

AUTUMN WOODS.



Good Health

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

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EDITORIAL CHAT.

Bad Teeth in Children and the Reason Why.

Dr. J. Sim Wallace (London) read a most interesting paper on "Physical Degeneration in Relation to the Teeth" before the British Dental Association. He believed that 50 per cent. of growing boys and girls of the working classes in towns had one or more septic roots in their mouths prejudicially affecting their health, and very likely predisposing them to scarlet fever, diphtheria, whooping cough, tonsillitis and other diseases having a local manifestation in the throat. He had been struck by the marked superiority of the teeth of those who ate the least soft and refined food over others fed more delicately. In other words, "the food which demanded efficient mastication, was not only best for the teeth, but for the stomach and intestines also." To all of this we most heartily agree, and earnestly advise parents to cease feeding their little ones on white bread and tinned salmon and meats, washed down with stewed tea, and give them instead wholemeal crusts and good milk, with fruits and vegetables in season.



Tobacco as a Germicide and Disinfectant.

E. Vincent Howard writing in *Macmillan's Magazine* for July urges in defence of tobacco that it is at least useful for its antiseptic qualities. Granting this for the sake of argument, it still remains to be said that its dangerously poisonous character renders it utterly unsuitable to be taken internally in the form of smoke or in any other form. Carbolic acid is also an excellent antiseptic, but men do not on

that account give themselves a daily dose of it.

Is It Safe?

Tobacco is, in fact, a powerful narcotic having a seductive influence upon the nervous system, creating a sort of artificial felicity which is followed in time by a corresponding depression. This is not all. Nicotine in the long run harmfully affects the heart, liver, kidneys, lungs, and eyes, and sometimes ends in breaking down the whole nervous system.

The article we have just referred to ends up rather strangely:—

"Though the medical man whom duty calls to densely-crowded, unwholesome districts fortifies himself against attack from the invisible foe with a Manilla or Cuban leaf, he protests emphatically against the smoking habit which has recently cropped up among boys. The boy-smoker besides being a nuisance, is rendering himself physically and mentally unfit for the duties of life."

Others Needing to Be Fortified.

Taking the writer's line of reasoning, if the physician who only occasionally visits "densely-crowded, unwholesome districts" needs to be fortified against infection, surely poor slum boys, living there all the time, need such protection all the more. And further, the young women engaged in house visiting and nursing, certainly require the help of this remarkable disinfectant. Shall they then be advised to smoke?

Why not be candid and admit that men smoke because they *like to*, and in some cases, because they think they could not possibly stop it. They are opposed to boys smoking because deep down in their hearts they know the habit is harmful.

Unsavoury Handling of Fruit at Jam Factories.

The *Lancet* correspondent, whose criticism of the filthy condition of the Kent fruit-pickers we published in part last month, has something to say also of the handling of fruit at the jam factories. "Not long ago," he writes, "I had the opportunity of going through a large London jam factory.

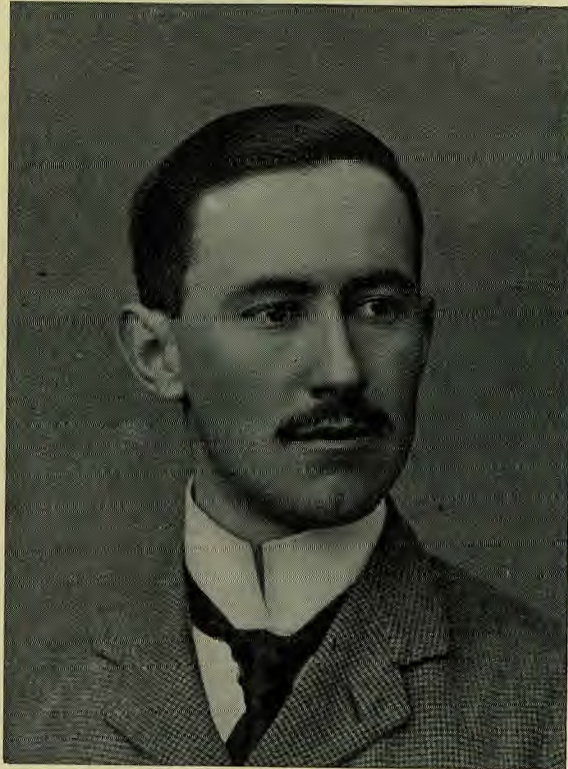
As the fruit was delivered from railway wagons and the firms' own vans, it was handed over to dirty old women to pick off the stalks, and again went through a large amount of unsavoury handling. Then part of the fruit was made straight into jam by boiling it in steam jacketed pans with sugar. When the jam was sufficiently concentrated it was ladled into jars and allowed to cool in the usual way, whilst another portion was 'pulped,' that is to say the

fruit was partly boiled so as to sterilise it, and then packed away in large jars in the basement to be made into jam during the slack season. . . . The workers in this factory were certainly a little cleaner than the fruit-pickers, but were still of a very miserable, unwashed description. I feel sure than anyone who had seen the way in which fruit is handled would require a warranty from the jam maker that the fruit had been picked by cleanly people and made into jam by decent folk.'

How Is the Public to Distinguish ?

The writer adds that he also visited a jam factory in Cambridgeshire where the fruit was picked by the country people, and made into jam under ideal conditions. No doubt there are some establishments where the arrangements are the very best ; but how is the public to know which? Beautiful pictures on the hoardings are hardly convincing, neither is a high price

a necessary guarantee of purity. We would suggest that the firms carrying on their business on the lines of common sense, cleanliness, and with a due sense of their responsibility as food purveyors to the public, make it generally known, not only that their premises and staff of workers are clean, and sweet and wholesome, but that prospective customers are at liberty to come and see for themselves. Visiting days could be arranged for the general public, and medical men should be



CAPTAIN RICHARD RIGG, M.P.*

admitted by card at any hour. Such action would be appropriate on the part of all firms manufacturing articles of food in common use.

[*Captain Rigg, who introduced the Bill for the Prevention of Juvenile Smoking, is, we believe the youngest member of Parliament, and treasurer of the British Anti-Tobacco League. His efforts to deal with a great and rapidly growing national evil deserves the heartiest co-operation of all our readers. We are indebted to Mr. Lonsdale Barraclough, the London secretary of the League, for this cut of the Captain.—Ed.]

VEGETARIAN DYSPEPTICS.

BY M. ELLSWORTH OLSEN.

"If a non-flesh diet is good for people, why do vegetarians have so much trouble with their stomachs?" is a question sometimes asked. The answer must depend upon the individual case. Some vegetarians are obliged to be exceedingly particular as to what they eat because years ago, on an ordinary meat diet, their digestive system suffered a complete breakdown, from which it has only partially recovered. Unfortunately the majority of men and women eat about what they like, regardless of the real needs of the system, or the working capacity of their digestive organs. They first awake to the importance of diet reform when long-suffering nature has finally given way, and the stomach, which with proper use, would have served its owner efficiently for a full hundred years, is broken down in its prime, and destined ever thereafter, even with the best of care, to prove a crippled and somewhat unreliable organ.

Saved from Something Worse.

The writer is acquainted with some vegetarians of this class, and knows that it is to them a source of great annoyance not to be able to make a better showing for the principles to which, they know, must be attributed the modicum of health and comfort that they do enjoy, since had they continued the old regime, they would long ago have been laid away to rest.

But not to stop longer on such cases, the number of which is very considerable, there yet remains, it might as well be frankly confessed, a certain number of strict vegetarians now suffering from indigestion in one form or another, who in their flesh-eating days were blissfully ignorant that they had a stomach. What shall be said of such cases? Are we to conclude that the natural diet fails to satisfy the requirements of a certain proportion of people, and that these must, if they continue to avoid flesh meats, do so on purely humanitarian grounds, sacrificing their own health and well-being for the sake of preserving the lives of the lower animals? To the last proposition we answer emphatically, No. *Vegetarianism doesn't want martyrs*; it has no possible use for them. It does not ask people to

die for its principles, but to *live* in them, and by them, and for them, and thereby to enlarge, ennoble, and beautify their lives as well as make them more healthy and virile.

If the person existed who could not possibly thrive as well or better on a meatless diet than on the ordinary fare, then he ought to be advised in his own interests and in the interests of vegetarianism to return to his former habits. Whether such a person could be found, we do not know. We have not met one thus far.

Care to be Taken in Making Changes.

"How, then, would you account for cases of dyspepsia apparently resulting from the giving up of flesh foods?" In various ways. Radical changes of any sort in eating habits should be made with due regard to one's condition of health, environment, and ability to secure the necessary substitutes for such articles as may be dispensed with.

The cry has been raised, "Give up meat, and eat what is left." But this does not always work satisfactorily; the crucial question is, "What is the nature of the remainder if you take away the meat? Is there a sufficiency of the right kind of food to maintain physical and mental efficiency?" In most cases, No. Many a table fairly groaning with its load of meats and fish and vegetables and dainty desserts does not afford of wholesome, digestible, sustaining food, a sufficient variety to enable a vegetarian to make out a really good meal. However, the danger is not in being placed occasionally in such a position, but *in having to face the difficulty daily*.

Proteids Must Be Supplied.

There can hardly be any doubt that some earnest reformers are doing themselves serious injustice by endeavouring to keep up strength on a diet decidedly deficient in proteids. This may be the case even with those who are using abundantly of such hearty foods as beans and peas, because unless especially prepared these legumes are found somewhat difficult of digestion and assimilation, especially with sedentary

workers, and therefore while chemically they may appear exceedingly valuable tissue builders, their actual value in certain cases may be practically nil.

One-Sided Reformers.

But there are other and more numerous cases of dyspepsia appearing among vegetarians. We refer now to cases where the reform is but partial and one-sided. A man gives up the use of fish, flesh and fowl purely on grounds of sentiment, and continues to eat practically at all hours and of whatever his palate may suggest, providing only it be not flesh. He uses pepper, mustard, vinegar, and other irritating condiments freely, indulges in strong tea, and glories in fried abominations of various sorts, rich pies containing all manner of ingredients, and sweets *ad libitum*. Health preparations he may use freely on top of all the rest as if they would be a sure safeguard against indigestion. Need we say that such an individual is transgressing natural laws just as much, perhaps even more than the average meat-eater, and ought to suffer accordingly.

Vegetarianism Not Necessarily a Cure for Dyspepsia.

Some seem to think that vegetarianism *per se* is an absolute cure for dyspepsia—at least a sure preventive against the disease; but it is nothing of the kind. Injudiciously practised it may prove the very opposite.

Flesh meats are not rejected primarily because they overtax the stomach; but because the excrementitious wastes they contain clog the system, charge the blood with impurities, and burden the liver, kidneys and skin with extra labour in getting rid of them. Hence discarding flesh food unless accompanied by other reforms does not necessarily bring any relief to the digestive organs.

The Offending Sugar Tooth.

The practice with some vegetarians of using largely of dessert dishes, not always made with proper regard for wholesomeness, is unfortunate. Sweet things are frequently the cause of fermentation in the stomach. Many a man has dug his grave with his sugar tooth. We are consuming sugar (92 lbs. per capita yearly, a larger amount than that used by any other nation)

in far larger quantities than is good for us, or that would be warranted by the amount of outdoor exercise taken. Plain simple fare, even with the occasional use of meat or fish, is less objectionable on the score of health than a strictly vegetarian diet, if the latter consist largely of highly seasoned dishes, ill-cooked vegetables, and indigestible sweets.

Danger of Overeating.

Some vegetarians err on the side of overeating. Giving up flesh foods which tend to clog the system and reduce the appetite they feel an airy lightness of being and a return of the appetite of their schoolboy days; and using largely soft, mushy foods, which do not encourage mastication, they oftentimes take more nourishment than they are aware of. Persons of sedentary habits usually need to guard against overfeeding, and vegetarianism does not set them free from this danger.

Half-cooked porridges, and insufficiently baked brown bread are other causes of dyspepsia amongst vegetarians. Raw starch is one of the most indigestible foods that we know of. Light, sweet bread containing all the strength of the meal but without the coarsest particles of bran, is indeed a most important element in the daily ration, and one worth painstaking effort to secure. When cut in slices and baked a second time in a slow oven, thus forming zwieback, it is a most ideal food.

Too Much Experimenting.

Too much experimenting has probably ruined the digestion of some vegetarians. The stomach does not like to be played with. A diet exclusively composed of raw foods may suit a very few persons of strongly individualised tastes; but we do not recommend it for general adoption.

Taking everything into consideration probably the principal cause of vegetarian dyspepsia is the difficulty of obtaining suitable proteids to take the place of meat. We sometimes hear people say they have given up meat and are using largely of fruit to make up for it; but fruit can never replace meat, nor can any amount of vegetables, since these foods contain practically no proteid. We must look for our proteid to wholemeal breads and other forms of cereals, to nuts and nut preparations, and properly prepared legumes, to which may

be added milk and eggs, and curd cheese, made by turning sweet milk with a little lemon juice. Ordinary cheese is more difficult of digestion than flesh and cannot be recommended for general use.

Persons adopting vegetarian principles must use care and wisdom in making the change. They should remember that any departure from ordinary conventions is sure to be watched with critical eyes, and slight digestive disorders which in ordinary flesh eaters would be passed over as a matter of course, will be sure to be charged up against the vegetarian.

As a matter of fact food reformers, even those committing some of the errors mentioned, are probably freer from stomach

disorders than flesh eaters. Moreover, they are for the most part simpler in their tastes, use fewer irritating condiments, and pay more regard to other health rules than does the average person.

Give Us Good Cooks.

For the final abolishment of dyspepsia we must look for an army of good, hygienic cooks who will have arisen to a sense of the dignity and importance of their high calling, and have thoroughly qualified for it. Bad cookery (we use the term now to include the selection as well as the preparation of food), is the cause of most cases of dyspepsia, both amongst vegetarians and others.

OLIVES AND OLIVE CULTURE.

BY JOHN F. MORGAN.

THE olive tree has been held in high esteem for centuries, the fruit and oil having long been important articles of food. However, the area where the cultivation of this fruit is profitable, is so limited that few people are familiar with its habits of growth.

The olive is an evergreen, symmetrical in its development, and bearing a dense foliage. The leaves, resembling the willow in shape, are grey-green above and white on the underside. When stirred into motion by a passing breeze, the foliage glistens in the sun or moonlight as if frosted with silver. When allowed to grow unchecked, under favourable circumstances, the tree attains the height and circumference of an oak; but when cultivated in groves for its fruit, it is generally kept, by pruning, at a convenient height of from fifteen to twenty feet.

The blossoms, which are small, white, and very fragrant, open in May, growing in clusters from the axis to the leaves. The fruit or berry, as it is sometimes called, is oval or nearly round, and when ripe, commonly assumes a dark purple tint, similar to the rich colour displayed by the Tartarian cherry; it has an acrid, intensely bitter taste, and is never eaten, even when ripe, until pickled.

A characteristic of the olive tree is its remarkable longevity. Isolated trees now growing in the Garden of Gethsemane are said to be one thousand years old;

while along the Riviera and in the vicinity of Tivoli, trees, having an authentic record covering centuries, are still bearing a yearly fruitage.



A CLUSTER OF OLIVES.

The south of Europe has long been the centre of the olive production, supplying the pickled berries and oil for the markets of the world; but America may soon be

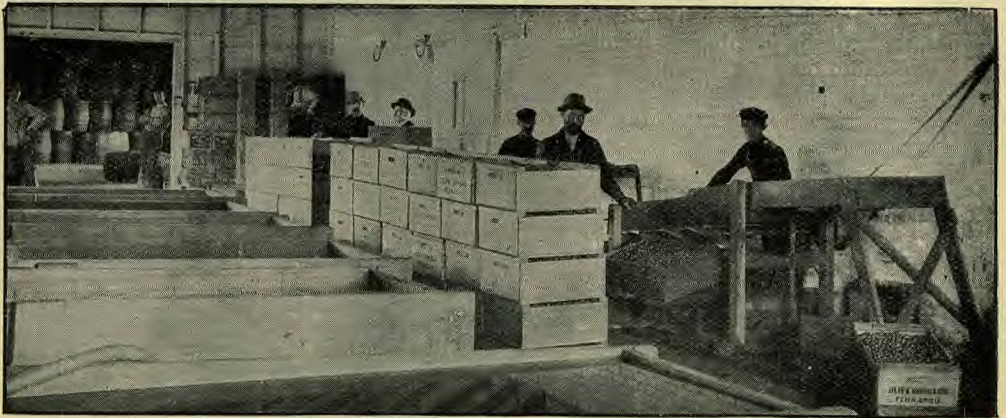


CHINESE PICKING OLIVES AT SAN FERNANDO, CAL.

amply provisioned with olives and pure oil from the rapidly increasing acreage devoted to their culture in southern California, where the trees flourish and bear fruit as luxuriantly as on their native hills.

Twenty-three miles northwest of Los Angeles, in the beautiful sheltered valley of San Fernando, where the sky is as

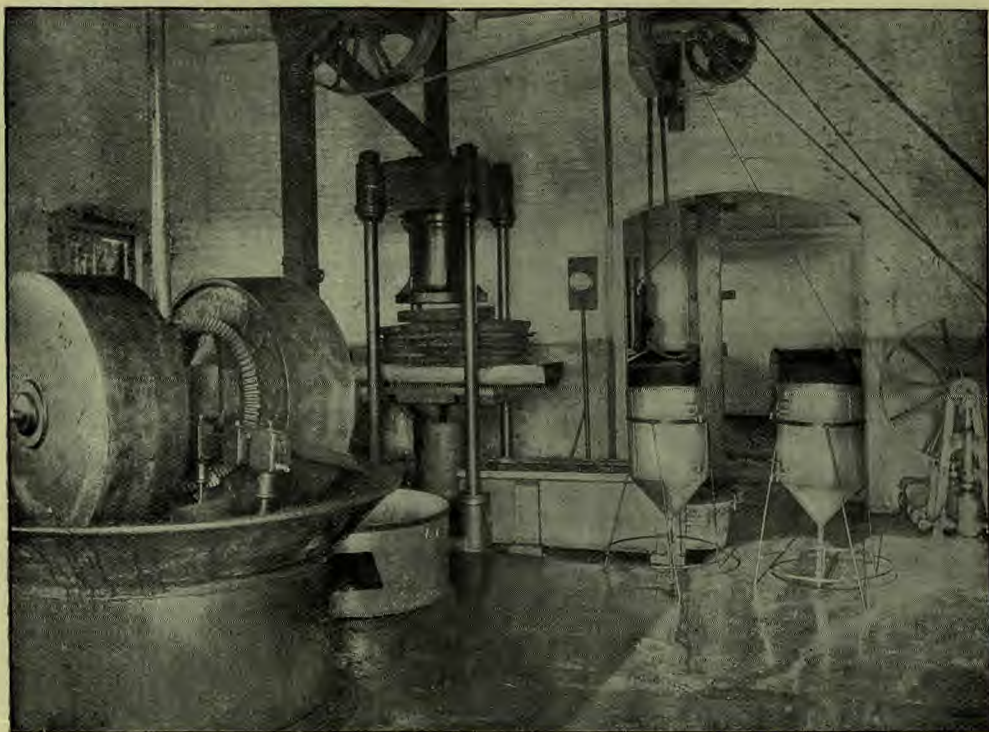
blue as Italy's own, is located what is now the largest olive grove in the world. Seven years ago the eleven hundred acres of land which now constitute the Sylmar olive orchard were, for the first time, cleared of their native growth of cacti and wild shrubs to make way for the planting of the tiny two-year-old olive trees, one



hundred and twenty thousand of which, now in full bearing, are set with geometrical exactness thirty feet apart. One can look down green walled vistas two miles and a half long, and it would be an easy matter to lose one's way among the trees were it not for the guiding glimpses of the mountains seen at intervals between the swaying, silver-leaved boughs.

With October comes the busy season on the olive ranch. The berries, though still green in appearance, are sufficiently

The olives from which oil is to be extracted are allowed to remain on the trees until perfectly ripe, as the percentage of oil increases very rapidly during the last few weeks. Less care is necessary in gathering these than in those for pickling. A large canvas is spread beneath the tree, and with two men to a tree, one standing on the ground and the other mounted on a ladder, the fruit is systematically stripped from the branches, and allowed to fall upon the canvas below.



mature for pickling, and for this purpose must be carefully selected, and gathered by hand, to avoid bruising the fruit. Chinamen, under the supervision of white men, have been found to be the best labourers for this work, and during the fruit-picking season, which extends through four or five months of the year, from one hundred to one hundred and fifty Chinamen are regularly employed in harvesting the crop. After being picked, the olives are carried to the pickling works on the ranch, where a careful curing process, occupying several weeks, renders them ready for market.

From there it is carried in boxes to the factory, where, after being weighed and run through a fanning machine to free it from leaves and dirt, it is dumped into an immense crusher, where huge rollers, revolving with rhythmic precision, soon reduce the fruit to a dark purple mass.

The pulp thus obtained is next subjected to the relentless power of hydraulic presses. Seeping through the canvas-covered layers of pulp, the oil, mixed with the water of the olive, runs down from the press in dark-coloured, sluggish streams; the water and sediment settle, leaving the turbid oil to be drawn off and filtered

through cotton and gravel; after which it is turned into large tanks in the storage basement, where it is left to settle and mature. A final filtering through paper leaves the oil clear and ready for bottling. In two months from the time the olives are picked the oil is ready for use. If it is pure and well filtered, olive oil can be kept indefinitely without losing its nutty flavour, or in any way deteriorating, if kept in a dark place and at an even temperature. It should also be kept closely covered, for if exposed it is easily contaminated, taking up foreign odours very quickly.

Olive oil is fast taking the place in cookery so long occupied by lard, butter, and other animal fats. Its use in this way is by no means a modern discovery.

For several centuries before the Christian era, the races of the north, the dwellers in the tropical countries, as well as the ancient Egyptians and Phœnicians, used oil instead of butter and other animal fats. The Romans considered it the only natural oleaginous fluid, and in their domestic economy it ranked very high for culinary purposes.

As a food, the ripe olive has much in its favour, supplying as it does, the food-element which fruits and cereals lack. The most experienced chef could not plan a more appetising and more wholesome meal than nature has provided in a handful of ripe olives, some unfermented whole-meal bread, and a cluster of fresh, well-ripened grapes or a glass of unfermented grape juice.

SHATTERED NERVES.—PART III.

BY ALFRED B. OLSEN, M.D.

THE prognosis of nervous breakdown depends largely upon the cause or causes and the treatment adopted. If the causes which brought on the disease can be removed, there is good prospect for a recovery. The condition of shattered nerves is usually accompanied by great physical weakness, the brain and nerve centres being pretty well exhausted. The prolonged physical and mental strain, the emotional excitement, excesses, and irregular habits of living,—all these must be corrected before any treatment can be successful.

Give up Alcohol and Tobacco.

Both these narcotic stimulants are inimical to health under ordinary conditions, but their effect in nervous disorders is exceptionally harmful. Both are nerve irritants, and serve to aggravate every nervous symptom. Although giving temporary relief, the after-effect is very disastrous. Hence alcohol and tobacco should be discarded. Tea and coffee, too, weaken and irritate the nerves, and should not be taken.

Excesses of all kinds must be strictly prohibited. Regular hours must be kept, and everything possible done to soothe the excited nerves and restore their wonted tone.

Tonic Treatment

is required, but it does not consist of a dose of bitters or somebody's pink pills.

Begin the day with a cold spray or a mitten friction, followed, after drying the skin, by an oil rub. For this purpose a little olive oil or cocoa-nut butter may be used. Twice a week take a salt glow, and then a spray or cold sponge.

To give a salt glow, soak a couple of pounds of salt in cold water. Then rub the wet salt over the body briskly. Afterward the salt is washed off and the body dried, and then an oil rub may be given.

A tepid or cool sitz or a neutral (90° F. to 95°) full bath for ten to thirty minutes is an excellent hydropathic tonic. In some cases a neutral electric full bath is still more efficacious.

More Vigorous Measures.

More vigorous treatment would consist of wet towel and sheet rubs, hot and cold pours, alternate hot and cold sprays and douches, and the cold plunge bath. But such measures should only be given under the direction of a competent physician, for it is possible to do harm in the case of very feeble persons. The same is true of electricity in any form.

The Electric-Light Bath.

This is an excellent measure for most cases of neurasthenia. But the patient should not be kept in too long. The exact time, of course, varies with the condition of the patient, and the power and number of lights used. Ordinarily from five to ten minutes will suffice. The skin should be brought to a glow, and perspiration fairly started before taking the patient out.

Faradic and galvanic electricity are useful in treating shattered nerves, and the same is true of the sinusoidal current.

Physical Culture and Training for Health.

Many neurasthenics have led a sedentary life, being housed up in close, unhealthy rooms most of their lives. Such patients need a stirring up. They must make a business of training for health by an out-of-door life in the country or at the seaside. Walking, rowing, swimming, cycling, riding, driving are all useful, and can be utilised according to the needs and opportunities of the patient. Gymnastics, too, are useful; but violent exercise should never be indulged in.

The Swedish Educational System of Gymnastics is well suited for persons suffering from exhausted nerves and weak muscles. They are easily adapted to all conditions, and have a stimulating and exhilarating effect without tiring.

The "Rest-Cure."

But there are many patients who are not able to go in for exercises. They are altogether too feeble and weak. Such persons must go on the "Rest Cure" of Dr. Weir Mitchell. They are often pale, anæmic, and emaciated. Send them to bed for a time, and put them on a plain but nourishing diet, food that is easily digested.

Although too weak to take exercise, tonic treatment should not be neglected. Tepid and cold sponge baths, cold mitten frictions, neutral, plain and electric baths, fomentations to the spine, massage, and manual-Swedish movements, electricity, —these are the treatments that will accomplish most in building up health.

Encourage the patient. Help him to gain confidence in himself. Show him that there is a bright outlook for his recovery. Keep him from mental depression.

Diet for Neurasthenics.

The diet should consist of plain, non-irritating food. It must not be forgotten that people with weak nerves usually have poor digestion. Hence the food should be selected with a view to its digestibility. The free use of fruit both fresh and stewed is desirable. The pleasant acids and salts of fruit have a medicinal effect upon the digestive organs, and promote activity of the liver, kidneys, and bowels.

Unleavened and dextrinised breads are suitable. For this reason granose biscuits and flakes, triscuit, and zwieback are to be recommended. Zwieback is simply twice-baked bread, and can be prepared in any home by cutting a loaf of bread into thin slices, and toasting them in a slow oven until they are crisp and brittle, and of a straw yellow.

Nuts and nut foods may be taken freely. They are rich in albumen and fat. Nuts must always be well masticated and reduced to a thin creamy fluid. Then they will suit most people. They should only be taken with meals.

There is no objection to mealy potatoes and a few vegetables, provided they agree with the patient and can be well digested. The same is true of eggs, milk, and butter. For those who are not able to take dairy butter, Bilson's cocoa-nut butter may be substituted. It is a pure vegetable butter, and exceedingly nutritious and wholesome.

How to Relieve Insomnia.

Many nervous patients suffer from sleeplessness, and lie awake most of the night. Soothing treatment is required in some cases, such as neutral sitz and full baths, fomentations to the spine, and light massage. These treatments should be taken just before retiring.

Others, again, require some light physical labour, such as walking or gymnastic exercise, to induce sleep.

Sometimes a cold compress, or better still, a small India-rubber bottle filled with ice-water applied to the nape of the neck will induce sleep by retarding the flow of blood to the head.

The bed-room should always be well ventilated, and in the quietest part of the house.

Have nothing to do with advertised pills and powders and draughts. Give all patent

medicines a severe letting-alone. They will only do you harm, and your money is worse than wasted. Shun the sure-cure quack as you would poison.

As a rule a neurasthenic requires no drug medication at all but rather hygienic treatment. Often a change of scene and environment is beneficial. A trip to Ireland or the Continent; three or four months in the highlands of Scotland or in Switzerland; the bracing air of the east coast; a long sea voyage; all these are valuable.

But travel does not suit all nervous patients by any means. Many do better in a well regulated sanitarium. They need regimen, regular hours, special diet, physical culture drills, and above all tonic treatment and massage, and these can only be had at such an institution.

THE END.

Getting Ready for Winter.

THIS is a good time of the year to take the cold air bath, a natural tonic which is an excellent means of building up vital resistance, and preparing the system for cold weather. Dr. Kellogg gives the following instruction for this mode of treatment in a late issue of the *American Good Health*:—

This bath may be administered in different ways: the patient may simply remove his clothing, and walk about the room, or sit or lie, as his strength or inclination may indicate. The best effects are obtained by active exercise with the clothing wholly removed, rubbing and chafing the surface with the hands and executing free-hand gymnastics or resistive movements. Feeble patients may be assisted by an attendant. Chilling is prevented, even when the temperature of the air is quite low, by vigorous rubbing of the surface and the employment of active and passive movements. Systematic massage may be administered advantageously in many cases. The temperature of the air should be as cool as can be secured without artificial means during the summer, spring, and autumn. During the winter the temperature may range from 50° to 60°, a lower temperature may be tolerated for a short time, but for very feeble patients it is not advisable when the whole surface of the body is exposed.

A Suggestion in Healthy and Artistic Gowns.

IN response to the invitation in our June number, Mrs. Marian W Matthews, of the Healthy and Artistic Dress Union, has



favoured us with some very interesting photos, which are suggestive of what can be done in the way of artistic, healthful dressing. We have pleasure in giving on these pages reproductions of three of the photos. The following brief description by Mrs. Matthews, will, we trust, make the general plan of the gown quite clear:—

"The dress was designed and executed by Forma, of 55 Bond Street. It is made

of electric blue Liberty serge, with a vest of Liberty silk in a lighter shade. The pelerine is separate, and it, as well as the dress, is embroidered in several shades of blue. The advantages of such a gown are absolute comfort and freedom from restriction. It is quickly put on, having no fastenings or complicated trimmings. It is easily cleaned and washed if of a suitable material, leaving no linings or gatherings. With the pelerine it is a becoming and appropriate out-door dress if made of suitable length for walking. Without the pelerine it is an ideal in-door working dress, especially if made without any oversleeves. With a fichu or scarf round the shoulders it is very pretty for evening wear.

"If the petticoat is made in the same style, suspended from the shoulders, and no other under garments worn but one



(or in winter two), light 'combinations,' the result will be entire absence from pressure or discomfort, and as much freedom of movement as can be attained with any long skirt."

The way is still open for further contributions in the way of photos or suggestions on the subject of healthful, artistic dress. Tight-lacing is ruining the health of thousands of women, and we invite the hearty co-operation of all our readers in making known the better way.

AUNT JULIA brought Fred a present. Fred said, "Thank you." Aunt Julia answered "Don't mention it!" So the next time his aunt brought him a present he did not say "Thank you." After Aunty went away mamma asked Fred why he did not thank her.

"Last time when I said 'Thank you' to Aunty, she said, 'Don't mention it,' so this time I did not mention it," Fred explained.—*Sel.*

ADENOIDS: THEIR CAUSATION AND TREATMENT.

(Concluded.)

BY F. FLEETWOOD-TAYLOR, M.B., CH.B.

Symptoms and Complications.

THESE are so many and varied that it is necessary to refer to them under different headings, according as they affect the nose, lungs, ears, the general system, or more remotely the nerves. If the adenoids are large and numerous, some of the symptoms of "nasal obstruction" will be present. These are: A stupid, vacant expression, dull, heavy eyes, "thin, narrow nostrils, the bridge of the nose broad, the mouth always half open, the voice dull and muffled." The child's rest is disturbed, he snores, and has a more or less constant discharge from the nose which causes a sore on his upper lip.

The change in the face is the cause of unequal development between the upper and lower parts of the face through substituting mouth for nasal breathing. The lower jaw drops because of the open mouth—giving the stupid expression. The teeth are very liable to tartar and decay, and are generally irregular and pushed forward, making the upper lip project. If you ask the child to say "mother," or "common," you will notice a peculiar defect in pronouncing the "m" and "n." In fact, he talks through the nose and without tone.

Why should we be particular to breathe through the nose? This question is easily answered if we understand the uses of the nose. It warms and moistens the air we breathe in. Its blood vessels are arranged into so effective a heating apparatus that on a cold morning the difference between the outside air and that taken into the lungs is as much as 30 degrees. In going through the nasal chambers the air is also filtered, and freed from impurities.

Notice the contrast if we breathe *through the mouth*. The air passages are so irritated by the cold, dry and dirty air that chronic congestion and inflammation of the upper air passages soon follows with sore throat, or bronchitis. Noisy breathers, however, suffer most at night. The secretions accumulate at the back of the nose, the blood is more and more imperfectly aerated, and the breathing more embarrassed. They snore, are half choked, toss and moan in

their sleep, and very commonly have "night terrors."

Adenoid children are generally dull in intellect, without concentration. But with proper treatment and carefully regulated exercises in nasal breathing, the seemingly hopeless stupidity is transferred into ordinary receptivity and intelligence.

Colds, Throat Troubles, etc.

Under those symptoms which affect the lungs we may mention ordinary colds, throat troubles of all sorts, asthma, bronchitis, pneumonia, consumption, a hoarse, barking cough and diphtheria. Through the general system adenoids affect the growth and development of children (even leading to deformity), and cause changes in the blood and digestive tract.

Ear diseases are such a very frequent complication of adenoids that they should always be thought of, if there be any pain in, or discharge from, the ears, or deafness.

The child should not be told that he will grow out of it, but the case should be attended to, for, though the ear trouble may improve as he gets older, for a time, it tends to recur again and again, and finally to remain permanent.

Lastly we need only name the remote effects of adenoids on children through the nerves—in causing them to wet the bed at nights, to have fits, convulsions, or St. Vitus's Dance. In many cases these symptoms would entirely disappear by going to the root of the mischief.

Treatment.

Having now learned all that is necessary concerning these "little innocent overgrowths," we pass on to consider the most important point of all—their treatment. As indicated before we have two methods, one operative, one palliative—that is by means of respiratory exercises.

Only in a very small proportion of cases is it required to operate in order to establish a through way. Even if an operation be performed, the treatment is not complete unless a systematic course of exercises be adopted to overcome the imperfect development of the

nose and throat space. When the third tonsil is enlarged, there can be no forced draught through this space and therefore it remains small. But if we insure that the whole of the inspired and expired air passes through this space only, the respiratory capacity is enormously improved.

Proper Breathing.

If regularly carried out, breathing exercises meet with complete success. The essentials are: 1. That the children be taught to breathe properly and efficiently. They must fill and empty their chests to the utmost. When they have learned to breathe freely, they are supplied with a larger quantity of oxygen, and their organs are thereby enabled to perform their several duties in a satisfactory manner. 2. That the mouth be kept shut habitually. If the nasal passages are blocked with discharge, they should first be cleared.

With proper nasal breathing the air passes forcibly in and out through the nose and throat space, which thereby increases in size; the catarrh ceases and the inflammation and overgrowth of the third tonsil subside.

The necessity for careful teaching in nose breathing, speech, etc., must not be lost sight of, and should be begun as soon as the immediate effects of the operation have passed off.

Recurrence of the symptoms after operation is not uncommon. It is obvious, then, that further treatment (by means of exercises, directed to the cure of the habit) is necessary.

If imperfectly removed and little tags of tissue be left behind, adenoids are said to falsely recur, but this catastrophe can be entirely avoided by the determination to have the child taught the proper method of breathing.

Mothers, can this subject now be left? No, all perhaps has been said that is needful, but it is for you now to put into practice the advice given, that your children may have the jealous care of a mother's love and tenderness on this important matter. For it is one which has become a

serious question and which has at last aroused the consideration of the medical fraternity.

These anatomical defects so mar the beauty of the human countenance that one wonders they have been allowed to continue so long, playing such havoc with the sufferers that their minds become non-entities, and their lives not worth living.

The most essential thing to life is oxygen. Without fresh air we should soon suffocate. It is a matter of slow death when our children are doomed to suffer long under the baneful influence of adenoids.



THE LEICESTER SANITARIUM.

WE are pleased to give our readers a view of some of the patients and workers at the Leicester Sanitarium. The institution is provided with a splendid set of bath rooms, which have been newly fitted up with modern conveniences, including the electric light bath, and is enjoying a good patronage.

CATERING FOR THE BABY.

BY EULALIA SISLEY-RICHARDS, M.D.

CATERING for the baby is a question of vital importance, indiscretion in diet being the rock on which many a tiny barque has made shipwreck. Perhaps the first question to be decided is

When Shall Meals Be Served ?

There are two classes of mothers who unknowingly, yet surely, bring upon their little ones, indigestion with all its woes.

The first mother is anxious about her child because he is small, weak, and ill-nourished. She believes that the more food she gives the baby, the stronger he will grow, hence she gives him liberal quantities of nourishment at frequent intervals. Her mistake lies here : she does not realise that her child obtains strength not from the quantity of food taken, but from the amount of food actually digested or assimilated. If baby is fed too frequently, or is given too large a quantity at one time, the little stomach must either reject the food, or pass it on through the bowels in an undigested state. Let it be remembered that the infant's stomach at birth will hold, without distention, only about one ounce, or two tablespoonfuls.

The second mother is a woman of but one idea so far as her baby is concerned. She forgets that the little one may cry because of colic, cold feet, a pricking pin, or even from weariness. To her the baby's cry suggests only one possible cause—*hunger*. The result is that baby's stomach is kept in a constant state of unrest. While the ingestion of warm milk will temporarily relieve the pain due to colic, the indigestion which is the real cause of the pain, will, in the end, be aggravated by too frequent feeding. It is of the utmost importance that the mother establish and adhere to regular feeding hours for the baby.

Regular Feeding Necessary.

During the first six weeks of life, the little one should be fed regularly every two or two and a half hours during the day, and from the sixth week on to the time of weaning, every three or four hours. After the first month a baby can quite easily be trained to go without feeding from ten o'clock at night until early the next morning.

In addition to these regular feedings the baby should be offered water several times daily, for even a nursing infant is subject to *thirst*, and can better be satisfied with plain water than with milk.

The Menu.

Every true mother will deem it a sacred duty to give her little one, if possible, its natural food. Mere social obligations should have no weight as compared with the health and future prospects of her child.

It sometimes happens, however, that the mother herself is suffering from some wasting disease, or circumstances are such as to render it impossible for her to nurse her infant. In such a case other food must be provided. In the majority of cases modified cows' milk affords the best substitute.

Precautions Regarding the Milk.

Following are a few suggestions :—

Be sure that the milk used is obtained from healthy cows, and that it is properly handled by reliable dairymen. In the home modification of the milk, use extreme care to have every utensil absolutely clean. This is necessary because milk serves as such an excellent medium for the growth of such germs as produce diphtheria, scarlet and typhoid fevers, tuberculosis and cholera-infantum. Should any of these disease germs gain entrance to the milk, they could multiply and flourish therein, without in any appreciable way giving notice of their presence.

The following formula would be suited to an infant during the first few weeks of life.

Approved Formula for the Very Young Infant.

The milk should have stood at least four hours after milking.

Take three ounces (or six tablespoonfuls) of milk from the upper third of a quart of milk. To this add sixteen ounces of sugar solution (about one pint) and two tablespoonfuls of lime water. (To make sugar solution dissolve two tablespoonfuls of milk sugar in one pint of hot water.) Place this mixture in a large bottle and cork

with absorbent cotton to keep out dust and germs. Stand the bottle in a large saucepan of cold water, and bring gradually to the boiling point. Remove from fire and allow to stand for one-half hour. Then cool the bottle rapidly and set aside in a cool place. This bottle contains sufficient for ten feedings or for twenty-four hours. At feeding time put about two ounces (four tablespoonfuls) into a *perfectly clean* nursing bottle, and warm sufficiently by standing the bottle in hot water. Milk which has been sterilised in this way is not so constipating as that which has been actually boiled. The milk sugar can be obtained from wholesale chemists, and is much better for infants than cane sugar. If the latter is used only one-half the quantity is required.

For a Child Three Months Old.

Skim off six ounces (twelve tablespoonfuls) from the top of a quart of milk. Add six ounces of milk after all cream has been removed, twenty-four ounces (one and a half pints) of water (part barley water may

be used), and one ounce of milk sugar. This is sufficient for eight feedings of three and a half to four ounces each. It should be sterilised in the same way as the other.

It is not intended that these formulæ should be followed as hard, fast rules. They must be altered from time to time with the development of the child. It may be stated as a general rule: As the baby grows, increase the quantity of food given at each feeding; increase the percentage of milk, decrease the percentage of water. The sugar and lime water remain about the same for each feeding.

With reference to patent infant foods, the majority of them contain a certain percentage of starch, which cannot be digested by a young infant. Some of them are also quite deficient in the food elements necessary for the development of the child. Cows' milk, if modified properly, more closely resembles baby's natural food than any other preparation.

The disorders of digestion will be considered in a future article.



How Children Should Be Clothed.

WINTER will soon be upon us with its cold, piercing winds, and there is great need of clothing the children properly, so that they may be well protected against the inclemency of the weather.

It is sad to think of the numerous baby graves in our cemeteries, many of which would not be occupied to-day, if the mothers had only known how to care for and dress their little ones.

It is the general custom to dress the children warmly around the body, but leave their little legs and arms almost entirely unprotected, and yet these parts of the body require careful protection, being farthest away from the heart. Mothers should see that the children have sleeves coming down to their wrists, and undersleeves of the same length, thus ensuring a warm covering for the arms.

Discard the little socks entirely, and let the children wear under-garments that come right down to the ankles, and then over these little stockings that come up over the knees. Just under the knee-joint is one of the largest and most important arteries in the body, and when there is no

protection from the cold but the wall of the artery and the delicate baby skin, the blood which flows through this artery is chilled, thus lowering the temperature of the whole body, no matter how warmly the other parts may be clothed.

To this unequal distribution of clothing can be traced many of the ailments to which children are subject during the winter months. It does not harden them against the cold, as thought by some, but unbalances the circulation, and interferes with the best development.

EDITH E. HOWARTH.



MESSRS. GALE & POLDEN announce that they are getting out an entirely new book by Sandow, taking up physical culture especially from a curative and body-building point of view. Exercises for the treatment of spinal curvatures, chest development, abdominal complaints, and other maladies will be given. We doubt not the work will meet with a wide sale. For full particulars address the publishers, 2 Amen Corner, Paternoster Row, E.C.



We acknowledge with thanks the circular setting forth the objects of the Glasgow Health Culture Society, which seems to be organised on much the same plan as our Good Health League, and wish it the best of success.

SCHOLARS AND BUSINESS MEN WHO DON'T EAT MEAT.

THE Vegetarian Society of Manchester has on its membership list men who have distinguished themselves in various walks of life.

Mr. William E. A. Axon, LL.D., F.R.S.L., the honorary secretary of the Society, is widely known as a man of letters. He is one of the official speakers



WILLIAM E. A. AXON.

at the congress of Arts and Sciences, held in connection with the St. Louis World's Exhibition, his subject being Libraries and Bibliography.

It would be hard to find a more happy, youthful, buoyant, enthusiastic member than the treasurer, Mr. William Harrison, who carries his sixty-eight years with the ease and grace of one who has just reached his prime. Mr. Harrison, in conjunction with his two sons Mr. J. W. Harrison and Mr. C. W. Harrison, is the proprietor of a large and prosperous business.—the Harrison Patent Knitting Machine Co., Ltd., of Manchester, whose machines have been brought to a perfection giving them the premier position on the market. They knit wool, silk, or cotton, either separately or mixed, into stockings socks and garments, in a great variety of stitches. It is hardly necessary to say that Mr. Harrison's unique invention has met with general recognition. The Harrison company has been most successful at exhibitions, being awarded a very great number of silver and gold medals, diplomas of honour, etc.

In all business affairs Mr. Harrison is the same simple, straightforward man that his friends love and admire. When he was a young man starting out in life he made certain resolutions, among them these: "Never to be a pawnbroker. Never to be a butcher. Never to sell tobacco. Never to sell anything that would not help the purchaser, and on which he could not ask God's blessing."

Mr. Harrison has been a tower of strength to the Vegetarian Society, contributing most liberally to its funds, and by his infectious enthusiasm and wise counsels aiding greatly in the development of its work.

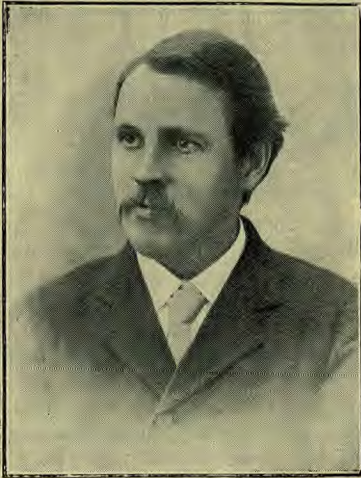
Albert Broadbent, F.S.S., the secretary of the Vegetarian Society is known to a great many of our readers by his books and pamphlets on the food question. He has been a most active and successful secretary, and no one knowing the amount of work



WILLIAM HARRISON.

he gets off would have any doubt as to the sufficiency of a vegetarian diet for hard brain toilers. Mr. Broadbent, it may be added, is a vegetarian in the old sense of the word rather than a fruitarian, finding that his own needs are well satisfied by a diet consisting mainly of cereals and vegetables, with but little fruit. His experience in this respect is different from that of most brain workers we are acquainted with.

The vegetarian society has a history of over fifty years behind it, and is the oldest organisation of the kind in the world. We



ALBERT BROADBENT.

wish it a continuance of its prosperity, and an even more rapid growth and development in the future.

STANDARD HEALTH BOOKS.

“Home Hand-Book of Domestic Hygiene and Rational Medicine.”—An encyclopædic work setting forth very fully the causes of a large number of common diseases, and the proper remedies to apply; also explaining the use of baths of all kinds, and in general giving information invaluable in every home. Price, strongly bound in cloth covers, 18/6.

“Man the Masterpiece,” a smaller work of special use to young men. New edition just out. Gives complete instruction for developing the body, and caring for the health. Also deals with disorders peculiar to men. No young man can afford to be without it. Price, 12/6.

“Ladies’ Guide” is to women what the previous book is to men. Thousands of copies have been sold, and are giving excellent satisfaction. The instruction given respecting “painless child-bearing” has saved an untold amount of suffering. Price, 12/6.

Further particulars of any of these books, all of which are from the pen of Dr. J. H. Kellogg, will be given free on application. They are sold by special agents, but may be had post free, direct from this office on receipt of price. Indian, West Indian, and South African readers of GOOD HEALTH should address the branch offices in those countries. Others may address,

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

Hygienic Food Recipes.

We are glad to give another suggestive breakfast and dinner furnished by Mrs. Borrowdale, as follows:—

BREAKFAST.

Toasted Wheat Flakes,
Brown Bread and Butter,
Fig or Date Biscuits.

Recipe for Biscuits.—Stone dates and chop small. Make a crust of one cup whole meal, two cups flour, a pinch of salt, shortened with nut oil (about 1½ gills), mix with water to a stiff dough, cut into small squares, roll thin, place a portion of date or fig in each, pinch edges together and bake quickly.

DINNER.

Lima Beans,	4d.
Potatoes,	2
Milk and Butter, Cornflour,	2½
Half-pound Nut Rolls,	2½
Fresh Fruit,	4
Cost,	1 3

Recipe.—Soak beans overnight. Take off hulls, and boil in as little water as possible till quite tender, then add a small quantity of salt; bake or steam potatoes; with the milk, butter and flour prepare an ordinary white sauce; serve a little on each plate with beans and potatoes, and eat with nut rolls.

Here is a recipe which Mr. Harry Chadwick, one of our League secretaries, has found very palatable and wholesome:—

Nut Rissoles.—Two ozs. finely ground nut meal, two ozs. brown bread crumbs, dried, a little chopped mint. Mix all well together, and bind with a little boiled milk, or beaten egg. Shape into balls or cutlets, roll in flour, and bake lightly for fifteen minutes in a buttered dish. Serve hot.

The Good Health League.

New additions are being made continually to the Good Health League, and the work goes forward in many lands. The Declaration of Principles is as follows:—

“I AM A TOTAL ABSTAINER FROM ALCOHOL AND TOBACCO, AND I DESIRE TO LEARN AND TO FOLLOW THE PERFECT WAY OF LIFE IN ALL THAT PERTAINS TO HEALTH AND PURITY.”

We heartily invite those who endorse this declaration to send in their names at once together with 1/-, when membership cards and badge will be duly supplied. Address, Secretary, the Good Health League, 451 Holloway Road, London, N.

RIPE olives are now supplied by the “Pitman” Stores, Corporation Street, Birmingham.



THE HOME.

BY G. C. TENNEY.

THE word "home" has a sacred soothing sound to every cultivated soul. As an institution the home is a development rather than a creation. The development of the home keeps pace with the moral and intellectual development of its inmates. The home is not strictly identified with what we call civilisation, though they are more or less dependent upon one another. In civilised countries there are many homes that are so only in name, and many houses in which people live that are not homes in any sense. The home is the refuge and fortress of the soul, and the culture of the soul results in the making of the home.

As far as analogies can be drawn between men and animals, the same rule holds good in the animal world, amongst beasts and birds. The home nests of some members of the feathery tribes are models of order and beauty. And these are the conservatories of love and peace. And we attach to the makers and dwellers of such nests the same qualities that in human kind constitute good home-makers.

It is true that the house does not make the home. But the home instinct or the absence of this instinct, invariably shows itself through the appearance and condition of the house. The true home character manifests itself even in rude dwellings by transforming them into smiling abodes of peace and happiness. The absence of the home spirit degrades many a mansion to a "habitation of devils, the hold of every foul spirit, the cage of every unclean and hateful bird."

Wealth can build a house but cannot make a home. The absence of wealth does not debar the home. A good house should shelter a good home, and a poor house may do the same. But while the character of

the house does not determine the quality of the home, the quality of the home will manifest itself in the appearance of the house, be it hut or palace.

We readily distinguish between a mere lodging place and a home. The former is a place where certain privileges and comforts are bargained for and furnished for a stipulated price as any merchandise. But a home is a place of rest for weary souls and bodies, a haven of refuge for those who are worn with the world's strife, a place where confidence, love, and sweet sympathy dwell, the one spot on earth where a man feels that he really belongs, and is at liberty to be happy and to make others happy without the interference of outside observation and inquisitiveness. When one enters his home and closes the door the world is outside, and the objects of his love are with him inside.

Not that the blessings of a true home are exclusive, for the light which glows within will surely beam out far and wide, and its benign influence will be felt. Christian homes form the great bulwark of society, and in the cultivation and preservation of their sanctity we are labouring for the good of the world at large. The maintenance of a home where purity and love dwell, is no doubt the primary and greatest duty incumbent jointly upon different individuals. It is the first consideration in our social relations, the beginning of life as it relates to the public good. The first thing that God did for mankind after having formed and endowed the individual, was to establish domestic life and lay the foundation of the home.

—*—*—*—

THANK God every morning when you get up that you have something to do that day which must be done whether you like it or not.—*Charles Kingsley.*

The Chewing Song.

A RHYME FOR CHILDREN WHO EAT TOO FAST.

We have called attention repeatedly to Mr. Horace Fletcher's advocacy of thorough mastication as a cure for many ills that the flesh is said to be heir to. The following simple rhyme was written by a friend of Mr. Fletcher's for the benefit of a large family of little children, who have learned to repeat it with great glee. We pass it on, thinking Good HEALTH children will enjoy it also.

CHEW, chew, chew,
That's the thing to do.
Good food is good for you,
But only if you chew ;
Then chew, chew, chew,
That's the thing to do.

Would you chew a long time ?
Then listen to my rhyme.
If you chew as I say,
You will chew for many a day ;
Then chew, chew, chew,
As one ought to do.

If you want to live long,
Always well and strong,
Don't take too big a bite—
Only just a little mite,
And chew, chew, chew,
As one ought to do.

Food that's rough and cornerways
Hurts the stomach, and dismays
The keeper of the mystic gate.
So don't forget to masticate,
But chew, chew, chew,
For that's the thing to do.

When you eat so fast,
Dinner does not last ;
One half is thrown away.
Then again I say,
Chew, chew, chew,
That's the thing to do.

Then masticate your food,
And chew it fine and good.
So do not be in haste,
Take time the food to taste,
And chew, chew, chew,
That's the thing to do.

When one eats so very fast,
His chance to masticate is past,
For the stomach cannot chew ;
Hence, the proper thing to do
Is to chew, chew, chew,
When you've got a chance to chew.

The stomach has no jaws,
Hence 'tis well to mind the laws
Of good digestion ; masticate,
At a slow and healthy rate.
So chew, chew, chew,
Is the right thing to do.

Wash your mouth before you eat,
Make it all so neat and sweet,
And your teeth so clean and white,
Like a row of pearls so bright.
Then chew, chew, chew,
That's the thing to do.

You may smile when you chew,
But don't try to talk too,
For perhaps you will choke
And be sorry that you spoke.
Only chew, chew, chew,
The proper thing to do.

Eat but twice a day,
That's the good old way.
Nothing eat at night,
That is eating right.
And chew, chew, chew,
That's the thing to do.

And don't drink at meals,
For your stomach feels
Better when you try
To eat food that's dry.
And to chew, chew, chew,
That's the thing to do.

Of mustard, pepper, spice,
Ginger, pickles, ice—
Cream—the wicked stuff—
Nothing is enough.
So chew, chew, chew,
The proper things to chew.

Never chew a bone,
Let the dead things alone.
Eat grains and nuts, fruits—
For that's the food that suits,
And chew, chew, chew,
That's the thing to do.

Candy never take,
It makes the stomach ache,
It makes the teeth decay,
So take it all away,
And chew, chew, chew,
Food that's made to chew.

But never chew your thumb,
Your finger nails or gum ;
And don't chew tobac-
Co, makes your blood so black.
Oh, chew, chew, chew,
For that's the thing to do.

QUESTIONS AND ANSWERS.

Our correspondants 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.

Varicose Veins.—W.I.M.: "I have varicose veins on my right leg extending from the inner side of the thigh down to the calf of the leg. When standing, they are large, dark, and knotty. 1. Is standing bad for varicose veins? 2. Might they burst? 3. If so, what remedy would be best to use? 4. Would it be necessary to undergo an operation? 5. Could it be performed successfully? 6. Would you recommend cycling? 7. Is there danger of them getting worse?"

Ans.—1. Yes. 2. Yes, but it rarely happens. 3. A tight bandage with sufficient pressure to prevent hemorrhage. 4. Possibly; you must consult a surgeon in reference to this matter. 5. Yes. 6. Not in all cases. 7. Yes.

The Sitz Bath—Poor Circulation.—N.C.: 1. Is it injurious to take a cold sitz bath every morning without wetting the head, of course sponging the body? 2. Could this cause a dull, dazed feeling in the head? 3. Is it not harmful to wet the scalp every day? 4. What would you advise for a bad circulation?"

Ans.—1. No. 2. No, we think not. 3. Yes, if the hair gets dry and brittle. 4. Take an alternate hot and cold foot-bath daily for a fortnight, followed by a cold sponge and vigorous rubbing. Have two large pails of water and a teakettle of boiling water at hand. Dip the feet in the pail containing the hot water for three minutes, remove and place in the cold for half a minute or a minute, then back to the hot water, and repeat five or six times. Finish off with the cold water. Take exercises out of doors daily. Vigorous walking is a good tonic for the circulation.

Massage and Special Exercises for the Brain.—M.O.: 1. What can be done to strengthen a weak brain? 2. Is it good to bathe the head with cold water every night? 3. Would massage of the head and forehead be helpful? 4. Are there any special exercises for the brain? 5. Is it injurious to go to bed without supper?"

Ans.—1. Live as natural a life as possible and adopt a plain simple diet with plenty of fruit. Get out of doors in the fresh air, and take up a systematic course of physical culture. Avoid worry and anxiety of all kinds, and endeavour to maintain a cheerful, placid temper. 2. No, bathing the head too often with water is not desirable. 3. Yes. 4. No, breathing exercises and other exercises which strengthen muscles are also beneficial to the brain and other organs. 5. No; on the contrary, quite the proper thing to do.

A Very Large Nose.—Downhearted: My nose is very large at the end, and it seems to be getting larger as I grow older. It makes me feel so miserable. I am twenty-four years of age. 1. Could I undergo an operation to cure the deformity? 2. Would it be a serious one? 3. Please recommend a doctor.

Ans.—1. We are unable to say definitely without further information. Operations are sometimes performed for curing such deformities, and with fair success. 2. We should hardly think that the operation would be a very serious one. 3. We do not make a practice of recommending doctors. You should consult a skilful surgeon who makes a speciality of such work.

Constipation.—T.P.: I am troubled with constipation. What do you advise me to eat and drink?"

Ans.—It would be well for you to drink water freely in the morning and between meals, from two to three or four pints a day. There is no objection to lemonade, freshly made from lemons, or other fruit juices being taken in place of the water. For your diet we would recommend well-baked brown bread, dextrinised breads, nuts, nut foods, fruit (both fresh and stewed), and a few vegetables, such as cauliflower, Brussel sprouts, spinach, tomatoes. You would do well to avoid tea, coffee, condiments, pastries, sweetmeats, cheese, and all rich and greasy foods, which are difficult of digestion, and will only do you harm. Steamed dates and figs and stewed prunes have a special relaxing action upon the bowels, and would be helpful to you in that respect. Until you get your bowels regulated a tepid water enema, using a little soap in the water, may be necessary.

Cocoanuts—Grey Hairs—Shrill Noises—Cheap Sweets—Itching.—J. J.: 1. "Are cocoanuts as valuable for food as Brazil nuts or walnuts? 2. Are prominent veins in the arms and feet a sign of good health? 3. Are they not liable to break. 4. Can you account for many grey hairs showing although I have a good head of hair? 5. Is it due to a bad state of the nerves? 6. Why is it that shrill shouts in the street should be so extremely annoying to some and not to others? 7. What remedy is there? 8. I am accustomed to eat a quantity of cheap sweets. Is there any harm in it? I have a strange appetite for sweets, and sweeten everything I eat, and have a natural longing for jams, cakes, and so forth. 9. I have an uncomfortable itching on my shoulders, and lanoline does not give relief; what would you advise?"

Ans. 1. No. 2. No. 3. Yes, if neglected. 4. No. 5. Possibly. 6. Because some are more nervous than others and notice noises. 7. Move into the country, or undergo a course of tonic treatment, and thus strengthen your nerves. 8. Yes; sugar should be used only in extreme moderation, and then of the best quality. Sweet fruits, such as figs, dates, raisins, and sultanas make good substitutes. Malt honey is also a very wholesome sweet. Cheap sweets, which are often adulterated, should never be touched. 9. Use a cotton or linen net or cellular under shirt, and thus avoid irritation of the skin.

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

OUR next number of **GOOD HEALTH** will be especially suitable for holiday perusal, containing a large variety of bright, crisp articles on matters of interest at this season of the year, and being especially well illustrated.

Following are some of the leading features:—

Common Winter Diseases and Their Treatment. Illustrated. By A. B. OLSEN, M.D. Taking up such common diseases as Pneumonia, Bronchitis, Colds, influenza, etc.

Some Facts about Juvenile Smoking. Illus. By J. H. KELLOGG, M.D. A candid talk with boys by a boy lover.

Chief Causes of Chronic Catarrh. Illus. By J. J. BELL, M.D.

Young and Happy at 106. With photo of this remarkable centenarian.

Temperance in All Things. By MRS. E. G. WHITE. An earnest appeal to parents.

The Home Care of the Sick. Illustrated. By F. C. RICHARDS, M.D.

Exercises to Improve the Circulation. Illus. By MRS. LENA WHITNEY-SALISBURY. These exercises will be a boon to the many persons troubled with cold hands and cold feet at this season of the year.

Holiday Dining without Indigestion. By M. ELLSWORTH OLSEN. The proprietors of an after-dinner pill have not inappropriately suggested that the ordinary Christmas dinner is incomplete without a box of their speciality. **GOOD HEALTH** prefers to tell its readers how to prepare a wholesome, appetising dinner which does not need to be followed by a dose of pills.

When Baby Is Ill. Illustrated. By EULALIA SISLEY-RICHARDS, M.D. This article will be invaluable to mothers.

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Good Health,

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

Edited by

ALFRED B. OLSEN, M.D.

M. ELLSWORTH OLSEN.

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Telegraphic Address: "Uprising," London

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* * *

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* *

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We guarantee all our foods to be absolutely pure, and can be obtained from all first-class Grocers, Vegetarian Stores, and Food Specialists.

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Hygienic Food Specialists and
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We Stock Everything Worth Keeping.

Carriage paid up to 50 miles on 10/- order.

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Manufactured in the interests of HEALTH by

THE INTERNATIONAL HEALTH ASSOCIATION, Ltd.,
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LITERARY NOTICES.

"How to Acquire an Effective Will," by Alfred T. Story. Publishers: L. N. Fowler & Co., 7 Imperial Arcade, Ludgate Circus. Forty-eight pp., Price 6d.

We should have liked this booklet better if the author had limited himself to the discussion of will power as such, instead of dabbling in hypnotism, "suggestion," telepathy, etc. Efforts to popularise hypnotism, and get every schoolboy to think he must understand and practise it in order to succeed in life, are in our opinion decidedly pernicious. What the author has to say on the subject of will power proper, is in the main sound.



We have already given a brief review of the new book by the Rev. J. Todd Ferrier "**Concerning Human Carnivorism.**" It is published by the Order of the Golden Age, Paignton, England, and gives a very full setting forth of the whole subject of vegetarianism both from the standpoint of history, science, and economics, as well as from the humane point of view. The author marshals his facts in logical order, is careful as to his deductions, and manifests a candid, truth-loving spirit throughout. His extracts from "The Early Christian Fathers" are most interesting.



"The Foundation of All Reform," a popular treatise on the diet question by Otto Carque. Published by L. N. Fowler & Co., 7 Imperial Arcade, Ludgate Circus, London. Price 2/ net.

The author of this work is practical and plain-spoken in reference to the diet question. The principles he advocates are mainly those taught by GOOD HEALTH. He gives a high place to nuts, calling attention to their wholesomeness, giving the composition of many of the most important nuts, and comparing them with cereals, meats, and vegetables. The book also contains a few cuts which help to make the reading matter clear. It is a moderate and reasonable setting forth of the benefits of a reform diet, dwelling for the most part on the scientific aspect of the subject. The author believes that simple, wholesome food generally adopted would do away with wars and many other evils from which Society is suffering at the present time.



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Health Food Supply Stores,

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Is the place to obtain the best foods,
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Agents for the
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Orders of 10/- and upwards carriage
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A PURE LINEN MESH.

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Prevents Colds, Chills,
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Sold By Leading Hosiery and Drapers.

Explanatory booklet with samples and name of
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A Skin Soap made from Pure Olive Oil, without any Alkali or Fatty Substance.

This is a **PERFECTLY PURE SOAP** which is not only negative in its application—that is, not only not injurious—but positive, in that it has curative antiseptic properties. Nothing better for the **Complexion, Chapped Hands, Teeth, the Nursery, Bath, Shaving, Sick-Room, &c., &c.**

- No 1.—For all Purposes, without Colouring Matter.
- " 2.—Free Lather,
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4d. per Tablet, Post Free, 5d. Box of 3 Tablets, 1 -
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"KOMPLXSHN," 48 Navarino Road, Hackney, N.E.
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Ladies' and Gentlemen's Lavatories.
Open 8.30 to 8 p.m. Saturday, 4 p.m. in summer,
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More nutritious than ordinary butter. Keeps indefinitely.
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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.

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*Full Stock of Nuts, Dried Fruits, etc., and all the Health Foods.
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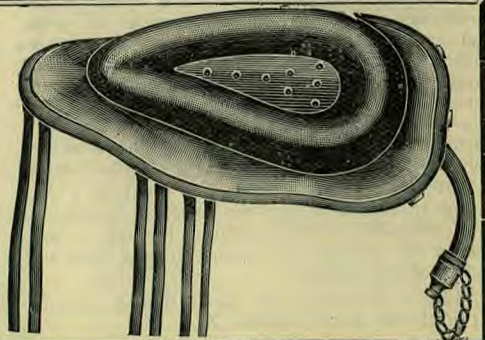
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Sole manufacturers
PNEUMATIC SADDLE COVER Co., Dept. M,
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P.O. must accompany order. Kindly mention this paper.)



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GOOD HEALTH LEAGUE.

THE Good Health League is growing in strength and numbers. The Secretary has been carrying on a very large correspondence. If some members have not received as much attention as they would like, the reason probably is that other cases have been more urgent.

One young man writes: "I sign your declaration, but may add that I have only tasted beer once, and spirits two or three times, in all my life, and of tobacco I have used less than two ounces in all, and that was long ago. I am now twenty-three years of age, and a collier, therefore restricted in my efforts after health, having to be at work for eleven hours daily, in a foul, dusty atmosphere, so that when you expectorate, it is like ink; but I hope shortly to take up your system of physical culture. Trade just now is exceedingly bad, and money scarce, or I would send a larger subscription, but I enclose 1s. freely, as I have gained something of far more value, for which I cannot thank you too much."

This member is certainly working under some disadvantages; but even he has found great benefit already from endeavouring to carry out, as far as possible under his circumstances, the principles for which the League stands.

A doctor, belonging to the Brahman caste, writes us from India, sending subscription and joining the League. Some have inquired whether we admit members in the colonies and dependencies of Great Britain. Certainly, and in any other country. Any person can become a member on signing the declaration of principles and paying the minimum annual subscription of 1s. Booklet giving full particulars will be sent free on request.

The object of the League is to spread the principles of simple, wholesome living. Definite suggestions as to how this may be done are given in the booklet. Members are also invited to write the Secretary, as to how they are situated, and what they are willing to do. Our need of workers is very great. Thousands are perishing for lack of knowledge of the laws of health. It is most pathetic to read the letters that come to us.

One recent letter giving an account of fruitless endeavours to regain health through the use of drugs, closes with: "Do advise me the best by God's help, for a poor, weary, pain-stricken mother, anxious to do her duty to her loved ones, and help her husband in his work for God."

It is only too true that there are many such mothers, suffering often in silence, trying patent medicines and drugs and nostrums of all sorts, and sometimes consulting eminent specialists without getting real benefit, because so little attention is paid to the one matter of greatest importance, *to ascertain the cause of the disease and remove it.* Habits must be regulated so they will harmonise with natural law; and then with the help of simple treatments, nature will effect a cure.

Well, we have only begun to mention a few things in regard to our work. Next month we shall probably have something further to say, meanwhile we shall be pleased to hear from any and all of our readers.

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

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.**

1. (Food.) The **GEM Steam Cooker** cooks an entire meal for a family on any flame capable of boiling water; effects enormous saving, keeps the house cool in hot weather, and provides food that feeds the body. Price, from 15 6.

2. (Drink.) The **GEM STILL** produces pure, sparkling, palatable water. Recommended by the **Lancet**, the **Hospital**, and eminent physicians. Used by H. M. Govt. Price, from 35/-.

3. (Elimination.) The **GEM TURKISH BATH** cleanses the body, stimulates the skin, vivifies the blood, and tones up the whole system. Price, from 30/-.

Three great Good Health Factors. Any one will do great good. With all three you may command good health! Mention **GOOD HEALTH** magazine, and we will send you, free, our book, "How to Obtain Perfect Health."

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