

GENEVA LAKE SANITARIUM, SWITZERLAND.  
- GLIMPSE OF MAIN BUILDING.





# Good Health

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Hygiene and the Principles of Healthful Living.

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## Editorial Chat.

**Patent Medicines in the United States.**—The Legislative Council of the American Medical Association has adopted resolutions asking for a department of public health, with a representative in the Cabinet. The Association further recommends uniform laws for all the States regulating the manufacture and sale of patent medicines, and asks the government to exclude from the mails and interstate commerce all remedies the constituents of which are kept secret. In this last mentioned matter medical men are strongly backed up by the best public sentiment. America is growing sick of the patent medicine "grafters" and drastic action is likely to be taken soon. Great Britain will then be about the only country where the evil flourishes without check or hindrance. Is it not time that effective measures should be taken to do away with the evil in this country?

**Sleeping-Porches.**—Physical culturists in the United States are ensuring an abundant supply of fresh air at night by the adoption of so-called "Sleeping-porches." In the case of houses already provided with an upstairs porch, the adaptation of the same for sleeping purposes is comparatively easy. The porch is provided with a small bed or cot, and with screens which can be arranged so as to allow the fullest circulation of air and at the same time ensure the necessary privacy. There is usually a canvas roof, which can be drawn close to the side of the house on a clear night, or pulled down overhead when it rains. The idea is not a bad one by any means; but for most

people opening the windows of the bedroom as wide as possible will probably serve the purpose very well. Care should be taken to provide sufficient covering, and if there is a strong draught, it will probably be best also to protect the head. We cannot too strongly emphasise the truth that health and beauty depend primarily upon plenty of fresh air, night and day.

**Tuberculosis and the Public-House.**—A correspondent of the *Lancet* has been making an investigation of representative public-houses with a view to determining the part they play in spreading disease, especially tuberculosis. "The first 'house of call' that I entered," he writes, "was crowded to suffocation pitch with a throng of men and women packed together near the counters in compact masses. I went into what is called a 'private bar.' These 'private bars' form an especially objectionable feature of London public-houses of the lower class. The bars are merely narrow boarded compartments opening on to a common counter, and are presumably provided for the convenience of women, or of those who do not wish to drink in a public-house in the full sight of their fellow men. It stands to reason that in so confined a space, even when the public-house is not full, it is impossible to avoid coming into close contact with other visitors. Those in front having obtained their needs squash back to permit later incomers to reach the counter, and the result is a thorough rubbing of shoulders with all sorts and conditions of folk regardless of their sanitary condition."



**How Disease Is Communicated.**—Consumption, he goes on to say, is especially liable to be contracted. "In the lower class of taverns the floor is usually strewn with sawdust, which is expectorated upon freely. The floor thus becomes impregnated with sputum; the sawdust when dry is kicked about by the feet of visitors until the air is charged with the floating particles. The ventilation is usually vile, the heat is very great, . . . and sanitary organisation is absent. It goes without saying that consumptives frequently resort to these places, where all the conditions by which infection is most easily conveyed are in full working order." This phase of the public-house question has not received the attention it deserves. There can be no doubt that under present conditions the tavern, considered quite apart from the goods it dispenses, is a serious menace to the public health.

**The Influence of Climate on Old Age.**—Dr. G. W. Hamilton Cumming, of Torquay, in a recent paper on Old Age, holds that a "relaxing" climate is especially favourable to people of advanced years, being directly conducive to the amelioration of the symptoms which usually accompany this period of life. Such a climate, he says, may be compared to a warm but light top coat. "Day and night it clothes the shivering body; the warm, moist air bathes and soothes the pulmonary mucous membrane, lessening the tendency to bronchial affections, and keeping the remaining vessels of the skin in such gentle and continuous dilation as to diminish the work both of the kidneys and of the gradually failing heart."

**Figs and Oysters.**—Referring to a recent investigation which showed figs suspected of contamination with sewerage-polluted water to be quite free from the well-known bacillus coli, and from any similar substance, the *Lancet* remarks: "This remarkable result, at any rate, points to a possibility of the fig enjoying an immunity from bacteria, and hence as being unlikely to harbour disease entities within its substance." "If this be true,"

the journal continues, "what a pity that the same cannot be said of the oyster."

Yes, what a pity seeing that oysters thrive best in the vicinity of sewerage, and literally revel in filth. Nay, rather, what a pity that a people whose markets teem with wholesome fruits, cereals, vegetables, and good things of all kinds, should turn from their natural diet to rob the ocean of a very useful scavenger in order to satisfy a depraved taste. Surely the oyster must go one of these days when the public mind becomes a little better informed on the subject of food and dietetics.

**Adulterated Fabrics.**—A valuable article in the *Lancet* calls attention to the very common custom of loading silk, linen, cotton, and other fabrics with various mineral substances. Such loading, it holds, is fraudulent, and should be prevented by law, the introduction of "irritant mineral poisons" being a source of danger to the health, while at the same time destroying in part the warmth and porosity of the fabric. No doubt the popular demand for showy goods at a cheap price is largely responsible for this practice on the part of manufacturers.

**The Duty of Dress.**—The Countess of Portsmouth, writing in *The Tribune*, says that "from the standpoint of duty, it is at once obvious that a determination that nothing shall hamper the due performance of our work necessitates, first of all, the provision of healthful and suitable clothing. Shoes that admit the mud, collars that induce headaches, skirts that sweep the streets, and all similar aids to ill-health and inefficiency, not to mention such universally-acknowledged iniquities as high heels and tight lacing must clearly be wrong."

**Alcoholic Poisoning.**—A striking case of acute alcoholic poisoning is reported in a recent number of the *South Africa Medical Record*. The affair took place in a public-house on the Rand. According to the report, a man drank a bottle of gin straight off on a wager of five shillings. "Within a few moments



after the drinking he lost consciousness, and in the course of several hours died, although everything possible was done to save his life. This shows the intense poisonous effect that alcohol may have in some cases. Under all circumstances alcohol is a poison, but it is not often that it has such rapid and dire effects as in this particular case.

### A Strenuous Programme.

THE late Professor William R. Harper, President of Chicago University, was, in every sense of the term, a hard-working man. Like all great men, who have made a pronounced success in life, he did his work in systematic order and followed a daily programme. President Harper was comparatively a young man when he died, not having completed his fiftieth year. He was a man who rose from the ranks and, by sheer hard work and faithful, painstaking labour, he accomplished, in a comparatively few years, a task which will leave for him a permanent monument. His was a gentle and amiable spirit, and he did not hesitate to give his all for the benefit of his fellow men. He was a thoroughly whole-hearted man and possessed the true altruistic spirit. Professor Harper was not only a brilliant Hebrew scholar, but also possessed exceptional ability in executive work. It is true that John D. Rockefeller of Standard Oil fame financed the new university, but it was Harper who furnished the brains and gave his life to building up one of the finest educational institutions in the world. His name even more than that of the "Oil King" will always be associated with Chicago University. His daily programme was as follows:—

- 5 to 5.30.—Rises.
- 5.45.—Drinks cup of coffee.
- 5.45 to 6.45.—Dictates letters, etc.
- 6.45 to 7.—Takes bicycle ride on fair days.
- 7.—Eats breakfast.
- 7.30.—Begins three hours of hard work in study.
- 11.—Recitation. 12.—Lecture.
- 1.—Luncheon.
- 1.30.—Filling special appointments.
- 4.—Reception of general callers.
- 5.—Bicycle spin or other exercise.
- 6.30.—Dines.
- 7.—Plays his cornet or rests.
- 7.30.—At work in study.
- 10.30.—Retires—if tired.

### The Logic of Thought-Healing.

IT is abundantly evident from a consideration of the enormous sums expended upon quacks and quack remedies that the reasoning power of the average Briton must be at an exceedingly low ebb. A moment's thought should convince even a shallow brain that the worst qualified medical man must be infinitely better than the best unqualified and untrained pretender—*alias*, quack. But nothing seems to deter the man or woman bent upon a course of quackery. A university education, indeed, seems to lay its possessors eminently open to the snares of the charlatan. Clergymen of every cloth are enmeshed in great shoals. Even the repeated publication of the formulæ of quack remedies, and of their value, does not prevent the sales of nostrums at many hundred times over their cost price. What does it all mean? The only answer possible is that the average citizen is not trained to reason, or if he be able to think and argue soundly on some points, yet his mental sanity forsakes him when confronted with the brazen assurance of the patent medicine monger and the quack. In other words, the huge fortunes amassed by these harpies of society depend upon a sort of monomania. A first-rate example of the kind of stuff that passes for reasoning amongst the thought-healers may be taken from a recently-reported lecture of Miss Anna H. Mills, of the United States, America: "A dead body can't take cold," she explained to her audience, "the only difference between a living person and a dead body is the fact of the living being possessing mind, and the dead body doesn't. Then why, if the mind can't catch cold, should the living body be subject to colds and the dead body be free from them?" The authoress of this intellectual masterpiece was unable later to give a clear answer as to the value of thought-power in toothache, and appears to have evaded the question as to whether it would not be better to pluck out an offending molar tooth than to trust to the mesmerising of a rebellious "ego."—*The Medical Press*.

IT has been said that pain is the prayer of a nerve for healthy blood.—*Selected*.





GENEVA LAKE SANITARIUM, MAIN BUILDINGS.

## A SWISS SANITARIUM.

BY P. A. DE FOREST, M.D.

THE growth and development of the sanitarium idea affords an interesting and profitable study to the student of ancient and modern history, for in it is traced the customs of the nations from a health standpoint. It unfolds the fact that the rise of peoples from a state of savagery to civilisation is invariably attended with a frugality and temperance in eating, drinking, dressing, etc., and that the decline and fall of nations is but the natural result of luxurious and disease-producing habits of living.

This latter danger—the effect of dissolute habits on the energies of the nation—is looming up before every civilised people, and is stimulating the governments and medical authorities to the greatest efforts to stop the tide of physical degeneracy by every hygienic agency.

Many systems of healing based more or less on hygienic agencies are popular, but the Battle Creek Sanitarium method, elaborated by Dr. Kellogg and his col-

leagues, seems to the writer to be the coming system of therapy because it occupies a safe and reasonable middle-ground, neither going to one extreme or to the other, but taking from the whole range of therapeutical agents those that are the most remedial in their relation to the body, and give at the same time the greatest amount of health with the least outlay of vital energy. This system chooses the best remedies and heaps them, so to speak, around the sick one, leaving to nature the God-given task of effecting the cure. Under the skilful hand of the surgeon, nature is placed on vantage ground. The hydiatic prescription, tuned by science and experimental research to suit the needs of each case, rouses up life's dormant forces and spurs on the healing process.

This is done and more, and that not to the neglect of such purely natural remedies as sun, air and lake baths upon which the nature-doctor depends so much, and as a result science and nature, working hand



in hand, accomplish the greatest amount of good in the shortest possible time, and hence this incomparable system of healing has come to stay for all time, and is destined to spread to every land until the children of men can no longer violate blindly the laws of life which are written so plainly, and scattered broadcast by printed page and by every other impressive way, and so freely that he who runs may read.

The true idea of healing thus expressed came to Switzerland a decade or more ago, and the Geneva Lake Sanitarium with its accompanying enterprises is one of the results of the growth of these principles. Let us take our readers for a moment to this delightful spot, and from it feast their eyes on a panorama of exquisite natural beauty.

Leaving Geneva, that city so beautifully situated in the gateway to France, and passing several populous villages, with villas interspersed between, and traversing a country gently sloping from the Jura mountains to the lake, which here is comparatively narrow, yet blue and deep, we arrive at Nyon—a thriving town in Vaud land. Here we are but a few miles from our objective point, and obtain a most beautiful view of the monarch of the Alps—Mt. Blanc, towering over 15,700 feet high, capped with ice and snow, reflecting with charming effect the rays of the setting sun.

A few minutes more and we are at Gland, and are driven rapidly to the sanitarium. From the station we can catch a glimpse of the extent of the forest that crowns the slopes under which nestles the sanitarium, but soon the

whole group of buildings burst into view. They form a pretty picture, with the dark green forest as a background. The view from the main entrance shows the health food factory to the left, the sanitarium buildings in the middle, and the summer sanitarium, or "chalot," to the right.

A glance over the lake reveals an entrancing scene: the dusky green mountains of Savoy, with the majestic crimson-tipped summits of Mt. Blanc, Le Dent du Midi, and other more distant peaks silhouetted against the hazy sky, and the blue Lemane nestling at their feet, its colour changing from time to time as cloud and sun distribute light and shadow, form a picture which when once seen cannot be effaced from the memory.

The boats are there, just as the pictures represent, like giant birds with outstretched wings alighting on the surface, and the steamers coming and going give life to the scene. At times the surface of the lake is lost in the haze, so that one is startled by the impression that a far-away boat is floating in the air—a pleasing optical illusion.

A nearer view of the sanitarium proper shows it to consist of a comfortable villa of rich French style, with lawn and shrubbery, trees and walks arranged in the characteristic manner so often met with in



LAKE GENEVA FROM THE SANITARIUM GROUNDS.



France. To this has been added a new wing provided with all ordinary conveniences: electric light, steam-heat, call-bells, etc. The institution possesses its own water-works, telephone system, and sanitary arrangements of the most approved pattern.

There is the kindly reception and disinterested service at

quite moderate prices. All seem to be imbued with the same spirit of willing service which contributes so much to make patients and guests feel at home. The institution possesses the principal treatments used at the mother institution (douches, sprays, full baths, electric bath, electric light bath, fomentations, compresses, etc.), with the usual medical treatments, but in addition sun and air baths, and a combination of sun and lake baths which are quite an attraction. There are extended facilities for forest walks, and the retired shady nooks, where a hammock, the zephyrs, and the gurgling brook make a combination of restful conditions that are not easily found elsewhere, inviting the weary to repose.

The morning after our arrival we were called up to behold the glories of an Alpine sunrise. A few stars twinkled dimly, and the first blush of dawn announced the break of day. Little by little the clouds of the eastern horizon were lighted up by a bright crimson glow which spread till the fleecy masses over our heads were tipped as with fire, these were reflected in the lake, giving it the appearance of glass mingled with fire. The mountains, which had been more or less hidden in the dusk of morning, took shape, and especially the mighty mass of Mont Blanc stood out, rendered conspicuous by a bright band of crimson which marked its eastern



GENEVA LAKE SANITARIUM, THE PARK.

slope. The whole formed a scene that no pen can adequately describe, no brush of artist portray.

This institution seems to be especially blessed from a scenic standpoint, and it is also the ambition of its promoters that every treatment, every facility, shall contribute to relieve human suffering and that the weary and heavy laden may find rest for body and soul, and at the same time learn the way of life and health more perfectly.

Switzerland, as a health resort, is being more and more appreciated. These vast pine forests, gushing springs and glorious mountains and lakes were not placed here for an ordinary purpose. They are here to serve and to give object lessons of the power, love and purity of Him who created them all. Instinctively, from every land, a tribute of praise and admiration is paid by thronging tourists, and yet there is room for more.

MENTAL pleasures never cloy. Unlike those of the body, they are increased by repetition, approved of by reflection, and strengthened by enjoyment.—*Selected.*

PURE cream and butter, olive oil, malted nuts, and nuts of all kinds are excellent substitutes for cod-liver oil.



## THE PHYSICAL IMPROVEMENT OF THE NATION. PART VII.—Conclusion.

BY M. ELLSWORTH OLSEN.

IN the preceding three articles in this series we have considered the health of the young man and the young woman, to whom in a special sense the immediate future of the nation is intrusted. A few words must also be said concerning the children. Three factors in our present civilisation operate strongly against the health of the younger population; First, insufficient or bad feeding; secondly, overcrowding (using the term in a broad sense to include lack of proper facilities for healthful outdoor recreation); and thirdly, mental cramming as practised in our school system.

### The Education Question.

The first two conditions, which we shall not attempt to deal with here, apply mainly to the labouring classes. The third, while it may bear most heavily upon the half-fed children of the poor, also affects the very large middle class. It cannot be denied that from the health standpoint, our educational system is decidedly unsatisfactory. The child is treated too much like an ingenious mental machine which is merely to be wound up and set going a certain way. That he is a living, growing organism, with brain and nervous system still in process of development, and requiring judicious care not to overstrain, seems to be practically ignored. Moreover the body, which needs training as much as the mind, is relegated to a very inferior place, systematic physical culture being practically crowded out in the daily programme.

We have really gone at the matter of educating the children wrong end to. Little tots of from five to ten years old should be given an education consisting mainly in judiciously-graded exercises calculated to give the body a harmonious development and teach the child the use of his hands. As far as possible such exercises should be taken out-of-doors. Mental training at this age should concern itself chiefly with outdoor matters. The child should become acquainted with the birds and flowers and trees of the country-

side, and its natural curiosity concerning other suitable things should be satisfied. Instead of this, we have tiny boys and girls spending long hours in school, and then coming home with sad weary faces to master some further task which is to be carried to school on the morrow. We also have the competitive system of marking, and in general a sort of hothouse mental atmosphere with a view of forcing an early growth of certain faculties at the expense of the all-round development of the child.

The system, to be sure, does not appear at its worst when applied to the strong, well-fed child of prosperous parents; but when the poor, ill-fed, under-developed boy or girl comes to an educational institution supported by public taxation, he certainly ought to get there a training approaching more nearly to his real needs than is possible at present. The educational system needs to be radically changed. Instead of being as it is now, judging from general results, a cause of physical deterioration, it ought to be one of the most effective means of combating such deterioration. Medical inspection of all school-children, and some attention paid to the plea which medical men for years past have been making in behalf of common-sense instruction for the children, would go far toward improving the present educational situation.

### Back to the Land for Health.

One general tendency of our time, which lies back of many more specific evils, is the preference for city life, with its gay whirl of exciting pleasures, its many complexities, and its uncertain labour market, for the simpler, saner, and more wholesome conditions of the country. Cities, according to a recent remark of Tolstoi's, are "the places where mankind has begun to rot." This is unfortunately true. It is a matter of statistics that city dwellers die out in the third generation or thereabouts unless replenished with fresh blood from the country. It is not only the unwholesome air and generally pent-up conditions



of city life that cause physical deterioration. We must also reckon with the multiplication of wants, the unnatural excitement, and the allurements to vice that the city presents.

No doubt there are various reasons why people flock into the city. Conditions in some parts of the country, at least, are far from being what they ought to be. It has been proved that the housing evil is by no means confined to the cities and towns. These are matters for judicious legislation. Whatever can be done to stop the present exodus from the country to the large cities, and turn the stream of humanity in the opposite direction, will be a distinct gain to the health and vigour of the nation.

Even aside from legislation, personal initiative can accomplish a great deal towards inoculating the general public with a love for the simple, wholesome life of the country. Personal effort can do much also in disseminating a knowledge of health laws. What the nation needs is a vigorous health propaganda, in which everybody who has some knowledge of the subject, should bear an active part. To cultivate one's own health—to endeavour every day to get a clearer view of the great laws underlying health and bodily vigour, and bring oneself into a more complete harmony with them; and then to endeavour to inspire others with this same idea, should be looked upon not so much in the light of a duty as of a privilege, in the full exercise of which lies a real happiness.

#### A Deadly Delusion.

One deadly delusion which every enlightened person should do his best to expose is that health once lost, must needs be recovered again in the mysterious contents of a patent medicine bottle. It is to be hoped that the time is not far off when reputable newspapers and religious weeklies will refuse to be the means of giving currency to the wholesale misrepresentations by which all sorts of quack nostrums effect such tremendous sales. That these advertisements are a strange anomaly of our present civilisation cannot be denied. Not even the Indian "Medicine Man" in the heyday of his popularity,

claimed for his mysterious concoctions such numerous and often mutually-exclusive virtues as his successor of the twentieth century claims for his bitters and pills. Ignorance of the body and of the laws governing its well-being lies at the foundation of the success of all such charlatans. The only radical cure for the patent medicine rage is to educate the people in hygienic laws, though regulative legislation and consistent action on the part of the country's press would doubtless do away with some of the grossest abuses connected with the business.

In bringing to a close this series of articles on the Physical Improvement of the Nation it is hardly necessary to say that it has not been our intention to cover the whole subject in a systematic way, but rather to discuss such phases of it as would most likely be of vital interest to the readers of GOOD HEALTH. The representative character of the Mansion House meeting in the interests of Physical Education held last summer, and the stirring addresses made on that occasion seemed to offer an excellent starting point for a series of articles that should have as their central idea, Physical Improvement. If what has been written has been in some small measure productive of increased interest in, and obedience of the laws of health, they have accomplished their purpose.

#### JUST BE GLAD.

OH, heart of mine, we shouldn't worry so;  
What we've missed of joy we couldn't have, you  
know.

What we've met of stormy pain,  
And of sorrow's driving rain,  
We can better meet again,  
If it blow.

We have erred in that dark hour, we have known,  
When our tears fell like the showers, all alone.  
Were not shine and shadow blent  
As the gracious Master meant?  
Let us temper our content  
With His own.

For, we know, not every morrow can be sad;  
So, forgetting all the sorrow we have had,  
Let us fold away our fears,  
And put by our foolish tears,  
And through all the coming years  
Just be glad!

—James Whitcomb Riley.



## TIMELY TONICS.

BY FRANKLIN RICHARDS, M.D.

WE may think of the human body as a factory filled with intricate and wonderful machinery which is driven by a form of energy called life. As we cannot accurately measure vital force, or determine the number of units of life-pressure, let us suppose

that steam may be converted into life, and that ten pounds of steam at twenty pounds pressure would furnish energy enough to drive all the machines in this factory at full speed for one hour. But through some fault in the steam-controlling apparatus, steam-pressure goes down to ten pounds; and although as much steam as before may be formed, some escapes and is wasted, while that which remains is used at a disadvantage because of resulting low tension. In consequence, some machines move too slowly,

others creak and groan while they work, and still others stop working. The factory which once was "a going concern" is now in a "run down" condition, and only a little work of a poor sort can be done.

Such a state of affairs suggests its own remedy. In order that the various parts of the living factory may do their work to advantage something is needed to bring up life-pressure again. This the genuine

tonic will do in a satisfactory manner without injuring the delicate machinery. The word itself describes the action of the thing—tonic comes from the Greek word for tension. Hence a tonic is commonly and quite correctly understood to be some-

thing that raises the tension or tone of the system. The true tonic, then, is an agent, which, when rightly employed in low states, results in a gradual and permanent increase of vital activity in a part or the whole of the body.

With these facts and with this definition in mind, let us look round about us for tonics. We see down the street a coachman whipping a tired horse, with marked results in vital activity. Life-pressure appears to have gone up one hundred per-

cent.—Is the whip a tonic? On the spur of the moment one might be inclined to say, Yes, but experience plainly says, No. The whip is an artificial stimulant. Its evanescent excitation is quickly succeeded by depression, repeated applications produce less marked effects, the jaded animal becomes more jaded still, until—withstanding increasing doses of the stimulant—the poor old horse at last gets "very low."



ELECTRIC LIGHT BATH.



And so does the man who whips himself up with artificial stimulants, or the woman who spurs herself on with drug tonics, meat extracts and tea. The whip and the spur produce action, but can it be said to be healthy and orderly action? No. Chemical goods are not tonics. The true tonic is not a whip.

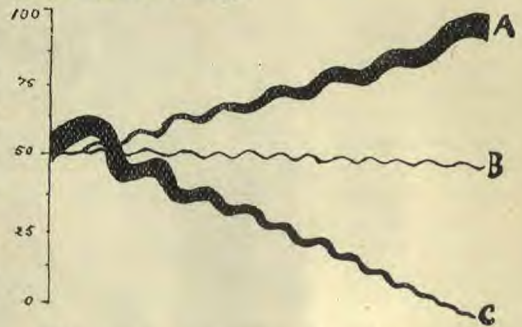
What tonics, then, are true tonics? They are the natural tonics everywhere present. If cold air were not so abundant it would certainly be advertised as "the world's greatest tonic." Such, in fact, it really is, but because of its universality the ignorant despise it, the thoughtless ignore it, and the foolish fear it. But for all that it is nature's best tonic, and they that be wise will show their faith in pure, cold air by taking as much of it as they can get, even going to a little trouble and expense, if need be, to procure it. The intensity and activity of life is as dependent upon oxygen as is the brightness of the fire on the hearth. Both life and fire grow warmer in winter because zero air contains 20% more oxygen than summer air.

The body stores up oxygen while we sleep—provided we open the windows and let it in, and do not cover our noses with blankets. The languid feeling that follows a night's unrest in a stuffy room is the body's demand for pure, cool air; not its call for a cup of tea or a glass of toddy, though failure to take natural, always creates a craving for artificial tonics. Rosy cheeks and sparkling eyes produced by a walk or a run on a frosty morning are an index of sharpened wits, invigorated muscles, quickened life processes, and a pleasing display of the tonic effects of cold air worked in by vigorous exercise.

But spring is here and warmer days are coming. How may the people who hibernated during the winter and barricaded themselves against the life-giving tonic that sighed and moaned to get in and do them good—how may these atone for past sins, and derive the greatest possible benefit from the warmer air of the spring and summer? (1) By sleeping out-of-doors, or with wide-open windows; (2) by wearing less clothing; (3) by taking air-baths, with vigorous friction; (4) by moistening the skin with tepid, cool or cold water, thus cooling the air in contact with the skin by

evaporation; and (5) by rising early and making the most of the cool morning air. Early rising is in itself an excellent tonic. The drowsiness that clothes a man with rags is produced by smouldering vital fires that need to be stirred and aired.

A little time may profitably be spent in the study of the accompanying diagram which makes plain a number of truths in regard to the two kinds of tonics, their immediate and remote effects upon vital tone, and upon the production and expenditure of energy.



The scale represents 100 units of life-pressure—the vital energy that lies behind every thought and action. Energy of all kinds travels in waves, and the lines show life-waves, or fluctuations in vital tension: B, in ordinary surroundings and with usual habits; A, under the stimulating influence of such natural tonics as systematic exercise, sunlight (in the form of the sun-bath, electric-light bath, etc.), pure cold air and water intelligently used; and C, when tea, coffee, fermented wines, spirituous drinks, tobacco, opium, caffeine, cocaine, quinine, strychnine and other drug "pick-me-ups" (and knock-me-downs) are employed.

Both natural and artificial tonics increase the expenditure of energy, as shown by the shading, but with this striking difference: the artificial tonic throws wide open the outlets of energy, and allows it to flow away until nothing remains; the natural tonic holds expenditures within the limits of energy-production, and life-tension rises. By a wise use of natural tonics, an individual with a working reserve of fifty units of vitality may easily gain twenty-five or even fifty more. Or by spendthrift habits and the use of artificial stimulants and tonics he may easily squander the little that he has.



## THE WOMAN WITH THE HOE.

BY M. ELLSWORTH OLSEN.

MAY a delicate woman work in a garden? May she handle rake and hoe and spade? May she safely come into contact with the soil? Certainly, she may do all these things, in moderation of course, with excellent results on the score of increased health and robustness.

Housework is healthful, but it tends to grow monotonous. It develops certain muscles at the expense of others. Moreover, and this is a vital matter, the air indoors lacks the vivifying, health-giving properties of that which is found in the open. It is indoor living that kills thousands of people every year. We are a hampered race. We lack robustness, virility, force. Modern life keeps us so intent on supplying imaginary wants that we overlook real wants, especially that primal need of living as far as possible out-of-doors.

Garden-making is more than an aid to health; it is a powerful remedial agent. The writer recalls the case of a woman under middle age, with small children, and the usual home cares to attend to. She had been in poor health for years, and one spring she found herself practically in a state of complete nervous collapse. Her physician suggested the garden cure. She was to free herself as far as possible from household cares, and literally live and work in the garden. The patient entered heartily into the spirit of the thing. She obtained a complete set of garden tools, made for herself a

suitable costume which would allow free play for all the muscles, and cultivated that little garden spot till it was a joy to look upon.

At first she had to rest very often, and her unused muscles were sore and aching; but her appetite began to increase, she slept better, and as she felt her former energy returning to her again, she continued to ply her tools with greater zest and earnestness. By the middle of the summer she had a garden that anyone might well be proud of. Best of all she had regained in large measure the freshness, vim and vigour of her girlhood days. She had grown up along with her plants and flowers, with them she had been out-



HOEING FOR HEALTH.



doors in all weathers, tasting the delights of sunshine and rain, and feeling the fresh wind of heaven blow upon her cheeks. She had drunk in health at every pore, and felt herself young in mind and body. Her friends called her "the woman with the hoe," and she was proud of the title.

Perhaps a few suggestions may be offered to any of our readers who aspire to "hoe honours." First, don't try to work in a garden hampered with a corset and all the other paraphernalia of modern dress for woman. For once lay aside the idea of dressing to be seen, and dress for comfort. Wear something that the rain will not spoil, and which will not interfere with your work. Long skirts, it is hardly necessary to say, will not do for such work. All parts of the body should be evenly clothed as far as possible, and every article of dress should be of light colour and porous to admit air and sunshine.

Secondly, having undertaken the garden cure, be patient and persevere in following it up. Remember, it is not recommended as a substitute for the headache powder, which professes to cure in a minute. Nature's methods are like the Divine mercies, "sure;" they are not always quick. Health is slow to depart, but once gone it is usually in no hurry to come back again. It must be wooed in all patience and cheerfulness.

Thirdly, let the mind as well as the hands be occupied with the garden work. Watching the teeming growth of plants has a wonderful effect for good upon the brain and nerves. Invalids will remain invalids as long as they indulge in thinking of their pains.

Finally, in taking up the outdoor life, make your habits in general conform to nature. Adopt a simple, wholesome diet, eat very slowly, chewing each morsel thoroughly, and avoid late suppers and other unhygienic practices. Take plenty of sleep in a well-ventilated bed-room.

HENRY WARD BEECHER once said: "I have known men who prayed for a good temper in vain, until their physician proscribed eating so much meat; for they could not endure—such stimulation."

### Laws of Life.

IF I could reach with my counsel every young man who is a student for the ministry, I would advise him to let tea, coffee, tobacco, and all forms of alcoholic beverages severely alone; to use very sparingly flesh meat, and to depend upon a liberal diet of vegetables, fruits, nuts, and nature's great food—good, pure milk; to limit the quantity of diet, and thoroughly masticate all food. I would further advise never to eat heartily before a public address, and never to work hard at a study table, or with the brain, within two hours after a hearty meal; to take from five to ten miles of exercise in the open air daily; to sleep at least seven or eight hours in the twenty-four, and not to study in the evenings, but, as far as possible, to confine intellectual labours to the morning hours, leaving the afternoon and evening free for outside exercise and family companionships and recreations. It will be found that thus the brain comes to its daily work unfagged and elastic, and that better work can be done in a few hours of concentrated study than in twice the time when brain-wearied.

These are laws which in my own experience and observation have been found to be most useful as guides; and if I were going to begin life again, I would more diligently and perseveringly follow these principles than I ever have done in the past, for, as far as I have conformed to them, physical, mental and spiritual blessing has followed.—*Arthur T. Pierson.*

ADDISON tells in the *Spectator*, an old story of an emperor who had dyspepsia, and whose doctor ordered a hole to be bored in an axe-handle, and some medicine poured into it instead of into his mouth. Then the emperor was ordered to use the axe in chopping till his hands became moist with sweat. This, it was said, would cause them to absorb the drug, and produce a cure. The story goes that the prescription succeeded, and that his majesty became sound and well once more in his digestive organs.—*Gospel of Health.*

"Do not apply adult standards of morality to little children."





INVALID'S PIE WITH AVENOLA CRUST.

## A WHOLESOME PIE FOR INVALIDS.

BY MRS. E. E. KELLOGG.

### HYGIENIC RECIPES.

PIE, from the very nature of its composition, is an article which can rarely be permitted a place in the invalid's dietary.

Most pastries, compounded, as they generally are, of an excess of fats and starch, are difficult of digestion, and especially so in times of ill health, when the vital powers are less vigorous. For the sick one longing for a "piece of pie" a superior and perfectly wholesome crust may be made from avenola.

For a medium-sized pie take three-fourths of a cup of avenola (mix, if desired, a little salt with it) and pour over it quickly from one-fourth to one-third of a cup of thin dairy cream, almond cream, or cocoanut cream, just enough to moisten slightly. If too moist, the crust will be soggy. Turn immediately into a pie tin which has been lightly oiled, and spread and press evenly with a spoon over the bottom and sides of the tin. A teaspoon is best for the sides, and pressing the finger against the outer edge as one is pressing with the spoon, makes the edge firmer. The crust should not be allowed to come over the edge of the tin. Fill with a fruit pulp prepared by pressing nicely stewed prunes, apples, apricots, grapes, or peaches through a colander. If the pulp is very moist it should first be evaporated to the consistency of marmalade before using in the crust. Sweet Californian prunes, requiring no sugar, make thus a pie which the ordinary invalid will find both toothsome and digestible. Other fruits may be used if allowed, as may also a previously cooked lemon, orange, or pineapple filling. A meringue adds to the appearance of the dessert, and is desirable when allowed.

**Cream Pea Soup.**—Cook one pint of split peas in water until dissolved. Put through a *wire sieve*. Reheat, and when boiling stir in one-tablespoonful of flour rubbed smooth in a little cold water. Add sufficient milk (or part milk and water) to make two quarts of soup. Salt to taste. Serve with croutons.

**Roast and Potatoes.**—One-half pound of bread two or three days old softened with one and one-quarter cups of boiling water in which has been dissolved one-half teaspoonful brown gravy salt; two hard boiled eggs chopped fine; one-teaspoonful of sage; one teaspoonful of grated onion; a small piece of butter; one slice of protose chopped fine. Mix well together and bake in a shallow baking-tin which should be oiled.

Steam some potatoes until nearly done; then place in a baking-tin, brush over with butter, dust with a little flour and bake about quarter of an hour, or until a nice brown.

Serve the roast on a dish, surrounded with the potatoes.

**Apple Pie.**—One pound of good cooking-apples peeled and sliced into a pie dish. Add one-half cup of water. If the apples are very sour, sweeten a little. Take one and one-half cups finely grated bread (not zwieback) crumbs mixed with two tablespoonfuls of sugar, and then press this down *firmly* over the apples. Bake three-quarters of an hour. Serve with cream.

**Pineapple Custard.**—Drain the juice from a pound tin of pineapple chunks. Cut the chunks into small pieces and place in the dish from which it is to be served. Add to the pineapple juice either the juice of two sour oranges or one lemon, one tablespoonful of sugar and enough water to make in all one and one-half cups. Boil and thicken with one tablespoonful of cornflour rubbed smooth in a little cold water. Remove from the fire, and while still hot stir in the yolk of one egg. Pour over the chunks, and let cool. Just before serving beat the white of the egg with one tablespoonful of sugar to a stiff froth, and pile roughly on top.

MRS. E. E. ANDROSS.



## THE INFANTS' CLOTHING.

BY EULALIA SISLEY-RICHARDS, M.D.

THERE are two ways of doing everything—a right and a wrong.



Fig. 1.—PRINCESS SHIRT.

It is to be feared that the old-fashioned way of dressing babies does not conform very closely to the requirements of healthful dress. It does not always follow that a "thing of beauty" is "a joy for ever," as many babies would doubtless testify could they but give expression to their opinions.

The old-fashioned binder and the long, heavy skirts which depend entirely for their support upon bands tightly fastened about baby's waist, cannot be conducive to comfort and proper development. Then, too, the practice of leaving the arms and neck bare while the body and limbs are over-clothed is doubtless the cause of much disease.

All that baby demands of clothing is that it shall keep him warm and allow perfect freedom to all his muscles. It is probable that the question of frills and laces does not appeal very strongly to the infant mind.

How shall I dress my baby? is the question being asked by many mothers who really desire to know the better way. The accompanying cuts illustrate a wardrobe

which has satisfactorily solved this problem in many cases.

The first garment is cut after the princess style and takes the place of both shirt and barrow-coat, thus simplifying the wardrobe. (See Fig. 1). Opinions differ as to the fabric from which this garment should be made. Some prefer a soft flannel, but the general opinion is that it is better to employ either cotton or linen next to the skin. A soft white flannelette serves the purpose nicely, or one of the cotton or linen cellular cloths so much used for adults' under-garments would be excellent.

The skirt is of flannel and should be made with sleeves for a winter baby. (See Fig. 2.)

It is a great mistake to make baby's first garments too long as they only burden the little one unnecessarily and hinder the free movement of the legs. Twenty-eight inches from neck to hem is a good length for the under-garment while the skirt and the dress should be twenty-nine and thirty inches respectively. These lengths are sufficient to insure proper warmth.

As these garments are all closed in the



Fig. 2.—PRINCESS SKIRT.



back the three are put together, sleeve within sleeve, and are put on as a single garment, thus greatly lessening the nerve-

Some may desire to add to this wardrobe a white petticoat, but this is really unnecessary during the early weeks of life, as it is baby's business to sleep and eat and sleep again, not to appear frequently on "dress parade."

For night wear, no better garment can be devised than a shirt and skirt similar to those worn in the day as their chief recommendation is the comfort and freedom which they afford.

When the time comes for short-coating the baby, it is best to replace the loose princess shirt with a knitted vest provided with tabs for the support of the diaper. Or if desirable a little flannel bodice may be made on purpose to support the diaper (see Fig. 4), it being worn under the knitted shirt (which should have a high neck and long sleeves). Warm stockings (not socks) and shoes should also be added to the wardrobe.

The skirt may still be made in princess style as this mode affords ample room for growth and obviates the frequent alterations necessary when the ordinary skirt is worn. The winter skirts should be made with sleeves as the arms need to be as warmly clothed as other portions of the body.

If mothers could only realise that the entire body should be equally clothed, the little ones would be spared much illness and suffering.

strain incident to the ordinary process of dressing the baby.

In addition to these garments no other is needed except the diapers and the band, which is only required during the first week or two. A knitted band is excellent, though one made of flannel does nicely. If flannel is used, cut the band about six inches wide and twenty inches long leaving the edges unhemmed for the sake of elasticity. In applying the band great care must be taken not to fasten it tightly as its chief object is to hold the dressings in place and not to prevent baby from collapsing as some seem to suppose.

Concerning the diapers, it is best to provide two varieties. Butter muslin is excellent for the soft inner ones as it launders very easily and dries quickly. Two dozen of these napkins would require twenty-four yards of the material at 2 $\frac{3}{4}$ d. or 3d. per yard. Swansdown or Turkish diapering is perhaps most satisfactory for the heavier napkins, of which there should be about two dozen.



Fig. 3.

I AM glad to think  
I do not have to make the world go right,  
But only to discover and to do  
With cheerful heart the task that God appoints.  
—Jean Ingelow.

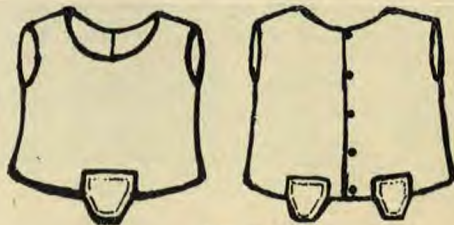


Fig. 4.



## SITZ OR HIP BATHS.

BY ALFRED B. OLSEN, M.D.

THE term *sitz* is of German extraction, and is derived from the verb *sitzen*, to sit. It has reference to the sitting position of the person taking the bath. There is no real distinction between a hip and sitz bath, and the terms are used interchangeably. This form of bath is an ancient one, and has been utilised for many centuries. It is a very useful procedure, and may be considered among the most valuable of hydropathic treatments.

**Technique of the Bath.**

There are numerous forms of tubs of metal, and porcelain, and wood, many of them exceedingly uncomfortable, and some of them might be regarded as instruments of torture. Under the most favourable circumstances, the flexion of the limbs required by this form of bath is more or less unpleasant.

The back of the tub should not slope too much, and the edges should be well rounded off. The knees should lie upon a smooth, rounded surface, at least three or four inches wide, so that the flexion and pressure will interfere with the circulation as little as possible.

For most purposes an enamelled iron sitz tub, such as shown in the accompanying illustration, will be found most satisfactory. This design of tub is handsome, strong, and very durable.

A hot foot bath is given in connection with the sitz as a rule. An ordinary wooden foot-tub is used. It is well to set this on a platform of suitable height, so that the patient can easily reach it.

The temperature of the water varies according to the state of the patient and the object to be attained. The water may be cold, cool, tepid, neutral, warm, or hot, and may be accompanied by rubbing if desired.

**The Cold Sitz.**

The temperature is from 50° to 70° Fahr., and the duration from one to ten minutes. Have the patient stand in the hot foot bath first, and then sit in the cold water. The attendant should rub hips, back, and abdomen of the patient quite vigorously if there is the least tendency to chilling. The hot foot bath is very effective in preventing a chill, and is sometimes all that is required.

The cold water produces goose flesh, lowers the cutaneous temperature, constricts the superficial blood-vessels, slows the pulse, and lessens the activity of the skin. If the application is short, from one to three minutes, there will be a marked reaction, and the nutritive functions of the body will be increased. The cold also causes contraction of the muscles, as shown by the goose flesh already mentioned.

**When to Use the Cold Sitz.**

It must be remembered that all cold applications are potent for good or ill, and hence they should be used with care. A cold sitz bath should only be resorted to under the direction of a physician.

In brief, a short cold sitz is a tonic and serves to stimulate the various organs, especially the heart, lungs, and skin.



AN ENAMELLED SITZ BATH.



On the other hand, a prolonged cold sitz is a powerful sedative, and has a depressent effect generally. For this reason it is not used very frequently.

The cold sitz relieves congestion of the liver, spleen, or brain, and is useful in combating constipation. It is also recommended for children who are prone to wet the bed at night.

#### The Cool Sitz.

The water is not so cold, and varies from 70° to 80° Fahr. This bath may be prolonged from ten to thirty minutes. A hot foot bath should always accompany it. Friction too may be administered in the form of a vigorous rubbing, if necessary, to prevent a chill.

The prolonged cool sitz is highly recommended for hemorrhage from the bladder, bowels, or rectum. It is an efficient treatment for relieving hæmorrhoids. For this purpose it may be taken once or twice daily. Chronic inflammation of the pelvic organs is also relieved.

#### The Tepid and Neutral Sitz.

The temperature of a tepid sitz is from 80° to 92° Fahr., and the duration from ten minutes to an hour. It serves the same purpose as the cool sitz, but is a milder procedure, and hence does not always produce as marked results.

The neutral sitz may be still further prolonged if desirable. It is a mild form of bath, and is more of a sedative than a tonic. The water is neither cold nor warm, merely comfortable, and the temperature is from 92° to 97° Fahr. It is useful for soothing irritable nerves, and relieving congestion and neuralgia of the

pelvic organs, acute catarrh of the bladder, frequent urination, strangulated hemorrhoids, and chronic backache.

#### The Revulsive Sitz.

The patient first takes a very brief cold sitz only lasting a few seconds, and then gets into a very hot sitz, 110° to 115° Fahr. for three to five minutes after which he is given a cold sponge and quickly dried. This bath has a strong sedative action, and is a very useful measure to



THE SITZ AND FOOT BATH.

alleviate the pain of any of the<sup>2</sup> pelvic organs.

#### The Hot Sitz.

The temperature is 102° to 105° Fahr. and the time five to fifteen minutes. The bath is useful in reducing pelvic distress and pain of an inflammatory nature, but the very hot sitz is still more efficient. The temperature may be as high as 115° or even 120°, but the duration should be briefer, from two to ten minutes. The very hot sitz is also an efficient measure for relieving sciatica and neuralgia of the pelvic organs.

The revulsive and hot sitz baths should only be taken on the prescription of a properly qualified physician.



## THE CAPTAIN'S WIFE-WIDOW.

BY LOUISA A. NASH.

DURING my stay in London I made the acquaintance of Mrs. McKeane. She was a staunch White Ribboner, bringing up her children to fear liquor as if it were labelled "skull and crossbones."

"And isn't it a verra strong poison?" she asked in her pretty Scotch brogue, rolling her "r's" to add force of assertion to her query. I noticed a shadow pass over her pale face, and her lips quivered pathetically. She caught my look and said,—

"Some day, not noo, dearie, and I'll tell you the story. It will make you feel sad. I want you to be happy noo, ready for your speaking this evening."

I supposed Mrs. McKeane a widow. "I am and I am not," she one day later half explained, and I saw the same quiver on her lips.

"You'll soon be leaving us noo. You might care to hear my sad bit of story."

The children, now grown up, were away; she took my hand as we sat together on the lounge, in her cosy little London parlour:—

"You know my husband was a captain in the Royal Engineers, and his station was in India. Such happy times as they were in those days, my husband so dear and good to me, and so looked up to by his men and the subalterns. He often used to bring his men home for me to 'mither a wee,' he would say. Young lieutenants, mere boys away from home and countree, and exposed to all the temptations of army life. Our babies were such a delight to us; he was devoted to them: and the only cloud was the thought that we should have to send them home later on (the climate of India is so bad for bairnies, don't you know)—a cloud that was just a speck in my blue then; now it seems just spread with blackness. My husband, being captain, had work that exposed him sometimes to the fierce sun of India for hours at a stretch. He was always so interested in canal-making, feeling that canals and irrigation were the sole preventives to the awful famines. I was with him on one of those expeditions, leaving my bairnies with their *ayah* in my

sister's house. Our tent was pitched on the borders of a shady forest. We had a delightfully cool camp, with wet *tatties* all around the tent, and *punkas* going inside.

"Alan had been out longer than usual one day, when the sun was hot and yet a moist wind blowing. He staggered into the tent, and almost fell onto the couch. I thought it was just fatigue, but I found that in all that heat he felt cold to my touch, and his face was so pallid.

"There was no doctor to run to, up-country as we were, and I could only think of the bottle of cognac. So I gave him some. Then, seeing he was no better, I gave him some more—and then more again. It was my one idea, my only refuge. It makes me shudder as I think of it noo, after these many years."

For a minute or two she could not speak.

"It was the very worst thing I could do," she went on. "He had had sun-stroke, and I kept inflaming his poor brain with the poison, and," she added, half under her breath, "his brain has never recovered."

"But you did the best in your power," I hastened to say, as poor comfort, "the best you knew how."

"Yes, but I ought to have known. Every woman ought to instruct herself about common ills and common remedies. Ah," she went on with the tears streaming down her face, "if I had only known then what I have learned since.

"But I'd rather tell you how good and kind everyone was. The men with us made a litter so as to take him in and out of the bullock-cart without disturbing him. We got slowly back to our station, I giving him sips of brandy at intervals. The doctor never told me afterward that I did wrong—out of pity for me, perhaps.

"He had fever, later, and was delirious. When it was possible, we started for home. I can't begin to tell you how good everyone was. Friends passed us on from station to station. Sometimes it was a good, dear missionary and his wife who took us under their roof, sometimes a brother officer or a civilian.



"On board ship it was the same sympathy and kindly ministrings.

"But, oh, it was piteous to hear baby May: 'I want my old Fadie to come back. This isn't my own Fadie. Do 'oo fink, Mummie, Dod could fetch him back if I asked Him?'

"And Hughie would open his big brown eyes and look at him so long and wonderingly, asking no questions, and having no heart to play in his presence. It went to my soul to see them—all ignorant of what they were losing. We took him to one of our best sanatoriums, but it was too late—too late.

"The fire in the brain that I had set up with that vile stuff developed into softening. And noo, other hands than mine have to care for him. No wonder the clever men call it fuel when they daren't call it food. When I think of my soldier-husband, with all the scientific work he was competent to do in fighting the famines, I think how much poor India has lost."

"But don't say you did it, dear friend, when it was the sunstroke. How many are carried off by that!"

"But don't you see, sunstroke lowers the nerve force. If I had had the sense to carry about with me sal volatile (that I took myself sometimes, which you use as aromatic ammonia), it might have been well. Why hadn't I the common sense to

know that a lowering of temperature tells you to apply heat to the surface? And I knew the 'puggaries' we wear are to protect the back of the neck, and there I should have put a stimulating poultice of mustard or something.

"Of course, later, when he had fever, he needed cooling off. I remembered too late what Florence Nightingale said, that she was 'sure God never intended women to be calling out for doctors all the time. He meant they should acquaint themselves with the laws of health, and strive to follow them.'

"Another thing: Alan always took wine with his meals (it was the custom). Now I know that the sun and liquor have somehow an affinity for each other, and the sun strikes more readily when liquor is coursing through the veins.

"Oh, if I had but known it then."

"I do indeed feel grieved for you," I said, as I kissed her pale cheek. I can only ask God to keep on giving you courage and comfort. I wish you could feel that God can bring great good out of even such sorrow as yours. You may see only little glimpses of that good here, but the whole will be revealed hereafter. Be sure He has a work for you to do here, and, like Moses of old, you have been fitting for it in your wilderness."

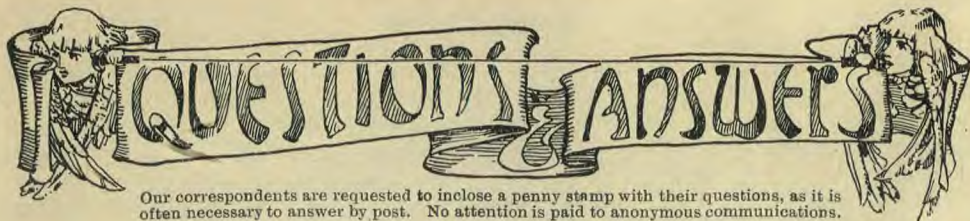
### Massage of the Scalp.

THERE are various movements advised for the massage of the scalp. Brace the thumbs against the face just in front of the ears, then with the finger-tips making little circles start from the edge of the hair about the temples, moving firmly up to the crown of the head. Next, rest the thumbs near the crown of the head, and make the tiny circles with the finger-tips from the forehead to the crown. Once more place the balls of the thumbs in front of the ears, and work with the finger-tips from the crown down to the nape of the neck. In this way you will have covered the entire scalp. Again, steady the head against one hand and work with the finger-tips of the other hand from the crown to the hair-line. A movement with both

hands is accomplished by laying the palms flat on the sides of the head above the ears with the fingers pointing backward. With a firm movement lift the scalp while the whole hand makes large circles. This movement is suitable for the young and vigorous, but should not be tried on the old and feeble. This movement can be applied to different parts of the head. You will soon learn to move the scalp only, and not to injure the hair by undue friction. If you have the opportunity go to a practical masseuse for a few lessons. This is the surest and easiest way to learn the knack of scalp massage.—*The L. die' Home Journal.*

"HEALTH is the soul that animates all the enjoyments of life."





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.

**Baths.**—"Friction": "I am anxious for a daily bath, but have not one in the house. Could you recommend to me any form of bath which could be used as a substitute?"

*Ans.*—We would recommend one of the Gem Supplies Co's Cabinet Baths. Their address is 121 Newgate Street, London, E.C. After staying in the bath until perspiration starts, take a tepid or cool sponge. This would make a good substitute for the ordinary warm bath. It is also well to take a tepid or cool sponge bath each morning on rising, followed by vigorous friction.

**Hygienic Cookery Book—Best Time to Exercise.**—G.R.H.: "1. Can you tell me of any book that contains recipes for home-made breads, cake, etc.? 2. I should also like to know if it matters at what time one takes his physical exercise."

*Ans.*—1. "Science in the Kitchen," by Mrs. E. E. Kellogg, who is in charge of the cookery department of the Battle Creek Sanitarium. A book on a smaller scale, which contains a few useful recipes in bread-making is "One Hundred Hygienic Recipes," post free from this Office for 2½d. 2. We usually advise five or ten minute's exercise in the morning before breakfast, but there would be no objection to your taking the exercises later in the day, as you may find it convenient. On the other hand, it is not well to postpone them until late in the evening when the body is weary.

**Diet for Swimmers—Exercise—Sleep.**—A.S.M. "1. What is the best diet for long distance and fast swimming? 2. What system of exercise ought I to follow? 3. How much sleep is essential for the best results?"

*Ans.*—1. A non-flesh diet which excludes also tea, coffee, condiments, pickles, pastry, sweet-meats, cheese, and all rich and greasy foods. The following might be taken as an outline for three meals: Breakfast, well-cooked porridge with brown bread and butter, an egg occasionally, (preferably raw, beaten up in a glass of hot milk), and fresh and stewed fruit. Dinner, a plain vegetable soup, protose, nuttolene or walnut roast, with baked potatoes, some tender greens such as spinach, cauliflower or Brussels sprouts, and a plain rice, tapioca, or similar pudding. Supper, which should be early, bread and fruit only. Let your meals be eaten comparatively dry to ensure thorough mastication. Do not overeat, but take only what you find you can comfortably digest. Drink water freely in the early morning and between meals. 2. The exercises furnished by the Good Health School of Physical Culture. 3. Eight hours, at least.

**Rupture.**—M.G.K.: "I was ruptured in early childhood, and have worn a truss ever since. I am eighteen years of age, and engaged in heavy manual work. 1. Shall I have to wear a truss the remainder of my life? 2. Is there any cure for it? 3. Ought I to avoid marriage? 4. Are the people who advertise in cheap papers any good, or would you advise me to keep away from them?"

*Ans.*—1. Yes, probably, unless you undergo an operation. 2. Yes, by means of a surgical operation. 3. No, not on account of the rupture. 4. We would strongly advise you to keep away from any but regularly qualified medical men.

**Enlarged Tendon Sheath.**—M.L.: "Two years ago I knocked my wrist, and now there is a swelling about the size of a marble. It is not painful, but gets much larger after a heavy day's work. I have seen a physician, and he advises an operation, but says the growth is not dangerous. What would your counsel be?"

*Ans.*—This is evidently a swelling of one of the tendon sheaths of the wrist, known technically as ganglion. Your physician is quite right when he says it is not dangerous and recommends an operation. If the swelling gives you absolutely no pain or other trouble, you might neglect it. If it proves troublesome, you ought to undergo an operation, for we know of no other means of getting rid of it.

**Bromose and Protose.**—S.M.G.: "Kindly inform me what proportion of such foods as bromose, protose, etc., would constitute a meal?"

*Ans.*—We take it that our correspondent means the quantity of these or other nut foods that ought to be taken with the ordinary meal, and we would suggest from one to three ounces, according to the other varieties of food partaken of. It must be remembered that most of these foods are rich in proteid, and consequently should be used rather sparingly. We would not recommend anyone to use bromose, protose or nuttolene exclusively at a meal.

**Uric-Acid-Free Diet.**—R.F.B.: "What is a uric-acid-free diet?"

*Ans.*—Uric acid is one of the waste products of the body, and is consequently found in all animal flesh, such as beef or mutton. Certain other foods may contain it in lesser degree, for example, mushrooms and lentils. A uric-acid-free diet is obviously one that is free from such foods, and would consequently exclude the following articles:—Tea, coffee, flesh, fowl, fish, haricot beans, peas, lentils, mushrooms, and stale eggs.





## Caterham Sanitarium and Surrey Hills Hydropathic.

Caterham, Surrey.

(Affiliated with the Battle  
Creek Sanitarium,  
Michigan, U.S.A.)

**T**HE location is delightful, being about 450 feet above sea level, in the beautiful valley of Caterham, surrounded by the picturesque hills of Surrey; the air is pure and bracing, and the water excellent. Situated within five minutes' walk of the Caterham Station, on the S. E. Railway, with an hourly service of trains from Charing Cross, Waterloo, Cannon Street, and London Bridge, the Institution is remarkably easy of access, while it is sufficiently far from London to be out of range of the fogs and smoke of the metropolis. The treatments consist of

**BATHS OF EVERY DESCRIPTION,** Including the  
Electric Light Bath.

**MASSAGE AND MANUAL SWEDISH MOVEMENTS,**

**ELECTRICITY AND VIBRATORY MASSAGE.**

**DAILY DRILLS IN PHYSICAL CULTURE.**

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# 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

**GOOD HEALTH, 451 Holloway Road, London, N.,** and all editorial correspondence to the Editors, same address. Telegraphic Address: "Uprising, London."

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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.

**S. African Edition:** Yearly subscription, post free, 2/6. Office: 56 Roeland St., Cape Town, S. Africa.

## May "Good Health."

OUR readers will be pleased to hear that the next number of GOOD HEALTH will contain an interesting article concerning President Roosevelt. It is entitled "**Roosevelt: The Outdoor President.**" In this article the writer tells us something of the habits of one of the most remarkable men living to-day. The American president lives a strenuous life, and exhibits marvellous activity in anything and everything that he puts his hand to. He is a firm believer in outdoor life, and indeed owes his life to having adopted this mode of living. In youth he was frail and of feeble constitution, and under the advice of his physicians went West to cultivate his health by a simple outdoor life upon the vast plains of the south-western states.

Dr. Sisley-Richards will continue her interesting and instructive articles on the care of the baby. The title of the next article is "**How to Make Baby Comfortable.**" This is one of the most important articles of the series, and cannot fail to appeal to mothers and those interested in babyhood. The article contains much sound, practical advice concerning many little matters of detail which have much to do with the health and comfort of the baby.

May GOOD HEALTH will also contain an article on "**Neuritis, or Inflammation of the Nerves.**" It will deal with the causes of this painful disease, and also have to do with the hygienic treatment, and recommend some home remedies that have been found helpful.

The series of articles on Hydrotherapy in the Home will be continued, and the next article will deal with foot baths, leg baths, and mitten frictions.

Dr. Richards will continue a discussion of the subject of spring tonics under the head of "**True Tonics and How to Take Them.**" In this article he will give detailed instruction concerning some of the most successful and effective tonics which can be had in the ordinary home.

**GOLD MEDAL AWARDED,**  
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Can't bite your food, and by taking it  
down unchewed you get indigestion and  
make matters worse? Be wise in time!  
You can prevent decay by removing its  
cause. Use that best of all dentifrices,  
ARPAX, a sensible toothbrush, and a  
glass of water. You cannot help being  
pleased at the results, and will soon*

## ENJOY YOUR MEALS.

*Arpax, 1/-, sensible toothbrush, 6d., post  
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Don't put off till to-morrow, write now.*

Address,

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Delightful location, near the chimes, pleasure gardens,  
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Highest recommendations.

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Agrees with dyspeptics.

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for the breakfast table, for pastry, and  
for all dishes where fat is required. As  
fine a flavour as any vegetable butter  
on the market, and second to none.

7d. per lb., if ordered with other goods.

Price List gratis. Goods value 15/- sent carriage  
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Write for any of the well-advertised vegetarian  
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THE NEW VEGETABLE BEEF.

What you have waited for, you can now obtain.

**A DELICIOUS NUT MEAT MADE WITH  
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We have been working for almost two years on this Food  
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**F.R. Nut Meat** roasted is as savoury as roast beef,  
and more nutritious. Sold by all Health Food Dealers.  
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Sole Manufacturers:

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Send for Descriptive Price List of all our Foods.

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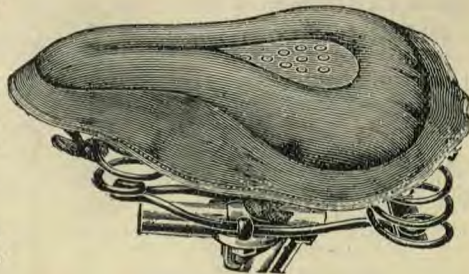
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## REVIEWS.

"**Concentration**," by Arthur Lovell, published by Simpkin, Marshall, Hamilton, Kent & Co. Price, 2s. net. Concentration is considered under two aspects, Objective and Subjective. The writer is theoretical rather than practical, and wanders far from his subject when he undertakes, very unsuccessfully, it seems to us, to "throw fresh light on the interpretation of the Bible." Had the book been confined to a practical study of concentration as an element in mind-training, we believe the results would have been more satisfactory.

"**Cold-Catching: Cause and Cure**" is the second edition of Mr. G. W. Bacon's book, which has been revised by W. T. Fernie, M.D. In the introduction we read this sentiment, "Take care of the body, and keep it always in the best condition." We believe this is the secret of good health, and that if all people would follow the laws of health as explained and laid down in this little book they would soon cease to have colds. The book contains a revised index, which is virtually a summary of the entire book. It is published at the price of 6d. net, by G. W. Bacon & Co., Ltd., 127 Strand, London, W.C.

ANOTHER hygienic cookery book has come to our table. At the rate these cookery works are appearing we shall soon have an ample supply for all creeds and beliefs of food reform. The latest book is entitled "**The Bryngoleu Cookery Book**," and is described as "a humanitarian household guide." It is written by Mrs. James Allen. The book is neatly bound in an artistic cover, and sells for 6d. net, 7d., post free. It ought to meet with a large circulation among those interested in vegetarian cookery. It can be ordered from "The Light of Reason" Office, Broad Park Avenue, Ilfracombe.

"**The Vaulting Horse, and How to Use It**," is the title of a new book on physical culture by Guy M. Campbell. The book contains a goodly number of illustrations describing various exercises connected with the vaulting horse. The notes are ample, and the directions are clearly given. Any of our readers who are interested in using the vaulting horse would do well to obtain a copy of the book. It is published by Gale & Polden, Ltd., Paternoster Row, London, E.C., and the price is one shilling.

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PHYSICAL CULTURE.**

**From the members:—**

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- "My health is improving."
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is cheaper, softer and warmer than the best  
flannels, and lends itself with perfect facility  
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It is unshrinkable, light and hygienic, and  
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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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CHILDREN'S  
CHANCE**

lies in your children's food.

As a child eats so will it grow up.

Feed the family with *right* food. Wrong food now means a partially ruined life. The wheat phosphates in Frame-Food Jelly will build up your son's strength and your daughter's health; give ground-work to both to grow upon. Have it on the table at every meal. It's nicer than jam.

Remember in it you get the phosphates lacking in white flour.

**FRAME-  
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Send three penny stamps for postage on free 5 ounce trial jar.

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**THE MEAT  
OF  
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**REYNOLDS'**

PURE DIGESTIVE WHEATMEAL

**BROWN  
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Order Sample Loaf from your Baker,  
or write for name of nearest Agent.

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AWARDED 12 GOLD MEDALS.

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**A mild soap** that is still effective for cleansing purposes is something that many people are looking for. The high-class toilet soaps prepared by D. Brown & Son, Ltd., of Donaghmore, Ireland, sold under the name of McClinton's soap, possess these requirements. McClinton's soap is, according to the chemist, very much milder than any other soap that he has ever tested, and this is probably due to the fact that only vegetable alkali is used in its preparation. No mineral alkalis at

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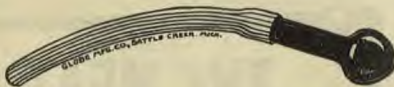
For the Face, Neck, Arms and Body.

"No woman who owns one of these wonderful little Cups need have any 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 plumps 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. **Dr. Harlan's Beauty-Cup** sent by mail in plain wrapper—with our Beauty Book—to any address for 2/1 P.O. (abroad 2/6 M.O.).  
Address—HIGHWATER LABORATORY Co.,  
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THE MOST COMPACT, SUBSTANTIAL,  
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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.

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**Dr. Allinson's Vegetarian  
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contains over one thousand reliable recipes for dainty vegetarian dishes, including soups, savouries, salads, puddings, sauces, etc.

An article on Bread and Bread-making, with numerous recipes for bread, cakes, biscuits, etc., all of which can be successfully made without the use of baking powder or other chemicals.

A set of thirty menus, one for each day in the month, giving suitable recipes, with quantities for one person only, at an average cost of 4d. to 6d. per meal.

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The Price is 1/-, and it is published by the Natural Food Co., Ltd., 305 Cambridge Road, Bethnal Green, London, E. If unable to obtain, will be sent post free on receipt of remittance.

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Conducted by **MISS N. MUSSON.**

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COKER BUTTER.**

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**THE BEST  
VEGETABLE FAT  
FOR ALL COOK-  
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**6** D. The Price  
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all enter into the composition of these soaps. Dr. Luff lately read a paper before the Royal Medical and Chirurgical Society in which he demonstrated that whereas the natural salts of spinach greatly promote the solubility of sodium biurate (to which gout and rheumatism are due), the most exact attainable imitation of the ash of spinach prepared in the laboratory actually retarded its solution. Any of our readers who have not yet secured a sample would do well to send 3d. to cover postage for liberal samples of toilet, shaving, tooth and household soaps. Address: D. Brown & Son, Donaghmore, Ireland.



### GOOD HEALTH GIRLS.

OUR Good Health girls will be delighted to know that arrangements have been completed to supply them with a hygienic bodice that cannot fail to ensure comfort and at the same time give entire satisfaction. The bodices are beautifully made of an excellent grade of sateen, and are exceedingly comfortable, convenient and durable. They allow a natural development of the chest, which is of great importance to the growing girl. They do not interfere with deep breathing in the slightest degree, and permit of physical culture exercises being done with ease. All girls who wish to obtain a natural development of the body and a strong constitution should wear these bodices. For particulars address the Good Health Supply Department, 451 Holloway Rd., London, N.

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M'Clinton's high-class Toilet and Shaving Soaps are made from the natural salts of plants, and pure vegetable oils only. They are free from the irritating effect on delicate skins, which soaps made from caustic soda produce. Dr. Kirk says:

*"There is something in the composition of this soap which makes it astonishingly curative and most agreeable to the skin."*

Dr. Chavasse, in his celebrated, "Advice to a mother," writes under "Washing Baby," "It will be necessary to use soap—M'Clinton's soap is the very best for this purpose, being less irritating to the skin than the ordinary soap. It is made, without caustic soda, from the ash of plants, and never causes smarting."

**The Only Shaving Soap which is Made from Vegetable Oils Only.**

Samples of Toilet, Shaving, Tooth and Household Soaps on receipt of 3d. for postage. (Mention this paper.)

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

## BILSON'S COCOANUT BUTTER

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

Ask for new price list.

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88 Gray's Inn Road, London, W.C.



Without question, the most remarkable discovery in dietetics which has been made within the last half century, is—

# PROTOSE

a vegetable food substance corresponding in composition to lean flesh, such as beef or mutton, which has proved not only a most desirable addition to the vegetarian bill of fare, but a boon to that very large class of cases in which flesh foods are necessarily prohibited, or in which their use is in the highest degree undesirable, as in chronic rheumatism, Bright's disease, diabetes, and various nervous affections, and in affections of the liver, such as infectious jaundice and sclerosis.

PROTOSE is prepared from the best grains and nuts, and is perfectly cooked. It—

## IS A PERFECT SUBSTITUTE FOR FLESH FOOD,

and while containing the same food elements as beef and mutton, its nutritive value is about 25 per cent. greater. Another important advantage is that it is absolutely pure, and free from the tissue poisons that abound in animal flesh. PROTOSE tastes good, promotes health and vigour, and imparts great staying power.

### PRICES:

½lb., 8d.; 1lb., 1/-; 1½lbs., 1/4.

# ORDINARY BISCUITS

are made with a single desire to please the palate without respect to the health of the consumers, as witness the use of such harmful chemicals and other ingredients as cream of tartar, soda, baking powder, ammonia, alum, aniline powders, etc., margarine, lard, and other questionable fats, in their manufacture.

We guarantee that no injurious elements whatever enter into the composition of our biscuits, that they are made from the best materials, and shortened only with nut oil.

Being pure, wholesome and health-giving foods, they constitute a valuable article of diet at any or every meal.

ASK FOR Per 1lb. Packet.

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- The I.H.A. Oatmeal Biscuits, 6d.
- The I.H.A. Fruit Wafers - 8d.
- Granose Biscuits, whole wheat, (not shortened) 7½d. per packet.

# BROMOSE

## Makes Fat and Blood.

BROMOSE, an exceedingly palatable food preparation, consists of cereals and nuts in which the starch is completely digested, the nuts perfectly cooked, and their fat emulsified. It is thus ready for immediate assimilation. It is the most easily digested, and most fattening of all foods, and at the same time rich in proteids, and hence

### Unequaled as a tissue-builder.

BROMOSE makes fat and blood more rapidly than any other food. It is rich in salts as well as proteids and other food elements, and is therefore the food par excellence for blood, brain and nerves.

It is excellent for invalids who are thin in flesh, those who cannot digest starch, old people, feeble infants, consumptives, convalescents, fever patients, neurasthenics and

## THOSE WHO WISH TO GAIN IN FLESH.

Can be had plain or combined with fruit. In box containing 30 tablets, 1/6., postage 4d. extra.

# GLUTEN MEAL. WHEAT EXTRACT.

GLUTEN, the nitrogenous and flesh-forming element of wheat, barley and rye, is the most remarkable of all food elements in that it alone is capable of sustaining life indefinitely in the absence of all other elements. This is doubtless due to the fact that this wonderful principle sustains, as does no other element, the brain, nerves, glands, muscles, and all other highly vitalised tissues of the body. Gluten can be prepared only by washing out the starch of wheat flour. It is by this laborious and costly process that our product is prepared.

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## Delicate, Digestible, and Toothsome Article of Diet.

It's a luxury for the well, a necessity for the sick. Babies thrive wonderfully on our 20 per cent. Gluten meal.

In 1lb. packets, 20 per cent. strength, 10d.; 40 per cent., 1/8. Recipes on packet.

# The Health Foods

mentioned above are manufactured by **The International Health Association, Ltd.**, of Legge Street, Birmingham, who will on receipt of One Shilling, send you samples of 14 different kinds, also cookery book, price list, and address of nearest agent.

In answering advertisements kindly mention "GOOD HEALTH."



THE "Arpax" Depot in their advertisement give prominence to the necessity for thorough mastication of food as a condition of health. Many readers, though aware of this in the back of their minds, so to speak, forget its application, and when they have by neglecting the cleansing of the mouth and teeth allowed decay to enter, they fly to soft porridges and other prepared foods as their staple diet. Without doubt the very decay they seek to avoid increases with this misuse of the mouth, not only through impaired health and malnutrition of the teeth, but by the ensuing lack of protective elements in the saliva. If such folk would use an intelligently cut tooth brush and warm water, regularly and often, it would be better than nothing, and help to postpone the time when "the grinders shall cease because they are few." But to thoroughly cleanse the teeth one requires the assistance of an absorbent, alkaline, and slightly antiseptic agent. "Arpax" meets this requirement.

#### Food Reform Movements.

AT the present moment the question of Food Reform is exciting so much interest that the Vegetarian Federal Union have decided to increase their present work, with a view to meeting the growing demand for information in the provinces and around London. They have accordingly, as a first step, appointed Mr. Allen S. Walker official lecturer to the Union, and announce that they are prepared to address meetings or open debates on the subject of food reform in any club, society or private gathering on application.

Communications should be addressed to Miss F. I. Nicholson, Secretary V.F.U., Memorial Hall, Farrington Street, E.C.

It seemed desirable to treat of one or two additional matters in the series of articles on "The Physical Improvement of the Nation," the concluding number of which accordingly appears in the present issue.

**The Abdominal Supporter** is a Supporter in a true sense of the term, and not a belt. It is intended for special cases where there is extreme prolapse of the intestines and the other internal organs causing a heavy, dragging sensation in the region of the pelvis. The instrument is so adjusted as to give support to the organs without causing any unnatural constriction. The Good Health Supply Department has recently received a fresh supply of these admirable Supporters, and full particulars can be had by addressing the office at 451 Holloway Road, London, N.

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