



# Good Health

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## Editorial Chat.

### Homœopathy in Great Britain.

—There are less than three hundred homœopathic practitioners in the United Kingdom, while America has some twelve thousand of them, according to the *Homœopathic Review*.



### Natural Feeding for Infants.

—The finest babies are still reared on the breast. This fact became very evident at a recent baby show held in Salford, where out of 180 lusty specimens less than a score had been "brought up on the bottle." Nature has provided a special food, mother's milk, for the helpless infant, and it is obvious that no artificial substitute can perfectly replace the natural diet. The true mother who loves her offspring will make any sacrifice, and count it a pleasure to do so, in order to nurse her babe.



### Modern vs. Old-Fashioned Bedrooms.

—An interesting feature of the exhibition in connection with the recent International Congress on Tuberculosis at Paris, consisted of two rooms; one furnished in the old-fashioned way with bed-curtains, eiderdown quilts, wooden bedstead, carpet, cloth curtains, and a very plentiful deposit of dust. This was represented as the dangerous room. The other, just opposite, was fitted out in the modern way with not a particle of dust on the well-varnished or polished surface. Needless to say, the latter is the ideal. Too much stress cannot be laid on the importance of keeping living- and bed-rooms clean, well-ventilated and free from dust. Slack housekeeping has been the cause of not a little disease.

### Smoking Causes Deafness.

Not only may tobacco produce digestive disorders, injure the eyesight, destroy the memory, and work other well-known injuries to the system, but it may be the direct cause of deafness—so writes Dr. A. Cartez in a late number of *La Nature*, adducing a number of examples by way of proof.



### Acts Directly on the Nerve.

Some of the patients were young persons who had smoked to excess; others were older and suffered from long-continued moderate use of the weed. In one young man of twenty-three, who became completely deaf and suffered from vertigo and other disorders, the trouble passed away entirely as a result of discontinuing the smoking habit. The doctor holds that the irritation of the throat caused by smoking gradually extends through the Eustachian tubes into the inner meatus. If the tobacco is strong, and it is used to excess, there is an absorption of the poisonous products which acts directly on the auditory nerve.



### The Need of Rational Educational Methods.

—It is encouraging to see some signs of a public awakening to the injury being done to school-children by the "cram" system so generally in vogue. To a parent's complaint that children are sent home from school on Friday evening laden with work that will take the whole of Saturday and perhaps the best part of Sunday to get through, the *Daily Telegraph* replies that it is no good complaining of hard work in a competitive world; but

the *Hospital* more wisely takes the view that "compulsory home-lessons inflicted on boys or girls of eight or nine do not tend to equip them for the obligations of life. They are much more likely to retard their progress. They overtax the mental faculties at a time when it is particularly essential that they should not be overtaxed; they interfere with the physical development of children, which is of vital importance; and even the most thick-headed can recognise the folly of a system which enables a boy to come out first in a competitive examination at fourteen years of age, and qualifies him for a lunatic asylum at forty."

**Home Study to Be Condemned.**—The *Hospital* is entirely right in its contentions. Home study of any kind for children of tender years who spend as much as four or five hours in school is out of place, and should be regarded as evidence either that the amount of work to be covered is too great, or that the teachers are deficient in the art of imparting knowledge. The system at present in force which sends a child of seven home at night, thoroughly tired out mentally from the work of the day, and with anxious heart pondering a hard sum or a troublesome written exercise to be handed in on the morrow, cannot be too strongly condemned on the score of hygiene and common sense. It cannot but produce a jaded condition both of mind and body which is destructive of real educational progress. It is making old men and women of our children long before they enter their teens, and laying the foundation for premature decay.

**Danger of Overstrain.**—That the brain is an organ susceptible of injury by early strain is a fact that educational authorities seem inclined to overlook. No one would think of putting a yearling colt in the harness for serious work, and yet this is what we are virtually doing with the children. In any home of ordinary culture they would be far better off if they did not enter school till nine or ten years old. With the children of the lower working classes, it is different; they must get a

training earlier if they have it at all, and their home conditions are often unfavourable to intellectual progress. Even such children should not be expected to do serious studying before they are eight. In the acquirement of knowledge the secret of good work is to keep the mind fresh, and to avoid overstrain. Under present conditions the best thing for parents who believe their children are working too hard over their lessons, is to inform the teacher that they are not willing to have them do any home-work whatever, and that they are perfectly willing, if necessary, to have them put back a year. Far better have the child a little slow in developing than let his health be undermined. A sound constitution and good nerves are worth a thousand times more than all the dreary commonplaces that are dinned into the ears of children through the eight or nine years they spend in the school. We have no hesitation in asserting that any healthy child whom his mother had taught to read and write could, on entering school at ten years of age, learn in four years all of real value that is now taught children in twice that time.

**Patent Medicine Frauds.**—At the late meeting of the British Medical Association the President expressed regret that nothing apparently could be done to check enterprising advertisers who claim to cure diseases of all kinds without seeing the patients, and use the press of the country to build up what is really a fraudulent business. It is a pity that people of excellent sense in other directions should show so little discrimination when it comes to a question of patronising quack doctors and quack nostrums of all kinds. It is a pity, too, that chemists, who are supposed to have a scientific training should consent to be vendors of such rubbish.

Unfortunately, modern civilisation has hitherto done little to remove the superstitious faith of a large number of people in mysterious noxious draughts and unknown pills. There seems to be an irresistible longing to try the medicine which according to a brilliantly-written advertisement is bound to cure.

## THE PHYSICAL IMPROVEMENT OF THE NATION.

## PART IV.—The Health of Our Young Men.

BY M. ELLSWORTH OLSEN.

"So far as I have seen," said Dr. Charles Eliot in a recent address before the freshmen of Harvard University, "there is one indispensable foundation for the satisfactions of life—health. A young man ought to be a clean, wholesome, vigorous animal. That is the foundation for everything else, and I hope you will all be that if nothing more. We have to build everything in this world of domestic joy and professional success, everything of a useful, honourable career on bodily wholesomeness and vitality."

This plain talk from the president of the leading American university may well be taken to heart by every young man. It puts the shoe on the right foot in showing the foundational aspect of the whole question of health. This is by no means to minimise the part played by moral and intellectual endowment in attaining a place of usefulness in the world. As a matter of fact, health of body tends to produce health of mind, the two reacting on each other. Flabby muscles tend to a flabby condition of the mind, while firmness of muscular texture and a fit condition of the whole bodily system certainly help to bring about clearness of mind, a firm mental grasp of things, and a strong moral character. If the truth were known, the craving for exciting stories and plays, and for gross forms of recreation generally could probably be traced in large part to a depraved state of the physical system. Wholesomeness of body is, then, a help to the higher moral life as well as to getting on in the world.

This interrelation of things mental and physical should be most encouraging to the young man who is not enjoying as good health as he would like, for it suggests that vigorous mind-training on his part will aid not a little in bringing about a better state of the body. Doubtless every young man could with a very little systematic training vastly improve himself both mentally and physically. First of all, he needs to cultivate a right attitude toward the laws of his being. He must learn to know what

they are, and to render them hearty obedience. Then he must cultivate courage, sobriety, and a wholesome love of hard work. There is far too much self-indulgence, too much seeking after pleasure, and finding too late that real, satisfying pleasure is not attained in that way.

Young men are liable sometimes to make too much of their little ailments. I am not now speaking of the strong, vigorous man, teeming with bodily vigour—such unfortunately, are not so numerous nowadays as one could wish—but I refer rather to the young man who has more or less trouble with his digestion, whose circulation is not any too good, causing him to have cold hands and feet, and who sometimes awakes with a headache—one who lacks energy, vitality, "go." Such a man is very likely to assume something of the attitude of the martyr, and to pity himself for not inheriting a better constitution; perhaps he humours his appetite, and generally gives rein to his moods and feelings all the more because he feels that he is weak and sickly, and therefore deserving of special indulgence. The right attitude for him to assume, and the one he must cultivate in order ever to pull himself out of the low, debilitated state in which he finds himself, is that of heroic, self-denying effort. He must, in other words, assume a militant attitude, and set himself to bring about a militant state of his body, that it may be able to resist the disease-germs which are ever on the alert to attack a weak and debilitated system.

If there is evidence of some organic difficulty, the young man should by all means consult a physician, and then his efforts at self-improvement should be made along the line of the suggestions his physician may offer. He should not by any means be discouraged even though it be an organic disease of some seriousness. It is a fact that persons have lived to an old age, and enjoyed a very good state of health all the way along, who have had from early manhood or womanhood to guard against a certain weakness which, if

not thus guarded against, would very soon have proved fatal. Very likely some such persons have actually lived longer than they would have lived had they been perfectly sound, and trusting their soundness have gone on disobeying physical laws like their companions.

In the vast majority of cases, however, the young man will probably find that he is organically sound, but simply in a somewhat unstrung, debilitated condition. The problem to solve is, how to bring about a state of the highest possible physical efficiency. This need not mean the developing of prodigious muscles, a harmless fad which is going out of fashion. To persons engaged in sedentary work the one-sided development likely to result from most forms of competitive gymnastics, is by no means helpful in the long run. On the other hand, a proper amount of exercise in the open air, supplemented with a few breathing movements calculated to expand the chest and correct wrong postures, taken with cheerfulness and regularity—these things are of utmost importance. Probably brisk walks in the open air are the best all-round form of exercise for the person of sedentary habits. If employed in an office all day, take your walks in the evening, and take them with a will, breathing deeply, keeping the chest well to the front, the chin in, and the hips back. An occasional run is also a good thing. Exercise which produces vigorous perspiration should be followed by a rub-down with a wet towel or a sponge-off.

There is also the matter of diet. What in general should be the food of a young man who would improve himself physically? How often should food be taken? What are the most suitable combinations of food? Some of these questions will receive consideration next month, as also others relating to the young man's personal habits. The question as to how far physical deterioration has already set in among the young men of Great Britain will also be considered.

Pure air is one of Heaven's richest blessings. No house is fit to live in that has not some system of ventilation. If you cannot do better, throw open your doors and windows.—*Selected.*

### The Result of "Fletcherising."

THE following interesting letter concerning the benefits of the Two-Meal System and careful mastication of the food will be of interest, we believe, to all our readers. It gives the actual experience of a gentleman who has been earnestly and faithfully cultivating health, and it is gratifying to note the success he has attained.

We believe that two meals a day would be helpful to many people who are suffering from indigestion, but there is always danger of making the meals too heavy, and this, of course, would be a mistake. Three light ones would be preferable, as a rule, to two heavy ones.

"I thought you would be pleased to hear how I am progressing, so I am writing to let you know that I am still improving on the two meals per day. During the summer months there was little or no progress. I felt the heat and the change to the close office, and experienced difficulty in digesting my food. With the cooler weather I have made rapid strides, and now weigh nine stone, two pounds, being an increase of nine pounds in two months, and eleven pounds altogether, my weight being only eight stone, five pounds when I first landed in Belfast. So that proves conclusively that two meals are better than three in my case. I am only five pounds short of my usual weight, and hope to make it up before long. I have no desire whatever for a third meal now, and feel thoroughly nourished, and ever so much stronger, physically and mentally.

"My food is as follows, and after experience I find I get along best on it:—

"Breakfast: 2 oz. granose flakes, 1½ oz. grated walnuts, 2 oz. brown zwieback, with a little almond butter and fresh fruit, about half to three-quarters of a pound.

"Dinner four days per week is the same substituting 1½ oz. almonds for walnuts. The other three days I have protose, 3 oz., with tomatoes, lettuce, celery, or green peas, granose biscuit, and pudding made with zwieback crumbs, grated almonds and sultanas.

"I spend every available moment in the open air either in my garden or walking, and breathe deeply all the time."

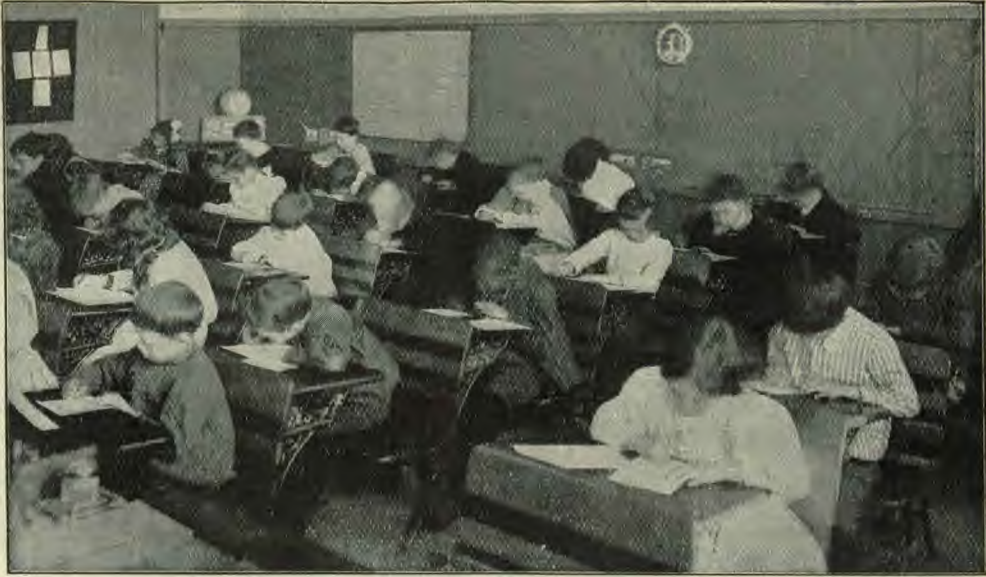


Fig. 1.

## EXERCISES FOR THE SCHOOLROOM.

BY J. W. SEAVER, M.D.

IN considering the definite exercises that may serve as a basis for the physical training of school-children, we must bear in mind their fundamental faults of posture that tend to become habitual, and that tend to restrict to some extent the functional activity of some of the more important organs. The visitor in the lower grades of public schools will notice the great tendency of children to bend forward near to the work to be done, as if each child were near-sighted. This tendency to let the head sag forward, produces a curve backward in the middle of the back, where, under normal conditions, the spine should curve forward, producing the lumbar curve that should be well marked if the pelvic organs are to retain their normal position and be freed from extra pressure from the organs that lie higher up in the abdominal cavity. This is of special importance to girls, as their pelvic breadth offers a much greater opportunity for abnormal pressure to exert its malign influence. The forward tilting of the head also depresses the front wall of the chest, and interferes with the raising of the ribs and sternum in inspiration, so that the breathing process is shal-

low, and performed largely by the diaphragm. As a result the blood is poorly oxidised, and its circulation is seriously impaired. The circulation in the brain is also obstructed by the bending of the arteries supplying it and of the veins that carry the blood back to the heart. In other words, the circulation through a tube will be freer when the tube is straight than it will be when the tube is bent.

Not only does the child tend to bend forward in the spinal region above the pelvis, but he twists toward the side, and usually toward the left, thus tending to cause the shoulder girdle to dip down to the right and produce a general scoliosis. The common prevalence of this curve has led some physicians to consider that a certain amount of lateral deviation is normal in children who are right-handed, but I am inclined to think that the curvature is more dependent upon schoolroom posture than upon the mere fact of uni-dexterity. For the use of one hand for the ordinary occupations of life ought to entail such extra work upon the muscles that elevate the arm and shoulder as to tend to counter-balance the greater pull on the muscles of



FIG. 2.

one side in the lower and mid regions of the spine, and I think we find that right-handedness among people who are strong and have spent very little of their lives in school does not exhibit the tendency to lateral deviation of the spine that is seen among people who have spent a large portion of their lives in school and who have never done much active work with the right hand.

A glance at the picture of a school-room presented herewith (Fig. 1) shows the typical attitude assumed by children whose attention had not been called to the fact that their picture was to be taken, and it consequently represents what may be seen any day in one of the public schools that is supposed to be well managed and carefully instructed. There was absolutely nothing said to the children about their posture, and yet we shall all agree that this matter was the most important point on which these children needed instruction.

This illustrates the position habitually taken by children in the third grade in a school that has gymnastic exercises twice a week under a special teacher who visits the school.

Now, what sort of exercises are best adapted to correct the mal-positions that are here illustrated? And what other exercises should be assigned that will produce hygienic results in the way of healthy growth of vital organs? In the first place, school gymnastics that are to be corrective in quality must be of such a kind as shall produce free extension movements of the spine, to overcome the forward stoop that is produced at the desk. To do this, movements of stretching strongly upward while

standing, as shown in Fig. 2, will be found helpful and easy for the pupils to take, because natural. All young animals like to stretch, and it seems to bring into fairly vigorous work many muscles and to place the vertebral column into fairly normal position. Stretching movements should not be maintained for any prolonged time, but may be used for preliminary movements at the beginning of a day's order. They may be looked upon as movements of preparation for more vigorous group exercises. These stretching exercises may be used in the midst of marching exercises and at other times during the day's order or course of exercises that is being used.

The second set of exercises should be directed to the special extension movements of the spine, as shown in Fig. 3, where the chest is raised as high as possible, and the upper dorsal spine straightened, and the neck held well back, with the chin drawn in. This movement should be accompanied by deep inhalation, and may properly be utilised in connection with certain leg exercises, as knee-bendings, marches, etc.

Next we must give lateral trunk-bendings for the sake of strengthening the loins and securing that strength of trunk that enables the child to hold its weight easily in good positions, and that will check the desire to



FIG. 3.

loll and assume bad postures by leaning on the desk for support. Fig. 4. Many children lean upon the desk and their own knees for support because they are too weak to support their own weight under the enforced quiescence of the schoolroom. The unconfined child is changing his attitude constantly, and it is



FIG. 4.





FIG. 5.

only the especially robust child that can bear confinement without great physical discomfort and danger of deformity. It is as impossible for the growing child to maintain a fixed physical attitude as it is to confine his

clean as they ought to be in any civilised community, the objection will have comparatively little weight, and is easily offset by the great advantage of running which is so natural an exercise, and which calls into ready activity so many of the vital processes.

After the running exercises, leg movements, in the way of deep knee-bending, (Fig. 5), knee-elevations, leg-raising, etc., may be utilised, to be followed by arm-raising in various directions and with various complications. Then more vigorous muscular movements may be taken, in the way of trunk bendings forward in connection with charge move-ments, as

attention closely for a prolonged period. A change and relief from tension must be obtained in some way, and I know of no better method than to have frequent periods of active physical exercises interspersed through the school period.

Another point that should be borne in mind is to secure

such vigour of exercise as shall start the heart action and increase the respiratory wave. This may easily be done by such exercises as running in place. This is accomplished by having the pupil raise the feet alternately as he would in running, but replacing each foot in the position it formerly occupied, so that no advance is made. Or the pupils may run, taking steps of three or four inches only, and so advancing slowly round the room until they return to positions behind their desks. There are two objections to be found in this form of exercise in the ordinary schoolroom. One is the disturbance to the pupils in other rooms from the noise and jar to the building. This, however, in a well-constructed building, is of comparative inconsequence. The other objection relates to the raising of dust by the pupils in the running exercises, but if the windows are open and the floors kept as



FIG. 6.

shown in Fig. 6, and these may be followed by heel elevations, stepping movements, etc., all of which tend to give command of the muscles of locomotion, and help the pupil to keep in good standing poise.

The exercises may then close by respiratory move-ments with arm-

raisings forward and side-ward and with retractions from the position shown in Fig. 7.

All move-ments should be performed with vigour and exactness of form, for the value of any of these exercises will depend very much upon the manner in which they are carried out.



FIG. 7.

## CHILD LIFE IN THE ORIENT.

BY J. ALSTON CAMPBELL, F.R.G.S.

THE accompanying pictures were all taken among the Nestorians, a Christian

is used to prevent crying; certainly it is a very common one, and the Oriental mother after strapping her infant down in this way, can leave it without any fear of its getting into mischief. The cradle is darkened, and flies excluded, by a curtain hanging over a bar at the top.



AN ORIENTAL CRADLE.

Children are not compelled to go to school, nor does there appear to be any law regulating the age at which they may begin work, as one has seen little children about six years old hard at work in a carpet factory. The children in the villages spend much of their time out-of-doors, and, as will be seen from the accompanying picture, their clothing is of a very rough and ready description. The children here shown are probably gathering materials for making native fuel. This is generally

race living in Persia and Turkey; but as they are typical of child-life amongst Christian races in other parts of the Orient I have headed this article "Child Life in the Orient."

The baby shown in our first picture, whilst in no danger of falling out of its cradle, is so tightly strapped in that one wonders whether its chest has proper room to allow of easy breathing. Perhaps this device



VILLAGE CHILDREN IN PERSIA.

made of a mixture of offal, straw, and earth, which in addition to being very economical, gives out a good heat. Nature seems to have provided these people with a specially dry, inflammable shrub which they use to start a fire, in the place of paper.

Herding cattle is one of the chief occupations of the children, as is also the carrying of water, which has to be fetched every day from a spring or well. The girl in our third picture has one of the native water-jars in her hand and is about to start for the well, whilst a woman, who is probably her mother, is shown busily employed in churning milk by rocking it to and fro in a sealed earthenware jar.

The children have a sufficient amount of healthy manual labour to develop them into able-bodied men and women. Though exposed to many dangers in their mountain homes, they seem to find happiness and contentment in their simple manner of life. One might judge this by the expression on the faces of the mountain Nestorian and his wife, shown in our last picture. He is not a soldier, as some might think by the gun and ammunition which he carries, but is dressed in the ordinary way of mountaineers, who are obliged to go about armed in this manner as a means of self-defence. It must not be thought that all Christians in the Orient go about in this way. In many districts they are not even allowed to carry a knife, and are therefore exposed to very great peril, being quite incapable of resisting the depredations of their over-lords.

The good work of Protestant missionary societies has had a marked influence on child life in the Orient, during the sixty years which have elapsed since they first commenced working there; and has not only secured for children a better education, but appears to have provoked parents to a greater consideration for their general welfare. Hundreds of orphans have been trained under the personal supervision of



WOMAN CHURNING MILK AND GIRL CARRYING WATER-POT IN PERSIA.

missionaries, and have gone forth with a knowledge of how to train their own children in a more wholesome environment, and with greater enlightenment than would have been possible had they themselves not been brought up under the care of missionaries.

### Milk and Eggs vs. Flesh Foods.

THERE is a difference between the eating of animal products, such as butter, milk, and eggs, and the eating of flesh foods. In the first place, the eating of the animal necessarily implies the killing of the animal. There is a sentiment against the slaying of animals unnecessarily for

sport. Hence, the question arises, Should we slay them unnecessarily for food, when we have other food which is far superior? Is it any better to slay an animal for fancy, to please the appetite, than it is to slay an animal for fun, for the pleasure of killing?

But besides this ethical difference, there is a physiological difference. The flesh of the animal contains the waste matters which have been formed within its body by muscular activity. All flesh contains more or less of this waste matter, while milk is entirely free from it. Butter is simply a product of milk, and of course, does not contain these poisons. It has been proved by actual chemical analysis that there is no uric acid in milk, while beefsteak contains fourteen grains to the pound. Eggs also contain no uric acid unless they have been incubated for two or three days, so a healthy, new-laid egg is entirely free from it.

Why is it that milk and eggs contain none of these animal poisons?—The reason is that both are intended for food. Milk is secreted for food for the young animal, and the egg is food for the chick. The white of the egg is that portion out of which the chick is formed. It goes through the process of transformation by which cells are formed, bones developed, membranes, skin, etc., created. This development at last results in the skeleton and the various structures of the little chick. But

the yolk of the egg is the little lunch put up by the mother hen for the little chicken to live on while it is in the shell. The yolk of the egg is much more valuable as food than the white. The white is all albuminous, but the yolk contains both fat and albumin. The yolk will sustain life, while the white will not. The yolk of the egg is, like milk, a complete food. The

young animal can live on milk or egg-yolk. These foods are produced without poisons. Eggs and milk are natural foods intended for animals to eat, and hence they can be utilised by human beings for that purpose if they choose, although they are not the ideal food. The natural products of the earth—fruits, grains, and nuts—are the ideal food.  
—J. H. Kellogg, M.D.



A MOUNTAIN NESTORIAN AND HIS WIFE.

a physician. He did not get any better, and finally another physician was called. Soon after arriving, the doctor felt the pulse for a moment, and then examined the tongue. "Did the other doctor take your temperature?" he asked.

"I don't know, sah," he answered feebly; "I haint missed anything but my watch as yit, boss."

NEVER turn a blessing round to see whether it has a dark side to it.—Selected.

## THE SLAVERY OF UNSUITABLE CLOTHES.

BY MRS. S. E. GILLMOUR.

THE question of healthful dress has for a long time occupied the serious attention of hygienic reformers, and considering how important its observance is to the prolongation and comfort of life one can only sigh as one sees how the majority of women are enslaved by their clothes.

Why is there such a love for deformity? How many girls and grown women are there in existence who breathe properly? These are questions to which very little attention is given. The inventor of corsets has much to answer for, for there is no doubt that a tremendous number of the ailments amongst women and girls are due to the bad effects produced by the constriction caused by this fashionable adjunct.

Without health what is life? There can be no hesitation in saying that if women would wake up to their duty in this matter and free themselves from the follies of fashion—in this direction at any rate—a tide of health would flow at their feet and they might sail away on the sea of life with a buoyancy and energy unknown and undreamt of before. Human vessel, if you long for this kind of voyage to “the islands of the blest” you must first burst your bonds, free yourself from your “stays” and launch out radiant and free on life’s ocean, and be assured that a rainbow promise of health to be will throw its sevenhued light of hope over your shining pathway.

It is with the corset that the slavery of clothes begins. Our ribs are not all composed of bone; at the junction where they join the spine and also the breast-bone there is a sort of elastic gristle which moves (if it is allowed) up and down with every breath like a pair of bellows. When the waist is in the *slightest* degree hampered with tight clothes or corsets this natural movement is impeded, and in consequence all the organs situated in the trunk of the body suffer. It is on this wise—a certain style of figure is desired, and the willing slave adopts that shape of “boned misery” which will bring the originally beautiful form divine into the fashionable figure. Just think of it, reader, a fashion in form and figure! One can

understand a fashion in speech, in manner, or anything else which is not baneful, which are all right in their own way, but who would ever dream that woman, who was made originally perfect in form—a form whose natural grace and loveliness have always been the subject of the painter’s and the sculptor’s greatest art—would get out of conceit, so to speak, with her beautiful figure and begin to deform and unshape herself into a model made by Fashion.

Foolish woman, who is this goddess of fashion at whose altar you are daily, aye, hourly worshipping, and not only worshipping but doing penance? Might she not be well named Folly? Folly writ large and carrying with it the fullest and deepest meaning; folly of the most serious description amounting in every case to sin. It is a sin which woman commits against herself, her children, and the world generally.

Even if the only ill effect produced by tight garments was the inability to take full, deep breath, that in itself would be sufficient to produce indigestion, anæmia and other serious disorders. Another point: did it ever occur to those who wear corsets, and especially those who wear them firm, never to mention tight, that although they make one place slim and small, they cannot do away with any of the organs of the body or the flesh substance; therefore, if any part is pressed in there must be a bulge out in some other place. The organs misplaced must get room somewhere if they are evicted by pressure out of their rightful position, so that those who desire to look “neat” should think of this.

There is nothing artistic about a deformed waist. Art and stiffness never go together. Art consists in graceful lines and curves, and when there is a boned encasement in the form of the ordinary corset fastened around the body it looks as if one was made of carved wood in the middle! It could not by any stretch of the imagination be said that such an appearance bore an affinity to art. But then, the artistic side of the question should

be secondary to the health side, and there is no doubt whatever that corsets are unnatural and unhealthy. Some people will say: "But what shall we have to support us?" I answer: Your backbone; that is what you got it for.

Whenever any organ or member of the body is not used it as a consequence becomes incapable of use. It is just this way with the spine or backbone; if it is not used it practically gets useless. If it is kept supported all the time it becomes unable to give support of itself.

Gowns, generally speaking; are made to fit the corset, not the human figure. Dressmakers say a lady must wear the same "shape giver" at every fitting of a new gown else her figure would be changed at each different visit to the robe-maker, making it quite impossible for the dress artist to give her a correctly-fitting costume. How much better if women would be content with their natural shape, and have their gowns made accordingly.

We hear a lot about the necessity of fresh air, and we could not hear too much of course, but, no matter how much fresh air there is about, it will be of no value unless it is *taken in*. How then can it be taken in properly if the human bellows are buckled and strapped into an artificial case of bone and steel? The value of proper breathing cannot be over-estimated. It is the fresh air that is taken into the lungs, which purifies the blood and makes it fit to give energy to the body. Without full, deep breathing it is impossible to have perfect health.

Does it ever occur to woman how much weight she voluntarily carries about in the shape of clothes? It is almost a painful sight to see a lady walking with a whole armful of drapery which she tries to keep from sweeping the ground with one hand, or sometimes with two hands, a handful of skirt on each side. Poor slave to foolish fashion, why not leave long skirts if you must have them, though better without, for carriage driving and garden parties. If this were the observed rule there would be fewer tired bodies. When will women for their own comfort obey the great laws of health instead of bowing down to the slavish demands of fashion?

Heavy and trailing garments are the

cloak of this slavery. No doubt long dresses are to blame for many a tired, impatient woman, for how can one be at ease when she has to carry her skirts in her hands as well as around her waist. All the weight of the garments should be borne by the shoulders. Long garments are unhealthy, firstly, in that they weigh down the body and this, of course, is not good; and, secondly, they lift on their edges objectionable matter in the form of dust which being scientifically interpreted means disease. This fact should be enough in itself to make women once and for ever abandon a habit that may bring ill health into their homes. But someone asks what about the artistic side of the question? Any artist in dress will agree that no matter how graceful and elegant a skirt may be, if it is held up at either or both sides the artistic effect is lost. The intended lines for effect disappear and give way to a one-sided, inelegant appearance.

But it must not be construed that to be natural means to be unshapely and inelegant. Doubtless women have so accustomed their bodies to artificial support that they will almost feel like a drooping plant when the supporting stake has been removed. The removal of the health-destroying corset by which the body is so sadly handicapped calls for important reform in several other ways. To remove all artificial support at once may seem a rather drastic proceeding, but it is better in this case to have no half-measures. The most necessary thing, then, is to have physical exercise, those exercises which develop the muscles of the back, chest, and trunk generally being absolutely indispensable. It will take a little time and patience to get the body "back to nature" in this particular. But regular exercise for a short time every morning will train and strengthen the natural corset—the muscles of the back and chest—so that it will be able in itself to maintain a firm, upright position and thus form a beautiful foundation for artistic decoration in the shape of easy-fitting, well-made garments.

The moment one does away with the corset, that moment must the exercise begin, and although at the first the hitherto cramped and corded figure may not present the appearance of symmetry and beauty

which it would have attained naturally, by quick degrees this desirable state can be brought about. And surely, as one has been the slave to Fashion, will not that one all the more readily begin to court the favours of "beautiful health" by attending to her laws of physical exercise combined with simple living in other ways?

A complicated system of living goes hand in hand with a complicated style of dressing, and the sooner women free themselves from the slavery of both, the better will it be for their comfort in many ways. No woman liveth or should live to herself. Her actions must necessarily influence everyone around her. According to her position she will influence in a greater or less degree her sister woman. And so the more influential the position of any woman the more it becomes her duty to be ideal in every way. Upon the perfect health of woman depends the future of the race and of her own glory, but without regard to all the considerations which make for health and beauty we must become less vigorous, less useful, mere dolls of caprice and fashion, and lose eventually our noblest heritage.

### Inside Glimpses of the Quack Medicine Trade.

BY M. ELLSWORTH OLSEN.

THE secrets of the patent medicine trade are seldom so ruthlessly exposed as in a recent legal action at Edinburgh. The plaintiffs, vendors of the well-known "Bile Beans for Biliousness," sought an order in court to restrain an Edinburgh firm of chemists from selling any other preparation than theirs under the title of "bile beans." "Lord Ardwall," writes the *British Medical Journal*, "refused the order with costs against the plaintiffs on the ground, amongst others, that they were entitled to no protection from the law, because their whole business was founded on and conducted by fraud. So far from these beans being, as they were represented to be, the products of 'a great discovery of an ancient Australian medicine by an eminent scientist using the most advanced scientific methods and apparatus,' they were simply composed of ordinary drugs,

which had no special connection with Australia, and were to be found in every chemist's shop. The beans were not, and never had been, even made by the plaintiffs; they were simply turned out to their order by contracting chemists out of stock goods."

#### What Skilful Advertising Can Accomplish.

"Even the eminent scientist," continues the report, "had no existence; he was simply one of the plaintiffs under another name; he was not a man of science at all, and had never made any investigations whatever, being nothing more than a man with five years' experience as a mere unqualified chemist's assistant. He and his partners—a young stationer and printer—had put their heads together in Australia and decided to place some pill or other upon the market under a catch title. Having hit upon the phrase 'Bile Beans for Biliousness,' they flooded the English-speaking world with advertisements and pamphlets, in all of which was prominent the false statement that bile beans were composed for the most part of a natural vegetable substance discovered in Australia and hitherto unknown to civilisation. This was the foundation of the success of a business entirely built up on fraud, impudence, and advertisement."

We should not think it worth while to give space for these details were it not that they set forth clearly the *modus operandi* of numerous concerns of a like character which are preying upon the gullibility of the masses. The glibly-worded advertisements so familiar in the columns of the religious and secular press are for the most part grossly misleading, and no one with regard for his physical welfare can afford to place any reliance upon them. Lord Ardwall's plain statements of the facts in one instance should put the public on its guard against a whole fraternity of unscrupulous parasites.

IT is the daily rush, the daily cares, that hamper the soul. Fight hard to find a few still moments when the mind can rest. Thus life will become easier and your work better.—*The Light of Reason.*



## THE BEST DIET FOR HARD WORK.

BY M. ELLSWORTH OLSEN.

A CORRESPONDENT writes: "My firm belief is that as a non-meat-eater I can get a better result in good health, energy, brain-power, etc., than from a meat diet, but I have so far met scarcely anyone who has the knowledge to get the *best* on such a diet. Could you give us some suggestions in GOOD HEALTH in reference to what would be helpful to brain-workers on the one hand, and on the other to those who work hard at manual labour? What is wanted is a diet that will furnish the greatest amount of energy with the least outlay of vital force in the process of digestion."

Very likely other of our readers would be interested in some suggestions of this kind. The whole question of diet is one deserving earnest, intelligent study, not only on general lines with a view to the diet which is theoretically the best, but also with a view to one's own personal needs. It is well to remember that every individual has peculiarities that need to be taken into consideration in arranging a dietary. While the old proverb, "What is one man's meat is another man's poison" is by no means to be taken literally, it contains the germ of a great truth.

What diet is to be recommended to brain-workers? Or, to be more specific, what would be a good daily programme in the way of meals for such a person?

First, the breakfast should be composed of foods easy of digestion, and at the same time rich in nutritive value. Zwieback, made by cutting stale bread into slices and toasting it in a slow oven till crisp throughout, is an ideal thing to take in the morning. If to this be added a little mild fruit

and a few blanched almonds, the meal would be sufficiently satisfying to those who take an early lunch. If a larger variety is required, a poached egg on toast may be added, or a slice of protose. For a change the various flaked breakfast foods with cream or stewed fruit may be taken along with brown bread and butter, and fruit toast made by thickening fruit juice very slightly with a little cornflour, and pouring it hot over pieces of zwieback is also excellent.

For those who take their dinner in the evening the midday meal should be a very light one. A bowl of nourishing soup with good hard biscuit or zwieback, followed perhaps by a salad of some kind, and if desired a few nuts, would make a good meal.

Then for dinner, take simply cooked vegetables, some food rich in proteid, such as protose or one of the other nut preparations. The dessert may consist of fresh or stewed fruit with rice pudding, or blanc-mange, occasionally a piece of hygienically-made fruit pie.

This is a suggestive arrangement for three meals; but we think that in the majority of cases the two-meal system is the better one for brain-workers, from eight to nine in the morning being perhaps the ideal time for breakfast, and from three to four in the afternoon for the dinner. Unfortunately, these hours are not convenient for business, and perhaps the next best arrangement is to have a reasonably substantial breakfast at say half-past seven or eight in the morning, and then a very light lunch to consist mainly of fruit with a few biscuits, or sometimes only fruit,



and a substantial meal on returning from work in the evening. We see no need of supper under any ordinary circumstances.

The following are a few suggestive menus\* for sedentary workers:—

## BREAKFASTS.

Stewed Prunes. Brown Bread and Butter.

A Glass of Hot Milk.

Poached Egg on Toast. Steamed Figs.

✿ ✿

Zwieback with Blanched Almonds.

A Cup of Caramel Cereal. Apples or Bananas.

Nut Rolls. Dates.

✿ ✿

Toasted Wheat Flakes with Cream.

Stewed Pears. Brown Bread and Butter.

Oatmeal Biscuits. Nuts and Raisins.

✿ ✿

## LUNCHES.

Digestive Lentil Soup with Croutons.

Banana Salad. Brown Bread and Butter.

Mixed Nuts.

✿ ✿

Fruit Soup with Wholemeal Biscuit.

Creamed Rice. Protose Sandwiches.

✿ ✿

Nut Patties. Lettuce Salad.

Brown Bread and Butter.

Mixed Nuts.

✿ ✿

## DINNERS.

Tomato Soup. Green Peas.

Mashed Potatoes with Brown Sauce.

Lentil Roast. Prune Tart

Sweet Oranges and Nuts.

✿ ✿

Chestnut Soup. Protose Roast.

Stewed Carrots.

Baked Potatoes. Rice Pudding with Stewed Fruit.

✿ ✿

Baked Potatoes.

Cauliflower with Tomato Sauce.

French Beans. Beetroot Salad.

Apple Tart.

Now, a few words in reference to those engaged in hard manual labour. In the first place, such persons need a larger *quantity* of food than sedentary persons. The menus given above may accordingly be used by workmen with a few departures. Peas, beans, and lentils can be used in larger quantities and with less difficulty by persons who are engaged in muscular work. They can also use larger quantities of vegetables, such as cabbages, turnips, carrots, etc. than can brain-workers, their digestive energies being more vigorous. Manual labourers should, however, be careful to avoid over-eating, which is distinctly detrimental to a condition of physical fitness. There is no absolute rule as to the amount of food that should be taken; but if slow eating and thorough mastication are practised, and the table is left before there is any sense of fulness, it may usually be assumed that the amount is about correct. It is well to avoid drinking at meals. Water should be taken freely between the meals, but the food should not be washed down with liquids of any sort.

Fried foods of all kinds are difficult of digestion and may well be entirely eliminated. Most of the cheese sold is really milk in a more or less advanced state of decomposition, and certainly may be omitted from the diet of a person who wishes to keep his stomach in a clean, wholesome condition. It is hardly necessary to say that alcoholic beverages have no place in the best dietary, and such very commonly used narcotics as tea and coffee would better also be laid aside, as they are prolific causes of various forms of dyspepsia. Caramel cereal or Brunak make very good substitutes for those that wish a warm drink of some kind.

✿ ✿

"If you want peace, bear a cross."

✿ ✿

"STUDY yourselves; and most of all, note well Wherein kind Nature meant you to excel."

✿ ✿

THINK gentle thoughts; they shall impart  
A blessed sweetness to thine heart,  
And spread like perfume through the air  
To make it fragrant everywhere.

—W. A. Richards.

\*Recipes for the various dishes will be found in the booklet, "One Hundred Hygienic Food Recipes," to be obtained from this office, 2½d., post free.

**THE PRIVATE BATH-ROOM AND ITS EQUIPMENT.**

BY ALFRED B. OLSEN, M.D.

EVERY house should be provided with a light, commodious, and well-ventilated bath-room. If the house is small and space is limited, it would be better to sacrifice the drawing-room or spare bed-room rather than the bath-room. The great value of baths and other forms of water treatments in both health and sickness is gradually being recognised. But for many years water has been used by most people in a careless and haphazard way. Such negligence has wrought much mischief, and in some cases has even brought water treatment into disrepute.

**Location of the Bath-room.**

Unlike the sitting-room, which is in more or less constant use, the bath-room may face the north or any other direction that may be most convenient. It should be located on the bed-room floor so as to be easily reached both morning and evening.

As to size, the bath-rooms of most houses are altogether too small for real service, especially in illness. The average bath-room should be six to eight feet wide by ten feet long. Eight feet by ten feet is none too large if there is only one bath-room. The ceiling should be high, nine or ten feet.

At least one, or better still, two windows should be provided so as to secure good ventilation. One must remember that,

when bathing or undergoing any form of hot treatment, the lungs and glands of the skin are far more active than under ordinary circumstances, and, consequently, a larger supply of fresh air is necessary.

A soft-wood floor should be covered with linoleum. An oiled hard-wood floor is of course to be preferred.

**The Equipment.**

An elaborate equipment of the bath-room is not necessary. It should contain a full bath of porcelain or enamelled iron about five and one-half feet long, with large hot and cold taps, a lavatory basin also provided with hot and cold taps, a portable metal sitz bath, and wooden leg and foot baths. The latter are unpainted, but finished plain in oil. It is a good thing to keep the hoops well painted to avoid rust.

The room should contain a plain, substantial couch with a washable linen cover, or better still a massage table, about thirty inches high, two feet wide, and six feet six inches long. It should be padded to a depth of two inches with horse hair, and covered with a good quality of American cloth. This is a most valuable piece of furniture. It can be used in giving fomentations, compresses, hot and cold packs, mitten frictions, sponges, massage and other remedies.

A well-equipped bath-room is also provided with a warming cupboard for blankets, sheets, towels, and fomentation-cloths, and hot water-pipes for airing and drying the towels, etc.

It may or may not contain a closet. There would be no serious objection to the closet, and, indeed, it is often a great convenience.

**Heating and Plumbing.**

It is well to provide some means for heating the bath-room, such as steam or hot water-pipes, or even a fire-place.



THE SITZ BATH.



THE FULL BATH.

This is of considerable importance when the bath-room has to be used as a treatment room for the feeble and sick. A fire in an open grate facilitates good ventilation, and for that reason is desirable.

A good bath-room should always possess an abundant supply of hot and cold water. This is essential to obtain the best results. Soft water is preferable to hard water, the latter usually containing a considerable amount of lime salts. Mineral water is not necessary, and is rarely superior to pure soft water. In special cases when a water charged with carbonic acid gas is desirable, it can easily be obtained by adding certain salts.

Keep the bath-room clean and sweet, and use it daily if you would enjoy to its full extent the great blessing of health.

### “She.”

“SHE” is away—absent. When a man says “she,” he is understood. To every “he” there is but one “she,” or should be. And “she” is away, leaving us to thought and good resolutions. Like Hawthorne, we have been

washing dishes. Says “he” :—

“The washing of dishes does seem to me the most absurd and unsatisfactory business that I ever undertook. If, when once washed, they would remain clean for ever and ever (which they ought in all reason to do, considering how much trouble it is), there would be less occasion to grumble, but no sooner is it done than it requires to be done again. On the whole, I have come to the resolution not to use more than one dish at each meal.”

The quiet fidelity with which “she” will dish-wash her life away for “him” is a marvel of endurance and grace. Just here is the servitude of woman heaviest—no sooner is her work done than

it requires to be done again. Man works up jobs, ends them, and takes his pay. The pay can be translated into something else desirable. A man works all day and draws his pay for his day’s work. This pay allures him, as oats a horse homeward bound. Thus men work by terms and jobs, and although the work is endless as to quantity, yet when cut up thus into terms and jobs, we men go heartily on our journey, and count the mile-stones.

Not so with our mates. “She” mends our socks, and we put an irrepressible toe upon the darned spot, and she darns it again. “She” washes for the family, and



THE LEG BATH.

the family makes haste to send back the same garments to be washed again. "She" puts the room in order, and we get it ready to be "rid up" again. The same socks, the same washing, the same room every time. "She" has no successive jobs, no terms, no pay-day, no tally-stick of life. "She" washes the same dish three hundred and sixty-five—yes, three times three hundred and sixty-five—times every year. No wonder she breaks it and is glad of it! What a happy relief to say, "I've done that dish."

Not only have we, like Hawthorne, washed dishes, but also we cooked and served and helped eat a meal (with bated appetite because of cooking), and now we are astonished at the number of thoughts, and steps, and acts, and processes involved in a very plain supper. And we had it, and with it came wisdom.

Gentlemen, all, we go into a room and see a table ready set. It seems to us one thing—a supper. It is, in fact, from fifty to two hundred separate things, taken down one by one for us to use, and for "her" to wash and put back whence they came. There is a plate of rolls. To that plate of simplicity we, with our hands and feet, brought together a new, quick fire for baking, viz., kindling-wood, raking out the stove, and hod of coal, flour from the bin, shortening, salt from one box, sugar from another, a spoon, a pitcher of water, a dripping-pan, and a thin pan for mixing up these ingredients, and, after all, happening to forget the things for ten minutes, we burned the rolls half through in a way which we men reckon quite unpardonable in a cook. Meanwhile that one plate of rolls added to the eternal dish-wash two spoons two pans, one plate, and a cup. A little piece of steak contributed eight pieces to the dish-wash. A few strawberries sent in six pieces to be got ready to soil again. Four eggs impressed themselves on six separate articles.

Gentlemen, we began at ten minutes to six, and at a quarter to eight we found ourselves triumphant—everything cleared away except the dish-cloth. You see, we washed up the bread-pan, the dish-pan, and the sink, scalding them all (and our fingers too), and dried them off with the dish-cloth. Now, where on earth can we go to wash out that dish-rag? Not in the clean pan! Not over the clean, dry sink! We stood aghast for five minutes, and then wadded up the rag, round like a snowball, and tucked it into the far corner of the sink, and shut down the cover (our sink has a cover). But that rag, though hidden, was heavy on our conscience. "She" never would have done so. We have seen clean dish-cloths, but how they wash them passes our skill.

And so, as we said, "she" is away, leaving us to thought and good resolutions. We shall be wiser and better men for at least two days after her return. And whenever we stop to think, shall rank a successful housekeeper and home-maker as a worker second to none on the scale of achievement and deserving. Her services are like the air, the rain, and the sunshine, indispensable, yet too often enjoyed without thanksgiving.—*Thos. K. Beecher.*



AN EFFENDI, A SHIEKH, AND A NATIVE CLERK.



A GROUP OF THE NATIVES OF CAIRO.

## CAIRO AND ITS PEOPLE.

BY J. M. KEICHLINE, M.D.

AS the readers of GOOD HEALTH are doubtless aware, Cairo is the capital and metropolis of Egypt. It is situated on the east bank of the Nile, one of the most famous rivers in the world. It is a very ancient city, and possesses much that is interesting to travellers. There is a population of nearly 400,000. Within recent years the city has been modernised, a great deal of money having been spent in various improvements. The drives about Cairo are beautiful and form a source of attraction to tourists.

Within recent years Cairo has become a popular resort for travellers of various countries. The winter is comparatively mild, and offers an inducement at this season of the year for many to go to Cairo who find the rigours of an English winter too severe. In the winter months the evenings and mornings are often chilly, but during the middle of the day the air is warm out of doors, and one enjoys the bright, beautiful sunshine. Indeed, the

sun is very seldom hidden by clouds in Cairo except during heavy rains, and these rarely last for any great length of time.

The inhabitants of Cairo, excluding the foreigners, may be divided into two divisions—the Sheikh class and the Effendi class. Although these are the two great classes, there are of course many intermediate types that are more or less distinct. The people of the Sheikh class adhere quite closely to the Arab dress, and follow their old religious and social customs. They include, perhaps, the best people in the country, and they are on the whole a kind, gentle and hospitable people. The second class are more or less Europeanised not only as regards dress, but also in their social customs, and unfortunately, have taken rather readily to the bad habits of foreigners. The wealthier people of both classes lead an easy, luxurious and more or less fast life. The habits as to diet are by no means simple and wholesome, the people being fond of condiments, spices, etc., also

coffee and tobacco, the latter being used almost universally. Many of them, regrettable to say, have also learned the use of alcoholic drinks from Europeans.

In Cairo one meets Moslems at every turn, but there are also to be met Christians of an old type, as well as many more who make but little profession of religion.

As one might naturally suppose, sickness and disease is common amongst the people. Chronic diseases, such as pulmonary consumption, bronchitis, inflammation of the kidneys and stomach disorders, are frequently met with. Inflammation of the eyelids is exceedingly prevalent. This is largely due to the filthy habits of the people, who are very careless as to both hygiene and sanitation. They particularly dislike bathing, and the poorer people often wear their clothes without changing for weeks and even months at a time. Typhoid and other fevers also abound, and there are many parasitic diseases, especially of the digestive organs. As a rule, the people respond well to rational and hygienic treatment, and they might enjoy very much better health were they to observe the rudimentary laws of personal and sanitary hygiene; but, as elsewhere, they are only too inclined to resort to quack remedies and nostrums, and the amount of such so-called tonics consumed by the people is simply appalling. Almost every pharmacy has its own make, and the people are an easy prey to the medical charlatan.

There is a pressing need for an educational work among the people to teach them how to care for their bodies, and cultivate the simple principles of hygiene and sanitation.

### Locomotor Ataxia.

GENERALLY speaking there is no cure for locomotor ataxia, but if a person is under the care of a careful and able physician, the disease is often held stationary for a long time and may even show a slight improvement. We have never found that there have been any permanently favourable results from some of the advertised treatments which have promised such great things. The most hopeful outlook for a case of locomotor ataxia is to spend some time at a good sanitarium where the mod-

ern appliances are used and where proper instruction as to the care of the specific case can be given.—*The Healthy Home.*

### Inflammation of the Large Bowel.

BY J. J. BELL, M.D.

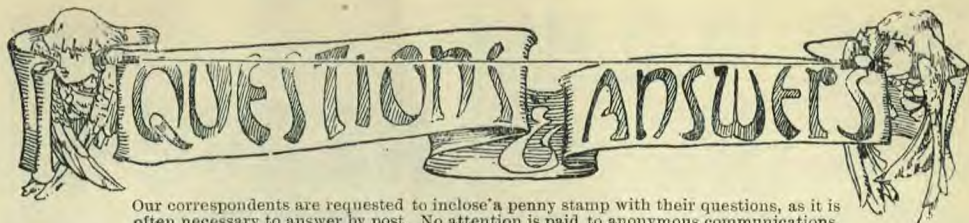
IN inflammation of the colon or large intestine, medically known as colitis, the discharge from the bowels contains a quantity of mucus either in the form of casts or moulds of the intestine, or may be in stringy, ropey masses. Preceding the passage of mucus there is severe, colicky pain in the abdomen, often on the left side. The patient is usually a victim of chronic constipation. As a preventative means the bowels should always be kept regular and free. The patient should avoid a chilling of the surface as this always means internal congestion, and the food should be wholesome and nourishing.

These means require also to be observed in the treatment, along with other measures calculated to build up the general health, give tone to the nervous system, and establish a normal circulation.

Of the foods most useful may be mentioned dextrinised barley jelly, because of its demulcent and nutritive qualities; malted nuts, cashew nuts, pine kernels, or almonds, made into a very fine butter; and baked or stewed fruits which have been strained through a muslin cloth, or fruit juices. The fruit and fruit juices should be prepared without sugar.

Fomentations applied to the abdomen, alternate hot and cold douche to the abdomen, and the revulsive rubbing sitz bath with hot foot bath, also massage and cold mitten friction, or other measures which restore the surface circulation to a normal condition, are all of great value. The extremities must be kept warm.

A little olive oil injected into the bowel or a small quantity of saline solution before a motion will be useful in preventing pain. The saline solution is made by adding a teaspoonful of salt to a pint of warm water. The patient should live in the open air and sunshine, avoid irregular habits and late hours, and cultivate a cheerful, hopeful disposition.



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.

**Vibrator—Digestive Tea.**—B.E.B.: "1. Will the — Vibrator be considered a cure for rheumatic gout of several years' standing? 2. Is Digestive Tea harmless to rheumatic people?"

*Ans.*—1. No. 2. No.

**Enemata.**—R.H.P.: "1. Is the frequent use of the enema likely to ruin the system? 2. Would its use once a week be harmful? 3. Why is it that, after using the enema, one is constipated for a day or two?"

*Ans.*—1. No. If it is necessary to use enemata frequently, only a moderate quantity of water should be used, and the temperature should be neutral or tepid. 2. No. 3. The enema usually clears the bowels well, and it is not unlikely that a person might be constipated for a day or two afterwards.

**Unfermented Bread.**—S.E.: "What unfermented bread would you recommend when ordinary bread seems to increase the acidity of the stomach?"

*Ans.*—Granose biscuits.

**Brunak—Chicory.**—"Dietist": "Instead of tea I am using Brunak, to which I add two ounces of chicory to every pound. Do you consider the chicory harmful to health?"

*Ans.*—Yes; you would do far better to take the Brunak by itself.

**Milk—Drinking—Fresh Fruit.—Diet for a Nursing Mother.**—V.C.: "1. Will there be any harm in drinking hot milk after finishing meals. 2. Is it proper for a nursing mother to take fresh fruit? 3. May she take milk toast? 4. May honey be taken at the same time as the milk toast? 5. May she take hot milk alone frequently? 6. Can honey be given to the new-born child? 7. What nuts and grains would you advise giving to a mother after getting up to recruit her health? 8. How soon after the daily exercise may a meal be taken? 9. Do you recommend the use of brandy to relieve the pain of child-birth?"

*Ans.*—1. It is better to take the milk as a food with the meal than to drink it afterward. 2. Yes. 3. Yes. 4. Yes, provided it agrees with her. 5. It is not well for her to take milk between meals, unless she is very feeble and can take but a small amount of nourishment at a time. 6. No. 7. Rice, rolled and cracked wheat, wholemeal, oatmeal, barley and maizemeal, and of nuts, pecans, Brazils, hazels, filberts, walnuts, cashews, and pine kernels. 8. Half an hour or an hour according to the violence of the exercise. It is not well to eat when exhausted. 9. No, certainly not.

**Cocoanut Butter.**—T.L.: "Do you recommend Bilson's cocoanut butter, and is it pure and wholesome?"

*Ans.*—Yes. We believe it is one of the best brands on the market. It consists of pure fat, made from fresh coconuts, and we understand that nothing else is added.

**Sanitariums.**—E.R.B.: "Will you kindly acquaint me with a list of the health institutions which furnish treatment and diet in harmony with GOOD HEALTH, and oblige?"

*Ans.*—Belfast Sanitarium, 343 Antrim Road, Belfast; Leicester Sanitarium, 82 Regent Road, Leicester; and the Caterham Sanitarium, Caterham, Surrey.

**Superfluous Hair.**—C.S.: "All the strength from pure blood seems, in my case, to produce hair. Fresh hairs seem to sprout out on my forehead and also on my upper lip, which I would much prefer to be without. Not being one of the male sex, I strongly object to that addition. Is acetic acid to be recommended for their removal? I know electricity will remove superfluous hairs, but I should like a less expensive remedy."

*Ans.*—We cannot recommend acetic acid. Electrolysis in the hands of an experienced medical man is the only permanent and safe remedy.

**"Gem Still."**—J.M.: "Recently I have been recommended to get a 'Gem Still,' being told that it would soften the water. Do you think I should receive any benefit from its use?"

*Ans.*—By means of the "Gem Still" you can prepare distilled water, which is absolutely pure, and free from all sources of contamination. This water is also soft, and perfectly wholesome, and this cannot by any means be said of the ordinary water which one is likely to get. Yes, we think it would be of benefit to you, especially if your water supply is not absolutely pure.

**Sciatica.**—F.N.H.: "1. I am suffering from sciatica and would like to know if you would advise me to take hot baths or Turkish baths. 2. What food stuffs must I avoid? 3. Would fasting do good, and, if so, for how long a time? 4. Is it well to force the leg into painful positions? 5. Should I exercise much, or rest the leg entirely?"

*Ans.*—1. Yes, whichever seems to suit you best. Hot hip and leg packs are also beneficial. 2. Tea, coffee, cocoa, flesh foods, haricot beans, lentils, dried peas, and mushrooms. 3. No. 4. No. 5. A moderate amount of exercise is best under most conditions.

# GOOD HEALTH

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

... EDITED BY ...

ALFRED B. OLSEN, M.D.

M. ELLSWORTH OLSEN.

(Managing Editor.)

Address all business communications to

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

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## PUBLISHERS' NOTES.

PART V. of our series on the **Physical Improvement of the Nation** will appear in February GOOD HEALTH. The writer will deal with some of the more vital matters concerning the health of our young men. Diet, food combinations, smoking, and other habits, as well as the subject of amusements are some of the questions which will be considered in this article.

THE February GOOD HEALTH will contain an article by Dr. J. H. Kellogg on "**The Cause of Premature Old Age.**" Professor Metchnikoff, the director of the Pasteur Institute of Paris, says the proper length of life is not less than 140 years. Dr. Kellogg presents in a popular and interesting style some of the researches of the great Russian scientist concerning the length of life, and the causes that hasten old age.

BEGINNING with this number of GOOD HEALTH, we are starting a series of articles concerning the use of water treatment in the home. This month we present and discuss the bath-room and its furnishings. Next month we will take up the full bath, and its various modifications suitable for giving in the average home. The article will not only describe the technique of the treatment, but will also give briefly some indications for their use.

WE would call the attention of our readers to the article entitled, "**Child Life in the Orient,**" by J. Alston Campbell on page 234. The illustrations were secured by the writer, and are typical of such scenes in the Orient. Mr. Campbell will contribute another article entitled, "**Family Life in Persia,**" for the February number of GOOD HEALTH. This article will also be well illustrated from original photographs. Mr. Campbell writes an interesting description of the people and laws and customs that pertain to the home life in this little-known country. His personal study of this interesting people enables him to write in an authoritative way about the Persians and their country.

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GOLD MEDAL AWARDED.

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

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Contains GREATER BULK, MORE FAT, and LESS WATER than COWS' BUTTER, and WILL GO MUCH FARTHER.

Is also free from disease germs. For making Delicious, Light Puff Pastry it is unsurpassed.

PACKED in 1 lb. Cartons, 1/- per lb., with or without salt. Sample Pound, post free, 1/4.

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

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**Pure Dandelion Coffee**, Dandelion Root only, roasted and ground. 1/10 per lb. Agrees with dyspeptics.

**Cooking Oils, Pure Olive Oil, Vegetable Soaps.**

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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.

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

## F.R. NUT MEAT.

**THE NEW VEGETABLE BEEF.**

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**A DELICIOUS NUT MEAT MADE WITH PINE KERNELS.**

We have been working for almost two years on this Food which we have named **F.R. Nut Meat.**

**F.R. Nut Meat** roasted is as savory as roast beef, and more nutritious. Sold by all Health Food Dealers. Sample Tin **8d.**, post free. Try it. "It's so nice."

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Send for Descriptive Price List or all our Foods.

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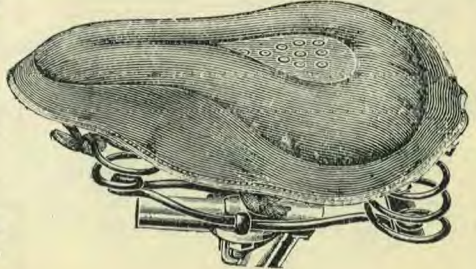
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**BIRKBECK PNEUMATIC SADDLE COVER.**

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**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.

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(P.O. must accompany order. Kindly mention this paper.)



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## Reviews.

"India and Its People" form a subject of perennial interest concerning which many excellent books have been written. *Village, Town and Jungle Life in India* is undoubtedly one of the best we have ever seen. It is written by A. C. Newcombe in a readable, pleasing style. He shows a thorough acquaintance with and mastery of his subject, which enables him to speak with authority. His travels throughout India have been extensive, and a long residence of twenty-eight years has enabled him to digest and assimilate his knowledge and present it to the best advantage.

Writing about the diet he says: "At meals, fruit in hot weather is a very desirable item. As a rule, if one is near a town or large village, fruit of some kind can be got at almost all seasons, but the supposed profusion of fruit in India is a myth. Mangoes are in the markets for only a few weeks of the year, and are expensive; custard-apples, guavas, pummelos, pomegranates, jack fruit, and other specially Indian fruits are liked only by a few English people. The banana is more generally liked, and is more common in all parts. Figs, plums, apricots, pineapples, leeches, loquats, apples, pears and oranges are occasionally to be had." But space forbids further quotation. The book is printed on beautiful paper, and embellished with a large number of full-page half-tones. It reads like a novel, and one is scarcely able to lay it aside before reaching the last page. To all readers who wish to obtain an interesting and at the same time instructive and authoritative work on India we would commend this book. It is a large work of over 400 pages, well bound in cloth, and published by William Blackwood and Sons, of Edinburgh and London at the modest price of 12/6 net.



HAVE you seen the third bound volume of GOOD HEALTH? It is an attractive health book full of good things. Price 2/10, post free.

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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.

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Mothers should see that their children wear the

## PORTIA Combined Shoulder SUSPENDER, Brace & Stocking

which allows freest movement without pressure on the waist or leg arteries. Holds the stockings firmly and does not tear them. Approved by physicians and health culturists. Made in three sizes: Adult's, Maid's, Children's. Pink, Blue, or White. Rushed Silk Elastic, 4/- Mercerised Frilled Elastic, 2/6. Special! with Brace Ends for Knickers, 2/11. From all drapers, or direct from Portia Suspender Co., 182 Norwood Road, West Norwood, London, S.E.

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is cheaper, softer and warmer than the best flannels, and lends itself with perfect facility to all the purposes for which flannel could be employed, and many others for which flannel is scarcely suitable.

*✻* In cream, pink, or blue, *✻*  
and a variety of pretty stripes.

It is unshrinkable, light and hygienic, and therefore an ideal fabric for Ladies' and Children's underwear, blouses, and dresses, etc., etc. It is just as suitable for the other sex.

**Wears better! Lasts Longer!!  
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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.

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DELICIOUS  
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**PURE, WHOLESOME, **  
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Send two Stamps for Samples  
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Splendid assortment of New Choice Fruits, Nuts, etc. Plum Puddings, and Mince Meat. Write for our free Xmas list.

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*OF*  
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#### FOR SLOW DIGESTION.

PERSONS suffering with slow digestion, fermentation, flatulence, and other similar digestive disorders, often obtain considerable relief from the use of the **Antiseptic Charcoal Tablets**. These can be obtained either with or without sulphur. A sample box will be sent post free on receipt of 1/1. Full-size box, 2/1½, post free. Address, **Good Health Supply Department**, 451 Holloway Road, London, N.

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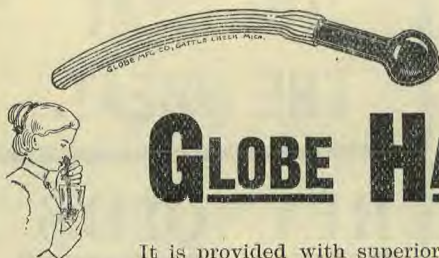
If so the Hines Heater will interest you. It is an **OUTSIDE HEATER CONTROLLED absolutely by the bather (INSIDE THE CABINET)** who can command hot air, or hot vapour, or both, at will; can instantly or gradually raise or lower the temperature, or increase, diminish, or shut off the steam.

**This new and marvellous invention (which enables the bather to secure the thermal conditions exactly suited to his or her peculiar necessities — a thing impossible before) is adaptable to any bath cabinet.**

Can be got only from the makers of the popular "Gem" Turkish Bath—

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Particulars free; write for circular, H.G.H.



THE MOST COMPACT, SUBSTANTIAL,  
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## GLOBE HAND NEBULISER.

It is provided with superior rubber tubing and bulb, the latter being fitted with an improved ball valve. Balsams and all other preparations can be freely used without any danger of clogging.

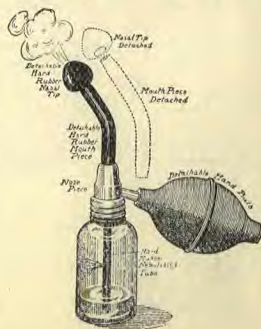
The vulcanised mouth and nasal tips, as well as the bulb are readily detached, and thus easily cleansed.

The outfit is a complete one for treating catarrh of the nose, throat, or bronchial tubes. Full directions as well as a bottle of medicine suitable for treating catarrh go with each instrument. Price for the complete outfit, 7/6, post free. Price for the nebuliser without percussion nasal douche and medicine for same, 5/6, post free.

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**Maker of Dr. Allinson's Wholemeal Bread.**  
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**Beauty-Cup Massage**  
 For the Face,  
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"No woman who owns one of these wonderful little Cups need have any further fear of wrinkles or blackheads."

The simplicity of this scientific system of self-applied massage, and the speed with which it clears the complexion, are almost beyond belief. A single soothing application of the little Beauty-Cup produces remarkable results. Blackheads in many cases are banished in sixty seconds. It pumps impurities out of the blood by atmospheric pressure, rounds out the cheeks, arms and neck, and pumps the waste places in the body with wonderful rapidity. Acts directly on the circulation and feeds fresh, pure blood to the tissues, making the flesh firm and fair, and the skin soft and satiny. *Hundreds of unsolicited testimonials.*  
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THE question is often asked, "Where can we get good, reliable wheatmeal?" We are glad to give our hearty recommendation to Reynold's pure digestive wheatmeal, which is gradually being adopted by some of the best bakeries in the kingdom. It certainly fills a widely-felt want.

## Good Health BODICES for GIRLS.

READERS of GOOD HEALTH will be glad to learn that the Good Health Supply Department is now prepared to supply the Health Bodices in girls' sizes. The bodices are beautifully made of a good grade of sateen, and are exceedingly comfortable, convenient, and durable. They allow a natural development of the chest, and do not interfere with deep breathing and physical culture exercises. All girls should wear these bodices. For particulars address:

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Dr. Allinson says:—

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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.

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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—

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

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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.

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BEFORE USING GRANOSE.—LIFE  
DESPAIRED OF.



A FEW MONTHS LATER.—HEALTH RESTORED  
BY THE REGULAR USE OF GRANOSE.

**I**N nine cases out of ten the indisposition of children can be traced to some indulgence of appetite. An unnatural, stimulating diet makes children nervous, impatient of restraint, self-willed, and irritable.

Granose Flakes and Biscuits, made from choice whole wheat, are the most natural and simple, and at the same time the most digestible and nutritious foods ever prepared.

Many a puny infant, afflicted with stomach disorder, and starving for lack of suitable nourishment, has been made strong and healthy by being given Granose. Granose is retained when all other food is rejected.

Granose-Fed Babies are bright, good-natured, well-developed, and strong.

**In loose flakes or biscuit form, 7½d. per packet.**

N.B.—Granose, being a pre-cooked food of the highest possible dietetic value, has a special value to those who have weak digestions, or who suffer from dyspepsia, and to athletes, hard workers, children, and to all who undergo mental strain.

Samples of Granose and complete price list of Health Foods sent post free for 3d.  
Sole Manufacturers:

**International Health Assn., Ltd.,**  
**70-74 Legge St., BIRMINGHAM.**

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C.R. wishes to know of a Good Health culturist in the vicinity of Norton Tolgate, London, E., who can board and lodge a workingman. Address C.R., C/o GOOD HEALTH, 451 Holloway Road, London, N.

We regret to say that Dr. Richard's article on "Modern Methods of Treatment" failed to reach the office in time for this number. It will consequently appear next month. It is written in an interesting style, and cannot fail to attract the attention of the readers of GOOD HEALTH.

JUDGING from the letters we receive from our readers, we believe that year by year a larger number of the "Good Health" family are largely at least giving up the use of flesh foods. We can heartily recommend the nut foods manufactured by the International Health Association, Legge St., Birmingham, as excellent substitutes.

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**2½ per cent INTEREST**

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"If the hands have become chapped fill a pair of old, loose kid gloves with a lather of McClinton's soap, made up as for shaving. Put the gloves on when getting into bed and wear till morning. Doing this for two or three nights will cure chapped or even the more painful 'hacked' hands, where the outer skin has got hard and cracked down to the tender inner layer."

**We will send a tablet of McClinton's Colleen Soap, made from the ash of plants and pure vegetable oils, on receipt of 6d.**

If the constant use of this soap does not prevent chapped hands we will give £10 to any charity named by the person who has found this remedy to fail.

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



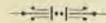
This little Booklet will tell you a number of things about underwear you never heard of before.

It tells how to secure an amount of bodily comfort absolutely unknown to wearers of woollen or cotton garments.

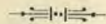
It tells how to be free from colds, tells of an underwear that is more cleanly, more comfortable, and more healthful than any other—the

*Dr. Deimel*  
"DEIMELIN"  
*Underwear*

—which is now worn by thousands of intelligent people the year round, who wonder how they were ever satisfied with anything else.



Write for a copy, free on application.



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