



"GOOD HEALTH CHILDREN."

Good Health

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

Entered at Stationers' Hall.

Vol. 3.

December, 1904.

No. 7.

SOME COMMON WINTER DISEASES AND THEIR TREATMENT.

BY ALFRED B. OLSEN, M.D.

ALTHOUGH frequent enough all the year round, diseases of the lungs and air passages are most prevalent in winter. Colds, nasal and throat catarrhs, bronchial disorders, and pneumonia are perhaps the most common of these diseases. It is easier to prevent bronchitis than it is to cure it, and so with the other diseases of this class.

A Few Hints.

Therefore we will begin with a few hints about winter hygiene.

Cultivate an out-door life, of course taking care to avoid exposure to wet and cold.

Ventilate your rooms freely. Let the fresh air in both day and night.

Take a tepid or cold sponge bath each morning, followed by a vigorous rub down.

If the weather is cold, have a fire in the grate, but keep the air pure.

Breathing foul air in a warm, close, stuffy room, and then going suddenly out with insufficient clothing is an excellent way to catch cold.

Let the temperature of your living rooms stand at 65° or 66° F. At night it may be much lower without harm.

A hot close room relaxes the skin and poisons the blood and tissues. Beware of it.

Clothe the body equably. It is a mistake to pile the clothing about the waist and hips, leaving the ankles, arms, and upper chest almost bare, and such treatment cannot be persisted in with impunity.

Some Don'ts.

Don't sit with cold or wet limbs. Change the clothing or keep moving. The exercise will prevent the taking of cold.

Don't take a hot bath and then go directly out in the cold. A warm bath should always be followed by a cold application.

Don't stay indoors simply because the weather is inclement. Dress warmly and go for a brisk walk in the middle of the day.

Don't sleep in a damp bed. The spare bed is responsible for many a premature grave.

Don't overeat. Too much food, even though it is perfectly wholesome, clogs the blood and invites disease.

Don't sit or stand in a draught.

Don't neglect a cold, for if no active measures are taken to drive it out, it may develop into something far worse.

And finally, don't coddle yourself, unless you really want to get ill.

The Treatment.

Now for some general directions as to treatment. When you find you have taken cold, or feel it coming on, stop eating, cleanse the bowels with a full soap enema, and take a warm bath. Then go to bed and have a good rest. Drink water freely, and go on a light fruit diet for a couple of days, adding a little stale brown bread or zwieback.

The chilly feelings one has in the early stages of a cold in the head or on the chest are due to a rush of blood to the internal organs. Warm treatment followed by a cold spray or wet hand rub brings the blood back to the skin, and this equalises the circulation.

To Treat a Cold.

After a cleansing enema give a hot

mustard foot bath with a cold compress to the head, and hot water or lemonade to drink. Have the water as hot as the feet can bear, and add more hot water every three or four minutes. After free perspiration administer a cold mitten friction, and dry with a coarse towel. Finish with an oil rub, using cocoanut butter or olive oil. Put the patient to bed between warm blankets, with a hot bottle to the feet. The room should be well ventilated, and the window open. Water may be taken freely, but no food should be taken till the

Influenza.

Since the epidemic of 1889, influenza has been more or less common, especially in winter time. Most people have influenza at one time or another

It begins with severe prostration, intense aching in the head, back, large joints, and bones, a rather high fever, constipation, and sometimes sickness.

Give the patient a warm, full bath or a blanket pack. This will produce perspiration, bring the blood to the skin, and relieve the pain. Put the patient to rest in bed, and give a liquid diet. Fruit juices, malted nuts, gluten gruel, plain custard, junket, and similar preparations may be taken.

Heat applied to the spine in the form of fomentations or a spine bag will relieve the pain. A hot leg pack will ease the pain in the lower extremities. It should be followed by a cold towel rub. The alternate hot and cold compress will relieve the headache.

Acute Bronchitis.

There is inflammation of the large bronchial tubes, with mild fever, and mucous expectoration. Exposure to cold, or breathing dust or irritating gases

may excite an attack. Heart disease and gout predispose to bronchitis.

The inflammation begins with a feeling of chilliness, general weakness and discomfort, fever, soreness in the chest, and a dry, painful cough.

In the earliest stage a hot mustard leg bath, fomentations to the chest, free hot water drinking, and an enema, with rest and a light diet, will often check the attack. Bronchitis is most severe upon the young or aged, and they require rest in bed and a course of hot applications and tonic measures.

The difficult breathing may be eased by the use of a steam vapouriser.

Sweating baths eliminate the poisons from the body and stimulate the excretory organs.



TAKING THE HOT FOOT BATH.

following day. Fruit, both fresh and stewed, with a little well cooked rice, granose biscuits, zwieback, and gluten gruel should constitute the diet for a few days.

Chronic Nasal Catarrh.

This often follows a cold or acute catarrh if it is not properly treated. It is very annoying, and renders one more susceptible to colds. Chronic catarrh is an obstinate thing to deal with, whether it involves the nose, stomach, or some other organ.

Obtain a good vapouriser, and inhale some mild antiseptic, such as equal parts of menthol and oil of eucalyptus. Inhale the medicine for ten minutes three or four times a day. Improve the general health by tonic measures, and a liberal but wholesome diet.

The chest pack and cold compress, and drinking water freely will relieve the cough.

Winter Cough.

Acute bronchitis in the aged is prone to become chronic, and then it is sometimes known as winter cough. It is aggravated by changeable weather and a cold climate. There is a very annoying persistent cough, and thick, slimy expectoration. Some soreness may be present in the chest which is more noticeable on coughing. Otherwise the general health may be very fair.

Chronic bronchitis in old people with small vitality is very obstinate. By means of good hygiene and various tonic measures endeavour to improve the general health. The patient should be warmly clad with woollen underwear, and engage in light outdoor exercise, such as walking. Fomentations and hot chest packs if persisted with usually give relief. In some cases nothing short of change of residence to a more favourable climate will afford permanent relief. Inhalations and the use of an atomiser are helpful in certain cases.

Pneumonia or Inflammation of the Lungs.

This is the scourge of the aged and feeble, and the greatest care and most rigid hygiene should be used to prevent an attack.

Pneumonia is an inflammation of the proper lung tissue, and consequently involves the air cells by which we breathe. The affected area becomes solid by the throwing out of fluid, and hence useless for breathing purposes.

A high fever with chill, great prostration, and painful cough usher in the inflammation. There is much difficulty in breathing, and a characteristic "rusty" sputum, showing intense inflammation.

The digestive organs are also disturbed as indicated by the furred tongue, eruption upon the lips, and constipation of the bowels.

Hydropathic remedies are most efficient in treating pneumonia. It is important to keep the skin warm and active. Give special protection to the chest, shoulders, and neck so as to avoid further chilling.

To relieve the congestion give

fomentations to the chest, or better still hot chest packs at intervals of three or four hours. In the intervals apply cold compresses, which should be changed every fifteen or twenty minutes. Sweating packs for three or four hours followed by the cold mitten friction are valuable in eliminating the poisons from the system.

To strengthen a weak heart, apply cold compresses or an ice bag to the left side of the chest for ten or fifteen minutes every three hours or oftener if necessary.

Empty the bowels by daily cold enemata.

Hot packs to the hips or legs will relieve the headache. Treat the pain in the back by fomentations to the spine or a hot trunk pack.

The Importance of Fresh Air.

While using these other remedies do not neglect supplying the patient with an abundance of fresh air. This rule holds true for all pulmonary affections. The organs and tissues require oxygen, but on account of the inflammation of the air cells, a larger or smaller section of the lungs is of no use. Consequently, the remaining portion must do extra work, and requires plenty of oxygen.

A physician should always be called at the outset, for the disease is a very serious one, especially in the weak and aged.



No. 11.

EFFECTS OF STIMULANTS.

BY MRS. E. G. WHITE.

"KNOW ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. And every man that striveth for the mastery is temperate in a'l things. Now they do it to obtain a corruptible crown; but we an incorruptible."

There is work for us to do—stern, earnest work. All our habits, tastes, and inclinations must be educated in harmony with the laws of life and health. By this means we may secure the very best physical conditions, and have mental clearness to discern between the evil and the good.

The rising generation are surrounded with allurements calculated to tempt the appetite. Especially in our large cities, every form of indulgence is made easy and inviting. Those who, like Daniel, refuse to defile themselves, will reap the reward of their temperate habits. With their greater physical stamina and increased power of endurance, they have a bank of deposit upon which to draw in case of emergency.

Right physical habits promote mental superiority. Intellectual power, physical strength, and longevity depend upon immutable laws. There is no happen-so, no chance about this matter. Nature's God will not interfere to preserve men from the

consequences of violating nature's laws. There is much sterling truth in the adage, "Every man is the architect of his own fortune." While parents are responsible for the stamp of character, as well as for the education and training, of their sons

and daughters, it is still true that our position and usefulness in the world depend, to a greater degree, upon our own course of action.

Notwithstanding thousands of years of experience and progress, the same dark blot which stained the first pages of history remains to disfigure our modern civilization. Drunkenness with all its woes, is found everywhere we go. In spite of the noble efforts of temperance workers, the evil has gained ground. Efforts have been

made to establish institutions where the victims of intemperance might receive help to overcome their terrible appetite. This is a noble work, but how much wiser, how much more effective, would have been the removal of the cause of all this woe! Considering only the financial aspect of this question, what folly it is to tolerate a business that is making paupers by the thousand!

So long as the sale of liquor is sanctioned by law, the victim of appetite can receive but little benefit through inebriate



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asylums. They cannot remain there always; they must again take their places in society. The appetite for intoxicating drinks, though it may be subdued, is not wholly destroyed; and when temptation assails them, as it must on every hand, they too often fall an easy prey.

There is need now of men like Daniel to do and dare. A pure heart and a strong, fearless hand are wanted in the world to-day. God designed that man should be constantly improving,—daily reaching a higher point in the scale of excellence. He will help us, if we seek to help ourselves. It is the duty of every Christian to see that his example and influence are on the side of reform. Let ministers of the Gospel lift up their voice like a trumpet, and show the people their transgression, and the house of Israel their sins. The youth need to be instructed. Our hope of happiness in two worlds depends upon our improvement of one. We should be guarded at every point against the first approach to intemperance. If we would preserve our children from evil, we must give them a right example, and then teach them to make God their fear, their wisdom, and their strength.



No. 13.

MIGRAINE, OR SICK HEAD-ACHE.

BY GEORGE THOMASON, M.D.

MIGRAINE is an exceedingly painful affliction which subjects victims from all classes and of all ages to extreme distress and suffering. The fact that it has apparently been handed down from parent to child, and the commonly accepted opinion of its

incurable nature, leads many sufferers to the belief that they are hopelessly doomed to years of periodical agony from which there is no release. This we are glad to be able to say need not necessarily be so.

The pain of migraine is usually upon one side of the head only, principally in the temple and over the eye, and at times centred in the eyeball. In some cases the pain extends to the other side of the head. Its peculiar feature is its periodical recurrence, a varying period elapsing between

attacks in different individuals.

There has never been found any structural or organic change in the affected nerves. The condition is believed to be due to a temporary alteration in the circulation of blood in the affected nerves, giving rise to the nerve storms characterising the disease. The circulation being presided over by the great sympathetic nervous system, centred in the abdomen, suggests some relation between an irritation of the sympathetic nerves and migraine. The sympathetic nerve centres become irritated through digestive disturbances, and particularly by a prolapse or displacement of the various abdominal organs as the

Visitor.—"What does your father do?"

Little Boy.—"Oh, father is a doctor."

Visitor.—"Indeed! I suppose he practises a great deal, does he not?"

Little Boy.—"Oh, no; he doesn't practise any more now—he knows how."

—*Pittsburg Bulletin.*

stomach, intestines, and kidneys. Pro-lapses of these various organs are almost always found present in a patient suffering from migraine. This fact also probably accounts for the more frequent occurrence of migraine in women, as the practice of tight-lacing, so prevalent among women, crowds the abdominal organs out of position, and the consequent general displacement of the organs lays the foundation for migraine through the irritated sympathetic and disordered function of the digestive system.

Many persons suffer from attacks of migraine and term them "bilious headaches," owing to the vomiting which usually accompanies the attacks, and naturally, after the stomach has been emptied, bile will be forced into the stomach and ejected by the mouth. Great relief is generally experienced

after vomiting, showing that the attack is at least greatly exaggerated by the presence in the alimentary canal of material from which poisonous substances are being absorbed. A coated tongue and a foetid breath generally present in migraine further indicate digestive disturbance.

The patient generally has warning of an approaching attack by a feeling of languor, and at times a feeling of unnatural irritability. Later the face on the affected side becomes hot, the artery of the temple becomes large and hard, there is profuse secretion of water from the eye on this side, with agonising pain.

Greatest success in the treatment of these

cases has followed care along dietetic lines. Patients subject to the affection should especially avoid decomposing food such as "ripening" game, and meats of all kinds, also cheese, oysters, and shell fish. Tea and coffee are particularly liable to precipitate an attack. Vinegar, through its interference with starch digestion, and the production of fermentation, also predisposes to an attack. Mustard, pepper, alcohol, and other condiments and stimulants should be entirely excluded from the dietary.

The more simple and wholesome the dietary, the better. Toast or zwieback, gluten, eggs, buttermilk, peas, beans and lentils, with hulls excluded, nuts and nut preparations, together with an abundance of fruit would be suggested as among the best foods.

Constipation must be carefully avoided by copious water

drinking and an abundance of fruit. Exercises in the open air, and especially such movements as tend to develop the abdominal muscles are indicated.

The patient should keep well rested by securing an abundance of sleep, as fatigue favours the onset of an attack. An attack of migraine may sometimes be obviated through exercising care a few days before it is due, by eating very sparingly and drinking copiously, or even washing out the stomach in the evening for two or three days, the patient also securing an extra amount of sleep. The skin should be kept active by daily cold sponge baths and vigorous friction.



No. 14.

EXERCISES TO IMPROVE THE CIRCULATION.

BY MRS. H. R. SALISBURY.

For Cold Hands.

1.—If your hands are cold, give them a good, hard shaking. Imagine that you have dipped them in water, and that you wish to shake off every drop. Shake them briskly till the fingers begin to feel big and swollen. Keep on shaking them till each feels as "big as a barrel," and shortly they will be tingling and glowing with warmth.

2.—If you wish an exercise a little more general in its effect, and also more vigorous, try what is known as the "milkman's slap." Extend the arms at the sides, level with the shoulders, with the palms facing front. With an energetic swing fling them across the chest, crossing each other, the right hand giving a decided "slap" to the left shoulder, while the left hand does the same to the right shoulder. Take this twenty times, first with the right arm crossing above the left, then *vice versa*. See 1st. illustration.

3.—If the hands are not yet warm, this exercise will undoubtedly produce the desired effect. Start in the same position as for No. 2. Strike the palms of the hands together sharply in front, shoulder high; then strike them low down, behind the back; then reaching as high as possible overhead; then behind the back again; making four strikes for each exercise. Keep the chest well lifted, and the head erect. Take ten to twenty times. See 2nd., 3rd., and 4th. illustrations.

4.—A very good general warming-up exercise is as follows: Raise the arms shoulder high at the sides with the hands strongly clenched. As you raise the arm, rise on the toes, and begin to inhale

slowly. Stretch the arms to the greatest extent possible, and without allowing the elbows or wrists to bend, rapidly describe very small circles, back and down with the clenched fists, making the circles at the rate of three a second. After you have made from thirty to forty circles, let the arms and heels slowly lower as you breathe out. Repeat four to eight times, or until you are warm. This exercise, besides stimulating the circulation, broadens the chest and strengthens the muscles of the upper part of the chest. In practicing it, lean a little forward rather than back.

5.—Another exercise which may be taken, without attracting attention, when walking, or while sitting in a 'bus, is to clench

the hands very tightly, then to force the fingers open, making strong resistance at the same time. Take first with one hand, then with the other.

For Cold Feet.

1.—Nothing will warm the feet more quickly or effectually than a good run out of doors, or, if that is impossible, a "run



in place" as described in a previous number. In your out-of-door run, run on the balls of the feet, leaning a little forward, and holding the arms in an easy position at the sides. Keep the mouth closed, breathing through the nose, and breathe slowly and deeply. If you are careful to take the breath slowly and evenly you can run much farther without getting out of breath.

2.—Rise quickly on the balls of the feet; hold the position for an instant, then slowly let the heels sink. Inhale as you rise, and exhale as the heels come down. Take from twenty to thirty times.

3.—The muscles of the calves of the leg will be rather tired after taking the heel raising, and it will both rest them and help bring blood to the feet if you practise the following: Place the hands on the hips, and touch the right toe straight back as far as you can without bending the body or stooping. Then swing the leg with a pendulum movement forward and backward, counting *one* for the forward movement, and *two* for the backward swing till you have counted ten. This will leave the foot in the starting position. Change your weight to the right

foot, and take the same exercise with the left foot. In swinging let the leg be relaxed at the knee. Take from six to ten times with each foot.

4.—An exercise which may be taken either sitting or standing, is to raise one foot slightly from the floor, extending it in front. First flex the foot forcibly, then extend it till all the muscles in the upper part of the foot are at full stretch. Take from ten to twenty times with each foot.

5.—If you are a stenographer or a clerk, and cannot stop for a run or walk, or even three minutes' "heel raising," try an exercise for the feet similar to one already given for the hands. Contract the toes as strongly as you can. Hold the position for a moment without relaxing the muscles in the least. Then let go, and take the exercise with the other foot. Exercise the feet alternately till they are warm.



ALCOHOL AND HEREDITY.

BY E. J. WAGGONER.

THE following incident was told by an eminent doctor in a lecture on the subject of heredity. The picture aptly illustrates the folly of thinking that because effect does not immediately follow cause, man can escape the evil that must follow the transgression of a natural law. A strong man may possibly resist the immediate effect, yet it is sure to come, even though it be delayed to the third and fourth generation.

"In conversation with a gentleman not long ago, the question of using alcoholic stimulants was discussed. He maintained that the moderate use of stimulants for many years in succession would injure no person, and offered himself as an example

as to the truthfulness of his statements. He was a large man, straight as an arrow, and, as far as external appearances are concerned, the very picture of health. According to his own statement, he had used alcoholic stimulants in a moderate way for at least forty years. His argument seemed to be unanswerable. I had known the gentleman and his family for years, in fact, known them as only the physician can know those who need his services during the time of sickness, sorrow, and trouble. I said to him: "As far as your general appearance enables me to judge, it would seem that you have the better of the argument; but, pardon me, you have a son to whom you have extended every advantage; since his birth he has been surrounded by all those influences which in themselves are ennobling and tend to produce a useful and honourable manhood; still, this boy, through his wild, vicious, and unmanly actions, has broken his mother's heart, and caused you the one deep sorrow of your life."

"Yes; but what has this to do with my use of alcoholic stimulants?"

"Wait a moment," I replied; "you have a daughter who is now upon the borderland of insanity, and if, by skilful treatment, this unhappy condition is averted, still her life as well as your own will be filled by one endless round of dark forebodings, anxiety, and suffering. But wait still another moment; you have another daughter who is to all intents and purposes an imbecile."

"Doctor, do you mean to say that these unhappy and afflicted children owe in the least their miserable condition to my moderate habit of drink?"

"Think about it," I replied: "we will not discuss the subject at any great length." By referring to my note books I could place before you many other cases of a like nature, but these must suffice for the present."

THE HOME CARE OF THE SICK.

BY FRANKLIN RICHARDS, M.D.

Sickness and Providence.

Sickness is providential. He who eats much and labours little "providentially" has a bilious attack which saves his life by enforcing a fast. Incidentally he also "providentially" discovers that hard work is a blessing.

All who transgress the laws of health sooner or later likewise "providentially" become ill. Nature would teach those who rebel against her laws the lesson of



LIFTING THE PATIENT.

obedience. When she chastises with pain it is for the sufferer "to find out *why* his ears are boxed." Having made this discovery he should of course become a law-abiding citizen. If he does not, one would naturally expect his "providential" illness to return.

The home care of the sick logically begins with the home care of the well. The insidious causes of disease acting in one, reduce the vital resistance of other members of the same household. If those who remain well would not become ill they should strive to live in perfect conformity to the laws of health. Likewise the sick, in order to regain health, should bring their lives into harmony with these same laws. **Open-Air Treatment at Home.**

When the weather permits, the sick

should be taken out-of-doors. Nature's nurses, Light and Air, can here, in God's hospital, exert their powerful healing influence untrammelled by blinds and brick-walls. Even in inclement weather the convalescent, warmly clothed and sheltered from wind and wet, fare better out-of-doors than when confined in warm, ill-ventilated rooms. Even the boisterous elements are better friends of the sick than those loving but misguided ones who carefully shut out life-giving light and air. Without these primary essentials of all life, well people sicken and sick people die. With them, supposedly incurable diseases are daily being healed. Note, for example, these statistics on the open-air treatment of that dread disease, consumption:—

Out of 142 attested cases in Hanover, 121 are pronounced cured; in Saxony, 60 out of 98 patients are cured; and in the Black Forest 205 cases out of 240 have been cured.

When one remembers that originally man lived entirely out-of-doors, the wonder is not that the sick recover when returned to their natural home, but rather that the well so long resist disease in their artificial confinement.

Selection and Care of the Sick-Room.

While our crowded cities afford the sick but little opportunity for out-of-door treatment, all who desire to do so may have "open-air-treatment" in-doors. This necessitates, first of all, the selection of the lightest, ariest, cheeriest room the house affords.

The sick-room should be not less than ten feet square and ten feet high. A larger room would be better. Preferably it should have a south, south-east, or south-west exposure. In any case it must be high and dry, with at least two and better with three or four large windows. Night and day these windows should be kept wide open, draughts being controlled by suitably-placed screens and inclined boards which raise the stronger air-currents above the level of the

patient. In diseases accompanied by fever, draughts may be skilfully employed to reduce temperature. The fever-mixtures and powders too often employed for this purpose depress the heart; while a shaft of cold air stimulates and invigorates the circulatory organs, and at the same time cools the body. Currents of air, to be used in giving air-baths, are sometimes artificially produced by means of fans. In short, draughts of air are more useful and less dangerous in the sick-room than many of the doctors' bitter draughts. Those said to have been killed by them, perished rather for the want of them to remove foul, stagnant air charged with decay



TURNING PATIENT.

ing animal products and the poisons of disease.

Domestic nurses are usually advised to keep the temperature of the sick-room at 60° F. In no case should this be done by keeping the windows closed. Replenish the fire instead. As sickness renders the hearing peculiarly acute, this should be done deftly and quietly, the lumps of coal being laid one by one with tongs or fingers rather than noisily shovelled or thrown into the grate. Kindlings should never be cut or broken in the room. Such a procedure will quite exasperate the nervous patient. Before ashes are removed or the hearth brushed the fire should be lighted. This creates a draught which carries dust and ashes up the chimney instead of whisking them about the room to alight on fur-

niture and bedding, only to be stirred up a second time by that venerable gymnastic exercise called "dusting." This ineffectual operation should be replaced by the dustless method of removing dust with a damp cloth. Sweeping is rendered unnecessary by linoleum-covered, painted, or varnished floors. The damp cloth noiselessly removes dust from these, and they are easily disinfected with soap and water.

Appropriate sick-room furniture is characterized by utility, simplicity, and the ease with which it can be cleansed. Upholstered furniture, carpets, rugs, draperies, curtains and bric-à-brac are not only unnecessary, but dangerous luxuries. Clothing, books, and everything else not needed for the comfort and care of the sick one should be taken from the room.

The bed is the essential piece of furniture. A simple three-piece iron bedstead with good springs, and hair mattress is best. Two narrow ones placed side by side provide for change and airing. The patient may be easily and comfortably turned over on one side, moved from bed to bed or from side to side by means of a draw-sheet, as shown by the accompanying illustration. A good method of lifting and safely carrying heavy patients from one bed to another or from one room to another is also shown.

The care of the patient will be considered in a future number of GOOD HEALTH under the following headings:—

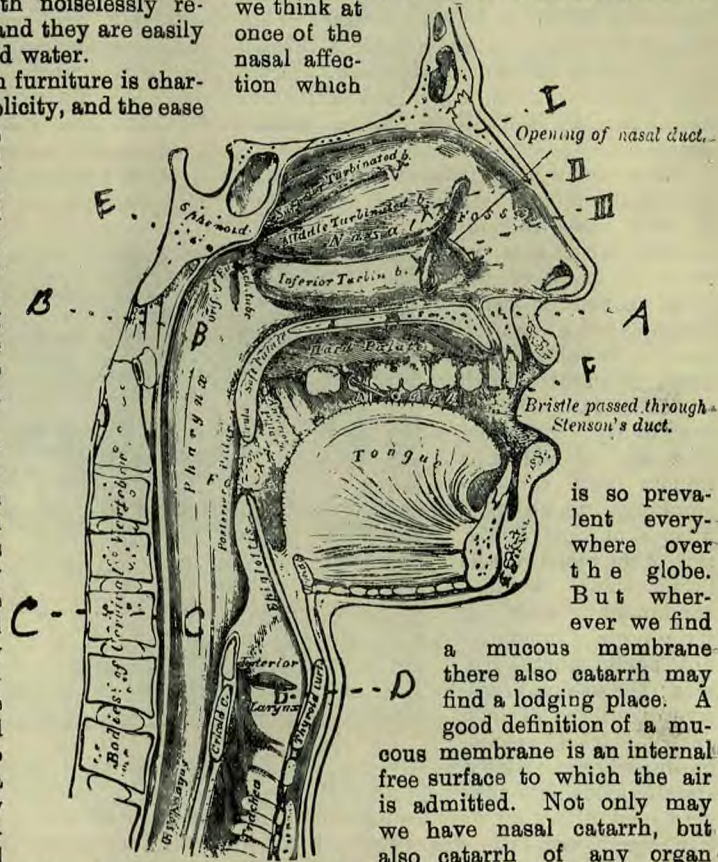
1. Increasing and Maintaining Vital Resistance.
2. Educating the Heat-Regulating and Eliminative Organs.
3. The Relief of Annoying Symptoms.
4. Securing Rest and Sleep.

“WITHOUT harmony in the home there cannot be the true music of happiness.”

THE CHIEF CAUSES OF CATARRH.

BY J. J. BELL, M.D.

CATARRH is derived from a Greek word meaning to "flow down." Used in every day language, when the word is mentioned we think at once of the nasal affection which



is so prevalent everywhere over the globe. But wherever we find

a mucous membrane there also catarrh may find a lodging place. A good definition of a mucous membrane is an internal free surface to which the air is admitted. Not only may we have nasal catarrh, but also catarrh of any organ

leading from the mouth down the entire length of the digestive tract to the lower end of the large bowel, or any part of the respiratory tract leading from the nostrils down to the microscopic air cells of the lung tissue, or again, the organs in the pelvic region may be involved.

Catarrh, in simple language, is a chronic inflammation of a mucous membrane. We find on examining the part that it is red, swollen, and contains numerous enlarged, engorged blood vessels, also streaks of mucus may be present. This mucus is secreted by little glands which lie beneath the mucous membrane, and which discharge their secretion by means of little tubes

or duct, leading to the surface. Sometimes a number of the little cells which go to make up the mucous membrane are themselves mucous cells, and pour their contents directly upon the lining membrane.

Normal, healthy tissue secretes just a sufficient quantity of this mucus to act as a lubricant or protectant to these surfaces. But when the parts become irritated or inflamed from any cause mucus is thrown out in greatly abnormal quantities. There is an excessive amount of blood in the part as shown by the dilated blood vessels present.

The cause of nasal catarrh is seldom due to a local difficulty, although it may occur in rare cases in connection with enlargement of some of the nasal bones or cartilages, causing obstruction. In almost all cases of nasal catarrh the cause can be traced to faulty digestion. The use of alcoholic liquors and tobacco-smoking, which produce a chronic dilatation of the blood vessels lining these cavities; condiments such as pepper, mustard; hot, spicy sauces, pickles; the use of excessive quantities of fats, pastry, fried foods, improperly cooked starchy foods, late suppers; and, above all, overloading the digestive organs with large quantities of food,—these are all potent factors in causing an internal congestion—not only of the digestive organs themselves, but also the nasal mucous membranes.

Another exceedingly common cause is constipation. Sedentary habits or neglect to take exercise in the open air must also be mentioned. In short, anything that produces an internal congestion is a cause of catarrh. The circulation becomes unbalanced. The skin and extremities become cold. The mucous membranes become engorged.

The accompanying cut shows the large surface of nasal and pharyngeal mucous membrane covering many depressions,

furrows and cavities. This illustrates one side only, the septum, or dividing structure between the two nostrils is of course removed. The figures I., II., and III., indicate the turbinated bones situated above the hard palate and covered over with mucous membrane, thus helping to form the air passage or nasal cavity. B indicates the cavity behind the soft palate which we call the pharynx. This part often feels dry and painful when catarrh is present. E indicates the opening of a little passage leading to the ear. This passage we term the Eustachian tube. Catarrhal inflammations often extend up this passage, causing deafness. The nasal



SHOWING COMPRESS APPLIED TO THE THROAT.

duct, also indicated, becomes occluded by extension upward of this disease, thus causing an overflow of tears constantly from the eyes.

WHEN THE BABY IS ILL.

BY EULALIA SISLEY-RICHARDS, M.D.

DISEASES change with the seasons somewhat as do the fashions. While digestive disorders are prevalent in the summer months, at this season of the year coughs and colds seem quite in vogue.

Remembering the value of *prevention* as compared with *cure*, mothers should take special care to protect their little ones from these prevalent disorders, though not by coddling them in front of the fire. Such is

not *protection*, but rather an *invitation* to disease.

That child will be truly fortified against cold who receives his daily cool bath. It may be only a dash of cold water with a vigorous rubbing, but the reaction or warm glow which follows is the best possible training for the skin. The little one whose skin reacts promptly to his daily bath is in little danger of catching cold, provided ordinary care is taken with reference to clothing.

Those artistic mothers who so admire their babies' chubby hands and feet (who does not admire them?) that they leave them quite exposed even in cold weather, are taking great risk. These same mothers would be most uncomfortable if equally unclothed. They forget that an infant has much less vitality with which to resist cold than has an adult.

Some little ones may appear to thrive fairly well in this abbreviated style of dress, but one often finds these same babies annoyed with a troublesome mucous discharge from the nose.

What to Do for a Cold.

But what shall be done, if, because of carelessness or in spite of prevention, the young child catches cold?

First be sure that the bowels are well opened. If necessary give a warm enema. Then give a short hot bath (about 104° F.) with a cold compress on the head, dry the child quickly, wrap him in a warm blanket, and put him in bed. Allow plenty of water to drink, or weak unsweetened lemonade, but give no food until morning. For several days the food given should be unusually simple. Fresh ripe fruit may be given in abundance in almost every case except to young infants. On the morning following the hot bath, give the child his regular cool bath, being careful to secure a good reaction. This procedure will be sufficient to arrest an ordinary cold.

If the cold "settles on the lungs," to use an expression understood by all mothers, hot fomentations over the chest twice a day with the heating compress worn between times will afford much relief.

To apply the heating compress, take a thin towel or suitable cloth, wring as dry as possible from cold water, and wrap quickly around the child's chest, bringing it well around the neck and shoulders.

Then cover immediately with several thicknesses of dry flannel. Pin securely with safety pins, taking care that the wet compress is completely and thoroughly covered with the dry flannel. This compress quickly becomes warm, acting as a mild fomentation or poultice. It should be left on all night, or from one hot treatment to the next. After removing the compress, unless a hot treatment is to follow, always sponge the skin quickly with cold water, and dry thoroughly to prevent the child's taking more cold.

In Case of Croup.

Although uncomplicated spasmodic croup is never fatal, it is a condition that brings consternation to many a mother because of the suddenness and apparent severity of the attack.

The little one may retire at night in his usual health to be awakened in the early morning hours with a hoarse, harsh cough and difficult breathing. The spasm of the vocal chords may be such that the child cannot speak or even cry, and in his fright he struggles, growing purple in the face.

Although suffocation may seem imminent these symptoms usually yield promptly to very simple measures, and the mother who knows just what to do may have her little patient sound asleep again in a short time.

The full hot bath or the hot blanket pack usually gives speedy relief. The drinking of hot water is also helpful.

It only requires a few minutes to heat enough water for fomentations to the throat, and this measure alone, or hot and cold compresses in alternation, often give instant relief.

After this treatment a compress should be applied to the throat, the child wrapped in a warm blanket and put to bed in a warm room. This compress, like the one previously described, should consist of a soft cloth wrung very dry from cold water. Apply around the throat, and cover first with oiled silk (if convenient) and then with several thicknesses of dry flannel.

As croup often recurs several nights in succession, this compress should be worn every night for a week or more. In the morning the neck should be bathed with cold water, after which a dry flannel may be worn during the day.

This treatment is also excellent for sore throat or tonsillitis.

THE PEACE OF GOD.

By E. E. Adams.

"Peace on the earth! To men goodwill!"
The angels' song is echoing still,
Its holy strains the ages fill.

"For unto you is born this day
A Saviour," who shall wipe away
All tears, and end the tyrant's sway.

Ah, why, beneath the angels' strain,
Do men go heedless in their pain,
And suffering, sin and sorrow reign?

For "He who is our Peace" still stands
With longing heart and open hands,
Still issues Love's divine commands.

"Come unto Me, ye souls opprest
With heavy load and anxious breast;
For I will give the weary rest."

Ere first into our darksome night
God sent the heaven-born Prince of Light,
He stilled the tumult and the fight.

And over land and on the sea
The Peace Dove brooded soothingly,
And all was still expectancy.

So as we celebrate His birth,
Should holy stillness reign on earth
And soften e'en the sounds of mirth.

That in the hush our souls may hear
The herald angels' lovesong clear,
Subduing wrong, and hate, and fear.

And in our hearts the holy Child
May find a home where undefiled
God's peace may rule, serene and mild.

CHRISTMAS DINING WITHOUT INDIGESTION.

BY M. ELLSWORTH OLSEN.

CHRISTMAS should be a time of general rejoicing, but not of intemperance either in food or drink.

Simplicity in diet brings its own reward at Christmas as at all other seasons. Our real needs are few and simple. Two or three good, wholesome dishes nicely prepared, eaten with plenty of cheerful conversation, carefully chewed to get all the nourishment and exquisite natural flavours out of them, and the table left before one has taken all he can—this is what we should call ideal Christmas dining.

It would have no unpleasant after-effects. Instead of feeling full enough to burst, or sleepy, indolent, and lazy, like a boa constrictor who has just managed to get outside a huge carcass, the man who eats wisely at Christmas, denying perverted appetite, will be entirely himself, keen, clear-headed, wide-awake, ready to enjoy all that is good, and rejoicing in mere existence, his whole being opening to the fresh air, the sunshine, and all the other good gifts of nature.

Overeating really blunts the finer sensibilities, and lowers spiritual life far more than we think. It seems sad that in this country where knowledge and education are so well-nigh universal, there should be an immense amount of holiday sickness,

resulting directly or indirectly from gorging with flesh foods and the imbibing of large quantities of fermented liquors.

Shall not we who know these things put forth greater efforts than ever before to sound abroad the glorious principles of healthful living, of the simple, natural life, with appetite and passion under strict control?

The secret of true happiness is also the making someone else happy. Remember the poor at Christmas. But don't encourage them to gorge themselves with flesh foods and indigestible puddings. Rather teach them to prepare light, digestible things, which to a natural appetite are really more tasty than the ordinary Christmas dishes, and at the same time ever so much more digestible.

We thought our readers might be interested to know what the patients at our Sanitariums would be likely to have on Christmas Day, and so obtained from one of these institutions the following provisional menu, which will be at least suggestive of what may be done with foods afforded by nature.

For family use it could be made still more simple to advantage by leaving out a few of the dishes.

If any are not sure they would get enough gustatory enjoyment from such a meal, we can tell them how to enjoy one consisting of dry bread: fast for a couple of days, and thus get back the real appetite—the hunger that finds dry bread sweet and satisfying.

But we must give the menu and recipes:—

CHRISTMAS MENU.

Swiss Potato Soup.

Protose Croquettes and Tomato Sauce.

Browned Rice Rissoles. Brussels Sprouts.

Baked Parsnips.

Celery Salad. Potato Balls.

Plum Pudding and Almond Sauce.

Mixed Nuts and Muscatels.

Tomato Nut Sauce.—Strain tinned tomatoes till one pint of juice has been obtained. Rub one tablespoonful of peanut butter till it is of creamy consistency with tomato juice; add this to the tomato juice; heat to boiling point; in meantime, mix two tablespoonfuls of pastry flour with cold water, till smooth; add to the hot mixture; allow to boil a moment after stirring well.

Browned Rice Rissoles.—Wash one cup of rice; place in pudding dish in oven to dry and then brown it evenly, by frequently shaking the rice about in the dish. When well browned, steam till tender. Mould into rissoles, roll in bread crumbs, and bake for twenty or thirty minutes.

Brussels Sprouts.—Wash, and soak in salt water to remove insects, etc. Steam till tender.

Baked Parsnips.—Select smooth parsnips. Scrape and cut each in halves. Steam till tender. Then place in oiled baking dish, and brown in oven. These may be served with cream if desired.



Swiss Potato Soup.—Pare and cut into small pieces enough white turnips to fill a cup. Cook in a small quantity of water till tender; add three pints of sliced potatoes and boil together with turnips until of a porridge consistency. Add hot water if it has boiled away so that there is not sufficient to cook the potatoes. When done, rub all through sieve, add a pint and a half of milk and a cup of thin cream. If too thick more milk may be added. This should make two and one-half quarts of soup.—*Every Day Dishes.*

Protose Croquettes.—Mash fine one pound of protose. Add one cup toasted bread, one tablespoonful of peanut (or cocoanut butter one-half tablespoonful), one egg well beaten: one-half teaspoonful chopped parsley.

Mix all well. Shape into rolls; wrap in an oiled white paper. Bake thirty minutes, basting with hot water to which a little cocoanut or peanut butter has been added. Salt may be added if desired. Serve hot with tomato nut sauce.—*Good Health (American).*

Potato Balls.—Mould cold mashed potatoes into balls; dip in beaten egg; roll in fine zwieback crumbs; bake half an hour or till slightly brown on oiled tins. Garnish with parsley when served.

Plum Pudding.—Two pints moistened brown zwieback crumbs; 1 lb. sultanas; 1 lb. currants; 1 lb. raisins; $\frac{1}{4}$ lb. ground or finely chopped peel; $\frac{1}{2}$ lb. almond butter or ground almonds; half cup sugar; four eggs. Mix and allow to stand overnight. Boil in pudding dishes for six hours. If sultanas, currants and raisins are steamed before mixing, the pudding needs to boil but three or four hours. Serve with almond sauce.

Almond Sauce.—Heat a pint of rich milk in inner cup of double saucepan, placed directly over fire. When milk is boiling stir in a heaping tablespoonful of pastry flour, which has been rubbed to cream with a little cold milk. Boil rapidly until thickened, stirring constantly; then add three tablespoonfuls of almond extract. Place in outer saucepan and cook for five or ten minutes longer. Add two dessert spoonfuls of sugar if desired.—*Every Day Dishes.*

SOME FACTS ABOUT CIGARETTES.

BY J. H. KELLOGG, M.D.

Boys cannot fully appreciate the evils of cigarette smoking, unless they know something about these wonderful bodies of ours. Looking at them from the outside, one gets a very imperfect idea of what they really are.

Perhaps you have never thought of it, but a medical man can nearly always tell the boy who smokes, by the shape of his mouth, or the appearance of his face; for tobacco using somehow changes some of the delicate machinery of the body. It hurts and spoils it.

Is Your Heart Weak?

I have here a little instrument which, when placed on the pulse, writes down on a piece of paper the kind of heart a man has. This is the tracing of an ordinary, healthy man. Here, on the other hand, is a tracing made from a confirmed tobacco user. His heart was sputtering like the tongue of a boy who stammers. It was weak. If he should start to run a little, his heart would palpitate or perhaps fail entirely, for tobacco paralyzes the heart. This is the reason why a boy gets so sick the first time he smokes.

The white blood cells are among the most interesting things in all the body. They are like the policemen who walk up



TRACING OF A NORMAL PULSE.
Showing the heart beat of a non smoker.

and down the streets. If they find a dead cat or dog, they send the scavenger to take it away. So with these little cells; if they find a tiny speck in the body, they put out little lips and eat it up. If they cannot swallow it, they pour out something that digests it. They are doing this kind of work all the while, and that is the way the blood is kept pure and clean. As long as these blood cells are in good condition they are capable of destroying typhoid fever, pneumonia, or tubercular germs, even if they get into the blood. If it were not for these white cells we should all speedily die, but tobacco paralyzes these cells so that they cannot fight off the germs. When a

smoker gets pneumonia he is very likely to die.

Bad Memories and the Reason Why.

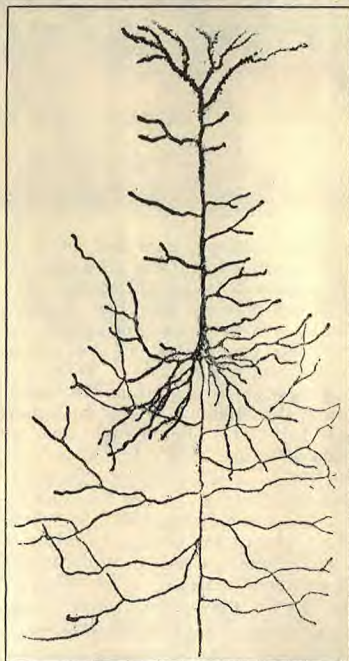
The boy who smokes cigarettes soon begins to lose his memory. When we see



TRACING OF A TOBACCO PULSE.
Showing the irregular, feeble heart beat of a heavy smoker.

things and hear things, we store up images in the brain. In order to recall them it is necessary to have contact between the branches of the nerve cells. If the nerve cells are in good condition, we can think clearly and have good, strong minds and retentive memories. If we only have a few that are in contact, then we cannot remember some things, and can only be about half ourselves.

Cut No. 1 is a picture of a healthy brain



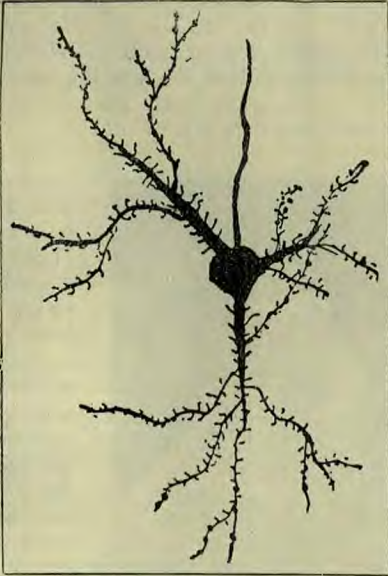
NO. 1. A HEALTHY NERVE CELL.

cell. You see it looks like a tree with all its branches perfect. No. 2 is a cell which has been spoiled by tobacco or alcohol.

Many of the branches are gone; hence it can make but few contacts.

Can You Think Quickly?

I have here a little instrument that I had made in Paris some years ago, which measures how long it takes a man to think.



NO. II. A TOBACCO-RUINED NERVE CELL.

The little hand revolves once every second. The dial is divided into one-hundredth parts of a second. When a man takes a little whisky or a small amount of tobacco, I have found that it lessens the rapidity of his thinking. I now want some boy to come up on the platform who has been smoking cigarettes and one who has not, and we will note the difference. [It took only one-sixteenth of a second for a nerve impulse to travel from the hand to the brain, and be sent back again into the left hand of a young man who had never used tobacco. In the other young man, who had smoked fifteen or twenty cigarettes that day, it required nearly three times as long.]

There is nothing good in tobacco—cigars, cigarettes, or pipes. It is a savage custom that was learned from the American Indians, and has ruined the health of thousands of boys and young men.

Spoils the Inside of the Body.

If every time you smoked a cigarette it should produce a wart on your nose or

blotch on your face, you would soon stop smoking. That is only the outside of it. But it *does* spoil the *inside*, and then it spoils the outside afterward. I hope that none of you will ever smoke another cigarette as long as you live. I pray that God may help you to make this resolution and carry it out; also to do good missionary work in persuading other boys who are smoking cigarettes to give them up.

“HEALTHY CHILDREN IN THE MAKING.”

THE cover-page of our English edition is brightened this month with the likeness of a little girl born and bred a strict health reformer, the daughter of the Rev. E. H. Spring, of Gloucester. Olive is a joyous, contented, rollicking child of nature; possessed of that finely balanced nervous system, and general symmetrical development which comes of a good heredity and proper training. Rev. Mr. Spring did magnificent public service at the time of the smallpox epidemic in Gloucester some years ago, and was a friend of the late Mr. Pickering of Leicester.

No. 1. Clara McClelland (Ballymoney). Age four years. Clara was not a very robust child the first few months, but, cared for on GOOD HEALTH principles, developed into a strong, sturdy little girl brimful of life and energy.

No. 2. Doris and Gladys (Nottingham), twins, owe their present excellent health and development largely to granose flakes.

No. 3 is the photograph of a rugged “good health” baby.

No. 4. Robert Sidney Joyce (Belfast). Age nine months. Bertie is a very bright, good-natured child, as the picture shows him to be, and a splendid specimen of health.

No. 5. Sylvia Gregg (Nottingham). Age fourteen months.

No. 6 is the picture of another little girl from Nottingham.

No. 7 shows the three children of Mrs. Hargreaves, of Bath. Hodgson, age eight years; Henry, age six years; and Katie, age four years. They are strong, healthy-looking children, and are being brought up according to the principles advocated by GOOD HEALTH.

No. 8. Violet, Percy and Howard Scott (Wormit, Scotland) have been brought up

strict vegetarians. Their ages as seen in the picture are five and a half years, three years, and nine months respectively. Violet tasted flesh once when she was travelling with her parents. It was given to her by the stewardess, but she spit it out, and afterwards when she saw it on the table said, "That is the stuff me don't like." The only time Percy tasted it he chewed it heroically for a time, then brought it to his father and said, "Papa, what shall I do with it?"

No 9 John Edward Ballenger (Newport, Wales). Age five and a half months. John Edward is a dear little fellow who for good nature and for observance of all the proprieties that govern baby conduct, cannot be beaten. His mother tells us he has never taken a drop of medicine or soothing syrup of any kind, and he delights in his morning bath. He thrives on the food nature intended for babies.

No. 10 Gladys Bateman. Age two years. Gladys is being brought up a vegetarian, and is a healthy, happy little girl.

No. 11. Elinor Dorothea Brandt (Leeds) weighed seven pounds at birth, and now at four months weighs fourteen pounds. She is a strong and well-developed child with firm flesh, and of very healthy habits every way. She enjoys a full bath every morning at a temperature of 100 to 102 degrees, after which she gets a cold pour with a large mug. Then she is wrapped in a piece of flannelette and quickly dried. She gets an occasional oil rub before the fire, which she enjoys very much.

No. 12. Tom Borrowdale (Plymouth) is

a sturdy little man of six and a half years. He is very fond of baths either hot or cold, he does not mind which. The picture shows him dressed ready for his weekly tour with GOOD HEALTH. Tom has quite a number of customers, and makes a very satisfactory agent. He drinks two or three pints of cold water daily. He has never had a drop of medicine in his life, neither has he tasted tea or coffee. We invite mothers to note that his legs are well protected. Letting children go out in the cold with bare legs is very unwise.



No 15.

No. 13. Douglas and Pearl Nickels (London). Aged respectively four years and nine months and one year and four months. Douglas and Pearl are strong, healthy, robust children, and, of course, strict vegetarians.

No. 14. Thelma Imogene Marchus (Leicester). Age eleven months. Thelma is quite an athletic little woman, and likes to have her papa hold her by the legs while she arches her back and rounds out her chest. She is very strong, and goes through a number of movements calculated to make for all-round development. In cut No. 15 we see Thelma standing at the table and offering to serve us with some of the cereal foods of which she is so fond.

"TOMMY," said the teacher to a pupil in the juvenile class, "what is syntax?" "I guess it must be the tax on whisky," replied Tommy, and the teacher thought he was entitled to a credit of 100 per cent.

* * *

A FULL man and an empty pocketbook often go hand in hand.

YOUNG AND HAPPY AT 106.

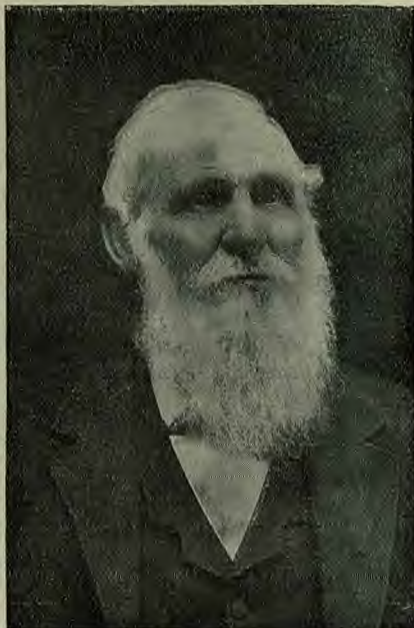
LAST year Dr. J. H. Kellogg, editor of the *American Good Health*, in the course of a busy trip to the Pacific Coast found time to make the acquaintance of one of San Francisco's most remarkable citizens, Captain G. E. D. Diamond, who was then very nearly 107 years of age.

Knowing that our readers will be interested in the habits of this man who hardly looks to be seventy, we give mainly in the doctor's own words the following brief description:—

"Captain Diamond is a bachelor, and has been a temperate man all his life, never having made use of tea, coffee, stimulants, or narcotics of any sort. He has all his life been engaged in active, muscular pursuits. He is still active, and able to outstrip many young men in athletic performances.

"He has for many years been a vegetarian, adhering strictly to simple, natural foods. He eats but twice a day. His diet consists chiefly of fruits and nuts. His height is five feet seven inches, and his present weight one hundred and sixty pounds. He is still hale and hearty, and does not have the senile appearance so common to old age.

"On feeling his pulse we found his arteries still comparatively soft; in fact, we were able to discover no evidence whatever of physical degeneracy."



An Up-to-Date School.

THEY are getting very particular at the board schools now, as instance the following recent colloquy:—

"Tommy, have you been vaccinated?"

"Yes, ma'am."

"Have you had your vermiform appendix removed?"

"Yes, ma'am."

"Have you a certificate of inoculation for the croup, chicken-pox, and measles?"

"Yes, ma'am."

"Is your luncheon put up in a patent antiseptic dinner-basket?"

"Yes, ma'am."

"Have you your own sanitary slate-bag and disinfected drinking-cup?"

"Yes, ma'am."

"Do you wear a camphor-bag round your throat, a collapsible life-belt, and insulated rubber heels for crossing the electric line?"

"Yes, ma'am; all of these."

"Have you a life insurance policy against all the encroachments of old age?"

"Yes, ma'am."

"Then you may hang your hat on the insulated peg, and proceed to study your lesson in the thirty-fourth volume of 'Hygiene for the Young.'" — *Topical Times*.

— January Good Health will contain an instructive article by M. Ellsworth Olsen on "The School of To-day."

Mrs. Doctor Sisley-Richards will continue her helpful and interesting articles on the care of the baby. The subject next month will be "Baby's Toilet." This will deal with the hygiene of the eyes, ears, nose, mouth, etc.

"Restoring the Drunkard" is the title of an able article by Dr. David Paulson, who will continue to be one of our contributors.

A disease not uncommon in winter is "Inflammatory Rheumatism." The characteristic symptoms and simple home treatment will be discussed by Doctor Olsen.

Dr. F. C. Richards has promised to contribute an article entitled "Increasing and Maintaining Vital Resistance," which cannot fail to be both interesting and profitable.

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 is paid to anonymous communications.

Anti-Rheumatic Rings.—M.I.: "1. Kindly let me have your opinion about anti-rheumatic rings, which are advertised as a remedy and a safe-guard against rheumatism. 2. Is it likely they will benefit the wearer in case of chronic rheumatism?"

Ans.—1. In our opinion they are useless. 2. No.

Instrument for Straightening Crooked Noses.—H. F. O.: "1. I believe there is an instrument on the market for straightening crooked noses. Can you inform me where one can be obtained and also the price? 2. Can you in confidence recommend it?"

Ans.—1 and 2. You must consult a surgeon, and have a careful examination before buying such an instrument. He will give you full directions, and obtain one for you, if advisable.

Biliousness.—A.B.: "About fortnightly I begin to get dull below the eyes, and I feel fagged after my day's work and unfit in the morning. I also have headache. I am told that it is biliousness. 1. Do you think there is a real cure? 2. If so, what is it? 3. What is the best remedy when I feel an attack coming on? 4. Could you name a good diet? 5. Do nuts make people short-winded?"

Ans.—1. Yes. 2. Regulate your diet, and go in for physical culture. See a booklet, entitled, "Biliousness: and Its Cure," which can be had from this office, post free, for 1½d. 3. Stop eating, or take only fruit. Drink water freely. Take a warm water enema, and have a hot mustard foot bath followed by a cold sponge and an oil rub. 4. Brown bread or zwieback, fruit, nuts, and a few vegetables. "Hygienic Food Recipes" (2½d. post free, from this office) will tell you how to prepare them. 5. No.

Indigestion—Slapping the Abdomen—Warm Water Drinking.—W.M.: "I have suffered from indigestion for several years, but am improving by the use of exercises. 1. Does slapping the muscles over the stomach strengthen the digestive organs? 2. If so, how should the slapping be done? 3. Should I stand or lie on the back while doing it? 4. I drink a breakfast-cup of warm water about half an hour before every meal, and also after the meals and before going to bed. Do you think it strengthens the digestion?"

Ans.—1. Yes, but kneading the abdomen would be better. 2. In kneading the abdomen, move the hands from left to right on the lower part of the abdomen and from right to left above. Knead as deeply as possible, without hurting yourself. 3. Lie on your back. 4. Take the water tepid or cold, and do not drink until a couple of hours after the meals. Warm water used in any considerable quantity seems to have a tendency, in the long run, to cause a relaxed condition of the digestive organs.

Falling of the Hair.—H. F. L.: "My hair has started falling off. 1. Can you explain the reason? 2. How can I prevent it?"

Ans.—No, not without a personal consultation, or further information as to your general condition of health. 2. Massage the scalp twice daily with the tips of the fingers, rubbing quite vigorously, then brush well in all directions to remove dust and dandruff. A pair of good military hair brushes are best for this purpose. Have a shampoo with warm water and a mild soap about once a week; after the warm water and soap shampoo, cleanse with fresh water and dry with a towel, rubbing vigorously. If the hair is dry, rub in a little vaseline twice a week. This treatment will cleanse the scalp and bring it into a healthy state, but your general health may need attention. Take up a course of physical culture, such as is provided by the Good Health School, and give attention to diet, hygiene, etc., as advocated in the magazine.

Derbyshire Neck.—M. W.: "1. What is the cause and cure of Derbyshire Neck. 2. Has the diet any effect on the same. 3. If so, what kind of foods would be likely to assist in its cure, and what kinds aid its growth?"

Ans.—1. But little is known either concerning the cause or cure of the disease known as Goitre or Derbyshire Neck. Sometimes electricity is used as treatment, but this should always be in the hands of an expert. Painting with iodine is also recommended, as well as other remedies. In certain cases a surgical operation is the proper procedure. If it gives you much trouble, you ought to consult a competent physician. 2. Sometimes, possibly. 3. We know of no special food that is either beneficial or particularly harmful in this disease. In general we would recommend a simple, natural diet, consisting largely of fruit, both fresh and stewed; grain preparations; nuts, nut foods, vegetables, milk, cream, butter, and eggs, provided they agree with you. We can recommend the preparations of the International Health Association, of Legge Street, Birmingham. Their granose biscuit, which is a thoroughly cooked wholesome bread, is an ideal health food, and may be truly regarded as the "staff of life." In baking the granose biscuit, the starch is dextrinised, i.e., changed into dextrine, a variety of sugar, which is readily digested and assimilated.

To Wash the Ears.—M. Z.—To clean the ears, make a thin lather of some non-irritating soap, such as McClinton's, in soft, warm water, then take a thin wash cloth, and wash out the different parts of the ears carefully; afterwards rinse off the soap with plain water and dry gently. It is well not to allow the soap to remain in the interior of the ears, as it sometimes becomes difficult to remove, and may cause unpleasant noises. Do not use a hard instrument in cleaning the ears. This should be left to the doctor. If the wax accumulates, it may be removed by running in a little olive oil, which will loosen it, then wash it out with a syringe, using warm water.

The . . .

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Good Health,

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

Edited by

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London, N.**

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should be addressed to the Editor, Good HEALTH, 461,
Holloway Road, London, N

Telegraphic Address: "Uprising," London

GOOD HEALTH may be ordered through any
newsdealer.

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

Indian Edition: Yearly subscription, post
free, Rs. 2. Indian office: GOOD HEALTH, 39/1
FRANK SCHOOL ST., CALCUTTA.

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

S. African Edition: Office: 28 a Roeland St.,
Cape Town, S. Africa.

THE EDITORS OF GOOD HEALTH give you a hearty
greeting, and earnestly wish you a happy and
profitable Christmas and a glad, prosperous New
Year. May 1905 bring to each of our readers
good health of body and mind.



Those looking for musical instruments should
investigate the merits of the West London Piano
and Organ Company before making a purchase.
Their price list can be had by sending a postcard
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Pitman's Stores of Birmingham have conferred
a great boon on food reformers by putting their
fruit and nut cakes on the market. These nutritious
cakes while quite wholesome are exceedingly
toothsome and delicate. Their Christmas cakes,
particulars of which will be found in another
column, are carefully prepared and very tasty.
Their low price and wholesome preparation place
them within the reach of all. Indeed, it would
seem cheaper to order them from Pitman's than
go to the trouble and expense of making the
cakes at home.

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Special attention given to Diet and Exercise. Phy-
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It is nourishing and healthful, and
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Ralston is the great standard wheat
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Agency: 43 Great Tower St., E.C.

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Rushed Silk Elastic, 4/- each; Mercerised
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GREAT PRIZE SCHEME.

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

More nutritious than ordinary butter. Keeps indefinitely.
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Prices Reasonable. Quality The Best. Ask for New Price List.*

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brings INTOXICATING HEALTH—and thus a longer, more cheerful and energetic life—by making PURE BLOOD circulate through your lungs and body and killing and carrying away deadly germs. Insufficient breathing is starving the body of oxygen, and weakening its resistance to consumption and other deadly germs. Everybody—sick or well—should use my Breathing Tube, and daily exercise their lungs to the fullest extent. Will increase chest measurement two to four inches. Send for one to-day, and start NOW. Price, post paid, 1/2, P.O., abroad, 1/8 (no stamp). Leather Safety Pocket, 6d. extra. Circular and Testimonials FREE. Address,

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Order of Good Health Supply Department, 451 Holloway Road, London, N.



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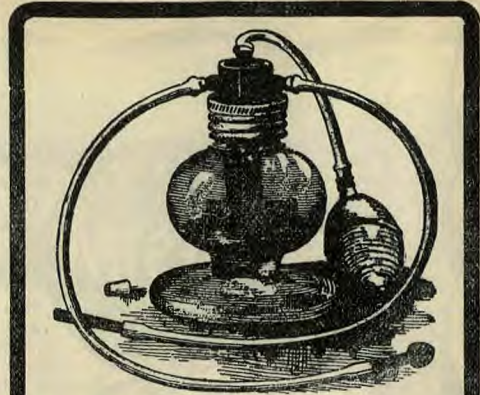
These foods having been analysed and passed by the medical board of directors of the Institute of Hygiene, 34 Devonshire Street, Harley Street, London, W., have been admitted into the permanent exhibition of this institution, where they will be explained on request by the resident medical attendant.

The requirements of the board are most stringent, and include perfect genuineness, highest quality and absolute freedom from all chemical adulterants and preservatives.

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It has stood the test for many years, and thousands have been benefited by its use.

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Agent for the Food Products of
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Canned and Dried Fruits,
Nuts, and other Specialities.

SEND FOR LIST OF PRICES.

"KOMPLXSHN."

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,

" 3.—Free Lather, extra Scented, | Vegetable Green

4d. per Tablet, Post Free 5d. Box of 3 Tablets, 1/-.
Post Free, 1/3. 4 Boxes, Post Free, 4 6.

"KOMPLXSHN," 48 Navarine Road, Hackney, N.E.
Proprietor—ELIJAH REED.

**NO
BREAD
LIKE
REYNOLDS'
WHEATMEAL**

PURE, ✿ ✿
DIGESTIVE, ✿
WHOLESOME.

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

Order from your baker,
and test the Quality.

Have YOU Tried
BRUNAK?

**Dr. Allinson's New Drink
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Dr. Allinson says:—

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

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

BRUNAK

is sold by Agents and usual Cash Chemists, Grocery and Co-operative Stores in 1 lb packets at 1s. each; or list of agents and sample post free, or a pound post free for 1s., by—

**The NATURAL FOOD Co., Ltd.,
21 N. Patriot Sq., Bethnel Green, LONDON, E.**

"DO WE BELIEVE?"

Mere belief—passive acquiescence—is not enough. What is needed is **action** directed by the dictates of a convinced intelligence. Otherwise neither knowledge nor religion can better our lives.

FOR INSTANCE:

You **believe**, as students of health, that the evil of a chill lies in the fact that chills drive back upon the system and the vital organs the impurities that should be given off through the skin. You **believe**—you know—that a hot air or vapour bath will break up any chill—that it opens the pores, purifies the system, allays inflammation, disperses disease, and builds up health.

You **know** that the famous "Gem" Home Hot Air Bath can be bought for 80 -; that it may save you from Influenza this winter—may save your life—if you have it at hand for **timely use**. But of what use your **knowledge**—your **BELIEF**—if you have not acted on it?

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You **know** and **believe** that water often contains, and carries into the human body, an abnormal amount of mineral matter ("Lime") which impairs the digestion, causes constipation, clogs the system, stiffens the joints, impedes the circulation, and aggravates Gout and Rheumatism. You **know** and **believe** that Typhoid Fever (Enteric), and Cholera are water-borne diseases.

But what avails your **belief** if—living in a "hard water" district—you do not use a

"**GEM**" **PURE WATER STILL**, which produces pure, sparkling, sterile and palatable water; a Still that is used by H.M. Government and recommended by the *Lancet*!

ONCE MORE:

You **know** and **believe** that food only benefits the body when it is suitable, and is properly cooked. You **believe** that there is great waste in cooking and that bad cooking means bad digestion and bad health. It is demonstrable to the point of **belief** that the

"**GEM**" **STEAM COOKER** effects enormous saving, conserves the valuable salts of vegetables and cooks an entire meal for a family on any flame capable of boiling water.

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ACTION, not mere **BELIEF** is wanted. (Particulars free.)

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HEIDE'S SPECIALITIES.

Zwieback (Brown and White) a specially prepared predigested bread, invaluable to dyspeptics and invalids; used in the Battle Creek Sanitarium. 6d. per lb. Sample packet for 6d. in stamps.

Superior Health Biscuits, shortened with nuts. Also **County Biscuits**. 9d. per lb.

Agents for all the foods of the International Health Association. Orders to the amount of 2s. and upwards delivered free in West London. Try **HEIDE'S HYGIENIC CAKE**, 10d. per lb. A triumph in healthful cake-making. Absolutely pure, free from chemical essences, etc. Agents wanted.

Address: **J. HEIDE,**

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A Shaving Soap made entirely from vegetable oils and plant ashes is unique. Such is McClinton's Shaving Soap, Hibernia, and, judging from the sample sent us, we do not hesitate to pass it on to our readers. There can be no doubt but that a soap which is rubbed so much into the skin is better if free of all animal fats. The fats used in ordinary shaving soaps are often not properly sterilised, and may be a source of infection.

"Hibernia" is made by David Brown and Son, Ltd., of Donaghmore, Tyrone, and this is sufficient guarantee for its excellence. A postal order of 1/6 will bring a liberal box of samples.

Great Feats of Strength are not necessarily an evidence of good health. Too often they are attended with danger, and are likely to injure the heart or some other vital organ. Nevertheless a rational system of physical culture is the best means of cultivating health. The body needs systematic exercise daily. Under modern conditions many people are obliged to lead a sedentary life. They have little time or energy for doing exercises. For such people, and for all who would train the body for health, the Good Health School of Physical Culture offers unique facilities. There is a daily programme furnished suitable to the needs of each member. No apparatus whatever is required. A stamp addressed to the Good Health School, 451 Holloway Road, London, N., will bring further particulars. [Adv't.]

"DROIT ET AVANT."

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An illustrated Monthly Journal for the advancement of Scientific Physical Training.

Official Organ of the National Physical Recreation Society. Established 1886. Patron: His Majesty, King Edward VII. Published by

Messrs. George Philip & Son, Ltd., 22 Fleet St., London. Philip, Son, & Nephew, 101th Castle St. Liverpool. Free Insurance £250. The best journal of its kind in the kingdom. 2/6 per year, post free.

To Messrs. Mills and Knight, Managers, "Physical Education," 34 Moorfields, Liverpool.

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Conducted by **MISS N. MUSSON.**

Agent for the International Health Association's foods and all other health foods.

ALSO FOR **Musson's Wholesale Specialities.**

All Health Magazines.

GOLD MEDAL AWARDED,
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NEAVE'S FOOD

BEST AND CHEAPEST
For **INFANTS, GROWING CHILDREN, INVALIDS, and the AGED.**

"An excellent Food, admirably adapted to the wants of infants and young persons."

Sir **CHAS. A. CAMERON, C.B., M.D.,**

Professor of Chemistry, R.C.S.I., Medical Officer of Health for Dublin, City and County Analyst.

"Competent chemical Analysts have found Neave's Food to contain every constituent necessary for the nourishment of the body, and this has been abundantly confirmed by what we have frequently observed as the result of its use."—The late Dr. Ruddock.

SANITARY RECORD.—"As a substitute for mother's milk, Neave's Food may be conscientiously recommended."

Purveyors by special appointment to
H.I.M. THE EMPRESS OF RUSSIA.

Chapped Hands.

Professor Kirk (Edinburgh) says in *Papers on Health*

"Our idea is that this is caused by the soda in the soap used. At any rate we have never known anyone to suffer from chapped hands who used McClinton's Soap only."

McClinton's Soap

is made from the ash of plants, which gives it a mildness not approached by even the most expensive soaps obtainable.

We guarantee this soap will prevent chapped hands, and will pay £5 to any charity named by a person who has used this soap **ONLY** and not found our statement true.

Just to get you to try it,

we offer a wonderful box in return for 1/8, containing Toilet and Shaving (or Tooth soap, made entirely from vegetable materials. There is no other shaving soap to be had of purely vegetable origin.

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

D. BROWN & SON, Ltd., Dept. 12,
Donaghmore, Tyrone, Ireland.

In answering advertisements kindly mention **"GOOD HEALTH."**

HAVE YOU CONSIDERED THIS?

**You Cannot Be Stronger and
Healthier than Your Food Makes You.**

How important, then, that nourishing, digestive, and health-producing foods be chosen. Our Health Foods answer this description, being made from fruits, grains and nuts only, without any minerals or chemical preservatives. They are light, nutritious, unadulterated, perfectly cooked, quickly digested, and economical. No substances of animal origin are used. The ingredients are all of the purest and highest quality.

For brain workers, and mechanics, for athletes, and invalids, for old and young, in fact, for all, these foods are invaluable, because they furnish the maximum of nutrition, with the minimum of tax on the digestive organs.

OUR LIST COMPRISES:

GRAIN PREPARATIONS.

- Granose Flakes, - 7½ per pkt.
- Granose Biscuits, 7½ per pkt.
- Toasted Wheat Flakes, 8d. pkt.
(Sweetened with Malt Honey.)
- Avenola, - 7d. per lb.
- Gluten Meal, - 10d. per lb.

NUT FOODS.

- Nut Butter, - 1/- per lb.
- Protose, - 1/- per lb.
- Nuttolene, - 1/- per lb.
- Nuttose, - 1/- per lb.
- Bromose, - 1/6 per lb.
- Almond Butter, 2/- per lb.

**THESE FOODS ARE PERFECTLY COOKED
AND READY FOR USE.**

BISCUITS.

- Nut Rolls, - 5d. per lb.
- Whole Wheatmeal, 5d. per lb.
- Oatmeal, - 6d. per lb.
- Fruit Wafers, - 8d. per lb.

BEVERAGES.

- Caramel Cereal, - 8d. per lb.
- Malted Nuts, ½ lb., 1/-, 1 lb., 2/-

SEND US ONE SHILLING
for a package of
ASSORTED SAMPLES
AND COOKERY BOOK.



Ask your "Good Health" agent
for these foods, or write to us for
address of nearest agent.

Full descriptive price list also a menu with recipes of a "Good Health" Christmas dinner, sent post free on application.

... The ...

**International Health Assoc., Ltd.,
BIRMINGHAM.**

In answering advertisements kindly mention "Good Health."

The lady readers of the GOOD HEALTH magazine in India will be pleased to learn that the Good Health Adjustable Bodice can now be obtained from our branch office at 39/1 Free School Street, Calcutta.

—*—*—

THE excellent health food preparations of the International Health Association of Legge Street, Birmingham, need no recommendation. "Once used, always used" applies to them with peculiar force. One mother says: "Granose saved my baby." Yes, and it has saved the lives of many babies, and older people, too. Another writes: "I believe it [Granose] to be as perfect a food as science and nature can produce."

The nut foods, protose, bromose, and nuttolene, are the best substitutes for animal flesh that we know of. They are rich in albumen and fat, and being well cooked, are easily digested. The staying qualities of these foods are also a great advantage. Speaking of this, a well-known athlete writes: "I certainly did a splendid performance. I consider nut butter is a splendid food, as also is protose." All who have not already done so should send a shilling for a liberal box of samples.

—*—*—

AMONG much excellent matter in the October number of the *Beacon Light and Anti-Tobacco Journal* is an article by John Pirie, M.D., on the subject of smoking. Speaking of the tobacco slave he says: "He owns that he himself feels that the habit does him harm, but he really cannot give it up—a queer enough admission to make by one who has a few teaspoonfuls of brain matter in his skull. Cannot give it up, indeed! It comes to this, then, that the act of taking into the mouth the smoke of tobacco, and almost immediately puffing it out again, has so enfeebled his instinct or faculty (as it may be called) of self-preservation, that, though ill-health stares him in the face, he will and must have his 'smoke.'" The evil effects of smoking, and especially the pernicious influence that it has upon boys and young men, need to be better known. The object of the *Beacon Light* is to disseminate this knowledge and to influence the young to abstain from tobacco. The magazine is published monthly, and can be ordered through a newsdealer or direct from the secretary, James B. Davis, 25 Market Street, Manchester. The price is a half-penny a copy, or one shilling, post free, for a year. A year's subscription would be a splendid investment, and, given as a Christmas gift to any young man or boy addicted to the harmful habit, might lead to reform.

.. THE ..

F. R. Restaurant,

4 Furnival Street,

(Opposite Prudential Buildings.)

Holborn, E.C.

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

1/- Ordinary Three Courses and Lemenade.

The finest Sixpenny Teas in the kingdom, served after 8.30.

Ladies' and Gentlemen's Lavatories.

Open 8.30 to 8 p.m. Saturday, 4 p.m. in summer, 7 p.m. in winter.

Health Foods For Health.

.. THE ..

Health Food Supply Stores,

88 Great Western Rd.,
GLASGOW.

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

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

—*—*—

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

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

KNEIPP-LINEN

MESH

UNDERWEAR.

A PURE LINEN MESH.

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

Prevents Colds, Chills,
Rheumatism, Eczema.

Sold By Leading Hosiery and Drapers.

—*—*—

Explanatory booklet with samples and name of
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Kneipp-Linen Depot,
2 MILK STREET, LONDON, E.C.

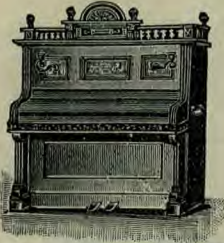
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THE WEST LONDON PIANO & ORGAN CO.,

324 Holloway Road, London, N.

10 Years' Warrant.

Cottage Organ, 4/6 m'thly. Excelsior Piano, 10/6 m'thly.
Parlour Piano, 13 - m'thly. Palace Piano, - 17/6 m'thly.
Piano Qverstrung, 21 - m'thly.



T. STIMONIAL. 23 Landseer Rd., Holloway, N.
Dear Sirs: It gives me great pleasure in stating that the Piano
you supplied me with has given me every satisfaction, and I shall
strongly recommend your instruments to all of our members, and
my friends. Yours truly, VICTOR WALDEN.
Treasurer, Good Health League [North London Branch].

WRITE FOR PRICE LIST.
The Best and Safest House in London for EASY TERMS.

"SANIS"

(REGISTERED.)

UNDERWEAR.

UNSHRINKABLE.

All Wool, Guaranteed.

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

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

Comfort Is ensured by the fine-
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Strength By the length
of the staple. **Economy** By the price.

"SANIS" UNDERWEAR

[Registered.]

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

Washing directions are given with each garment, which, if
followed, will ensure the fulfilment of every reasonable ex-
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sent you, tastily printed on a tinted card, corded for hanging.
Explanatory booklet and price list sent free on application.

ANY GARMENT found to have shrunk in wash-
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ADDRESS: **THE SECRETARY,**
79 & 81 Fortess Rd., LONDON, N.W.

WASHING MADE EASY!

Why slave at the washtub when by using
one of our famous "1900" ball-bearing
washers you can do a family's washing in
thirty minutes. This machine is the re-
sult of 20 years of study and experience.



MADE OF THE BEST MATERIALS.

WILL LAST A LIFETIME.

Tens of thousands in use in
America and other countries. **Price 45/-**

. . The . .
NINETEEN HUNDRED WASHER AGENCY,
17 Barrack Hill, Newport, Mon.

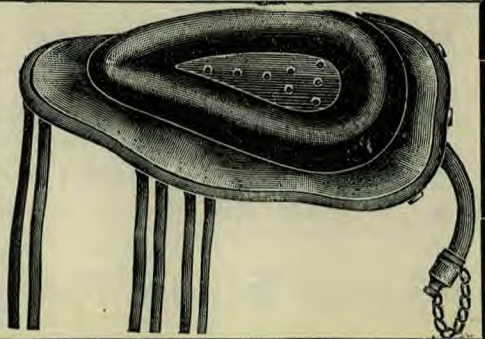
COMFORT CYCLIST. For the .

Our PNEUMATIC SADDLE COVER

Is made for either Ladies or Gents, and will fit any saddle.
Easily attached by hooks and tapes. A comfortable saddle is
absolutely essential if you wish to enjoy your ride. Our PNEU-
MATIC COVER meets all requirements, as it makes any saddle
as soft as an AIR CUSHION. YOU will never regret buying one,
as you will be able to ride far greater distances without becoming
tired or saddle sore. This cover has been RECOMMENDED by
EMINENT MEDICAL MEN because it is ANATOMICALLY de-
signed, reducing the vibration and shocks felt in riding, to NIL.

Note the Price, only 3/6 per post.

Sole Manufacturers
PNEUMATIC SADDLE COVER Co., Dept. M,
Birkbeck Works, Birkbeck Rd., Kingsland, London.
(P.O. must accompany order. Kindly mention this paper.)



In answering advertisements kindly mention "GOOD HEALTH."

The Health and Cereal Food Stores for Everyone.

FRED^K BAX & SON'S

The Oldest and the Best Known **WHY?**
Depot in the United Kingdom.

For upwards of fifty years we have unceasingly and with untiring efforts endeavoured to impress upon the British public the vital importance of cereals as means of cheaper and more healthful living, and to-day thousands of families are using BAX'S CEREAL and HEALTH FOODS. WHY?

FIRSTLY, BECAUSE THEY ARE GOOD—THE BEST.

SECONDLY, BECAUSE THEY ARE CHEAP.

THIRDLY, BECAUSE THEY ARE ALWAYS FRESH AND RELIABLE.

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For 5/- we deliver to every part and suburb of London; orders of 10/- and upwards, free fifty miles; and for £1 and over to any station in England or Wales. You should write for our ENLARGED LIST, which explains how unique our system of delivery is, and don't forget to enclose two penny stamps for our NEW COOKERY BOOK, which tells you how to cook all our cereals, and which will be most useful to you.

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2 lb. size,	1/9.
3 lb. size,	2/6.

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2 lbs.,	1/3.
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Made from Choice New Fruit, and Free from Animal Fat.

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Perfect Walnut Halves, Sweet and Good, 9d. per lb.

Also Choice Almonds, Blanched or Ground.
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