future citizens is the most important of all the duties belonging to a state, and GOOD HEALTH views with great satisfaction this effort to cope with the matter intelligently.

A New Education Bill Needed.

The nation needs a new education bill, one that shall take up the whole matter from a broad, comprehensive, point of view, and provide adequately for the real needs of the children without interfering with the religious convictions of them or of their parents.

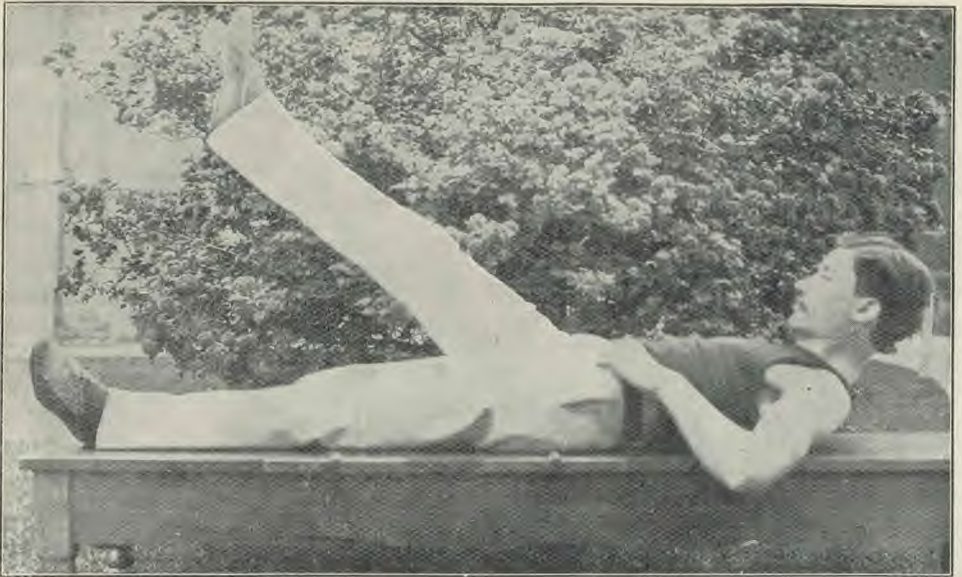


FIG. 1.

EXERCISES FOR THE WAIST MUSCLES AND THE DIGESTIVE ORGANS.

BY J. W. HOPKINS.

SYSTEMATIC training of the side and front muscles of the trunk more directly affects the state of health than do any other kinds of exercise in the Swedish system.

Some of the leading exercises may be described as follows:—(a) Lying on the back, with the hands placed on the hips, raise the head as far as possible without raising the shoulders or cramping the chest. Count six while raising the head, and the same while lowering it. Figure 1 illustrates this movement of the head. (b) Lying on the back with the arms stretched over the head, grasping, if possible, the legs of a chair or some other support: 1. Bend the left knee, bringing it well above the abdomen; 2. extend the leg upward, toe pointing upward; 3. lower the leg, keeping the knee straight. Figure 2. (c) Lying on the back with the hands clasped behind the head and the elbows pressed to the floor, raise the legs alternately. (d) With the hands on the hips, kneel. In this position bend backward several times. (e) Sitting, with the hands on the hips, support the feet under the edge of the bed, bureau, or bookcase. Bend backward, then raise the body. (f)

Lying on the back with the hands clasped behind the head: 1. Bend both knees as in exercise (b); 2. extend the legs upward until they are straight; 3. keeping the legs straight, let them return to position, resting on the floor or bed. (g) Lie on the back with the arms at the side. Raise the head and left leg. Count five while raising the head and leg, and the same while lowering them. After the patient is sufficiently strong, both legs may be raised as the head. (h) Sit with the hands clasped behind the head, and the feet supported as in (e). Bend backward about forty-five degrees; then, holding the body straight, twist alternately to left and right.

In all abdominal exercises the chest must be lifted and the ribs fixed before the movement is taken. If the chest is thus arched, the compression of the abdomen begins below, and the viscera are moved upward, thus being restored to their natural position. But if the chest is not arched and the ribs fixed, the upper part of the abdomen is flattened and the stomach and bowels are pressed downward.

So it is well to combine all these move-

ments with breathing exercises. For instance, in exercise (g) first take a deep breath, then raise the legs and lower them again before breathing out. Repeat the exercise, alternating deep breathing with each movement. In exercise (d) take a deep breath before bending backward, and after reaching the reclining position empty the lungs, and fill them again before lifting the body.

These abdominal exercises have a direct influence upon the circulation. With each contraction of the muscles of the abdomen the viscera are subjected

to strong pressure; this forces the blood out of them and also out of the abdominal cavity into the limbs. When the muscles relax, and the pressure is removed, the reverse takes place, the blood flowing back. So that the tone and strength of the digestive organs are greatly improved by a course of these progressive gymnastics.

The development of these waist and abdominal muscles also does away entirely with any need on the part of women of artificial support such as that afforded by a corset.

LIFE IN THE HOLY LAND.

BY S. JESPERSSON.

[The writer of this article has had charge for some years of the Jerusalem branch of our medical missionary work. He has recently gone to Beyrouth, where he is opening up a similar work, his place in Jerusalem being filled by another trained worker.—Ed].

It may interest the readers of GOOD HEALTH to know that the principles which this journal advocates are also represented in the ancient holy city of Jerusalem. The cut [frontispiece] gives a fair representation of the house in which our medical work was opened about three years ago. As these principles are not known to the natives, our work in the beginning was more among the Europeans and the Jews. But since the physicians have become acquainted with us, they have sent us patients, so that at present we have all kinds of people coming to us for help.

The most common diseases are malaria and other kinds of fever, rheumatism, sciatica, neurasthenia, digestive disorders, eye troubles, and that terrible plague—epidemic typhus. A person taken with the latter

disease is an outcast, and may not show himself in town, though the law in this respect is not strictly carried out. Once given a foothold in the system, leprosy slowly but surely progresses, affecting in course of time the throat, the members, the articulations, and the bones. The fingers fall off one by one, the hands follow, the feet and the nose go the same way, and the whole face is involved. As the disease attacks the throat, the voice becomes indistinct, and the natural tones change into a sort of whistle.

As Jerusalem has no water works, and has to depend upon the rain water, which is gathered in cisterns during the winter months, it is not the easiest thing to carry on a hydropathic establishment here. However, where there is a will, there is a



FIG. 2.

way, and so we have succeeded in this enterprise, and have been able to do much good with the simple means which nature has provided.

The Arabs have many good customs which are worthy of imitation, but they also have their bad habits, especially in the towns.

Among their bad habits we might first mention smoking, which is indulged in by almost every one, both men and women, and even young children. Next comes perhaps the too free use of spices and condiments. They also use strong coffee, but fortunately the cups are so small that the actual quantity consumed is inconsiderable. The rich are very cleanly, but many of the poor are the opposite. By poor we understand those who are not clean or well dressed; for there are some among them who simply want to appear poor and miserable, so that they can beg and need not work.

The men, especially, hate work. They will sit and chat over their coffee and pipes while the women are doing the work, or they will walk beside the women while the latter carry heavy loads both on their heads and in their arms. Not infrequently we see a woman carrying a large basket or a jug on her head, her child in a kind of sack on her back, and another child together with some other burden in her arms. They do these things with such grace and ease that one feels like envying them. The women who are poor, but yet not miserable, and who take pains to be cleanly, enjoy as a rule the best of health, and seem to thrive on work which a European woman

would think impossible. Of course they don't know anything about that cause of so many of the more highly civilised woman's aches and pains and weaknesses—the tightly-laced corset.

It is the usual custom to go to bed when the sun sets, and rise when it shines again in the morning. The dress is hygienic, consisting mostly of garments which hang

from the shoulders down, and with a belt or girdle fastened at the waist, this belt affording accommodation for the purse. The natives cover their heads well, but their feet sparingly, or not at all, according to the appearance they wish to put on. The majority go without shoes both in winter and summer, although it is sometimes quite cold in the winter. It may seem strange and even contrary to our hygienic laws to have the head well covered and the feet bare, but this is not so. As the sun's rays are intense, even in winter, it is necessary to cover the brain rather than the extremities.

Their dietetic habits are simple, rice, fruits, lentils and other legumes being staple foods. As a rule they have but

few dishes at each meal, and nothing between meals, except perhaps a biscuit to their lemonade, which is always offered a visitor in the hot season of the year. They use some meat, but never pork, and the Mohammedans would not think of eating the blood. They also, as a rule, abstain from the use of whisky. They are rather slow in their movements, but enduring and persevering. Most of the people are very poor. Many a man with a large family earns only a shilling a day.



AN ARAB WOMAN.

EDUCATION AND HEALTH.

BY E. A. SUTHERLAND, B.S.C.

The writer of this article is president of Emmanuel Missionary College, a Michigan educational institution which has put up nearly all its own buildings by student labour. All teachers as well as students connected with the school spend a portion of each day in actual work with their hands. In this way many of the young people are able to work their way through school without being a source of expense to their parents. Games are at a discount at Emmanuel College, useful labour being more attractive to everyone.

EDUCATION does not always bring health, we must admit, but it should. When it does not,—when the school turns out nervous wrecks, something is wrong.

The health should be as sacredly guarded as the character, and in the school where

things instead of mere talking about them." The doing of things instead of mere talking about them, is what brings health out of education.

Man was formed by his Creator to work. The first man was put to work—



EMMANUEL COLLEGE STUDENTS AT WORK.

right educational principles are followed, this will be case. How can this be? Let us see.

True education is the harmonious development of the physical, the mental, and the spiritual powers. The mind may be overtaxed at the expense of the soul and body, and very often this is the case.

Mental activity alone has too often been regarded as the standard in education, but men are coming to view the subject in a different light. A learned educator, no less an authority than President Elliot, of Harvard University, has said: "I shall never be satisfied until one-half of the curriculum of Harvard is devoted to doing

to work out with his hands what his brain thought out. And strive as hard as he can to reverse the plan of his Maker, the law still remains in force, and man inevitably bows to it.

In school every boy and girl should learn to work, and the best place for the students to work is with the soil and in the home. This work creates an appetite for wholesome food, and conduces to the health of body and soul alike. The boy or girl who is taught to think can get plenty of fresh air and vigorous exercise with the hoe and rake.

Teach children to do, and you have laid the foundation for instruction in, and the adoption of, healthful living. The close

contact of mind and body with nature and her products affords the conditions most favourable to a healthy soul growth, combining mental and physical labour.

"What is the difference between an educated and an uneducated man?" asked a clergyman who was addressing a class of children.

"An educated man," said one little

girl, "is one who never does any work."

This has been the theory and the practice, but thank God, the idea is fast losing ground. The salvation of our children depends upon the correlation of manual and mental training, but not in the school-room only. There we can establish a habit for the combination which will be followed through life. This is health.

COMFORTABLE YET "COMFORT"-LESS.

A Talk with Mothers.

BY EULALIA SISLEY-RICHARDS, M.D.

"SURELY those things must be the cause of half the children's troubles" recently ventured a member of the staff of London's busiest hospital for sick children, sternly holding at arms' length a so-called baby "comforter."

He caught it just in the nick of time on its way from the hospital floor to the mouth of a helpless infant in arms.

The mother evidently considered, as many others do, that the afore-mentioned bone and rubber creation is not only a harmless but a necessary adjunct in successful "bringing up" children.

Nevertheless, by many medical men today, the article in question is considered to be both wholly unnecessary and productive of evil.

1st. The continued use of the "comforter" is believed to spoil the beauty of the baby's mouth.

2nd. Its use makes excessive demands upon the salivary glands, stimulating a constant and free flow of saliva.

3rd. This excessive flow of saliva interferes to some extent with the normal action of gastric juice in the stomach.

4th. Some comforts are made in such a way, that the baby is likely to swallow considerable air, which performance may in turn provoke an attack of colic.

5th. And last, but not least, there is danger of infection. The little mites are always dropping their comforts on to the dirty, germ-covered floor, and then conveying them directly to their mouths with fingers none too clean. Beyond doubt, in this way, the mouth, tonsils, or even the glands of the neck may become infected. "Scrofula" frequently results.

While, as some one has expressed it,—

"We sigh for that bright country

Of the peaceful and the blest,

Where bacteria cease from troubling,

And the microbes are at rest."

We will do well to adopt more active measures against disease germs while still we are surrounded by them.

It is an unfortunate fact that babies are rather limited in their resources. What an adult would investigate by his sense of sight, smell, or touch, the baby puts into his mouth—this being almost his only method of investigating the unknown.

Considering this fact, mothers should so far as possible withhold from young infants, small and objectionable articles, "comforts" included, as they will, if given, be sure to arrive at the same destination—the baby's mouth, carrying with them not only filth, but often disease-producing germs as well.

Contrary to the popular belief it is quite possible to bring up a baby comfortably and yet "comfort"-less. It is only a matter of habit. The baby who has never known the joy (?) of the comforter will be quite happy without it, and certainly much better off.

With the baby's natural tendency, it is so easy for him to form the habit of always having something in his mouth.

The little one who, in his baby days, is a slave to the comforter will, as he grows a bit older, find something to eat absolutely essential to his happiness. He must always be biting a biscuit, or eating sweets. As he grows still older the habit clings to him, and you may find the lad of eighteen years smoking cigarettes, who at eighteen months was sucking a "comforter."

A Pertinent Comment.

It would be ludicrous, were it not so pitiable, to see a thin, anæmic woman, who has taken stout for twenty years, in order that she might put on flesh, relying more and more on the use of this beverage as she gets thinner and thinner; to hear a patient in middle life telling you that she has taken claret since she was married to cure headaches that are now of daily occurrence; or an asthmatic patient, who is steadily getting worse, assuring you that glasses of whisky, which are becoming more frequent as years roll on, are the only remedy which affords him any permanent relief. I venture to say that no other drug or method of treatment would be continued for the same length of time had it failed so dismally to bring about the desired result.—*G. Sims Woodhead, M.D.*

Can Anybody Advise?

SIR,—Through the columns of your valuable paper may an interested reader be allowed to air one aspect of Health Culture, (hoping thereby to gain information which might prove useful to many persons similarly situated), *i. e.*, from the standpoint of those governesses in private boarding schools, desiring to partake of a natural diet. Unlike the ordinary business woman her lot is cast in a strange household, to whose adamant rules it is expected she will conform. Those thus situated are confronted with the difficulty of sustaining adequate vigour upon such a dietary as the following—

Breakfast, consisting of: Tea or perhaps coffee, white and brown bread, supplemented by one of the following: fried bacon, boiled ham, pork or German sausage, tinned fish, smoked haddock, kippered herring, butter or jam.

Dinner consisting of: Pork, mutton, fish, rabbits, or beef (fresh, salted or corned) with potatoes, followed by rice or suet pudding, at rare intervals by an apple, rhubarb or gooseberry tart.

Tea consisting of: Tea, white and brown bread butter or jam.

Supper consisting of: Cocoa made with water, white and brown bread, with the addition of cheese or butter.

To refrain from fish or flesh is a practical impossibility, these being the most nutritious foods on the menu, since the customary brown loaf is frequently white with the addition of bran.

Under such circumstances the act of supplementing the diet is an extremely delicate, not to say difficult matter. X. Y. Z.

OUR correspondent certainly occupies an embarrassing position. Have any of our readers discovered a way out of this or

similar difficulties? The diet mentioned is doubtless that provided in many other establishments of a very different character. Possibly a great many GOOD HEALTH readers are confronted with just such meals day after day. What a travesty on civilised man that for nearly all the variety in his daily diet he must draw upon the slain bodies of fellow creatures, when such an abundance of wholesome fruits of the earth abound on every side!



Another Good Health Baby.

THIS is to introduce Elsie Minnie Cunningham, [of Nottingham], age one year and nine months. Elsie has been brought up on strict GOOD HEALTH principles, and is a staunch disciple, even to the extent of insisting on having her teeth properly cleansed after each meal. She is a strong, healthy child, and never requires a doctor's care.



BREAKFAST, DINNER, AND TEA.

Some Suggestions.

THE daily recurring question, "What shall we have for dinner?" is not always so easily answered. It requires tact and ingenuity as well as intelligent planning beforehand to secure the best results. But when one realises the importance of a wholesome and sustaining diet as a factor in the day's work, the pains and trouble appear very slight in comparison with the results achieved.

Cooking, to reach its highest development, must be based, not on the clamours of perverted appetite, but on the needs of the human system. The best food for an adult is that which will supply in a pure, palatable, and wholesome form, nutriment fully capable of making good the daily losses of the system through labour, and thus maintaining the highest vital efficiency. In the case of the child or growing youth, it must also provide growing material. Children, requiring food for a double purpose, suffer most severely from a diet deficient either in quality or quantity. The proper feeding of the rising generation is a question which fathers, and especially mothers, do well to study with considerable care.

It is not claimed for the following menus (for which we are indebted to Dr. Eulalia Sisley-Richards, of the Leicester Sanitarium) that they will be entirely suited to the wants and the circumstances of *all* our readers; but we believe they will be found adapted to many, and suggestive to all. Slight modifications may be made without altering the general plan.

Properly prepared, all three meals will be found easy of digestion, a most desirable quality in the warm season of the year, when the energies of the body are not at their highest, and it is especially needful to conserve them for other purposes than the digestion of one's breakfasts and dinners. It needs to be pointed out repeatedly that the "tired feeling" so often complained of commonly arises from the consumption in large quantities of nutriment ill-suited to the system, and involving the expenditure of a vast amount of nervous energy to properly dispose of it.

Granose and nut butter are the only prepared foods required. These may be easily obtained of any of the special dealers advertising in *GOOD HEALTH*, or often enough of grocers. Zwieback crumbs may be used instead of granose flakes in the first recipe, but the effect is not so good.

Zwieback, as most of our readers know by this time, is made by baking slices of brown or white bread for some time in a slow oven. It makes an excellent base for a large number of light, wholesome, digestible dishes.

Those who have a steam cooker can steam the various articles instead of baking or boiling them, and thus cook practically the whole dinner on one gas burner. The dinner might be simplified by omitting the boiled rice and egg and also the green peas. The banana toast and date balls could be omitted from the breakfast. The object in having a variety of dishes at one

meal is mainly to satisfy different tastes; but in the family circle, where the tastes do not vary greatly, the fewer varieties within certain limits the better.

Several of the accompanying menus are from the pen of Mrs. E. E. Kellogg.

A DAY'S MENUS.

BREAKFAST.

Baked Granose and Fruit.
 Wholemeal Bread. Zwieback.
 Coconut or Dairy Butter.
 Banana Toast. Date Balls.
 Fresh Fruit.

—o—

DINNER.

Fruit Soup. Zwieback.
 Baked Potatoes.
 Nut Sauce. Boiled Rice and Egg.
 Green Peas.
 Lettuce and Tomato Salad.
 Fruit Blancmange.

—o—

TEA.

Granose Sandwiches.
 Bread and Coconut Butter.
 Fresh Fruit. Fruit Drink.

RECIPES.

Baked Granose and Fruit.—Prepare a fruit sauce by rubbing well stewed prunes through a colander. It should be about the consistency of marmalade. Fill a pudding dish with alternate layers of granose flakes and the prune sauce, finishing with a layer of the granose on top. Place in a hot oven for half an hour. (It may be served cold.) A dressing of thin cream may be added if desired. Stewed Victorias or damsons may be used in place of prunes.

Banana Toast.—Moisten slices of zwieback with a little hot water or milk, and serve on each piece a tablespoonful of the following sauce.

Mash six small bananas into a pulp. Add one teacupful of water and one-half tablespoonful of sugar. Bring to a boil. Thicken with a dessert-spoonful of cornflour rubbed smooth in a little cold water.

Date Balls.—Wash a quantity of dates, stone, and steam for half an hour. Mould the dates into balls, and roll in desiccated cocoanut.

Fruit Soup.—Cook together two tablespoonfuls of sago, one-fourth cup of raisins or sultanas, and one tart apple in one and one-half cups of water. When done add four cooked prunes, one-fourth of a lemon sliced, and one-fourth of a cup of sugar.

If too thick, add hot water. Serve hot with croutons.

Nut Sauce.—Thicken flour in the ordinary way, using nut cream in the place of milk or water. (The nut cream is made by rubbing smooth one dessert-spoonful of nut butter in one cup of water.) Brown gravy salt may be used in flavouring.

Boiled Rice and Minced Eggs.—Boil one-fourth pound of rice in water until tender. Do not make too stiff. Take three hard boiled eggs, chop fine, and mix with the rice. Season with salt as desired, and serve hot.

Lettuce and Tomato Salad.—Slice fresh ripe tomatoes, and serve on lettuce leaves. A little lemon juice, salt, and a sprinkling of sugar may be added if desired.

Fruit Blancmange.—Cook one pound of red currants or raspberries and one tablespoonful of sugar in one and one-half pints of water until the fluid is reduced to one pint. Strain the juice through muslin, and bring to a boil in a clean saucepan. Mix one and one-half tablespoonfuls of cornflour with three tablespoonfuls of cold water, and stir into the fruit juice until it thickens. Put into a mould previously wet with cold water, and let it stand until it sets. Lemon, orange, pineapple, or plum juice may all be employed in the same way as the fruits mentioned above. May be served plain or with a spoonful of whipped cream.

Granose Sandwich.—Split granose biscuits and toast in a hot oven until quite crisp. Make a fig marmalade by stewing or steaming figs and pressing through a colander. Use as a filling in making granose sandwiches. Triscuit may be used in place of granose biscuits.

Fruit Drink. Many simple and wholesome fruit drinks may be made by adding to water stewed fruit juice or the juice of seasonable fresh fruits. Use no more sugar than is required to render palatable. Welch's Grape Juice diluted with water makes an excellent beverage.

—♦—

Three Facts Worth Knowing about Children.—1. A child cannot raise its head from the pillow before the second month. 2. A child cannot sit erect before the fifth month. 3. A child cannot walk before the tenth month, and should walk at twelve months.

If the preceding facts were borne in mind, and mothers instructed what a child can and cannot do at certain periods of early existence, there would be much less work for the orthopedic surgeon. If the infant is allowed to sit too early, the superincumbent weight of the large head tends at once to exaggerate the physiological curves of the spine to a point where they may become pathological.—*Modern Medicine.*

QUESTIONS AND ANSWERS.

Our correspondents are requested to enclose a penny stamp with their questions, as it is often necessary to answer by post. No attention paid to anonymous communications.

LETTERS asking for medical advice should be preferably entirely separate from other business. If you wish at the same time to order a book, or pamphlet, or to subscribe to GOOD HEALTH, kindly write such orders on a separate slip and enclose with the letter. Then each communication will be speedily placed in the proper hands. Medical advice letters, it might be added, cannot always be answered immediately. They must take their turn, whether they are answered by post or through the columns of the magazine. All such correspondence is guarded with the utmost privacy. Anonymous communications receive no attention.

External Piles—Asthma and Bronchitis.—Veritas: 1. Is it possible to be cured of outside piles? 2. What treatment would you recommend? 3. What is the best treatment for the relief of chronic asthma or bronchitis? 4. Is it true that there is no cure for either of them?

Ans.—1. Yes. 2. In severe chronic cases a surgical operation. 3. A course of tonic treatment together with a change of environment if possible. 4. No, both are often cured if they have not become too chronic.

Prolapse of the Stomach—Acidity—Torpid Liver.—J.C.: What treatment would you suggest for prolapse of the stomach, acidity, and torpid liver?

Ans.—A course of tonic treatment and diet regimen at a well regulated sanitarium, such as the one at Belfast.

Morning Bath—Dumb-bell Exercise.—Enquirer: I shall feel much obliged if you will inform me whether the cold bath should be taken immediately on rising in the morning or immediately after dumb-bell exercise?

Ans.—It matters little whether you take the bath before or after the exercise, and you can suit your own convenience. Perhaps in the majority of cases, however, it would be just as well to take the bath after the exercise.

Cold Sponge Bath for Children.—J.H.: Will you kindly inform me at what age one can begin to give a cold sponge bath to a child? Our little ones are always catching cold, and I thought a cold bath would strengthen them.

Ans.—You may give a child of any age a tepid sponge bath in a warm room to advantage, and, as the child grows older and stronger, the temperature can be lowered.

Falling Hair—Baldness.—L.T.: Kindly enlighten me as to the possibility of recovering my hair on the crown of my head, which has fallen out, excepting a light down.

Ans.—Massage the scalp with the finger tips for about five minutes three times daily. If the hair is brittle and breaks easily, rub in a very

little vaseline once or twice a week. Shampoo the scalp once a week with soft warm water and McClinton's soap. If the roots of the hair are not destroyed, there will be a new growth.

Chronic Catarrh of the Chest.—A. W.: "For many years I have been subject to chronic catarrh of the chest. I feel an oppression and irritation in my throat and chest, which makes me cough, and I spit up a great deal of matter. Two brothers and a sister have died of tuberculosis, and I am afraid I may go that way if I do not get help. Will you kindly give me any hints as to whether the condition can be cured, and whether there is a danger of its going to the lungs."

Ans.—Yes there is a danger of the inflammatory process extending to the lungs, but if you take the matter in hand in a vigorous way, you should be able to escape this fate. You ought to go to a first-class Health Institution, such as the Leicester Sanitarium or the Surrey Hills Hydropathic Institution, and undergo a course of tonic treatment. This would doubtless be the means of checking the disease and putting you on the road to health. The least you can do is to adopt a system of exercises, and practise deep breathing. Be out of doors as much as possible, and keep your window open at night. Your diet should be simple, consisting largely of fruit, well-cooked cereals and breads, nuts, nut-foods, a few vegetables, and also milk and eggs if they agree with you. Take a tepid or cold sponge bath each morning on rising, followed by vigorous friction, using a coarse towel.

Hot Water Drinking—Free Fat—Cream versus Dairy Butter.—G.H.T.: 1. I have read that drinking a glass of hot water before breakfast, between meals, and before retiring at night is beneficial in cases of indigestion. Is this true, or does hot water drinking have a weakening effect? 2. What is understood by a free fat? 3. Is milk or cream and fruit a good combination? 4. Is cream more digestible than butter? 5. I have read that fruit retards the digestion of starch. If so, is rice and fruit a bad combination?

Ans.—1. Yes, the sipping of hot water about half an hour before meals is an excellent means of relieving certain forms of indigestion, but it should not be continued indefinitely as it may become debilitating to the system. 2. A free fat is one in which the small envelopes enclosing the drops of oil have been broken so that the oil runs together. Cream is an emulsified fat and butter a free fat, the churning having broken up the globules and thus set the oil free. 3. Milk and fruit do not combine well, but, as a rule, pure cream and fruit may be taken together, providing the fruit is not too acid. 4. We consider pure sweet cream preferable to butter. 5. No, fruit does not retard digestion under ordinary conditions. Rice and fruit may usually be taken together, providing again the fruit is not too acid.

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GOOD HEALTH FACTORS.

1. Food is good when right as to kind, quantity and cooking, when it is easily digested and readily assimilated; bad, when wrong in kind, quantity or cooking; good, when it feeds the body; bad, when it overtaxes the organs, and loads the body with impurities which cause ill-health. Suppose your food cooked so that it really feeds the body. That were a great gain. Read No. 1 below.

2. Drink. Water often contains, and carries into the system, an abnormal amount of mineral matter ("Lime,") which impairs the digestion, clogs the system, stiffens the joints, and aggravates Gout, Rheumatism, and the like. Typhoid Fever, (Enteric), and Cholera are sometimes contracted by drinking-water that looks clear, but which contains germs of disease. Suppose you have pure water. That, too, were a great gain. Read No. 2 below.

3. Elimination.

Most diseases are due to effete and superfluous matter remaining in the system instead of being ejected by the organs of the body, including the skin. Suppose a means of truly cleansing the system. That were indeed a gain. Read No. 3 below.

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

Business communications should be addressed to
**Good Health, 451 Holloway Road,
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Telegraphic Address: "Uprising," London

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

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FREE SCHOOL ST., CALCUTTA.**

West Indian Edition: Price, 3 cents per copy.
West Indian Office: International Tract Society,
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We are obliged to postpone till next month the
promised article "Natural Remedies for Sleep-
lessness." Following are some other important
subjects which will then be taken up:—

Adenoids, by Dr. F. Fleetwood Taylor.

Is Tea a Temperance Drink?

An illustrated Article on **Artistic, Healthful
Dress,** and much more that will be timely and
instructive to our readers.

Donations to the Good Health Fund. Mrs.
Meadows £1 5s. 0d; Mrs. Davies 5s. 0d.

MR. JOSEPH THACKERAY was represented in
the article in our last number but one, as never
having smoked. He writes us that this is a mis-
take. He did indulge the habit for a little time,
but gave it up entirely many years ago. So long
since, in fact, that the writer of the article was
entirely ignorant of the fact that he had ever
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It is with great pleasure that we invite the attention of our readers to the Vegetarian Society's Health Food Stores at Manchester. Readers of GOOD HEALTH living in that city will find it greatly to their advantage to visit the shop and talk with those in charge. The daily diet need not be so monotonous if proper attention is given to the question of food supplies. It is worth while to visit high-class food stores simply to get acquainted with the different varieties of pure and nutritious foods which they offer. The Vegetarian Stores also carry on a large business through the post, and will be much pleased to attend to any inquiries sent them.

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

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We have received the report of an interesting essay on "Diet and Health," read by Mr. H. T. Hamblin at a large meeting held at the Woolwich Tabernacle.



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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.

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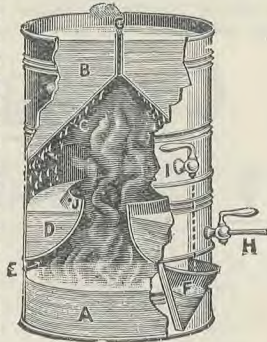
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Send us **One Shilling** for a package of samples and cookery book, or ask your **GOOD HEALTH** agent for these foods.

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Home Hand-Book



OF DOMESTIC HYGIENE
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BREAD
LIKE
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PURE, ✂ ✂

DIGESTIVE, ✂

WHOLESOME.

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Order from your baker,
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LITERARY NOTICES.

THE *Young Abstinence* comes to us month by month with its story of earnest, enthusiastic work in a most needy field of activity. We wish many more of our readers were subscribers to this excellent journal. Any who may not be acquainted with it, should send stamp for sample copy to the Young Abstinence Union, 18 Exeter Hall, London, W.



THE June and July issues of the *Vegetarian Messenger* contain a number of things of interest to food reformers, not least among which are the letters printed in the department of the correspondence and comments. Mrs. Earle, whose delightful books must be well known to our readers, gives a very suggestive table for a dry diet. All persons interested in the development of the vegetarian movement would do well to subscribe to this interesting magazine.



"Why I Condemn Vivisection," by Robert H. Perks, M.D., F.R.C.S., Eng. Published by the Order of the Golden Age, Paignton, Eng.

The cause of anti-vivisection has had many able advocates, but we doubt if any writer has compressed in one small volume as much illuminating truth on the subject as we find within the pages of this brochure. Dr. Perks wisely dwells on the generally-admitted fact that by far the major part of disease is a direct result of wrong habits of living, and that the road to health lies in mending our ways—returning to the practice of those simple wholesome virtues which lie at the foundation of a right physical life. Quotations showing the convictions of leading medical and lay writers are a valuable feature of the booklet, which taken as a whole is the most convincing work on the subject we have yet seen, and one meriting a wide circulation.



MR. COOK, the enterprising manager of the "Pitman" stores, Birmingham, has favoured us with samples of three new fruit and nut cakes. One is composed of fruit, nuts, and a small amount of prepared wheat. It should be very popular among those who are giving uncooked foods a large place in their diet. Another is composed entirely of cocoanut and is of delicate flavour. The third one is composed of cocoanut with an inner layer of dates. All are daintily made, and should prove most acceptable at tea or luncheon. The Pitman fruit and nut cakes were awarded a gold medal at the recent Exhibition in Birmingham.

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:

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