

A WINTER MORNING.

Good Health

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

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Editorial Chat.

A Tempting Prize.—It is significant both of the inroads of disease and of the deep public interest in hygiene and health, that the Brazilian Parliament should offer a prize of £400,000 to be given to anyone who shall discover a certain means of prevention or cure of syphilis, tuberculosis, or cancer.



Vegetarian Cure for Neuralgia.—Writing in the *British Medical Journal* on the beneficial effect of vegetarianism upon the teeth, Dr. James F. Rymer, surgeon dentist, says: "Many come to us in private practice martyrs to 'neuralgia.' We inspect their teeth and find them sound. This so-called 'neuralgia' is often chronic migraine, due to uric acid circulating in the brain. This can be much ameliorated by our advising our patients to abstain entirely, or almost entirely, from meat diet, especially beef. It is wonderful what relief is thus given."



Are School-Children Underfed?—Dr. Alfred Greenwood, medical officer of health for Blackburn, has been investigating the condition of school-children in the area under his medical supervision with a view of ascertaining how far underfeeding is the cause of such physical deterioration as exists among them. Out of all the 22,952 children attending at the public elementary schools within his district, writes the *Lancet*, the names and addresses of 540 children only were supplied to him as suitable cases for inquiry. An analysis of the results obtained as a result of careful house-to-house inspection

enabled him to come to the conclusion that underfeeding does not occur in more than 313 children within his district, these children being included in 95 independent families. Based on this standard, it would appear that about 1.3 per cent. of the Blackburn school-children suffer from starvation.



Malnutrition Due to Other Causes.—It may easily be maintained that in the investigation of the very delicate problem as to whether parents feed their children sufficiently, there are many difficulties in the way of ascertaining the facts. Most likely the number actually suffering from underfeeding is considerably larger than that reported by Dr. Greenwood. Nevertheless, we must agree with the *Lancet* that starvation is probably not by any means the largest factor in physical deterioration among children. In the great majority of cases, it is injudicious feeding rather than underfeeding that prevails. "A very large number of children who certainly give the impression of being starved, are suffering from a chronic form of intestinal catarrh which is often the result of faulty methods of feeding during infancy. These children are usually voraciously hungry, but their complaint is of a nature that does not benefit by an increased dietary or a plethora of food. By others than medical men such cases would generally be ascribed to starvation." Under these circumstances, the *Lancet* may well go on to question how far the situation may be improved by the indiscriminate institution of free meals. It would seem that a system of medical

supervision of school-children is the first thing needed.

Sanatoriums for Consumptive Children.—Funds are being raised for a sanatorium for consumptive children, to be erected on a site already acquired between Holt and Cromer in Norfolk. The cost is estimated at £8,000. Accommodations will be provided for twenty-five patients. The enterprise would appear to be under homœopathic auspices.

The Tobacco Nuisance.—It is not often that a newspaper with a large circulation has courage enough to speak against the tobacco habit. It must accordingly be placed to the credit of the *Chicago American* that it recently printed an article entitled, "The Tobacco Hog." Naturally an article of this character could not but attract attention; especially as the writer did not mince matters, but called a spade a spade. His effort provoked a storm of dissent on the part of lovers of the weed; but won approval in other quarters.

Hard Names for the Non-Smoker.—The resulting correspondence is highly amusing. Strangely enough most of the smokers seem to take it for granted that a man who protests against having tobacco smoke blown into his face everywhere must be a very extraordinary individual. Some accuse him of being a woman, others assume that he must have bad digestion, a third thinks he must be a "measly, shrivelled-up specimen" of humanity, a fourth calls him a "pessimist," etc. Just as if a strong, healthy, sensible man should not have the right to prefer pure air to the sickening odour of tobacco! Surely there is need of more articles of this kind if it is coming to be assumed that a man to be a man must be a lover of smoke.

When the Smoker Becomes a Nuisance.—It should perhaps be stated that the writer of the article did not mean to liken all tobacco-users to certain animals which are considered to be devoid

of manners. He asserts that he "had no reference to the tobacco-user who, knowing his place, keeps it and does not intrude his offensive presence where he has no right." We are glad to say that there are some gentlemanly and considerate smokers; but we fear that the kind of smokers at which the article was especially aimed are by no means scarce this side the Atlantic. What shall we say of the man who, climbing on to a 'bus, selects the front seat, and subjects two or three people behind him to the acrid fumes, when he might with a little forethought have taken a back seat. No back seats being vacant, it would be the part of a gentleman to abstain till he could find accommodation in a smoking-room. No doubt a great deal of the bad breeding shown by tobacco-users is owing to thoughtlessness. They have become so accustomed to the weed that they never think how utterly distasteful are its fumes to every man of normal, healthy tastes. They forget that the smoke that they pass around so liberally is of the same character as that which they take into their own systems. They never think that they are not only indulging in the weed themselves, but they are forcing their immediate neighbours to smoke also. It is as if a man should step into a public house, and having ordered a glass of beer, should drink only one-fourth of it himself, and then taking his position at the door, should compel every passer-by to have a few sips until the remaining three-fourths was used. In other words, every smoker who is indulging his fad in the presence of non-smokers is taking improper liberties with them; he is temporarily shutting off the supply of pure air, and substituting the fumes of a deadly narcotic. It is a well-known fact that strong, healthy men and women, who are not users of the weed, not infrequently suffer from headache as a result of breathing tobacco-laden air only for a few minutes. Such headaches are symptomatic; they indicate that the poison is having its influence upon the system.

Our Smoke-Polluted Cities.—The extent to which the air of considerable portions of our large cities is being polluted by tobacco fumes is hardly realised.

In crowded business centres the air is charged with the narcotic fumes; you turn away from one smoker only to come up against another; you are compelled against your wish to inhale tobacco smoke. Not a few men and women find the pleasure of a ride on the top of a 'bus spoiled by having to breathe, instead of the fresh air of heaven, the fumes of a bad cigar or cigarette. Sometimes it is the driver that smokes, in which case the passengers on the front half get the leavings more or less. In any case, most of the male passengers are likely to be puffing away, utterly unconscious apparently that their fad is indulged at the expense of making some, at least, of their fellow passengers thoroughly wretched. These smokers cannot be called polite in any true sense of the term. Their manners are boorish; they are a nuisance. So likewise on excursion trains, users of the weed are very likely to indulge their mania for smoke even if they find themselves in a non-smoking compartment, and to consider it exceedingly

ill-natured if a fellow passenger objects. Even if ladies are present, it is expected that they will say they do not object. English women, it may be said in passing, seldom express their real feelings for fear of being considered cranky. No gentleman would presume to ask a lady if she objects under such circumstances. Every pure woman with wholesome instincts objects to tobacco smoke.



The Smoker to Be Isolated.

—What shall be said in conclusion? Evidently until some genius can invent a pipe or other instrument by which the tobacco-user can consume his own smoke—get himself the full benefit of his cigar or of the tobacco smouldering in his pipe—men with fine instincts and a consideration for the feelings of others will confine their smoking to the smoke-room or some other place where they will not be continually encroaching upon the rights of their fellows.



MODERN METHODS OF TREATMENT.

BY FRANKLIN RICHARDS, M.D.

DURING the last half-century medicine and surgery have made long strides forward, and modern methods of caring for the sick bear but slight resemblance to those employed a hundred years ago. For long centuries health was believed to be the product of mystery and magic, the result of the action of certain chemical or other agencies which were thought to possess in themselves the power to heal.

Obviously there are at least two ways of getting a sick, tired animal to work—he may be whipped and goaded into activity, or rested and refreshed. And what is true of the organism as a whole is equally true of all its parts.

For hundreds of years the first of these methods has been largely employed in the treatment of the human body in distress. The sick have been literally flogged from their beds with stimulants. The lagging steps of the weak have been quickened with chemical goads. Strychnine, that splendid rod! has been laid on hard and

rough, regardless of those who have dared cry, "Hold, enough!" Weak hearts have been mercilessly beaten with that cruel narcotic club called alcohol, in the traditional belief that because it hurries them along it helps them do their work. Tired nerves and exhausted brains have been spurred on with caffeine, occasionally taken as such, but more often in the form of those popular drug-beverages, tea and coffee. By narcotising and paralysing nerves, various aches and pains and other sensations of disease have been postponed for a time, and present endurance procured at the cost of future usefulness and health.

But a brighter therapeutic day is dawning. Already the glorious right-doing floods the land. Truly scientific modern methods of treatment are being built upon the firm foundation of eternal truth. That health is the sure product of conformity to natural law, that the body heals itself—these are great fundamental facts in this foundation. And it is of the utmost im-

portance that all should recognise and respect these simple yet far-reaching truths; else some, into whose hands the sick may come, will find themselves continually at variance with divine will expressed in natural law.

"Drugs do not cure," the president of the American Medical Association is reported to have said in his annual address delivered at New Orleans two years ago. This is but the reiteration of a truth as old as the race. Until drugs can create, they cannot cure, for healing is nothing less than re-creation.

But if not in potions, powders and pills, in what does the modern practitioner's armamentarium consist?

As "something better is the law of all true living," superior substitutes for these discarded weapons must be found, and one has not far to look to find better stimulants than alcohol, caffeine and strychnine—the first of which is not a stimulant at all—or better antipyretics than coal-tar derivatives, or sedatives, anodynes and hypnotics in every way superior to those anti-physiological remedies formerly employed.

The modern method seeks to skilfully and systematically employ in an intensified form the very elements upon which life itself depends. Light, air, food, water, exercise—these are the simples of modern medicine. And wonderful simples they are. The mere novice will usually do more good than harm with them, while the grim old veteran of ten thousand conflicts with disease finds in them ample scope for the exercise of half a century's accumulated wisdom and experience, with plenty of room for growth and original research in addition.

In water alone, in its wide thermal range and varied forms we have a remedy so versatile that it covers the whole range of medicine, and does it more thoroughly than all the drugs of the pharmacopœia combined. Scientific hydrotherapy, in its present state of perfection admits of more than a thousand different combinations of procedures, which exercise a marvellous control over the various organs and systems of the body, quickly modifying, controlling and directing the activities of every part. By means of applications of water, right in kind, duration and temperature, the quality, supply and movement of

the blood may be more effectively regulated than is possible by the use of any drug or combination of drugs; powerful stimulation of any part, or of the organism as a whole, may be had at a moment's notice; or sedative effects sufficiently pronounced to soothe the excited brain of the delirious or maniacal patient may be safely and readily procured.

In light, in its varied forms, water has an efficient helper, one which, when rightly employed, acts in harmony with great biologic laws, and is therefore classed with natural or physiologic remedies. In the form of the sun-bath light was employed by Diogenes and other old men of Athens for the purpose of recruiting their energies. The sun-bath was also in very common use amongst the Romans, both the older and the younger Pliny being accustomed to after-dinner sun-baths rather than after-dinner pills. It remained for a noted French physician to regularly prescribe sun-baths for rickety children—a practice which is now quite common. The sun-bath is useful in all cases of impaired nutrition, dyspepsia, anæmia, chlorosis, diabetes, rheumatism, neurasthenia, and obesity.

Space forbids a detailed discussion of the merits of properly regulated rest and exercise, medical gymnastics and massage in the treatment of the sick, the relation existing between diet and disease, and between the body and the mind. These are but a few of the things which claim the attention of those who would use the best and most scientific of modern methods of treatment.

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"QUASSIA is one of the best remedies with which to cure pinworms. Soak half a pound of quassia chips in a gallon of water over night. Boil for one hour. Then apply as follows: first, empty the bowels thoroughly with a soap and water enema. A sufficient amount of water should be used to fill the entire bowel. One quart will probably be sufficient in the case of a child. This is necessary because the headquarters of the parasite is found in the cæcum or first part of the colon. After thoroughly emptying the bowels inject a quart of the quassia solution. This should be retained as long as possible. To prevent immediate expulsion, the temperature of the solution should be about that of the body."

FAMILY LIFE IN PERSIA.

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

THE laws and customs of Persia assign such an inferior place to woman, upon whose position so much in the home life depends, that one would be justified in expressing surprise at the fact that in that land many happy homes are to be found.

By the majority of Persians, woman's faculties are greatly underrated, and they regard their wives rather as servants than as companions.

Perhaps this is partly due to the fact that a man does not choose his own wife, this being done for him by his parents or female relatives. Usually he does not see her face until the wedding is almost over.

The law of Persia allows a man to have four wives. Many are, however, content with one, and such generally have the happiest homes: when there is more than one, their frequent bicker-

ings and quarrellings are sometimes such a source of distraction to the husband, that he will take advantage of the very easy divorce laws to get rid of one of them. A husband can divorce his wife without reason providing he sends her away with a sum of money, the amount of which is generally agreed upon before he marries her. These laws, allowing of polygamy and easy divorce, have naturally undermined to some extent the hardihood of the race, and in Northern Persia, the strong influence of Russia appears unfortunately to have added to those evils which result from a loose morality.

After marriage a woman is kept in close seclusion; she never receives her husband's male guests, and they are not permitted to refer to her in conversation except in a roundabout way.

Her work consists largely in the care of children, weaving, shopping in the markets, and the preparation of her husband's meals, of which she must not herself partake until after her husband has finished.

Persian women frequently visit the public baths, in which it is said the water is only changed four or five times in the course of a year. Looking-glasses are greatly prized by them; in some of the wealthier harems the walls are made entirely with small pieces of broken mirror set in cement. They spend much time in dressing and ornamentation. On their



DRESS OF PERSIAN CHILDREN.

heads they wear bangles made with coins fastened together. Necklaces are much worn, and often made in the same way. The accompanying photo shows the dress of two of the better class Persian children, the next photo shows two young women with their ornaments on, and dressed in the manner the Christian women adopt. The Moslem women usually wear long pantaloons reaching to the ankles, with short skirts resembling a ballet dancer's. On their shoulders they wear a sort of loose-fitting blouse or coat not gathered in at the waist; with sleeves that are much too long, and which therefore require to be

fastened, or ruffled up into many folds, around the wrist. Over the head is a large piece of cloth which sometimes hangs down to the ground, and is held in place by a band round the head, or is fastened under the chin. These are sometimes made of very fine muslin, though the poorer women generally have this and most of their other clothing of calico print. The wealthy ladies wear silk or satin, often beautifully embroidered.

All women who live in the towns wear in the streets a large piece of cloth, two yards square, over their heads, called a *chudder*, whilst over the face is a white veil with lacework netting for the eyes to peer through. This covering of the face, together with the fact that women may not walk, or converse with men in the streets, is undoubtedly a great safeguard.

The houses in which the Persians live are generally built of mud bricks and have many windows, none of which look out on the street, they being arranged so as to overlook the courtyard. The houses contain but little furniture; the better class ones have a pretty and closely-woven straw matting on the floor, upon which are spread the most beautiful rugs. Along one side of the room there are generally placed one or more soft flat quilts as in this picture (see page 265), on which it is

most comfortable to sit. Along another side of the room it is usual to have a carpeted ottoman, on which one has a choice of sitting either in European or native style.

In the towns oil lamps are used, and I have seen so many of these in some Persian homes that it appeared as if the inmates made a hobby of collecting different

shapes and varieties.

When a guest calls at a Persian house he is invariably served with a cup of sweet tea, thick coffee, or sherbet made from fruit syrups.

Our last picture (see page 266), taken at a mountain village, shows a number of buffaloes bathing in a pond just below a natural spring of water, from which a man can be seen drinking. One might be surprised at seeing such pure, clear, cold water springing up amongst these barren mountains,



DRESS OF CHRISTIAN WOMEN IN PERSIA.

but that this water is very refreshing. I can testify from personal experience, having sampled it at this particular spring.

This picture also shows the three styles in which the men dress. Close to the spring is a man from the city in his frock coat, next to him stands a man in the loose *aba* or coat of the country, which is strapped around his waist, and on the extreme left-hand side are two men in the rough costume of mountaineers.

THE EXALTED WORK OF THE MOTHER.

BY MRS. E. G. WHITE.

WOULD that parents could realise that upon judicious early training depends the happiness of both the parents and the children. Who are these little ones that are committed to our care?—They are the younger members of the Lord's family. "Take this son, this daughter," He says, "nurse them for Me, and fit them up 'that they may be polished after the similitude of a palace,' that they may shine in the courts of the Lord." Precious work! Important work!

Yet we see mothers sighing for a wider field of labour, for some missionary work to do. If they could only go to Africa or India, they would feel that they were doing something. But to take up the little daily duties of life, and carry them forward faithfully, perseveringly, seems to them an unimportant thing. Why is this? Is it not because the mother's work is so rarely appreciated?

She has a thousand cares and burdens of which the father seldom has any knowledge. Too often he returns home bringing with him his cares and business perplexities to overshadow the family, and if he does not find everything just to his mind at home, he gives expression to his feelings in impatience and fault-finding.

He can boast of what he achieved through the day; but the mother's work, to his mind, amounts to little, or at least is undervalued. To him her cares appear trifling. She has only to cook the meals, look after the children, sometimes a large family of them, and keep the house in order. She has tried all day to keep the domestic machinery running smoothly. She has tried, though tired and perplexed, to speak kindly and cheerfully, and to instruct the children and keep them in the right path. She cannot, in her turn, boast of what she has done. It seems to her that she

has accomplished nothing. But it is not so. Though the results of her work are not apparent, angels of God are watching the careworn mother, noting the burdens she carries from day to day. Her name may never appear upon the records of history, or receive the honour and applause of the world, as may that of the husband and father; but it is immortalised in the book of God. She is doing what she can, and her position in God's sight is more exalted than that of a king upon his throne; for she is dealing with character, she is fashioning minds.

The mothers of the present day are making the society of the future. How important that their children be so brought up that they will be able to resist the temptations they will meet in later life.

Let the mother think no sacrifice too great, if made for the salvation of her household. Remember, Jesus gave His life for the purpose of rescuing you and yours from sin. You will have His sympathy and help in this blessed work.

In whatever else we may fail, let us be thorough in the work for our children. If they go forth from the home-training pure and virtuous, if they fill the least and lowest place in God's great plan of good for the world, our life work can never be called a failure.



Interior of Persian house with hostess prepared to receive female guests.

PHYSICAL IMPROVEMENT OF THE NATION. PART V.—The Health of Our Young Men.

BY M. ELLSWORTH OLSEN.

LAST month something was said of the need of young men cultivating a healthy attitude of mind as a first requisite to robust health. It was further pointed out that regular outdoor exercise is a great help in improving the physical tone. The important question of diet was left over for consideration here. What shall be said on this much debated matter?

Rationality in Diet.

First, let us insist on rationality in diet. Man is a reasonable being, and should use reason and intelligence in regard to his daily food. This may seem a mere commonplace, but in practice it is a rare thing. When it comes to matters of appetite, the average man knows more than he is willing to put into practice. Needless to say the

young man who aims at physical wholeness and all-round efficiency must make his practice conform to his belief. He must bring reason and will-power to bear upon appetite as well as passion, and determine to eat for strength and not merely to please the palate.

Simplicity.

Once the food question has been brought within the bounds of reason, it is readily dealt with. Simple foods are more easily prepared, and more easy of digestion than the more complicated ones. Rich pastry, heavy puddings, highly spiced dishes of all kinds have absolutely no physiological

standing, and are therefore not entitled to figure on the bill of fare of the serious seeker after strength. Anatomically man resembles most closely the higher apes, and it is therefore reasonable to suppose that his natural diet is frugivorous. Here also chemistry comes to his aid, and by showing that the flesh of animals contains large quantities of uric acid-producing



WASHING BUFFALOES AT A MOUNTAIN SPRING IN PERSIA.

substances, gives a further warning against the use of flesh meats.

How to Eat.

The natural mode of eating is also plain. Evidently the teeth were given us for the purpose of grinding the food to a fine pulp, and the fact that the saliva has the property of turning starch largely into sugar would indicate that cereal foods should remain in the mouth long enough to allow this operation to get well under way. Nature, then, forbids us to bolt our food, or wash it down with copious draughts of tea or coffee. These latter beverages would hardly find any place in the diet,

anyway, if considered strictly on their merits: they would more likely be banished to the pharmacist's shelves. Drugs they are, and drugs of considerable potency if taken in anything like their full strength. What healthy young man, we ask, requires an infusion of tannin, caffeine, aromatic oils, and sundry other chemical elements at his breakfast-table? Is not the very idea preposterous?

The Number of Meals.

Then there is the question of the number of meals daily. The Greeks at the time of their highest development ate but two meals daily, and one of those a very light meal. Breakfast, often not taken till well along in the forenoon, consisted merely of bread with raisins or olives, and the formal meal was postponed till towards evening. Eating as frequently as is common in England and other parts of Europe tends to a state of repletion which is inimical to the highest activities both of mind and of body. The digestive organs lose tone, or develop at the expense of the mental powers. Appetite becomes morbid and must be pampered. The partially digested food left over from one meal mingling with the fresh intake of the succeeding meal is likely to cause fermentation, and poisonous products are generated which, carried into the circulation, give trouble in various ways. On the whole, if the subject be considered from every possible standpoint, we do not believe that there is any good excuse for eating more than three times daily, and for the young man who is engaged largely in sedentary work, it would doubtless be preferable to let one of the three consist entirely of a little fruit.

Food Combinations

come in for consideration in connection with the question of the number of meals. When a man eats a dinner which consists almost entirely of vegetables and meat, he quite naturally gets hungry early in the afternoon. Meat is not a stayer by any means, and vegetables, while valuable for the salts they contain and as relishes, are very poor in nutriment. The average dinner really lacks staying qualities. Good brown bread should form an impor-

tant part of the mid-day meal. A few nuts to wind up with would also make a very proper addition. Nuts are not valued as highly as they deserve.

It may be said in general that bread and fruit make the best combination for breakfast; bread, vegetables, legumes, nuts and nut foods for dinner, and for the third meal fruit alone or bread and fruit. Such dairy products as milk and eggs and butter may be used moderately at any of these meals by those with good digestion; but milk taken in any considerable quantity is likely to disagree with both vegetables and fruits.

Food Must Be Enjoyed.

Before leaving the subject of diet, a word must be said on the subject of good cookery, by which term we mean the preparation of food in a form at once wholesome and palatable. Let not the latter quality be disregarded even by the most radical reformer. Appetite though a bad master is a good servant. The food that tastes good is better food, other conditions being equal, than that which does not taste good. There is a very real though subtle connection between the nerves of taste and those of digestion. Thoroughly to enjoy one's food is essential to getting the greatest amount of good from it.

Who Should Smoke?

We come now to consider the habits of a young man. The question meets us on the very threshold, Shall the young man smoke?—Not if he would attain to the highest degree of health and vital efficiency. If he has nerve energy that he wishes to waste; if lungs, liver, kidneys and other internal organs are over-sound and need a handicap of some sort; if hearing, taste, and smell are too acute and need to have the edge taken off them; if the brain in its capabilities soars so far above the requirements of life that it needs to be crippled; if the supply of bodily energy is excessive, and needs to be tapped; then the smoking habit might possibly be recommended. But it is doubtful if such contingencies ever arise. Most young men hardly come under these categories. One fact may be set down as beyond dispute: It has yet to be proved that the

tobacco habit has ever done any person real good; that it has done some people a great deal of harm, and that its chief constituent, nicotine, is scientifically classed as a deadly poison, everyone knows. The system learns in time to tolerate it, just as it can tolerate small doses of other poisons; but not without suffering thereby a certain lowering of tone. In other words, if you are a strong, healthy young man, tobacco will make you less strong and healthy; if you are weak, tobacco will make you weaker.

Rage for Amusements.

Alcoholic beverages have been so universally proved to be a sure means of lowering vitality and shortening life that it is hardly necessary to refer to them here. Impure habits are acknowledged to be exceedingly destructive of health. There are, however, other forms of dissipation that are injuring the young man of to-day. The rage for amusement is unwholesome. These long trains of people awaiting the opening of theatres and music halls are not doing themselves justice. After work indoors all day, which has been the lot of most of them, to spend the evening in a stuffy theatre is not physiological; a vigorous walk in the fresh air would be far better.

The reading of exciting serial stories and cheap literature generally occupies time that ought to be spent in outdoor pursuits, and tends to unnerve both mind and body. Athletics would accomplish far greater good if they did not run into professionalism. Watching a game of football may be interesting, but it doesn't build muscle. Attend no games but those in which you participate would be an excellent rule for the young man who wishes to make the most of himself.

Physical Deterioration.

Has physical deterioration already set in? or, putting it more definitely, Is the young man of to-day physically inferior to the young man of thirty or forty years ago? The question is not easily answered off-hand. The answer might vary somewhat according to what class was referred to. It is conceivable that conditions may have improved in some districts so as to bring

about a certain degree of betterment. But in the main, owing to some of the above-mentioned causes and other conditions of a social character, the tendency seems to be downward. The majority of young men to-day acknowledge themselves physically inferior to their fathers. That this is not necessary is amply proved by the number of those who by dint of systematic health culture have raised themselves decidedly above their environment. Nature responds loyally to man's obedience to her laws. Health is still to be had in abundance, if we but search for it in the right place.

What every young man needs to realise is his individual responsibility to make the most of himself physically, to store up a goodly reserve of vital energy for the days to come, and to watch with a jealous eye every outlet. In fact, every young man should have a passion for physical self-improvement. His daily question should be, How can I live to-day so as to make me a stronger man to-morrow?

There is only one matter of greater consequence to the nation than the health of its young men, and that is the health of its young women. This will accordingly be the subject of next month's article.

THE CAUSE OF OLD AGE.

BY J. H. KELLOGG, M.D.

PROFESSOR METCHNIKOFF, the successor to the famous Pasteur in the directorship of the Pasteur Institute, of Paris, where so many marvellous discoveries of great practical interest to human welfare have been made, has announced the discovery of the cause of premature old age. Metchnikoff declares that the proper length of life is not less than one hundred and forty years. He thinks a man should be in his prime at eighty, hale hearty and lively; and should be vigorous and active at one hundred and twenty.

Metchnikoff discovered some years ago in microscopic study of the body-fluid the wonderful fact that certain blood cells, the so-called leucocytes, or white cells, have the power of attacking, capturing and destroying microphags and other inferior cells or organisms which find their way into

the blood. In his further studies of these wonderful cells, some of which he calls microphags because of their small size, while others are macrophags because of larger size (see accompanying cut), he found that they are constantly occupied with various kinds of work in the body which require their peculiar form of activity. Certain of them defend the body against the attack of germs. These are the microphags; while the larger ones are macrophags, and act as general scavengers, eating up and destroying blood clots, dead cells, exudates, the result of inflammation, and any other refuse which may be found among the tissues of the body. These cells do not confine themselves to blood-vessels, but, working their way through the vessel walls, wander about through the tissues, and even creep out upon the surface of the body where there is a break in the skin. They sometimes accumulate in great numbers, forming the pus or discharge of abscesses or suppurating sores.

Metchnikoff has made a further discovery of very great importance; that is, that these destroying cells, especially the macrophags, do not always wait until the cells of the body are dead before attacking them, but attack cells which have become weakened by disease or through the influence of poisons, such as alcohol or other drugs. He gives pictures in his work, from which the accompanying cuts are reproduced, showing macrophags at work destroying cells of the brain and other tissues.

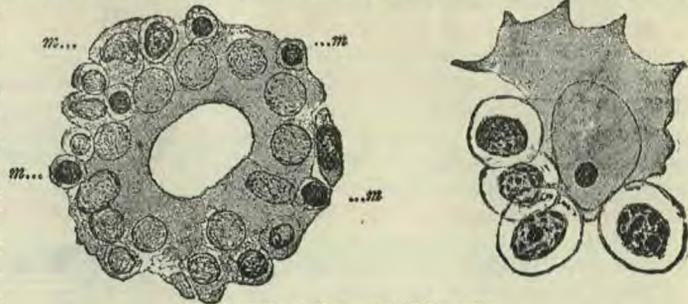
Metchnikoff considers the capacious colon in man a source of danger, since through the retention of decomposable matters, putrefactive processes are often set up, and poisons formed as the result of these decaying processes are absorbed into the blood, weakening the cells of the body. The walls of the blood-vessels become hardened, and the same hardening process extends to other vital organs. This, according to Metchnikoff, is the real cause of premature old age and death.

Metchnikoff also calls attention to the

shrewd observation made by Hufeland, the eminent German physiologist, who, more than one hundred years ago, wrote a wonderfully interesting work on "The Art of Prolonging Life," from which we quote as follows:—

"We should use vegetable rather than animal food, as animal food is more liable to putrefaction, while vegetable substances contain an acid principle that retards our mortal enemy, putrefaction."

Metchnikoff agrees with Hufeland that a flesh diet must necessarily contribute to the shortening of life, for the reason that the indigestible portions of this highly putrefactive material, accumulating in the colon, undergo a process of decay, give rise to most deadly poisons, which, being absorbed into the blood, weaken the tissue cells and thus render them an easy prey to the macrophags.



Macrophags destroying living cells.

Here is ample food for thought for those who advocate a flesh diet. Metchnikoff is not a faddist nor a food-reform crank, but is recognised as one of the greatest living scientists. He has taken his stand against the use of flesh food, not because of any predilection in favour of a vegetarian diet, but because his scientific observations have called his attention to the foregoing facts, which he considers sufficiently important, even startling, to make it worth while to embody them in a most excellent book which he has recently published, entitled "The Nature of Man."

Metchnikoff very clearly recognises the fact that man's only hope for a healthy, happy, long life lies in the return to simple habits. It is only in following the divine order of life, which is clearly indicated by the human constitution itself, that man can hope to fulfil his destiny and to perform his part in the great drama of life.

THE FULL OR IMMERSION BATH.

BY ALFRED B. OLSEN, M.D.

THE immersion bath permits a semi-reclining or recumbent position of the body which makes it restful, and suitable for feeble patients. With a rubber air-pillow it is still more comfortable, so far as position is concerned.

Immersion baths are classified according to the temperature of the water, the time duration, and the application of some special treatment in connection with the bath, such as massage or electricity. The bath may also be modified by the addition of chemicals, for example, salt, carbonate of soda, etc.

The Cold Immersion Bath.

The temperature of the water is from 50° to 70° F., and the time from a mere dip occupying a second to one or two minutes. Bathe the head well with ice-cold water before getting into the bath. If the bath is prolonged more than a few seconds vigorous friction should be applied to the body. On leaving the bath have a good rub-down and finish off with an oil-rub or a light massage.

This bath is obviously only suitable for the robust and strong. It stimulates the nutritional functions of the body, and improves both appetite and digestion. It is a useful tonic for sedentary persons and those inclined to languor and laziness, also for obesity and certain forms of diabetes. The cold bath strengthens the skin, and may serve as a cold application after a hot bath or pack.

The Brand bath for typhoid fever is usually given at a temperature of 65° to 70°. One or two attendants assist by rubbing the trunk and extremities briskly. The duration is from five to fifteen minutes. The bath is given whenever the fever rises above 102° F.

Bathing in ice-water is dangerous and may cause serious injury. We do not commend the practice of cutting a hole in the ice of a lake or river to get a bath.

The Cool Bath.

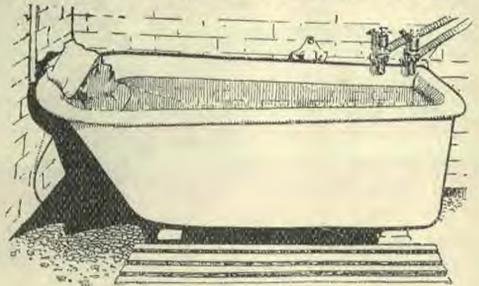
This differs only in degree from the cold bath. The temperature of the water should be from 70° to 80° F., and the

patient may remain longer in the water, providing friction is employed.

The cool bath is also useful in reducing the temperature of fevers. It makes an excellent tonic for general debility and nervous disorders, provided the patient is strong enough to react well afterward. The daily cool or cold bath fortifies the body against disease of all kinds.

Tepid Baths.

The temperature of the water varies from 80° to 92°, according to the patient and the results to be obtained. Such a bath may continue from five to twenty or even thirty minutes. Bathe the face and head with cold water before getting into the bath. The water should cover the shoulders. The patient rubs himself vigor-



ously while in the water, or one or two attendants do it for him.

The tepid bath is less drastic than the preceding and makes an excellent means for reducing fevers. It is a suitable tonic for anæmia and neurasthenia.

The Neutral Bath.

There is scarcely any water treatment which is so simple and useful as the neutral bath. The temperature is from 92° to 97°. Have the water 97° or 98° to begin with, and gradually lower it till the patient feels neither hot nor cold, but merely a sense of comfort. The patient should lie perfectly quiet. The least movement gives a brief sensation of chilliness. Friction, except a little gentle rubbing occasionally is not required. The duration of the bath is from fifteen minutes to an hour for sleeplessness. For special reasons it may be prolonged for several hours.



It is one of the most effective water treatments for insomnia. Soon after entering the neutral bath there is often a feeling of drowsiness. If given to induce sleep it should be taken at night. On leaving the water wrap the patient in a warm Turkish sheet and dry gently by patting and stroking the sheet. Then put the patient in a warm bed, and see that there is an ample supply of fresh air.

The neutral bath is a very mild, gentle tonic. It quiets the nerves and is wonderfully restful. It is recommended for general debility and nervous exhaustion, chronic diarrhoea, anæmia, general dropsy, organic heart disease, chronic sciatica and many other diseases.

The Warm Bath.

This makes a pleasant, comfortable bath which everybody should take two or three times a week for the sake of cleanliness if for no other reason. The temperature is 97° to 102° and the duration three to fifteen minutes.

It usually causes a slight rise of the body temperature. The warm bath is more or less enervating, especially if prolonged, and leaves the skin in a loose, relaxed state with the pores open. Consequently it should always be followed by some sort of cold application, such as a cold spray or cold mitten friction.

The Hot Bath.

The temperature is from 102° to 105° F. A higher temperature would be regarded as a very hot bath, which should

only be given for special reasons. A brief hot bath acts as a stimulant, but if prolonged it is weakening. Like the warm bath it should always be followed by a brief cold application.

Hot baths are useful for encouraging the elimination of tissue poisons through the skin and other excretory organs. It relieves the convulsions of children, and is useful for chronic rheumatism, obesity, and uric acid disorders generally. Rubbing or massage during the bath increases the eliminative effects.

It must not be forgotten that with the exception of warm and neutral baths we are dealing with potent remedies which should only be administered on the prescription of a competent physician. Cold and hot baths must not be used indiscriminately by those who are not fully acquainted with them and their effects.

How to Keep Young.

NOT the wrinkles on the face only, but the larger wrinkles caused by wrong and injurious positions make people look old. Look at the two accompanying cuts, notice the bent and aged appearance of the one on the left hand, and the vigorous, youthful look of the other. The incorrect position not only causes round shoulders, but also contracts the lungs, and hinders proper breathing. It is well to make it an absolute rule to keep the spine erect and do trunk-bending at the hips; this makes all work less tiring.





FOODS FOR THE SICK.

BY MISS GERTIE WRIGHT.

IN preparing food for the sick we should endeavour as far as possible to observe the following points: (1) its digestibility; (2) its nourishment; (3) to make it appetising.

Only those foods which are easily digested should be chosen in sick-room cookery, as most patients suffer more or less from digestive disturbances, and while some foods may be very nourishing, take for example peas, beans and lentils, for healthy people, a sick person may be unable to digest these and so cannot derive the benefit from them, which they otherwise would.

We all know that it is not what we eat that nourishes us: but that which is digested; so first and foremost we must choose something which is easily digested, and if at the same time we can find articles of diet which are nourishing and can be made palatable, then we shall have an ideal diet for the sick.

Of course the patient's diet depends to a great extent upon the nature of his disease; but there are certain facts regarding the choice and cooking of food which can be applied to most cases. I am sure that most readers of GOOD HEALTH know by this time that in order to repair the waste of the body three classes of foods are necessary: (1) nitrogenous; (2) carbonaceous (starches, sugars, fats); (3) salts. These elements are found in every class of food to a greater or less degree; but we

must select our diet from a few of the most digestible sources, leaving the greater variety for those who are more robust.

For our nitrogenous food it would be good to choose eggs, milk, some of the finely prepared nut butters as almond or walnut, malted nuts, or in some cases a little nut food might be used, as protose or nuttolene.

Starch.

This a part of our food which causes invalids more trouble than any other, and as about four-fifths of our food consists of starch it would be well to consider how we can best render it more digestible. In the first place let me assure you that the more time starchy foods spend in the oven, or on the stove, *and in the mouth*, the less time they will spend in the stomach, and as our object is to nourish our patient without overtaxing the digestive system, which is already weak, we had better do more work elsewhere; therefore starchy foods must be well cooked, and let me add *well eaten*. You may choose good food and cook it thoroughly; but unless it is properly eaten you will not derive one-half the benefit from it. I expect that my readers will think that they know how to eat, providing the nurse or attendant knows how to cook, but I can tell you from my own experience that I knew how to cook for several years before I knew how to eat, and it is only since I have learned to Fletcherise that I

have derived the benefit from healthful cookery which it contains.

Fletcherising is the reducing of all foods taken into the mouth to a liquid before swallowing; but space will not allow me to give you any more details; but I would heartily advise all invalids to read further on this subject, for I believe that a thorough knowledge of it will explain somewhat why healthful living has not always been as beneficial as we had anticipated, and it will also go far towards helping us to eradicate the dreaded enemy, dyspepsia, which so often darkens the horizon of life, and gives the world a blue tinge.

One of the best ways to eat starchy foods is in the form of biscuits, rolls, zwieback (twice-baked bread), as being dry they can be well Fletcherised; but if eaten in the form of porridge or gruel it is well to use something hard with it, as we all know from experience how very quickly porridge or any soft food slips down the food-pipe into the stomach. When gruels only are allowed, they should be very well cooked and eaten slowly. One of the following recipes might be selected and with the addition of granose biscuits or some of those breads already named combined with fruit would make a suitable dinner for an invalid.

I would like to add a few words respecting the use of fruit in a sick diet. This is a very essential although sometimes abused food. How often we hear this complaint, "Fruit disagrees with me, and I cannot use it." In such cases it would be well to stop and consider in what company the fruit was found. Perhaps the person in question has eaten a dinner consisting of vegetables, milk pudding, bread, etc., and at last takes a little fruit, or it may be that pastry, or something even more indigestible, has joined the crowd, and the fruit was only the last straw that broke the camel's back, but nevertheless it receives the blame.

Fruit in order to digest well must be found in good company, viz., well-cooked starches, not with vegetables, and in some cases not with milk or cream, or you will often find that with sick people it is better taken alone. For this reason we sometimes give two light meals during the day and a third one in the evening consisting

of fruit only, until the patient's digestion has improved. Another reason why fruit disagrees is that it is not sufficiently ripened, e.g., bananas and apples. You will often hear a patient complain of indigestion after eating raw apples or bananas, but when these fruits are baked they can be eaten with impunity. Fruit is invaluable for invalids, and if properly prepared can be used extensively in most cases to great advantage.

Barley Jelly.—One cup of browned pearl barley, one quart hot water. Boil gently for two or even three hours, adding a little more water as required. Strain and cool. When cool, the jelly should be quite thick. Reheat it as required in the proportion of one cup jelly, one dessertspoonful dairy cream or almond cream. A well-beaten egg may be added.

Steamed Macaroni.—Three ounces macaroni cooked until tender in salt and water. Strain and place in an earthen or enamel dish. Add to this two beaten eggs and half a pint of milk, and steam for two hours.

Stewed Nuttolene.—Take some slices of nuttolene, place in an earthenware dish, and cover with the following sauce. Bake gently for one hour.

Tomato Sauce.—Two cups strained tomatoes one tablespoonful gluten or fine avenola, a little salt. Boil the tomato with the salt, and when boiling add the gluten, which should be first dissolved in a little cold water.

If tomato does not agree with the patient use the barley jelly instead for a sauce.

Granose-Potato Soup.—Two cups granose flakes, two cups mashed potatoes (rubbed through a colander), one large stick grated celery, one pint liquor from any boiled vegetables such as onions, peas, or potatoes, one cup strong caramel cereal (unsweetened), salt. Dissolve the granose flakes in the vegetable liquor, add the remainder of the ingredients, and bring to the boil, then simmer for one and a half hours. When almost done, take one tablespoonful of browned flour rubbed to a cream in a little water, and add to the soup along with a little coker butter, and simmer ten minutes, then serve. This is very nourishing, and easy of digestion. If too thick, add water. G. G.

Perturbing.

"BUSY?" sighs the eminent specialist. "Busy? Why, there are such great demands on my time that I have been unable to give proper attention to seven of my wealthiest patients, and now I have lost them."

"Too bad," sympathises the friend. "And so they died?"

"No. They got well!"—*Selected.*



DRAWING-ROOM, SYDNEY SANITARIUM.

AUSTRALIA AS A HEALTH RESORT.

BY D. H. KRESS, M.D.

Sydney Sanitarium, Wahroonga, N.S.W.

IN response to your invitation to tell your readers something of this country and its advantages to health-seekers, I pen the following.

Australia is a great country in every sense of the word. In all my travels in Great Britain, Canada, America and on the continent of Europe, I have failed to find a better climate than we have in portions of New South Wales. The past winter has been delightful—the days quite pleasant and nights sufficiently cool to act as a tonic to the system. The weather in summer is not too warm—only occasionally we have a real hot day. Sunstroke is almost unheard of here. During my five years' stay in New South Wales I have never found it warm enough during the night to dispense with bedding. The nights are

exceptionally pleasant and nearly always sufficiently cool to enable the system to fully recover from the heat of the day during the warmest weather.

This is an ideal country for health-seekers. Fruits of all kinds may be found here in abundance. The soil and climate seem specially adapted for the cultivation of fruits. Green vegetables may be had the year round. Nuts do well, especially the almond and English walnut. Olives are also grown. Australia might be converted into a veritable Garden of Eden.

With such a climate and such food there remains no reason why sickness should exist. But it is with feelings of regret that I have to say that the people of Australia give greater evidence of degeneracy than those in many of the other civilised

countries. Marks of degeneracy are especially seen among the working classes. Lack of ambition or that "all tired feeling" is seen in the slouchy gait, and in their work. These people work, not because work is a delight and pleasure, but to obtain money to purchase meat, beer, tobacco, and tea. They spend their money for that which is not bread and their labour for that which satisfieth not. The feeling that exists was expressed by a fellow passenger whom I met recently while travelling in New Zealand. He complained of the government because work was not furnished him. Finally a gentleman said to him, "If you come with me after landing at Wellington, I will promise to get work for you in two hours' time." He then said, "It is not work I am after, it is money I am after."

I can see the force of the admonition given by Solomon, "Be not among wine bibbers; among riotous eaters of flesh" (the two are always associated). He gives the following reason for the warning, "For the drunkard and the glutton shall come to poverty, and drowsiness [which is caused by wine and beer] shall clothe a man with rags." The premier of the State of Victoria some time ago said, "If we should give the same care and attention to our young men that we do to our horses we would develop one of the finest races of men to be found anywhere on the face of the earth." There is no doubt this is true. Although a warm country, and although the earth yields her precious fruits in abundance people subsist almost exclusively upon meat. We average here about 264 lbs. of meat annually per head; and alcohol, tea, and tobacco are consumed proportionately.

Sickness is common. Rheumatic gout is more common in Australia than in any other country in the world perhaps. Anæmia is also prevalent. Pneumonia is becoming a modern plague here; it rapidly carries away the full-blooded. Dr. Haig is probably correct in calling this a flesh-eaters' or uric acid disease. Cancer is on the increase, also insanity and nervous diseases.

Probably there is no country in the world where patent medicines and drugs are taken more freely, for the purpose of

counteracting the results of wrong practices in eating and drinking. The people need to be taught that it is only necessary to understand how Nature intended that we should live in order to live long and comfortably, and that art can do nothing to assist.

Australia has also a class of people who are much above the average found in other lands, a class of truth-seekers. I have never been in a country where greater interest is taken in health topics and lectures, or where it is easier to make converts to rational and natural living. I have before me two letters received recently, one from a butcher in Melbourne, the other from a butcher in Sydney, stating after hearing one of my lectures they had given up their shops and desired to handle health foods.

The Sanitarium has been prospered in every way since it has been opened. It is situated in Wahroonga, a beautiful suburb of Sydney, about twelve miles from the General Post Office, on an elevation of 700 feet, in the midst of an orchard of twenty acres, with most agreeable surroundings. It is an ideal site for a health institution and an ideal place for health-seekers.

Our Sanitarium Health Food Café in Sydney is overflowing with patrons.

The Sanitarium Health Food Factory is also doing a flourishing business. The progress made along the lines of health reform the past five years in Australia is really marvellous. I doubt whether more or as much has been accomplished during the same period in any other country in the world.

The Australian *Good Health* has a circulation of about ten thousand and is appreciated. I receive most encouraging letters from those who have been benefited by the adoption of the reforms advocated in its pages. This week I received a letter containing the following: "I have always been ailing until I began the use of natural foods. I am now at the age of seventy-five in better health and able to do more and better work than at thirty-five. Send me four hundred copies of the next issue of *Good Health*, find inclosed £3 10s."

Another, a barrister, who had been almost a complete wreck, writes, "I am simply revelling in good health since discarding

tea, meat, tobacco and alcohol and using the simple foods of nature. If there is any significance to the memorable words of Scripture, 'Ye must be born again,' I claim to have experienced it."

Another writes, "I am *absolutely* in perfect health." A consumptive whom I placed on these foods and advised outdoor life writes, "Since taking the health foods I have put on weight. I now weigh eleven stone seven pounds. I am heavier than I have ever been in my life. Even with consumption, life is worth living when the stomach is not warring with the brain."

In order to have health it is only necessary to learn how nature designed us to live; "the nearer and truer we are to Mother Earth, the closer our intercourse with nature, the closer we approach the source of eternal youth and health."

ENOUGH vital energy has been wasted in useless worry to run all the affairs of the world.—*Success.*

Our Declining Birth Rate.—The official quarterly returns show the lowest birth and marriage rates ever recorded in the second quarter since civil registration was established about thirty-one years ago. The death rate, it may be added, is also the lowest, and for this we may be thankful; but it simply shows that our present system of public hygiene, far superior to anything we have had in the past, is saving us in large part from the vast inroads of infectious disease, and is making life more healthful in certain directions. The decline in the birth and marriage rates can hardly be denied to point to physical deterioration, and it may well produce a disquieting effect upon the thoughtful public.

"PLUCK wins; it always wins, though days be slow,

And nights be dark 'twixt days that come and go,
Still pluck shall win—its average is sure;
He wins the most who can the most endure;
Who faces evil, he who never shirks,
Who waits and watches, and who always works."



DINING-ROOM, SYDNEY SANITARIUM.

THE CURSE OF MODERN CIVILISATION.

BY DAVID PAULSON, M.D.

THE cup of priceless blessing which modern civilisation has extended to us is mingled with the bitterest curse. Last year the American people attended half a million funerals that were easily preventable. Of the twenty-seven million cases of illness, fully one-half million were typhoid fever, and every intelligent person knows that the majority of such cases are due to criminal carelessness, neglect, and ignorance. One-third of our grown-up population to-day have become weaker than the microbe, and sooner or later will fall victims to the tubercular germ. Nearly one-half the infants born into this world perish before they are five years old, and in most instances merely because they are deprived of proper food, suitable clothing, the necessary air, and a mother's love. In this country insanity is increasing three times faster than the population; while in one of the Southern States its increase is five times that of the population.

Dr. Gould, one of the most eminent physicians, in a paper read before the Wisconsin State Medical Society, stated: "There can be but little doubt that we are teaching the previously temperate Filipinos vices which do disgrace to their semi-civilisation." And he quotes the following from a competent observer specially commissioned to investigate this matter: "During the time of the American occupation of Manila, of the sixty thousand sick soldiers treated in all the army hospitals in Manila, about ten thousand were cases of venereal diseases. There were but three saloons in Manila when the American troops took possession of the city, while to-day there are one thousand, one hundred and nine places in the city of Manila where intoxicating liquor is sold openly and publicly."

A noted physician has said that "civilisation and syphilisation destroyed the American Indians." There are strong indications that unless a great moral and physical reform is speedily ushered in that shall sweep the land from centre to circumference, the same fate as was visited upon the aborigines awaits the present occupants.

In a paper on this subject before the

American Medical Association, Dr. Gross said: "When a pestilence, e.g., smallpox or cholera, breaks out in a community and threatens to decimate its population, every man's fears are at once aroused, and steps are taken to counteract its progress; but here is a disease [syphilis] a thousand times worse than the deadliest epidemic, doing its work silently and, as it were, in disguise and darkness, ruining entire families, destroying many of our best men and women, and laying the foundation of untold misery, wretchedness and woe, not infrequently extending through several generations."

Dr. Gould, after profound study upon this subject, gives it as his opinion that sin alone prevents a reduction of our death rate and sickness by one-half, and the lengthening of average life to fifty or sixty years. He expresses the significant truth that we have just about reached the limit in our medical possibilities in the cure of the sick. He says "We can never cure a much greater proportion of the sick until we have better bodies and souls in the patients. The great progress of the future in medicine will consist in prevention. We must lose our life to find it. . . . Wherever sin exists, it works itself out finally in sickness and death. The best therapeutics is to render therapeutics unnecessary. . . . Science, it is plain, has outrun morality. We know how to lengthen the average human life by many years, with a proportionate reduction of all the suffering and expense, but we are powerless to do it simply because of sin."

One of the most terrible of these sins is intemperance, which has certainly come to be the withering curse of our land.

There are nearly two million of our population who secure their support in the production and sale of that which is hurrying toward drunkard's graves ten million of our population. Every year the growth of this terrible evil is so rapid that the total amount of liquor consumed last year was almost double the quantity used in 1880. A noted writer has said, "France is literally being killed by alcohol." In England, not only men, but women can be

seen making their way through, jostling drunken crowds up to the bar, to be served the poisonous draught from the hand of one of their own sisters.

The unnatural tension, wear and tear that are incident to the high pressure under which we are living are driving a multitude of men and women to resort to sedative drugs to soothe and calm their irritated and hypersensitive nerves. The drug habit is becoming so alarmingly prevalent that it is already being regarded as a national calamity. The number of morphine, cocaine, and kindred drug fiends is enormous. In addition to the prescriptions of physicians and to legitimate sales, the inhabitants of one small New England town last year used three million doses of opium. As the divine declaration, "Whatsoever a man soweth, that shall he also reap," is as unerring in



SOUTH AFRICAN GIRL.



BURMESE WOMAN CARRYING WATER.

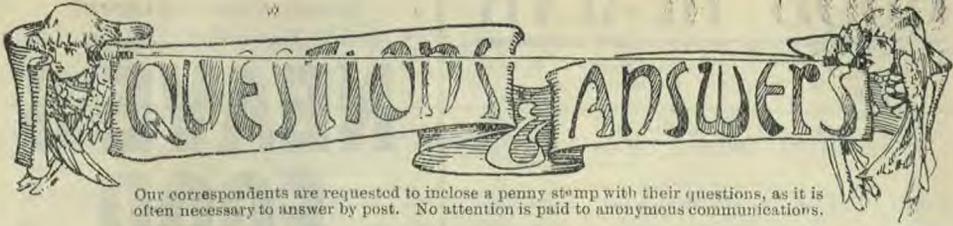


MAORI GIRL.

its operation as is the law of gravitation, what results must be sure to follow such a frightful sowing!

The persistent use of tobacco has already undermined the health and strength of tens of thousands of even our strongest men. But the most desperate result has followed the introduction of its use in the form of the cigarette by our boys during this last generation. The child's nervous system is peculiarly susceptible to the influence of this deadly poison. The boy who smokes cigarettes continually is destroying his brain; he is soon too wretched to live, and yet not sick enough to die. Are we content to remain silent, with folded hands, and allow the flower of our youth to go down to destruction? This nation is now expending more for its vices than it does for its necessities, so what else can be expected than such a condition as has already been pointed out?

(Concluded next month.)



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.

Stoutness.—I.P.: "What would you recommend me to do for stoutness? The doctor says I should be much better if I were thinner."

Ans.—Be very abstemious in your diet and reduce the quantity of food that you take. Avoid sugar, sweets, cakes, pastries, puddings, potatoes, and such fruits as dates, figs, prunes, and bananas. Go in for a course of physical culture, and do as much walking as consistent.

Mouth Sores.—"Coventry": "Will you kindly tell me what to do for white spots in the mouth? I usually get them just inside the lips,—sometimes as large as a threepenny-piece."

Ans.—Get some Listerine or peroxide of hydrogen from your chemist, and, after diluting it with two or three parts of water, use it as a mouth-wash three times a day. Such sores are often an indication of stomach disorders. If this is true in your case, you ought to regulate your diet so as to improve the digestion and, at the same time, go in for a course of physical culture.

Buchu Leaves.—A.G.: "1. I have been advised to get some Buchu leaves and steep them in three pints of water with a little carbonate of soda. I am told that these are a cure for all diseases of the kidneys, for rheumatism, dropsy, and dyspepsia. Is this true? 2. Can you recommend a sure corn cure?"

Ans.—1. No. 2. No. One drachm of salicylic acid to an ounce of collodion painted on the corns will sometimes bring about a cure.

Hair Lotion—Perspiration of the Feet.—"Remedy": "1. Will you kindly give me a recipe for a hair lotion, which would be reasonable in price and harmless? 2. My feet are always moist and require frequent changing of the hose. They are often damp and cold. What treatment would you recommend?"

Ans.—1. A dilute solution of alcohol, to which one part of olive oil is added to five or six of alcohol, will make a satisfactory hair lotion. You can obtain a very good hair lotion from Messrs. Walton and Curtis, 190 Broadhurst Gardens, London, N.W. 2. Take an alternate hot and cold foot bath once or twice a day, soaking the feet in hot water for three minutes, then in cold for fifteen or twenty seconds. Alternate from hot to cold five or six times; dry the feet after taking them from the cold, and give them a thorough rubbing. Have three pairs of hose in constant use, using a fresh pair every day, and see that they are perfectly dry when you put them on.

Medical Quackery.—H. W.: "Kindly let me know at your earliest convenience if you can recommend the — Dispensing Medical Association of —."

Ans.—No, decidedly not. We would strongly urge you to have nothing to do with this or similar associations. If you require medical attention, consult a competent physician.

Anaesthetic.—J.J.M.: "The dentist says that the teeth of my little boy are too tightly packed together and are undergoing decay. He advises removal of some of them to save deformity of the mouth, and says it will be necessary to use ether in their removal, but he would like me to get a doctors's sanction before this is done. 1. Do you think it would be safe to do so? 2. Would it seriously effect the nervous system? 3. Would there be a likelihood of injurious after-effects?"

Ans.—1. You should have the child examined by a competent physician before having any anaesthetic administered. Ether is probably as safe as chloroform in such a case. 2. Of course there would be more or less nausea, but your physician will have to tell you whether there will be any serious effects upon the child or not. 3. No, not as a rule.

Rupture—Diet for an Infant.—"Anxious Mother": "Will you please kindly answer the following questions concerning my baby boy of three months? The rupture has only recently developed. 1. Can the rupture be cured by operation? 2. At what age should the operation be performed? 3. What sort of food would you advise us to give him?"

Ans.—1 and 2. We do not think an operation will be necessary. Your family physician will show you how to adjust a special bandage which will bring about healing in the course of a few months. 3. A modified milk diet, to which either thin gluten or granose gruel or barley water may be added, if thought best. For your child we would recommend the following modification: Five ounces of ten per cent. milk, one ounce of milk-sugar, one ounce of lime-water and fourteen ounces of boiled water, making in all twenty ounces of fluid. You can get the ten per cent. milk by taking the upper third of ordinary milk that has been standing four or five hours, or by taking equal quantities of plain milk and ordinary cream. Feed the child once in every three hours during the day, and one feeding at night if necessary, making in all six or seven feedings in the twenty-four hours. You can give from four to six ounces at each feeding.

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"On Catching Cold" is the striking title of a very helpful article by Dr. Alexander Bryce which will appear in the March **GOOD HEALTH**. Dr. Bryce gives some sound advice on the causation of the troublesome colds which are so numerous in the early spring. He also gives instructions as to some of the best means of prevention.

"The Health of Our Young Women," is the title of our "Physical Improvement of the Nation" series for March. This article completes the series.

Dr. Franklin Richards has prepared an interesting article on "The Foot and Its Troubles," which will also be published in March **GOOD HEALTH**. The article, which will be fully illustrated, deals with the question of footwear in a very practical way, and gives full particulars of what a healthy boot or shoe ought to be. Our readers cannot fail to be interested in this important subject which so largely concerns our daily comfort.

A **Nut Butter Mill** is one of the most useful machine articles in a food reform household. It enables the family to make their own nut butter from such nuts as almonds, walnuts, Brazil nuts, or any variety of nuts, and this is a most satisfactory way of using nuts for those who have a weak digestion. The Good Health Supply Department has a few first-class Nut Butter Mills which it is offering at the small price of 17/6, carriage free. These mills are strong and durable, and are easily managed.

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 For INFANTS, GROWING CHILDREN,
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A NEW PRODUCT specially prepared FOR TABLE USE, and can be eaten by those WHO CANNOT DIGEST ordinary FRESH BUTTER.

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GUARANTEED IN A COOL PLACE TO KEEP ITS FRESH, SWEET QUALITIES FOR TWO MONTHS.

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

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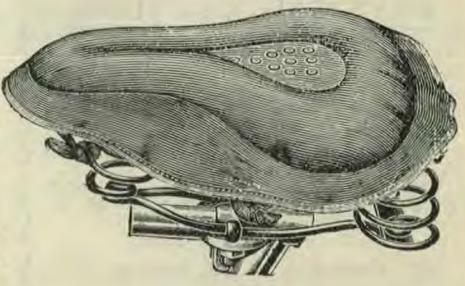
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GOOD HEALTH has been favoured with Vol. 25 of the "**Bible Temperance Educator**," so ably and earnestly edited by the Rev. John Pyper. This volume, containing 190 pages sells for 1/6, and we trust that a large number of our readers will obtain a copy. The book contains a large number of articles by leading writers interested in temperance reform, and we can only mention a very few as follows:—

"An Appeal to the Medical Profession," by Professor Sims Woodhead.

"Temperance Education in Home, School, and College," by Dr. H. McMurry.

"Moderate Drinking in the Light of Modern Science," by Dr. Thomas Easton.

"The Expediency Argument for Total Abstinences," by James Pyper, M.A.

"The Harmonious Life," by Dr. J. H. Kellogg.

"Moderate Drinking, Moderate Poisoning," by Major P. W. O'Gorman, M.D.

"Divine Charter for Physical Food to Man," by Rev. John Pyper.

"Scripture Examples of Total Abstinence," by Rev. Dawson Burns.

"Grit and Gumption," etc.

"**The Bible Temperance Educator**" is published quarterly, and is the official organ of the Bible Temperance Association. The price per copy is 3d. It can be ordered from the Bible Temperance Association, 2 Bellevista, Cliftonpark Avenue, Belfast, or from the National Temperance Publication Depot, 29 Paternoster Row, London.

"**The Beacon Light**" is a halfpenny illustrated monthly magazine that ought to be in the hands of all the lads in our Kingdom. It is the official organ of the British Anti-Tobacco and Narcotic League, and from month to month contains much interesting and instructive information concerning the evils of smoking. The December number contains several interesting articles, and among these a report of a speech made by Captain R. Rigg at a meeting held in Belfast in the interest of the crusade against juvenile smoking in Ireland. The Captain is a total abstainer from both alcohol and tobacco, and about a year ago introduced a Bill in Parliament for prohibiting the sale of tobacco to youths under sixteen years which we trust will soon become law. Mr. Thomas H. Sloan, M.P. presided, and in his address gave his hearty support to the principles and work of the British Anti-Tobacco League.

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From the members:—

"I have much enjoyed the course and feel greatly benefited."

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"Your opening remarks and advice commend themselves to one's common sense."

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are recommending their friends to get the "Nurse Ina" Layette. Health, Comfort, and Economy. Well made, all wool garments. 58 for 58/- Also for making at home, help is rendered, to make easy. Separate garments can be had to renew existing Layettes! Booklet post free, "Getting Ready for Baby." Write to Nurse Ina, 182 Norwood Rd., W. 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.

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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.

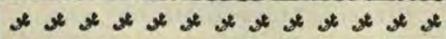
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REYNOLDS'

PURE DIGESTIVE WHEATMEAL

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THE BEST *✶ ✶*
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D. The Price
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MANY mothers are so busily engaged looking after household duties and caring for their children that they do not always have time to prepare the various articles required by baby. To meet this want Nurse Ina has prepared two sets of long clothes, one of eighteen and another of fifty-eight articles. These garments are both dainty and durable, and very attractive. Nurse Ina also makes the short clothes outfit for babies, as well as various other articles useful for children. Full particulars concerning these things can be had by addressing Nurse Ina, 182 Norwood Road, London, S.E.

A Turkish Bath at home is a luxury that is now possible to almost any household. The Gem Supply Co. have long been to the front in furnishing Turkish Bath Cabinets for home use. Recently they have put a new Heater on the market which possesses many points of superiority over the old style. The Hines Heater is very simple in its construction, and at the same time well made and substantial. It is a new British invention, and is easily controlled and regulated by anyone. It supplies both hot air and vapour, and makes it possible to modify the bath according to the requirements of the patient. For terms and other particulars address the Gem Supplies Co., 121 Newgate Street, London, E.C.

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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In his celebrated book, "Papers on Health," Professor Kirk (Edinburgh), says: "Our idea is that this is caused by the soda in the soap used, at any rate, we have never known anyone to suffer from chapped hands who used McClinton's soap only. It is made from the ash of plants, which gives it a mildness not approached by even the most expensive soaps obtainable.

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HEALTH FOODS.

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

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POSSIBLY some of our readers have been disappointed in not getting their orders filled immediately by the Highwater Laboratory, 9-84 Exchange Buildings, Southwark, London. We have received the following explanation which speaks well for their wares:—

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

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"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.

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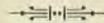
is sold by Agents and usual Cash Chemists, Grocery and Co-operative Stores in 1 lb. packets at 1s. each; or list of agents and sample post free, or a pound post free for 1s., by—

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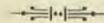


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The Dr. DEIMEL UNDERWEAR is an original and distinct departure in the manufacture of under-clothing. It is soft, porous, and pliable, a thorough absorbent and as quick to dry, cool in summer, warm in winter. Its adoption proves a revelation of comfort and health to all who have hitherto endured the relaxing effects and the stuffy irritation of woollen garments, or the discomfort of ordinary linen or cotton.



Booklet and samples free on application.



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