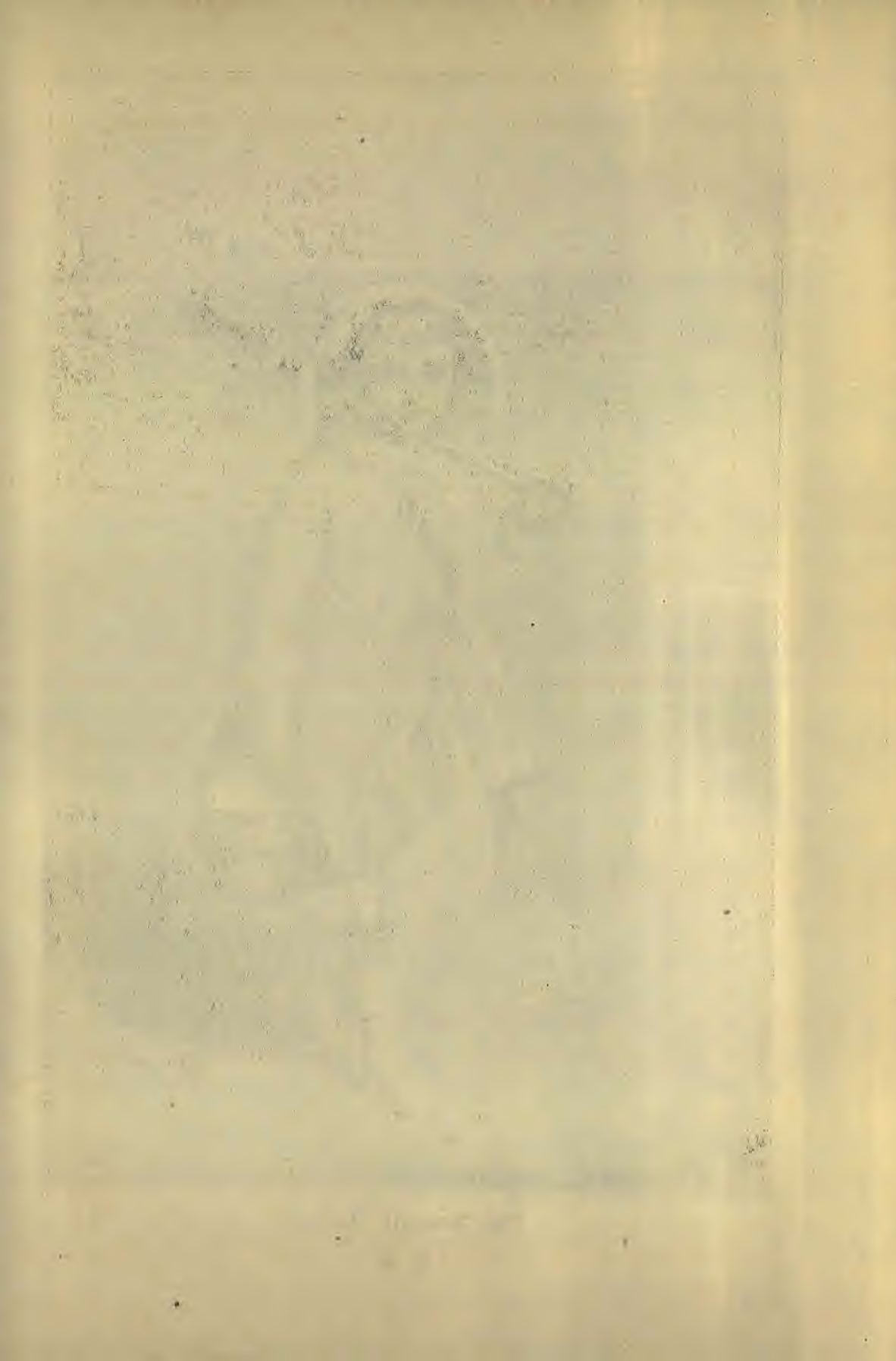




The Seaside Visitor.







# Good Health

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

Entered at Stationers' Hall

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No. 3.

## Editorial Chat.

### Something Good to Drink.—

We are often asked to recommend a good temperance drink, and always give the same answer—grape juice, diluted as much as is desired with pure water. This beverage is at once palatable, refreshing and sustaining. It is a real tonic, containing in solution natural salts and acids which are of great value in increasing the activity of various organs, and improving the tone of the system as a whole.



### Fourth-of-July Casualties.—

Independence Day is getting to be a serious affair in America. Last year the celebration of Uncle Sam's national holiday resulted in a total of 4,449 casualties, including 466 deaths (mostly of lockjaw). Evidently toy cannon and pistols and fire crackers have destructive possibilities little dreamed of. They must be at least as dangerous as the Russian battle ships, for Togo's total losses in the recent great naval engagement came considerably short of this figure. It seems to be only a question of time till Americans will have lost more lives in celebrating the fact of their independence than in winning it in the first place.



### A Good Prescription for Delicate Children.—

"What would you advise for delicate children," a mother asked an eminent French physician.

"Roast them," was the reply, "roast them in the sunshine." Golden advice it was, too, which carried into practice would cure thousands of delicate little boys and girls, whose mothers are dosing them with tonics and codliver oil, but denying them the fresh air and the sunshine which they most of all need. It is to be hoped that the mothers who read GOOD HEALTH will give their little ones as much out-door living as possible, not only during the holiday season, but all through the year. It is absolutely impossible to rear strong, sturdy children indoors.



### A Strange Delicacy.—

"One of the table delicacies of Paris, *canard a la Rouennaise*," writes the *New York Tribune*, "has numbered so many victims of ptomaine poisoning that the Parisian authorities have placed restrictions upon the fowl dealers of Halle who supply the Paris markets. The fault is said to lie in the cooking, while some assert that the fowl, fattened specially for this dish, must be killed, cooked, served, and eaten within one hour. The danger line being so clearly drawn, the safer plan would seem to be to do without the dangerous luxury." We entirely agree with the *Tribune* as to the advisability of foregoing this particular luxury, but would prefer to extend the caution so as to include all similar articles of diet. Every dead animal begins to decay immediately life has departed, and



game of all kinds is often decidedly "high" when eaten. Of course, it stands to reason that good, pure blood is not made with such materials. Man's natural diet is not that of the jackal and the turkey buzzard.



### Encouraging to Consumptives.

—Professor Von Behrens, an eminent German physician, asserts that every person who has passed the age of thirty has had tuberculosis in some form. He bases his belief on a large number of post mortem examinations, these all going to show that the germs of tuberculosis, which are known to be present everywhere, may obtain access to the body, and do more or less damage without being detected. In by far the most cases the vitality is sufficient to withstand the attack of the germs, such persons having consumption, and recovering completely without knowing the fact. In other cases the disease progresses till it makes itself clearly known, and then the real fight begins. That consumption is a curable disease is evident from the fact that post mortem examinations have revealed serious lesions in the lungs of persons of advanced age which had completely healed over, death being due to other causes entirely.



### How to Fight Consumption.—

The important thing for a person who knows he has consumption is to make a business of getting well. If he has grit and patience, and good sense with some knowledge of hygiene, there is every chance of his making a good recovery. A mild, equable climate, permitting open-air living day and night, and a generous but carefully regulated dietary, are the principal aids in regaining health. Judicious hydrotherapy is also excellent. With proper care in disposing of the sputum, the patient can mingle freely with other people without communicating the disease.

### Our Only Safety Against Germs.—

As a matter of fact, tubercular germs are so generally present, especially in the air of populous cities, that infection in one form or another is more than probable. The only safety lies in maintaining the system in such excellent tone that it will throw off the infection. Once get in a run-down condition, with depleted vitality, and one is at the mercy of the germs of tuberculosis and numerous other microbes.



**If Someone Faints.**—Fainting is always an unpleasant possibility in crowded, ill-ventilated halls, and, with persons peculiarly susceptible, on many other occasions. Dr. J. H. Kellogg gives some excellent suggestions in regard to its prevention and treatment in a late number of the *Medical Missionary* :

"Loosen the clothing if it constricts the body in the least, at the waist or neck, and dash cold water in the face, or slap it with a handkerchief or towel wet in cold water. Percussion over the heart will sometimes stimulate it to action. If the fainting person has fallen, let him lie and lower the head still more if possible, because that will encourage resuscitation. A word may be added as to the prevention of fainting. Suppose you are sitting and are where you cannot lie down and are in danger of fainting; lean over and get your head as low as possible. In nine cases out of ten, that position alone will keep you from fainting. The bending over and the constriction of the centre of the body will force the blood into the head."



### Chicago the Healthiest Large City in the World.—

The duration of life in Chicago has increased very materially during the past thirty years, as sanitary regulations have been more strictly enforced. The average ages at death have been as follows:—



YEAR.	AVERAGE AGE.
1875.....	16.2
1885.....	20.4
1895.....	24.6
1904.....	32.6

The falling off in deaths, according to Dr. Drake, of the City Health Department, is mainly due to the lowered infant mortality.

Chicago now stands in point of healthfulness at the head of the world's list of large cities, as will be seen by comparing death rates:—

DEATHS PER THOUSAND OF POPULATION.

Chicago.....	15.43
New York.....	18.26
Berlin.....	18.20
London.....	19.88
Paris.....	20.20
St. Petersburg.....	25.25

A high infant mortality in certain districts is doubtless the main factor in keeping London's rate up. It is to be hoped that with better housing accommodations, and a purer milk supply this rate will be materially reduced. Certainly there is nothing of importance in the climatic conditions to make Chicago a healthier place to live in than London.



**Dangers of the Go-Cart.**—The abbreviated perambulator, commonly known as the go-cart, may be very light and convenient to wheel about; but it is likely to be physiologically injurious to any child under two years of age. Parents should remember that the recumbent position is the only one that an infant can comfortably maintain for any length of time. Forcing him into a sitting position and that in a moving vehicle results in a stooped-over attitude directly inducive of spinal curvature. A less weighty objection to the go-cart is that it does not permit of proper protection in the way of wraps. On the whole it is a dangerous innovation which should be tabooed by the thoughtful mother.

**The Benefits of Going Barefoot.**—We are all familiar with Whittier's poem, beginning:—

“ Blessings on thee, little man,  
Barefoot boy with cheek of tan.”

It is a great pity there are so few little folks nowadays to whom the poet's words apply! It ought to touch a warm spot in every mother's heart when her little boy or girl asks leave to take off shoes and stockings, and enjoy the healthy and natural pleasure of going barefoot. There is hardly anything more beneficial to the circulation and the nervous system than this direct contact with mother earth. It is to be regretted that conventions forbid adults to indulge the practice. Shoes are needed in the cold season of the year, but they are a nuisance in really warm weather. Sandals are certainly a step in the right direction, but absolutely bare feet would be still better. If people troubled with poor circulation could go barefoot in the summer, they would not be likely to have cold feet in the winter. The lower extremities need air and sunshine, and an opportunity to adjust themselves to varying temperatures. The best we can do under existing conditions is to advise our adult readers to go barefoot as often as a fitting opportunity offers, and to let their children indulge the practice for at least a part of every day during warm weather.



**What Makes Us Tired?**—“I have found myself less tired,” writes Mr. Eustace Miles in the *Daily Mail*, “at the end of twelve hours' hard and satisfactory work,—ten with the brain and two with the body, than with one hour's not very satisfactory work when my diet had been unsuitable and my work uncongenial.” There is deep truth in this. The secret of turning off a large amount of work without overstrain lies in intelligent eating and a right mental attitude. “Eating for strength,” is something quite different from eating for mere gustatory pleasure.





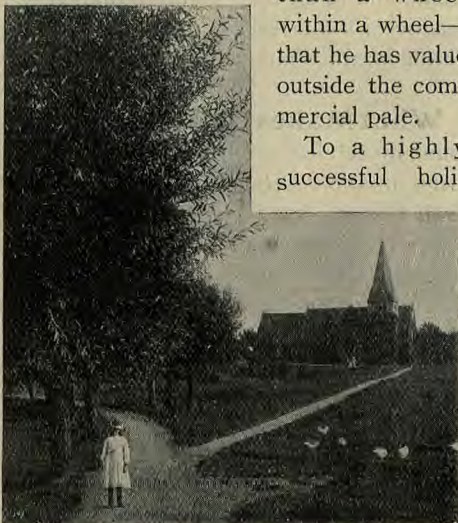
## THE SUMMER HOLIDAYS.

BY M. ELLSWORTH OLSEN.

THE summer holidays are a deservedly popular institution. Vacations are more needed to-day than ever before, because modern life is lived under unnatural and artificial conditions which make large draughts upon the nervous energy. Modern institutions tend to augment the content of life—to cram it almost to the bursting point with intense and highly concentrated activities. From this overworked, pent-up condition, vacations afford a temporary relief. The individual comes to himself, as it were; he has time to think and to feel, and realises that he is something more

than a wheel within a wheel—that he has value outside the commercial pale.

To a highly successful holi-



day at least three things are essential—change, rest, and a congenial environment. Change is perhaps the most important. It is a chief advantage of the well-planned vacation that it interrupts the dreary monotony of every-day life and by turning the activities for a time in other channels, enables one to turn to the daily task with new zest and interest.

### A Decided Change Desirable.

We would say to our readers: whatever other considerations are neglected in selecting your holiday, let it be a decided change from your ordinary occupations. If you belong to the vast army of city toilers, you will be wise to take your holiday in the country or at some quiet seaside town. In either case there are many pleasing ways of passing the time. If you have antiquarian proclivities, you will naturally select a place rich in such associations. If nature study be your bent, it may be carried out to the best advantage in the more quiet and out-of-the-way places; but it is possible everywhere, and is a most fascinating way of spending the bright summer days. It possesses the great advantage of compelling its devotees to live out of doors.

Country people often desire to spend their vacations in London, and this is quite



natural. Such a trip may be to them quite as restful and every way satisfactory as the city dweller's annual pilgrimage to the country or seaside.

#### **Live in the Open Air.**

It is conceivable that a person who has been engaged in out-door work might enjoy a comparatively sedentary life during

fortnight or so, and resolved to have a good time in any case. Cultivating a love for nature in all her moods is in itself a great aid to the best physical state.

Camping out is perhaps the ideal plan because it ensures a large measure of out-door atmosphere, night as well as day. Roughing it a little usually adds to the enjoyment of the occasion. It is an excellent



LORD STREET, LOOKING WEST [SOUTHPORT].

the week or two devoted to the annual holiday; but in the main the summer vacation should be given to living in the open air. This is the only natural life. Never mind about the weather. To the thoroughly well-balanced and healthy man one day is about as good as another. Fresh, pure air, and natural surroundings are the essentials.

#### **Suitable Clothing.**

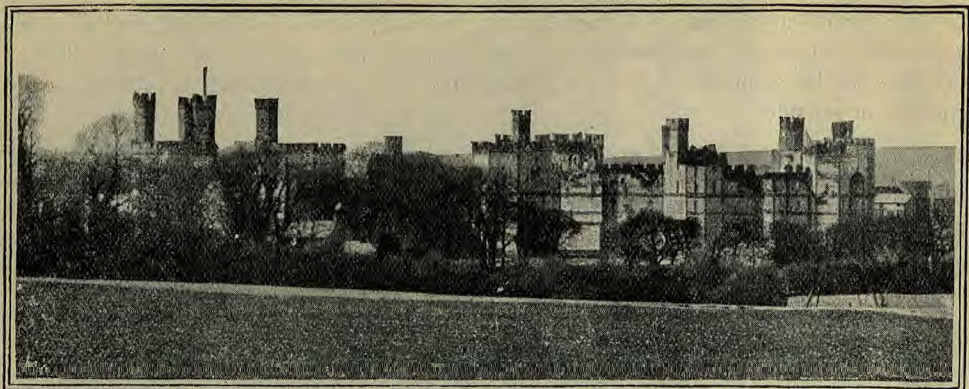
Go to your outing supplied with clothing suited for anything in the way of weather that nature may assign to that particular

thing to discover how few wants we actually have. Our modern life is so replete with luxuries which have come to be considered necessities that we almost lose ourselves in the maze.

#### **Abundance of Rest.**

As vacations are for workers, not idlers, so abundance of rest is an essential feature. Get to bed in good season at night. This is a point that needs to be especially guarded, for where one is in congenial company, it is hard to break away. But





THE CASTLE [CARNARVON].

one must do it if one would get the most benefit from an outing. Other conditions being equal, an hour of sleep before midnight is worth more than one after midnight. The morning hour, moreover, has a freshness and beauty all its own, and while it is dangerous to curtail sleep at both ends, it is well, having gone early to bed, to be up in time to enjoy a little walk in the open

air before breakfast. Of course, where the year's work has been of an arduous character, necessitating considerable loss of sleep, it may be wise both to retire early and to sleep late. In any case, one should not form any rules for early rising during vacation. Such efforts belong to the strenuous, working period of the year, not to the summer vacation, when ease and freedom



THE PARADE [ABERYSTWYTH].



of action should be sought above everything else.

Rest includes more, however, than mere sleep. A man may not in vacation time spend more hours out of each twenty-four in bed than during his working months; but if he has dropped the cares and anxieties as well as the actual daily tasks in which he has been engaged, he is in a sense rest-

your year's work with a sense of defeat and loss and disappointment that will be extremely difficult to shake off. On the other hand, when such anxieties are resolutely put away during the holidays, one returns to the fighting line with clearer discernment and a stronger heart to deal with any new trouble that may arise. As far as possible, then, keep the mind perfectly



SNOWDON AND THE RIVER GLASLYN [NEAR CARNARVON].

ing all the time. Complete change of employment is itself rest, especially when the new activities entered upon are free from possible sources of anxiety and worry. These latter must be absolutely banished from the mind if the vacation is to be truly recreative. Take your troubles with you to the country or the seaside, and they will dodge your every footstep, spoil the fairest prospect, tinge with melancholy your brightest moments, and bring you back to

easy, adopt the doctrine of *laissez faire* in its totality; live as if you never had a care in your life. Let every part of the body and mind be at rest.

#### Where to Go.

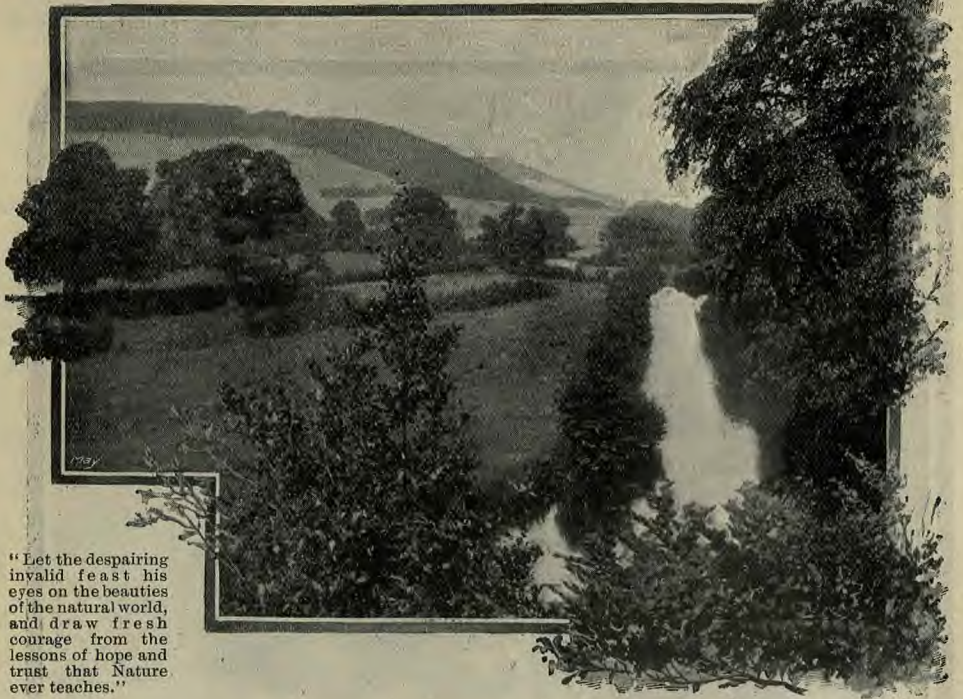
The question of congenial environment largely depends on individual traits and temperaments. Some people like to have the society of friends during their vacation; others get more rest from being among



strangers. Some like a place with lively diversions of various kinds, others want it very quiet. Some get more rest from a sea-voyage than in any other way. To get on an Atlantic liner at Southampton, and board a returning steamer as soon as possible after landing in New York may

where pure, fresh air, and pleasing natural scenery, refresh both body and mind.

A trip to a quiet, interesting country like Holland will delightfully occupy a couple of weeks for some people; others will prefer to stay in England, choosing



"Let the despairing invalid feast his eyes on the beauties of the natural world, and draw fresh courage from the lessons of hope and trust that Nature ever teaches."

THE MOLE AND BLETCHWORTH HILLS [NEAR DORKING].

seem a strange way of spending a three weeks' holiday, and yet there are a few business men, lovers of the sea, of course, who get more rest and satisfaction from such a trip than from anything else.

Doubtless a much larger class of holiday tourists will enjoy a vacation spent at a seaside town, with surf-bathing, boating, and rambles along the sea-front. \*Carnarvon, \*Aberystwyth \*Southport, \*Bournemouth, \*Eastbourne, \*Deal, and many others we might name are all delightful spots

\*Readers of GOOD HEALTH desiring further information concerning the holiday attractions of any of these places may on application by postcard to the town clerk receive free of charge a beautiful, illustrated booklet giving a full description of the place.

perhaps, a pretty country village where good milk and butter and eggs are plentiful, and the surroundings natural and wholesome. There are few parts of England where the scenery is more delightful or the literary and antiquarian associations more pleasing than Surrey, among whose picturesque villages the quaint old-world town of \*Dorking, dating from Roman times, holds an honoured place as a quiet, restful retreat for the holiday tourist. Indeed it is hard to believe that such a complete picture of rural beauty can be presented by any town so near the great metropolis.

Walking tours have peculiar attraction for young men of strong limbs and with a



healthy curiosity to see things. Bicycle tours are also excellent; so is motoring, though it is inferior to cycling in point of exercise. The important thing is to choose the kind of vacation that bids fair to be personally congenial, and then enjoy it.

#### A Few Don'ts.

A few don'ts may not be out of place in parting. First, don't make the mistake of throwing over health laws when you go on your vacation. These laws are integral factors in every human life, and cannot be transgressed with impunity. Better far to take a portion of your holiday to study these laws with a view of living them out more strictly in the future than ever before.

Again, don't overdo in the matter of amusements. Manly games and outdoor pursuits in general, when carried on with moderation, are recreative and health-giving. But amusements of the "fast" class should be avoided. They are likely to be even more wearing on the system than work. One comes back from a vacation largely given to such things tired and jaded.

Don't be too ambitious about your vacation. Rather be satisfied with little. Long journeys by land or by sea, big hotel bills, modern comforts and luxuries, and lavish expenditure in any direction need not enter into the planning of a vacation at once enjoyable and satisfying. There is just as much

pleasure in doing without a lot of things considered necessary as in indulging in them. Simplicity gives the most enjoyment in the long run.

Don't ruin eyesight and mental digestion by poring over cheap, badly printed story papers. It is incredible how many young men and women spend a considerable part of their holidays, especially if the weather is unfavourable, glued fast to the exciting pages of a worthless novel.

#### The Best Tonic.

Don't omit to take some kind of a cold bath daily. It is a natural tonic which will increase the resistive powers of the body, and give added tone to all the organs. Of course, such a bath should always be followed by vigorous rubbing and light exercise.



VEGETARIANS AT AN OUTING.\*

Finally, don't on any account eat poorly-cooked, unwholesome food. The black demons of indigestion will spoil any vacation.

\*Employees of the Pitman Health Food Company (Birmingham), enjoying their first annual outing at Dodderhill Common. The menu was, of course, of a strictly vegetarian character.



## THE FEEDING OF INFANTS.

BY ALFRED B. OLSEN, M.D.

It is a common thing nowadays for children to start life handicapped in one way or another. The handicap may be due to bad environment, and extreme poverty, or to a bad heritage. A great many children are obliged to commence life with but a small amount of physical vigour. They are for the most part tender, hot-house plants, and ill prepared to stand the rigorous and harsh existence of everyday-life. Their vitality is low, they have little or no physical reserve, and their power to resist disease is practically nil.

It is obvious that such children require good care and proper feeding, otherwise their little lives are soon ended. Careless feeding, if not fatal, stunts bodily growth and checks mental development. Its baneful effects are permanent and most disastrous, sometimes even resulting in deformity.

**The Mother's Milk.**

From these considerations our readers can readily see the vast importance of furnishing children with a correct diet, for this determines to a large extent the future health of the child.

For the infant there is but one perfect food, and that is the mother's milk. A breast-fed child has enormous advantages over other children. A woman who is not willing to nurse her offspring has no right to have children. It is more than disgusting to see so-called mothers fondling lap-dogs, and at the same time farming out their helpless children to irresponsible nurses. Such conduct may be fashionable, but it is not humane, and public opinion ought not to tolerate it.

**Frequency of Nursing.**

Babies should always be nursed at regular intervals. The following table taken from Dr. Holt's excellent book for mothers,

entitled, "The Care and Feeding of Children," will prove a correct guide:—

Period.	Nursings in 24 hrs.	Interval by day.	Night nursings 10 p.m. to 6 a.m.
1st and 2nd day.	4	6 hrs.	1
3 days to 6 weeks.	10	2 "	2
6 weeks to 3 mths.	8	2½ "	2
3 to 5 months.	7	3 "	1
5 to 12 months.	6	3 "	0

**Substitutes for Mother's Milk.**

There are conditions, rare though they be, when it is not advisable for the mother to nurse her babe. Should she be afflicted with pulmonary consumption, or some other grave organic disease, nursing would be injurious both to mother and child. In such cases a *healthy* wet nurse might be recommended. If nursing is impossible, it is necessary to resort to some substitute for human milk. There is an abundance of prepared infant foods on the market, most of which owe their sale more to judicious and pushful advertising than to real merit. But it is not necessary to resort to them for we find in *modified cow's milk* the best substitute for the natural diet.

**Modified Cow's Milk.**

It must not be forgotten that human milk differs markedly from the bovine product. In the first place the human product is sterile and pure. It is taken direct from the breast and there is no opportunity whatever for the introduction of germs or other foreign matter. It is a moot question whether cow's milk is ever obtained pure from our dairies. It usually contains more or less filth, which is a serious menace to health. To insure the destruction of germs, milk is sterilised, that is, raised to 160° F., for ten or fifteen minutes, or boiled. But even then it still contains the impure organic matter although the germs are dead.



Cow's milk contains only one-half as much sugar as the human variety, but three times as much proteid and salts. It is also more difficult to digest.

Hence cow's milk must be modified before it will suit an infant. This is done by diluting with water and adding cream, milk-sugar, and lime-water. The basis of diet for very young infants is what is known as ten per cent. milk. To get this take the upper third of fresh milk that has stood in a cool place four hours.

**First Four Months.**

Dr. Holt recommends the following modifications for the first five stages of an infant's life, covering the first three or four months:—

	I.	II.	III.	IV.	V.
10 % milk.	2 oz.	3 oz.	4 oz.	5 oz.	6 oz.
Milk sugar.	1 "	1 "	1 "	1 "	1 "
Lime water.	1 "	1 "	1 "	1 "	1 "
Boiled water.	17 "	16 "	15 "	14 "	13 "
	20 oz.	20 oz.	20 oz.	20 oz.	20 oz.

From the third or fourth month to the eleventh or twelfth, seven per cent. milk is used. This is obtained by taking the upper half of fresh milk after letting it stand four hours.

	I.	II.	III.	IV.	V.
7 % milk.	7 oz.	8 oz.	9 oz.	10 oz.	11 oz.
Milk sugar.	1 "	1 "	1 "	$\frac{3}{4}$ "	$\frac{3}{4}$ "
Lime water.	1 "	1 "	1 "	1 "	1 "
Boiled water.	12 "	11 "	10 "	5 "	3 "
Barley gruel.	0 "	0 "	0 "	4 "	5 "
	20 oz.	20 oz.	20 oz.	20 oz.	20 oz.

**Entire Year's Feeding.**

Dr. Holt recommends the following schedule for feeding healthy infants during the first year. [The reader will note that the significance of the Roman numerals I. to V. is indicated at the foot of this table.]

Age.	I.	II.	III.	IV.	V.
2nd to 7th day.	2	2	10	1-1 $\frac{1}{2}$	10-15
2nd and 3rd weeks.	2	2	10	1 $\frac{1}{2}$ -3	15-30
4th and 5th weeks.	2	1	10	2 $\frac{1}{2}$ -3 $\frac{1}{2}$	25-35
6th week to 3rd mth.	2 $\frac{1}{2}$	1	8	3-5	24-40
3rd to 5th month.	3	1	7	4-6	28-42
5th to 9th month.	3	0	6	5-7 $\frac{1}{2}$	30-45
9th to 12th month.	4	0	5	7-9	35-45

- I. Number of hours interval between meals by day.
- II. Night feedings, 10 p.m. to 7 a.m.
- III. Number of feedings in twenty-four hours.
- IV. Quantity in ounces for one feeding.
- V. Quantity in ounces for twenty-four hours.

**When to Wean.**

It will be seen that barley gruel (well-cooked) is added about the ninth or tenth month. This is about the time to commence weaning a breast-fed child, and by the twelfth month the change ought to be completed. It is very unwise and even injurious at times to delay weaning after the child is a year old.

**Mixed Feeding.**

By the fourteenth month most children can take cow's milk plain without any modification. They can also take well-cooked cereals and bread preparations. Zwieback (twice-baked bread) and milk, granose flakes and milk, gluten gruel, ground rice gruel or puddings, mealy baked potatoes, and similar preparations may now be given to the child with safety.

Fruit must not be forgotten, for it is a most excellent food for children. Pure fruit juices may be used freely after the child is weaned. Ripe Canary bananas made into a puree and mixed with a little cream make a delicious and wholesome dish. A mellow apple may be scraped and fed to the child occasionally. Children with but a few teeth cannot be expected to chew coarse or hard food, and this must be taken into account.

**Model Diet for Children.**

The diet which we suggest below can be easily adapted to children varying in



age from two to ten or twelve years. It is a simple diet consisting only of plain, wholesome food. This is as it should be, for children as a rule have good appetites, and do not need to be tempted to eat by putting before them indigestible delicacies. As a rule, a healthy child is well satisfied with plain food and does not care for rich compounds or highly seasoned dishes.

#### Breakfast.

Brown bread and butter or bread and milk, oatmeal or gluten porridge with cream, fruit toast, fresh, and stewed fruit.

Avenola, granose flakes, or Ralston

breakfast food may be substituted for the porridge to advantage.

#### Dinner.

Plain soup, mealy baked potatoes, brown bread, granose biscuits, and a milk pudding or custard.

#### Supper.

Bread with milk, or either fresh or stewed fruit.

It is well to avoid drinking at the meals, and time should be taken to chew the food well. Do not omit to give children water to drink between meals. This applies to infants of only a few months as well as older children.

### What to do for Hives.

BY J. J. BELL, M.D.

HIVES or nettlerash is a skin affection which is more prevalent in warm weather than cold. An evanescent eruption of whitish, pinkish, or reddish elevations, or wheals, variable in size and shape makes its appearance on the skin. Itching is almost always present; at times a pricking, stinging, or burning sensation may be most prominent.

The disease is due to a disturbance of function of the nerves supplying the blood-vessels of the skin. The attacks are almost always brought on by disturbed digestion, due to partaking of some article of diet which causes a derangement of the stomach. Occasionally some individuals have an attack when a certain kind of fruit is eaten. In some cases this may be due to the fact that the fruit is taken as an extra along with other unsuitable combinations, or the fruit may have been taken at unseasonable hours, as between meals, or just before retiring. Again it may not have been fully ripe, or possibly it was over ripe. Very likely it was not properly masticated.

Any foods difficult to digest may cause an attack of hives. For this reason pastry,

fried foods, condiments and spices should be avoided. The meals should be simple and few articles taken at a time. Hasty eating and overloading of the stomach should be avoided.

A warm bath to which has been added bicarbonate of soda often affords relief. This may be cooled and then the skin well dried and rubbed over with some soothing powder, such as Talcum.

### Sidelights on American Meat.

CHICAGO meat, in one form or another, is used pretty much the world over. Readers of GOOD HEALTH will therefore be interested in some particulars as to the conditions under which it is produced. One is likely to think, in view of the enormous quantities of meat handled at the Chicago stockyards, and the despatch with which the business is carried on, that the sanitary arrangements are every way up-to-date and practical; but the facts as set forth in a series of articles printed in the *Lancet*, do not bear out such a supposition. Following are a few quotations:

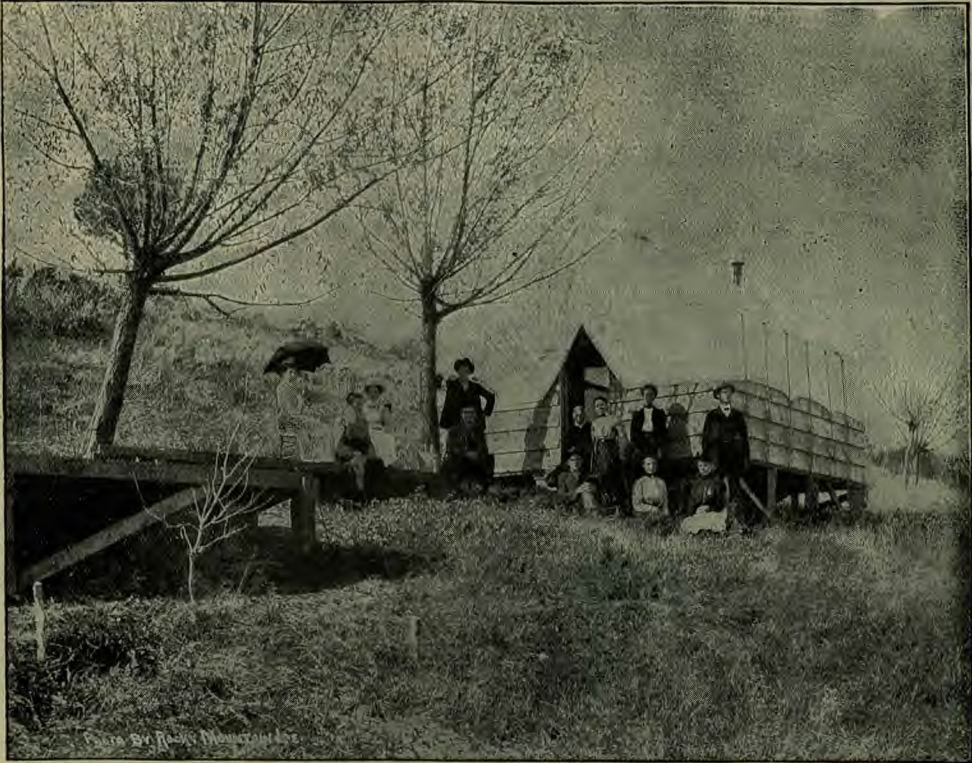
"In these dark places [where the slaughtering takes place] the meat falls on the floor, and comes in contact with the dirt from the boots of the workers, and the bacilli from the sputum of a



population among whom pulmonary tuberculosis is more prevalent than among any other section of the inhabitants of Chicago. Close at hand there are closets, and they are in some places only a few feet from the food. These closets are at times out of order, deficient, defective, or even entirely devoid of flushing. They are all the more offensive as they are not sufficiently numerous for the large staff of workers who have to use them. This is especially the case in one of the rooms

the dirtiest place, instead of being carried on in the open air or under such slight shelter as would not prevent the free access of air and sunshine. It would be quite impossible to disinfect such premises. There are innumerable rafters, sharp angles, nooks, and corners where blood, the splashing of offal, and the sputum of tuberculous workers can accumulate for weeks, months, and years."

"Natural disinfection cannot take place because



CAMPING OUT ON THE ROCKIES.

"Camping out is perhaps the ideal plan (of spending the holidays) because it ensures a large measure of outdoor atmosphere night as well as day." See page 71.

where soup is made for preserving in tins. In one department there were two closets, neither of which could be flushed, provided for eighty women. There used to be no provision whatsoever for the workers' meals, and they had to eat amid the filth in which they worked. Even today, and after many protests and agitations, there are no proper lavatories for the workers to wash themselves conveniently and to change their clothes before they begin handling the food which is sent from Chicago to all parts of the world."

"The dirtiest work (where the entrails are taken out) is done in the closest, the darkest, and

daylight and the direct rays of the sun cannot reach the greater part of the interior of the buildings where the work is done, the meat is handled, and the tuberculous attendants expectorate. That the surroundings are foul, that in any case there is something wrong in the conditions of the work or of the workers, is shown by the fact that the smallest scratch or cut will result in blood poisoning if the wound is not at once treated with a strong antiseptic."

"It is obvious that the destructors (the tanks in which the condemned tuberculous carcasses, entrails, and offal are destroyed) should be placed



in a far-off and isolated corner. Any condemned carcass should at once be removed well away from all the buildings where food is prepared. Nothing of the sort is done. . . . The lid of the destructor is removed within a few feet of meat that is to be eaten. The promiscuity of the two occupations, the examination and destruction of diseased carcasses and the preparing, the cutting up, or the washing of carcasses that are not diseased, is most disgusting and reprehensible."

In the light of such facts, vegetarians may very properly feel grateful that slaughterhouse products form no part of

their diet. It is no more than fair to add that the slaughtering business is a difficult one to carry on at the best. No doubt reasons could be given for some of the arrangements criticised by the *Lancet*, but that its representations are on the whole correct we have no reason to doubt. Probably some of the abuses pointed out will in time be removed. Where killing is done in private slaughterhouses as in Great Britain, the possibilities of contamination are fully as great.

## EXERCISES FOR THE HOLIDAYS.

BY JOHN HOPKINS.

IT is a common thing to urge lack of time as an excuse for neglecting physical culture. The holidays certainly offer the necessary time for a good start in the training of the body. Firmer muscles, a more elastic step, greater all-round physical efficiency should be among the results of a well-spent vacation, and some attention to physical culture is necessary to bring this about.

Swedish gymnastics aim at the development, first, of the heart, lungs, and other vital organs — to improve the respiration, digestion, and circulation—and second, to build up large muscles. A correct working position is held to be of primary importance, and all exercises must be taken in this position. This calls

for an erect body, a straight trunk in nearly all movements. Any position which cramps the chest, and thus hinders the heart and lungs in their work, is dropped from the lesson.

The proper way to stand is illustrated in Fig. 1: the head is held well back, the arms straight and beside the body, the legs straight, the hips back, and the chest well lifted. The whole attitude, although energised, is yet the most restful if one accustoms himself to it. For one unaccustomed to holding himself correctly this position may prove tiresome. It is in itself, however, a splendid exercise, and with-

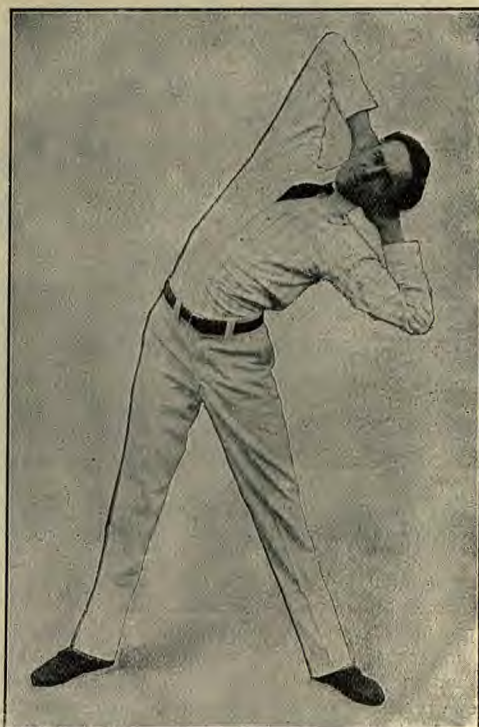


Fig. 4.

out it, not only does exercise lose much of its value, but many movements are positively harmful.





Fig. 1.

The Swedish system has two important characteristics which it is well to notice. The first is the "day's order," or the lesson for the day. This arranges exercises in nine divisions, each of which contains work for a certain part of the body. The exercises are placed in the following order because far better results are obtained when they are thus arranged:—

of Swedish gymnastics is the thorough manner in which progression is made. Gentle exercises come first, and stronger, more vigorous work follows as it can be taken. Each class of exercises increases in strength until the middle of the lesson, then the work is made easier, until at the close of the day's orders the class is given work which quiets the rapid pulse and breathing. In each class of exercises, progression is made as follows:—

1. By holding a position some length of time before returning to commencing position; as when in knee bending, Fig. 3, we halt with knees bent and do head rotation or arm flinging.

2. By changing the base; for instance, side bending of the trunk is first done with the feet separated, then with feet together, then one foot in advance of the other, and finally, in a fall-out stand.

3. By increasing the lever of the weight; as when in side bendings, wing, rest, yard, and stretch positions are successively taken. The various positions are seen in the accompanying illustrations. Wing stand: hands on hips, Fig. 2. Rest stand: hands clasped behind the head, Fig. 4. Yard stand: arms extended sideways, shoulder high. Stretch stand: arms extended upward, Fig. 3.

4. By increasing the weight of muscular resistance. Dumb-bells, pulley-weights, etc., furnish means to increase the weight.

1. Arch flexions, or backward bendings of the trunk, increasing the size of the chest cavity.

2. Heave movements—developing the inspiratory muscles.

3. Balance movements—for general equilibrium, good posture, and graceful carriage.

4. Shoulder-blade exercises—for the back muscles, and to correct round shoulders.

5. Abdominal exercises—to develop the abdominal muscles, and to improve digestion.

6. Lateral trunk movements—to develop the sides of the trunk.

7. Jumping, leaping, vaulting, running.

8. Slow leg movements.

The second distinguishing feature

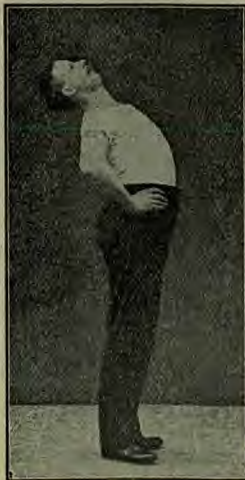


Fig. 2.

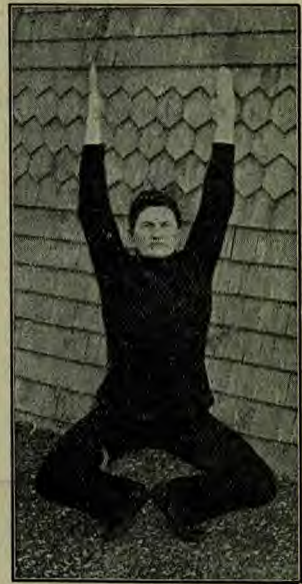


Fig. 3.



Increase of muscular resistance is provided for by bringing into use the antagonistic muscles; *i.e.*, in arm bending and stretching, using the extensors of the arm to resist the flexors. This brings a tension and

rigidity of the muscles, and should be followed by relaxing exercises.

5. Increasing the speed of the movement.

Next month further exercises will be given.

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## THE PROPER CARE OF THE HAIR.

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

THE hair grows from the skin somewhat as plants do from the soil. Each hair springs from a single follicle or root which is nourished by tiny blood-vessels passing through the deeper structures of the skin. In connection with the hair roots there are also small glands whose duty it is to secrete an oily substance to render the hair glossy and to keep the skin soft and pliable.

### General Health.

As the gardener would not expect fine plants to grow from a poor soil, so we must not expect beautiful hair to grow from an unhealthy skin. Again, since a healthy skin is dependent upon a healthy body, the person who would have fine hair, must first of all give attention to the general health. Fresh air, sunshine, nourishing food, abstinence from stimulants and narcotics, proper dress, exercise, sufficient sleep, personal cleanliness—none of these essentials must be neglected.

Then, too, some attention must be given to the hair itself. Those who are so fortunate as to possess good hair, are not infrequently apt to be negligent of it, one charm after another departing, until what was once their "crown of glory" becomes only a source of annoyance and anxiety. In order to keep the hair beautiful, the circulation of the scalp must be rendered active by the daily use of comb and brush. It is also an excellent practice occasionally to dip the fingers into cold salt water and rub the scalp vigorously until it is all aglow with a healthy flow of blood. This one measure if faithfully employed will make hair tonics unnecessary. Cleanliness of

the scalp must also be maintained. Persons with short hair will experience little difficulty in doing this, but not so those whose hair is long and heavy. It is impossible to say just how frequently a woman's hair should be washed; often enough to keep it clean is the only rule that can be established. One shampoo a month may be sufficient in some localities, but in dusty, smoky cities once a week or once a fortnight is none too often. Whenever the hair becomes oily so that it clings together, one may be quite safe in resorting to soap and water, knowing that oily hair always catches and retains whatever dust may be flying in the air.

In the ordinary cleansing of the hair and scalp, it is best not to use borax, ammonia, or other similar substances frequently advised. A good soap and plenty of water are all that one requires. Always rinse the hair thoroughly so that all of the soap is removed. Have two or more dry linen towels and dry the hair as well as possible with these. Complete the process in the sunshine or before an open fire. Shaking the hair occasionally hastens the drying. The busy woman who feels impatient of delay, may improve the little time of waiting by reading a good book, writing letters or even darning stockings if necessary. No attempt should be made to comb or brush out tangles until the hair is dry, as the effort only breaks the hair and makes the tangles more obstinate.

### Falling Hair and Baldness.

Dandruff, though such a common disorder, should never be neglected, for if un-



conquered, it is certain in the course of time to cause falling of the hair or even permanent baldness. Dandruff is now recognised as a parasitic disease, the parasites thriving upon an unhealthy scalp. As the disorder progresses, the nutrition of the hair roots is interfered with. The hairs become harsh and dry and if the disease is not arrested, they subsequently die and are shed. The treatment of dandruff must be both general and local. Careful attention must be given to the bodily health. The patient is usually a victim to some digestive disorder, in which case every effort should be made to improve the general nutrition, and that of the skin in particular. As a tonic for the scalp, nothing is better than frequent cold salt-water frictions, previously mentioned in this article. Since the disease is a parasitic one, a disinfectant lotion of some kind should be used upon the scalp.

#### A Most Effective Remedy

is crude petroleum in alcohol (one teaspoonful to the ounce). Use sufficient to thoroughly wet the scalp, rubbing it well into the roots of the hair. A soap wash may follow as the lotion has rather a disagreeable odour. This treatment should be employed twice a week until the condition is much better. After two or three applications there is often marked improvement. In order to insure a permanent cure the treatment should be continued, once a week, for some little time after the disease has apparently disappeared.

Many persons fail because they discontinue treatment as soon as the unpleasant symptoms disappear.

Resorcin in alcohol is another excellent remedy for dandruff which may be used in place of the petroleum. Fifteen to twenty grains of resorcin to the ounce of alcohol is the correct strength. A few drops of olive or castor oil may with advantage be added to the solution. Two or three times a week, after washing the hair, rub the lotion thoroughly into the scalp.

It seems almost needless to say that heavy non-ventilated hats are not conducive to a healthy condition of the scalp and should not be worn.

Hair dyes or so-called hair restorers or preservatives should under no circumstances be used by those who really desire beautiful hair. These preparations frequently contain substances which are very injurious not only to the hair itself but also to the scalp. In some cases constitutional symptoms have followed the use of poisonous hair dyes.

#### To Keep the Kitchen Sink Sweet in Warm Weather.

PLACE the plug in the outlet, and fill up with very hot water, in which dissolve a quantity of chloride of lime. Allow the solution to stand a few minutes; then draw out the plug, and as the water descends, scrub well out, using plenty of soap, and lastly rinse thoroughly with cold water.

This method not only cleanses and sweetens the sink itself, but also flushes and purifies the drainpipe, destroying the germs. The old way of cleansing the sink with sand is very objectionable as it destroys the enamel, and the sand often sticks to the sides of the drainpipe, causing obstructions, especially when it is very greasy.

G. G.

THAT it is easily possible to sustain life on the products of the vegetable kingdom needs no demonstration for physiologists, even if a majority of the human race were not constantly engaged in demonstrating it, and my researches show not only that it is possible, but that it is infinitely preferable in every way, and produces superior powers both of mind and body.—*Alex. Haig, M.D., F.R.C.P.*

A PURE, light diet would do wonders in improving the health and efficiency of the labouring classes.



## MENU FOR A VEGETARIAN DINNER.\*

	Savoury Soup.    ❖	Crisps.
Potato Nut Puffs.    ❖	❖	Spinach with Eggs.
	Watercress.	
Protose Rice Roll.    ❖	Tomato Sauce.    ❖	Salad Sandwiches.
Toasted Granose Flakes.    ❖		Ground Nuts.
	Fruit Juice.	
Strawberry Tapioca.    ❖	❖	Whipped Cream.
	Cereal Coffee.	



*Savoury Soup.*—Cook half a pint of small navy or soup beans in three pints of water for two hours, adding boiling water as needed. In a separate kettle place

two small parsnips, scraped and sliced, one good-sized onion cut fine, two stalks of celery, and half a can of tomatoes. Cover well with boiling water, and cook until the vegetables are very tender; then add the beans, and press all through a fine colander or soup strainer. Return to the stove, simmer a moment, and just before serving, stir in slowly a cupful of hot cream or rich milk.

A can of sweet corn may be substituted for the beans. As it takes less time, and may be put in with the other vegetables, it is sometimes preferred by the housewife who is her own cook.

*Potato Nut Puffs.*—Choose good-sized mealy potatoes, start in boiling water with a bit of parsley, celery, bay leaf, or other savoury herb, and a pinch of salt; boil hard from start to finish. Drain, set back, uncovered, to steam a moment; mash smooth and fine, with a heaping tablespoonful of peanut butter or half a cupful of ground walnut meats. Then roll into balls the size of an egg, keeping as hot as possible. Have ready a tin sheet or very shallow cakepan, well oiled; place the balls on it so they will not touch, brush over with beaten egg, and brown quickly in the oven. When done, slip a thin knife under and slide them on to a hot platter. Garnish with parsley, and serve immediately.

*Spinach with Eggs.*—Pick over and thoroughly wash the spinach; boil quickly until tender, but still bright green (if cooked uncovered, it keeps its colour better); drain, and press dry in a hot, square pan. Turn out on a hot platter, cut across and lengthwise to form squares. Place a nicely poached egg on top of each square, and arrange slices of lemon round the edge of the platter, to be served with the spinach.

A wooden or bone salad fork and spoon are a help in serving.

*Protose Rice Roll.*—Mince fine one-half pound of protose, one-half medium-sized onion, two stalks celery, and mix well with one-half teaspoonful of sage, the same of

\*Prize menu by N. E. Pinchard.



celery-salt, one and a half cups of breadcrumbs moistened by sprinkling lightly with milk or water, and three-fourths cup of thin cream or nut cream. Put in an oiled pudding dish, cover, set in a pan of water, and steam in the oven half an hour.



PROTOSE RICE ROLL.

Cook one-half cup of rice in a double boiler with two and a half cups of water and a little salt for one and one-half hours. Have custard or coffee cups slightly oiled; place in each about two tablespoonfuls of rice, then a tablespoonful or more of the prepared protose; cover this well with rice, pressing all down closely, and set away to get thoroughly cold. This may all be done the day before using, if desired.

When wanted for a meal, set the cups in a pan of water in the oven until the contents are thoroughly heated. Then invert the cups over a hot platter, and slip out the moulds of rice. When all are arranged, pour sufficient tomato sauce on to the platter to surround the moulds, but not to cover them.

*Tomato Sauce.*—Put half a can of tomatoes over the fire in a stew-pan, with a quarter of a minced onion, a little parsley, a bay leaf, and half a teaspoonful of salt. Boil for about twenty minutes; remove from the fire and strain through a sieve. Melt in another pan a tablespoonful of cocoanut or dairy butter, and, as it melts, sprinkle in a tablespoonful of flour; stir until it browns a little. Mix with the tomato pulp and it is ready for use.

*Salad Sandwiches.*—Boil three eggs ten minutes; drop in cold water two minutes; peel, and while still warm mash fine with a silver fork, work in a tablespoonful of thick cream, two teaspoonfuls of lemon juice, salt to taste, and a little water-cress chopped fine.



SPINACH WITH EGG.



After cutting off the crust, butter sparingly the end of a square loaf of good wholemeal bread; then with a thin, sharp knife cut as thin a slice as possible. Butter and cut until you have slices to make the required number of sandwiches. Spread a buttered slice with egg mixture, place over it a lettuce leaf washed and dried, then another slice and press well together. Trim the edges, removing tough crust; cut across twice diagonally, and arrange the triangles on lettuce leaves.

*Toasted Granose Flakes with Nuts and Fruit Juice.*—Toast the flakes in the oven delicately, but enough to crisp them well; sprinkle over them a cupful of ground walnut or other nuts, dust lightly with sugar, and serve with fruit juice.

*Strawberry Tapioca.*—Soak overnight in cold water a large cupful of tapioca. In the morning put half of the tapioca into a well-oiled pudding-dish and sprinkle with sugar; then on this put a quart of fresh, selected berries, sugar, and the rest of the tapioca. Fill the dish with cold water until the tapioca is covered about a quarter of an inch deep. Bake in a moderate oven until it looks clear, adding more hot water if it seems too dry. When done, let it get thoroughly cold, and serve it with a whipped cream or a fruit dressing.

If fresh berries cannot be had, use canned fruit, as cherries or plums, first draining off the juice, which can be diluted, then thickened with a little cornflour and used instead of the whipped cream if preferred.

### An Invaluable Natural Remedy.

ONE form of the compress used for centuries in Germany, and probably employed in some parts of the world from the most ancient times, is the *Umschlag*, or Neptune's Girdle. It is simply a wet bandage (a towel wrung out of cold water) applied about the body and covered with a flannel bandage. The girdle should extend from the fifth rib to the hip joints. The moist bandage should go once and a half round the body, overlapping in front. The woollen bandage should be two inches wider, so as to overlap above and below the wet bandage, and long enough to go two or three times round the body. It should be fastened tightly, to prevent chilling.

#### Good for Constipation and Insomnia.

*When to Use the Wet Girdle.*—It may properly be used in all forms of disease of the stomach, liver and bowels. It is a very excellent remedy in constipation, and is equally good in chronic diarrhoea, but in this disease it requires an impervious covering, say a piece of mackintosh cloth, above the woollen bandage, which should

extend a little beyond the wet bandage, so as to prevent evaporation at the edges. The wet girdle worn with the mackintosh covering is an excellent remedy in insomnia, relieving sleeplessness by diverting blood from the head to the abdominal vessels. The mackintosh covering should not be used, however, in cases of chronic constipation, nor when there is chronic congestion or inflammation of the abdominal or pelvic organs. Most cases of anæmia, chlorosis, neurasthenia, and nearly all forms of pelvic disease in women are benefited by the use of the wet girdle.

J. H. K.

### To Preserve Plums.

GREENGAGES and damsons are best for canning. Wipe clean with a soft cloth. Allow half a cup of water and the same of sugar to cover three quarts of fruit, in preparing a syrup. Prick each plum with a silver fork to prevent it from bursting, and while the syrup is heating, turn in the fruit, and boil until thoroughly done. Pour carefully into hot jars, fill with syrup, and cover immediately.

E. E. K.



# QUESTIONS ANSWERS.

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

**Buttermilk.**—S.C.D.: "Will you kindly inform me through GOOD HEALTH whether buttermilk is a healthy drink?"

*Ans.*—Pure, clean buttermilk, which has been carefully handled, and obtained from the milk of healthy cattle, is a wholesome food rather than a drink.

**Book on Training for Running.**—A.B.—We are not acquainted with any book dealing especially with training for running, but think that Eustace Miles' work, "The Physical Educator," published by Cassell & Co., is an excellent all-round work on the subject of training and athletics.

**Health Reform in Germany.**—G.C.: "1. Can you advise anyone going to Germany of an institution carried on according to the principles advocated by GOOD HEALTH? 2. Would a knowledge of German be essential?"

*Ans.*—1. The Friedensau Sanatorium is the German branch of the Battle Creek Sanitarium (Mich., U.S.A.), and is conducted according to the methods and principles advocated by GOOD HEALTH. The address is,—Sanatorium, Friedensau, Post Grabow, Bez. Magdeburg, Germany. 2. No, not at Friedensau.

**Varicose Veins.**—W.E.B.: "1. What would you advise concerning a lady friend who is in the hospital suffering with varicose veins? The doctor has advised an operation. 2. What would you recommend when she leaves the hospital?"

*Ans.*—1. We believe she would do well to have the operation performed, as counselled by the doctor. It is the only cure we know of in severe cases. 2. She must avoid being on her feet too much for some months after leaving the hospital. Hot and cold foot baths, followed by massage and upward stroking, will be helpful in strengthening the circulation of the lower limbs.

**Anæmia and Loss of Hair.**—M.D.: "The hair is falling out in handfuls from my little girl. The doctor says she is a bit rickety, and prescribed beef tea and raw beef juice among other things. We do not like to give these things to a baby, and

so venture to ask you for a little advice as to proper treatment and diet for the child."

*Ans.*—We quite agree with you about the beef tea and beef juice. Both must be regarded as stimulants rather than foods. You would do better to give the child plenty of pure milk and cream, with gluten porridge, rice, sago, and tapioca puddings, mealy baked potatoes, well-baked bread and plenty of fruit. Canary bananas mashed to a puree and mixed with cream, make an excellent breakfast dish for a child of her age. Children do well on fruit, and can take it freely to advantage. Give her plenty of fresh air, and keep her out of doors as much as possible. She should have a tepid sponge bath each morning, followed by friction. Gentle massage to her scalp with your fingers will be helpful in getting it into a healthy condition.

**Constipation—Low Spirits—Dandruff—Exercise.**—"In Need": "1. Can you give me a permanent cure for constipation? 2. I often feel low-spirited, and lack energy. Would you recommend — Tonic, or — Kidney Pills for me? 3. My hair is very dry, and full of dandruff. What remedy would you suggest? 4. Most of the time there are blotches and pimples on my face and body, which I have noticed since the age of thirteen. Can you give me a cure? 5. What exercise would you advise in order to straighten one of my legs? 6. I feel tired in the morning, and dream a lot. Please tell me the cause."

*Ans.*—1. Have fruit for breakfast, coarse brown bread and butter, or granose biscuits. Stewed or steamed figs make an excellent laxative for the bowels. 2. No; you would do well to avoid all quack nostrums. 3. Shampoo the scalp weekly with warm soft water and Packer's Tar Soap. Massage the scalp daily with your finger tips, rubbing in a very little pure vaseline. 4. Restrict your diet to such food as agrees with you. Take time to chew it well. Pimples are usually an evidence of some form of indigestion. 5. Massage the crooked limb daily, kneading the muscles well and stroking upward. You would do well to consult a surgeon about the deformity. 6. Drop your supper entirely, and take no food after 5 p.m.



# GOOD HEALTH

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

... EDITED BY ...

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THE Caterham Sanitarium is already booking guests for the holidays. Doubtless the institutions at Leicester and Belfast will also have the pleasure of receiving some live, earnest people who prefer to enter a sanitarium as students of the laws of health, with a view to preventing disease, rather than as belated invalids. Golden opportunities are offered by all these institutions,

ANY readers of GOOD HEALTH passing through Newcastle or living in that vicinity will be glad to know that there is a food reform restaurant at 26 Cloth Market, in the charge of Mr. J. Brandt, where wholesome, palatable food can be obtained at reasonable rates. Mr. Brandt received a thorough training at the Battle Creek Sanitarium, and we are sure that our readers will be pleased with the *cuisine* of this restaurant.

THE Vegetarian Federal Union held its annual meetings at Memorial Hall, Farringdon Street, E.C., the 22nd, 23rd, and 24th of June, having large, enthusiastic audiences and many excellent addresses. Mr. Arnold F. Hills, Mr. Eustace Miles, and other eminent supporters of the movement acted as chairmen. The various papers read covered a wide range of interesting topics. Among those who took part in the reading of these were Mr. Albert Broadbent, secretary of the Vegetarian Society of Manchester, Mr. Newcombe, a doctor from France, and a number of others. An interesting paper prepared by George Allen was read by Miss Yates. The propaganda of the Vegetarian Society is bearing fruit in the general awakening of interest in diet reform principles. We wish the society and its energetic secretary, Miss F. Nicholson, the best of success during the coming year.

In answering advertisements kindly mention "GOOD HEALTH."

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Woman's Exhibition, London, 1900.

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for the breakfast table, for pastry, and for all dishes where fat is required. As fine a flavour as any vegetable butter on the market, and second to none. **7d. per lb., if ordered with other goods.**

Price List gratis. Goods value 15/- sent carriage paid within fifty miles of London. Over that distance anywhere in Great Britain, sixpence extra charged for carriage on each order for £1 or under.

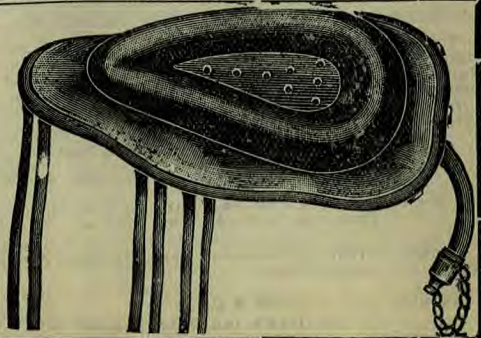
Write for any of the well advertised vegetarian foods. Usual prices for proprietary foods.

**COMFORT CYCLIST** For the  
*In our*  
**BIRKBECK PNEUMATIC SADDLE COVER.**

GOOD HEALTH says: "As a means of avoiding jars of the spine, etc., we are glad to recommend the use of the Saddle Cover. An ingenious and most effective contrivance which has made cycling possible to some whose condition of health would not allow the sport without the safeguard," etc.

Prices, 3/6, 3/0, 4/- Send for our Illustrated Booklet.

Sole Manufacturers **THE BIRKBECK 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."



New Harrison **SWIFT GOLD MEDAL**

# KNITTER

*Profitable and Pleasurable Occupation.*



**KNITS** Socks, Stockings and Garments. Everyone including your friends and neighbours require knitted goods, and no purchaser for a small family could save less than 20 per cent. upon the outlay for private use. The wide scope and extensive capacity of production ensures the safest means of a living of any trade extant.

HARRISON KNITTER WORKS.  
16 UPPER BROOK ST., MANCHESTER.

LISTS FREE

**PUBLISHER'S NOTES.**

In referring last month to the sample bottles sent out by the Welch Grape Juice Co., 61-63 Farringdon Road, E.C., we should have mentioned that small sample bottles at 6d., post free, may be had *only* of the unfermented communion wine and the cordials, of which there are quite a number of different flavours, including lemon, orange, cherry, lime, etc. Welch's Invalid Port is not sent out in small sample bottles, but a trial bottle will be sent post free on receipt of 2/6. We heartily commend the products of this Company.

We have pleasure in inviting the attention of our readers to the sterling value of the products of the International Health Association. While useful at all times of the year, they are perhaps especially needed in the summer months when ready-cooked foods, pure, palatable, and of large nutritional value, cannot but add much to the comfort and convenience of every housewife. Those who spend their holidays at the seashore, the country-side, or on the continent will all profit by the use of these conveniently put up foods. Among the products that can be specially recommended, we might mention protose, granose flakes, and bromose. We earnestly invite those of our readers who have not given these articles a trial to do so at the earliest opportunity.

**"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 Navarino Road, Hackney, N.E.  
 Proprietor—ELIJAH REED

Agents: T. J. BILSON & Co.,  
 88 Gray's Inn Road, London, W.C.

**GOOD HEALTH COCOA.**

Wholesome, Refreshing, Nutritious.

**GOOD HEALTH CREAM CHOCOLATES.**

Dainty and Delicious.  
 A Real Health Sweet.  
 Instead of Milk and Sugar the Cream Consists of Malt Honey.

By the removal of the poisonous alkaloid, theobromine, these preparations are rendered wholesome. They are manufactured especially for the Battle Creek Sanitarium.

Prepared in this way, cocoa and chocolate become healthful and nourishing foods. Both are supplied in half-pounds and pounds at the following rates:—

Cocoa, ... .. 1/2 lb tin, 2/-; by post, 2/3.  
 Cocoa, ... .. 1 lb tin, 4/-; by post, 4/4.  
 Cream Chocolates, 1/2 lb. box, 1/9; by post, 2/-  
 Cream Chocolates, 1 lb. box, 3/6; by post, 3/10.

Order of . . .

Good Health Supply Dept.,  
 451 Holloway Rd., London, N.



**"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 fineness of the filament.

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 expectation. Name this paper, and these instructions will be 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 washing will be replaced.

ADDRESS: THE SECRETARY,

79 & 81 Fortess Rd., LONDON, N.W.

In answering advertisements kindly mention "GOOD HEALTH."



**T H E**  **RESTAURANT**

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

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

**1/- Ordinary Three Courses and Lemonade.**


The finest Sixpenny Teas in London served after 3.30.  
(Cocoa or Brunat served instead of tea if desired.)



Open from 9 a.m. to 8 p.m.; Saturdays, 7 p.m.  
June, July, August, September, Saturdays, 4 p.m.



**The Good Health Adjustable Bodice.**

Does away with the corset. Supports all garments without harmful pressure. For particulars and prices address the Good Health Supply Dept., 451 Holloway Road, London, N.

**Good Health** 

**School of**  

**Physical Culture.**

For particulars send stamp to  
**School of Physical Culture,**  
451 Holloway Rd., LONDON, N.

**YOU NEED**

**REYNOLDS'**

Pure Digestive Wheatmeal

**BROWN**

**BREAD.**

Order sample loaf from bakers and stores in all parts of England. Sold by Whiteley's Stores in London.


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

*REYNOLDS' BROWN BREAD is Ordered by Doctors, and appreciated by Consumers.*

**SPECIAL OFFER**

For One Month Only.

Carriage Free for 5/-

2 lbs. - - Californian Plums.  
2 lbs. - - Best Stewing Figs.  
2 lbs. - Dried Whole Bananas.  
2 lbs. - - - - Peaches.  
1 lb. - - Barcelona Kernels.  
1 lb. - - Walnut Kernels.

. SAVOY .

**HEALTH FOOD STORES,**  
7 Exchange Walk, Nottingham.

In answering advertisements kindly mention "GOOD HEALTH."



## PUBLISHER'S NOTES.

THE new volume of GOOD HEALTH may be had neatly and strongly bound for 2/6, or 2/10, post free. It is full of interesting and valuable information regarding the proper care of the body in health or disease, and should make a welcome addition to any library. May be had of an agent or direct from the publishers.

EX-SENATOR and Mrs. John B. Henderson of Washington, D.C. recently gave a health dinner to twenty-four distinguished medical men and scientists in attendance at the Tuberculosis Congress. Among the guests were Prof. Irving Fisher of Yale University; Gen. George M. Sternberg, former surgeon-general of the army; Prof. H. W. Wiley, chief of the Bureau of Chemistry; Dr. J. H. Kellogg, Superintendent of the Battle Creek Sanitarium, and other well-known dieticians. It is needless to add that protose and other Battle Creek food preparations were much in evidence at this dinner, which was of a strictly vegetarian character.

## LOOKING FORWARD.

A few features of next month's issue:—

**The Training of the Stomach.** By J. H. Kellogg, M.D.

**The Simple Life as Lived in the Orient.**—Illustrated. By J. Alston Campbell, F.R.G.S.

**Motherhood as a Profession.** By Eulalia Sisley-Richards, M.D.

**Physical Improvement of the Nation.**—Illustrated.

**Food and Bodily Decay.**

## "GOOD HEALTH" STORES,

19 Stroud Green Rd., London, N.

Conducted by **MISS N. MUSSON.**

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

... ALSO FOR ...  
**Musson's Wholemeal Specialties.**  
All Health Magazines.

## 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.  
**Maker of Dr. Allinson's Wholemeal Bread.**  
Agent 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 MYOGENIC CAKE**, 10d. per lb. A triumph in healthful cake-making. Absolutely pure, free from chemical essences, etc. Agents wanted.

Address: **J. HEIDE,**  
332 Portobello Road, London, W.

In answering advertisements kindly mention "GOOD HEALTH."



**HANSEN'S  
JUNKET  
TABLETS.**

**A Seasonable Change.**

Hansen's Junket Tablets are double the value of the next best. They make better junket than any other preparation, and are always reliable. They keep better than any other tablets, too. Be sure you get **HANSEN'S**.

Sold by all Grocers, Chemists, etc., in Glass Tubes, containing 24 Tablets, each sufficient to make a quart of Junket. Sample Tube and book of over 30 recipes, 6d., post free, from Hansen's Depot, 77 St. Thomas's Street, London, S.E.



Health! Comfort!! Gracefulness!!! is obtained by wearers of the

## PORTIA Combined Shoulder SUSPENDER. Brace & Stocking

The stockings are firmly and neatly held in place. No pressure on the abdominal organs. Walking, Cycling, and all physical exercises without fatigue. Highly recommended by the Editor and leading physicians. Are being used in the principal schools of physical culture. Pink, Blue, or White. Rushed Silk Elastic, 4/-; Mercerised Cotton, 2/6.

Special! with Knicker Brace ends, 2/11.  
From **PORTIA SUSPENDER CO.,**  
182 Norwood Rd., West Norwood,  
London, S.E.

And from all drapers and outfitters.

# HEALTH FOODS.

Excellent nuts, dried fruits, and health foods of all kinds, including

## BILSON'S COCOANUT BUTTER

which is a splendid substitute for the ordinary dairy butter: perfectly wholesome, and of delicate flavour. 8d. PER POUND, carriage forward. Send 6d. at once for large sample packet, post free.

Ask for new price list.

**T. J. BILSON & Co.,**  
88 Gray's Inn Road, London, W.C.



The Health and Cereal Food Stores for Everyone.

# FRED<sup>K</sup> BAX & SON'S

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

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.**

The one essential point above all others is freshness. Now, our turnover, both in Cereals and Health Foods, is very considerable, and we can guarantee absolute freshness. Then does it not appeal to you, that it is all to your advantage to trade with us? For, the fresher the goods are, the more you will appreciate them. Our terms of delivery make it so convenient for all to use our foods without having to purchase an excessively large quantity.

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 inclose 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.

The Address:

**FRED<sup>K</sup> BAX & SON,** 35 Bishopsgate Street, Without,  
LONDON, E.G.

Your First Duty Is  
To Keep Cool . . .

# EMPIRE

## Linen Mesh Underwear

will help you. It is a fresh, linen substance, not a heavy animal fibre, like wool. Allows the pores to act, takes up and disperses perspiration, and gives you a delightfully fresh, cool, and clean feeling.

Ask your outfitter for it, or send for Booklet No. 2. Price List and Samples with name of nearest agent post free from The Irish Linen Mesh Co., Cathedral Buildings, Belfast, Ireland.

## LOOK INTO YOUR KETTLE!

The muddy, limy deposit in it is due to some of the impurities of ordinary water. Water often has other impurities that are not removed by boiling. The

## "GEM" PURE STILL WATER STILL

separates and removes mud, minerals, lime, old age and earthy matter, alkali, microbes, bacteria, poisonous gases, acids, fever and disease germs,—in fact, every impurity—from water, whether from hydrant, well, cistern, river, pond, creek, lake, spring or ocean. No matter how foul the water may be, the Gem Still makes it, not only clear, but pure and safe.

Gem-distilled water is not only pure, but palatable, being aerated in the process of distillation. It is the veritable "Elixir of Life."

Price, 35/.



Pamphlet, "Concerning water: What the Lancet Says," sent free.

The Gem Supplies Co., Ltd., Dept. 78,  
121 Newgate St., London, E.C.

In answering advertisements kindly mention "GOOD HEALTH."



## LITERARY NOTICES.

**"The Starchy Foods in Health and Sickness, with Sidelights from the Japanese,"** by Alice Braithwaite. Published by Richard J. James, 3 and 4, London House Yard, E.C.

A suggestive booklet on a subject of general interest. The author lays considerable stress on the fact that rice, containing almost nothing but starch, is the main diet of the Japanese, whose capabilities in the way of strength have lately been put to a severe test. It is coming to be generally recognised by dietetic authorities that proteids and fats are not required in such large quantities as once was thought, starches forming decidedly the main part of a correct dietary.

**"Plain Dinners: A Help to a Uric-Acid-Free Diet,"** by the same author and publisher as the foregoing. We are pleased to see a second edition of this work, which is rich in helpful suggestions to the housewife who wishes to set a healthful table. Thorough mastication is rightly insisted on, and a wholesome simplicity is recommended to all.

**"Chronic Constipation: Its Causes and Rational Treatment,"** by D. H. Kress, M.D. Published by the Echo Publishing Company, Ltd., North Fitzroy, Victoria, Australia. Price, 6d. A neat little pamphlet dealing with a very common, and fortunately easily-curable malady. Dr. Kress naturally emphasises the importance of adopting a correct dietary, consisting mainly of fruits, cereals and nuts. This together with regularity in daily exercise and regular habits in general will usually cure the most stubborn cases of constipation.

## BIRKBECK BANK

ESTABLISHED 1851.

**2½ per cent INTEREST**

allowed on Deposit Accounts Repayable on Demand.

**2 per cent INTEREST**

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

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

Apply C. F. RAVENSCROFT, Secretary,  
Southampton Buildings, High Holborn, W.C.**A Seaside Home**

Conducted on Food Reform principles.  
Delightful location, near the chimes,  
pleasure gardens, and town.  
Highest recommendations.  
Accommodations,—exceptional.  
Charges,—moderate.

Write for terms, mentioning GOOD HEALTH.

Mrs. Hutteman-Hume, Loughtonhurst,  
West Cliff Gardens, Bournemouth.



# "Artox" flour

"Artox" Flour is the only pure wheat flour containing the entire wheat berry with all its natural body and bone building phosphates. It is an improvement upon ordinary wholemeal, and makes the most nourishing and digestible bread.

For those who bake at home "Artox" Flour is sold in 7 and 14-lb. linen bags through grocers.

If you present this advertisement to your grocer we will supply you through him with a 7-lb. bag for 6d. This is half-price to induce you to give it a trial, or, we will send direct to you a 28-lb. bag carriage paid for 4/-.

A Sample of "Artox" Bread, with descriptive Booklet, is also sent post free to applicants sending bakers' name and 1½d. to cover postage. Address—

**APPLEYARDS, Ltd., Rotherham.**

Have YOU Tried

# BRUNAK?

## Dr. Allinson's New Drink Instead of Tea or Coffee.

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., Bethnal Green, LONDON, E.

In answering advertisements kindly mention "GOOD HEALTH."



# It Is Impossible to Build Up a Healthy Body on Poor Food.

The poor quality and widespread adulteration of much of the food offered to the public is one of the great causes of indigestion and of many serious diseases so painfully abundant to-day.

The foods included in the following list are called "**HEALTH FOODS**" because they are entirely free from all that is injurious, and contain just the elements required to build up the human system, both in health and disease. They are made from the purest materials, combined in the proper chemical proportions, and so perfectly cooked as to be easily digested by all.



**Granose Flakes**, loose, or in biscuit form, consist of the entire wheat kernel, subjected to hours of steaming and baking, ready for use. A natural cure for indigestion and constipation. The ideal food for all. Packet, ..... 7½d.

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

**Avenola**.—A choice combination of ready-cooked grains. Makes digestible porridge in one minute, also delicious puddings, and, as a basis for vegetarian roasts, cannot be surpassed. 1 lb. canister, ..... 7d.

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

**Wheatmeal Biscuits**.—Sweet or plain. Nutritious, sustaining. Free from all the numerous adulterants commonly used in the manufacture of biscuits. 1 lb. box, ..... 5d.

**Oatmeal Biscuits**.—Made from best Scotch oatmeal. 1 lb. box, ..... 6d.

**Fruit Wafers**.—Made with the best stoned fruit. A nutritious delicacy. 1 lb. box, 8d.

**Peanut Butter**.—Our process of manufacture excludes roasting of the nuts, which renders them indigestible. Can be used for shortening, enriching soup, gravies, etc., or for table purposes as Nut Butter, cream or milk. Superior to other vegetable butters, as it contains all the valuable nutriment of the nut. ½ lb., 7d.; 1 lb., 1/-

**Pure Almond Butter**.—All sweet, finely ground. The sweet almond is the most wholesome of all nuts. ½ lb. tin, 1/1; 1 lb., ..... 2/-

**Caramel Cereal**.—A healthful and fragrant beverage made from cereals. Easily made. Has none of the harmful effects of tea, coffee and cocoa. 1 lb. canister, ..... 8d.

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

**Nuttose**.—A pure product of nuts. Much more nutritious than flesh meat. Excellent for stews, roasts, sandwiches, etc. 1/4, 1/-, ..... 8d.

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

**Gluten Meal**.—(Wheat extract.) A highly nourishing product. Makes a fine gruel or porridge in one minute. Can be used in a variety of ways, in soups, gravies, etc. A luxury for the well,—a necessity for the sick. A splendid food for children. 1 lb., 20% strength, 10d., 40% ..... 1/8.

**Bromose**.—Plain or combined with fruit. In box containing 30 tablets, ..... 1/6.

**Malted Nuts**.—In fine powder. Superior. ½ lb. tin, 1/-, 1 lb., ..... 2/-

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

Send us One Shilling for a package of Samples and Cookery Book. Ask your GOOD HEALTH agent for these foods, or write to us for address of nearest agent.

**THE INTERNATIONAL HEALTH ASSOCIATION, LTD.,**  
**LEGGES STREET, BIRMINGHAM.**

In answering advertisements kindly mention "GOOD HEALTH."



**PUBLISHER'S NOTES.**

A BRIGHT little booklet issued by the R.E.D. Brotherhood, and designed to induce boys to give up the smoking habit, has come into our hands. This Society is doing a work that deserves the hearty co-operation of everyone who is interested in the health and well-being of the boys. We wish it the best of success. Anyone desiring to aid in this propaganda should address the Warden R.E.D., 8 Springfield Place, Leeds.

GOOD HEALTH readers who would like to share with others the benefit derived from perusing the monthly issues of the magazine, are invited to subscribe for their friends. The small sum of one shilling and sixpence will pay for a year's subscription to the magazine sent to any country in the Postal Union, in other words, to practically all the world. May we not hear from a large number of readers who wish to remember their friends in this way?

THE Pitman Food Company (188 and 189 Corporation St., Birmingham) have favoured us with samples of a number of new products, including *Honinut Marmalade*, a tasty and nourishing combination of honey and nuts, *Vigar Cream Butter*, a substitute for dairy butter, *Naturalbred*, designed especially for those who live exclusively on raw foods, and other interesting and valuable preparations. If vegetarians ever had occasion to complain of lack of variety in their fare, they can do so no longer. The price list of the Pitman Stores alone is beginning to assume mammoth proportions. It is interesting reading. One article supplied by this firm which should be especially in demand just now is the *fruit preserving jar*, full particulars of which are given in our advertising columns. Fruit put up in this way keeps perfectly and is more wholesome than in the form of jam.

**GOOD HEALTH**

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

RATES: £8 per page; £4 per half page; £2 per quarter page; £1 2 6 per eighth page.

Address: GOOD HEALTH, (Advt. Dept.)  
451 Holloway Road, London, N.

**EVERY WOMAN**

should own a

**MARVEL WHIRLING SPRAY.**

The new Syringe. Best—Safest—Most Convenient.  
It Cleanses Instantly.



Ask your Chemist for it. If he cannot supply the Marvel accept no other, but send stamp for book giving full particulars and directions invaluable to ladies.

MARVEL CO., Dept. 17,  
11 Queen Victoria St., London.



**THE MAGIC POCKET VAPORISER.**

Good for Catarrh.

Good to disinfect the throat and nasal passages.

Convenient to carry about.

Send stamp for further particulars and free booklet on the home treatment of catarrh.

**Good Health Supply Dept.,**  
451 Holloway Road, London, N.

The . . .  
**GYMNASIUM**  
**MAGAZINE.**

**2d.** of all newsagents and Smiths & Wil-  
ling's bookstalls.

**FULL OF ILLUSTRATIONS. NOT** a new magazine. Established 1888.

A SECTION FOR LADY READERS.

A SPLENDID ADVERTISING MEDIUM.

Readable articles by experts on Gymnastics, Wrestling, Physical Exercises, Indian Clubs, Fencing, Boxing, Health Matters, Etc., Etc.

Subscription, 2/6 a year, post free, from

**THE MANAGER, Gymnasium Magazine,**  
St. Bride Institute, Bride Lane, LONDON, E.C.

In answering advertisements kindly mention "GOOD HEALTH."