



JUNE ROSES.



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Hygiene and the Principles of Healthful Living.

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Editorial Chat.

Happy and Healthy at 101.

"AUNT SALLY," a negress of Port Jefferson, L.I., recently celebrated her 101st birthday. Being asked her rules of health she gave the following:—

"Eat whenever you are hungry, and don't eat at any other time. Sleep when you are sleepy, and see to it that you have time enough for your sleep. While you are awake, work all the time. Make work a pleasure, as it ought to be. Always be cheerful. Never worry, no matter what comes. If these rules don't bring long life, then there's bad blood in the family."



The Simple Life Makes for Longevity.

MRS. FERDINAND REESE, one of the oldest women in the United States, died at Laporte, Indiana, July 30th, aged 112 years. She was born in Poland, and went to America in 1870. She attributed her long life to simple habits, two meals of corn (maize) bread and coffee sufficing to supply her daily needs.

Our own prescription for a healthy and comfortable old age would be: Simple habits, a cheerful disposition and moderation in all things. Still it by no means follows that all who observe this regimen will round out a full century. Heredity is a very large factor in longevity.



Chicago the Scapegoat.

CHICAGO meat has come in for well-deserved censure the last few months as a result of the investigations into the condition of the premises where certain widely consumed products are put up. But it is

well to remember that Chicago is hardly more than a scapegoat. If our private slaughter-houses were subjected to a thorough investigation, very similar facts would be sure to come to light. The meat business would best not be investigated by anyone who wishes to go on enjoying his roast beef. The facts brought to light cannot but be disquieting.



Ministers and Tobacco.

SPEAKING on missions at Harrogate recently, Dr. Horton declared sadly that but little progress was being made owing to lack of generous support. Thousands of Christians, he said, and many ministers spent more money on tobacco than on mission work, and many Christian ladies gave more for a single dress than they ever contributed to missions. Surely there is need of vital Christianity—the kind that has its springs in the heart, and not in conventional observances.



Adulterated Butter.

THE *Lancet* has called attention to "the evidence being given before a select committee of the House of Commons appointed to inquire into the question as to how legislation may be made more effective in dealing with the universal adulteration of butter." The writer continues: "We are glad that these proceedings are giving prominence to what is nothing short of a scandal. Foreign fats are being manipulated in such an ingenious way as to deceive not only the public but the skilled analyst

also, and there are undoubtedly on the market large quantities of fatty compounds masquerading as butter but which contain little if any butter at all." The *Lancet* thinks it would be serving the fraudulent dealers right if the public were to give up everything that pretended to be butter and substitute for it "the old-fashioned, honest fat caught in the dripping pan." No doubt honest dripping would be preferable in many ways to dishonest butter if it could be had; but the meat trade is also noted for its dark and sinister methods. We should rather be inclined to advise the use of nuts and pure nut preparations. It is a pity that ripe olives are not more common in this country. They furnish a pure fat which is readily digested and also very palatable.

Moss as an Article of Diet.

DR. HANSTEEN, of Aas, Norway, claims to have made the discovery that moss, doubtless of the arctic variety, is a wholesome and nutritious food for man. For centuries back it has been known that certain mosses and lichens can serve as adjuncts to the dietary in times of emergency, but anything like dependence upon them has not been regarded as practicable. Further research is likely to detract somewhat from the high position of usefulness claimed for the new food product. The human family is essentially fruitarian, not herbivorous.

Large Infant Mortality.

DR. REID, medical officer for Staffordshire, in his annual report calls attention to the terrible mortality among infants. "It is deplorable," he says, "to think that nearly 2,000 children end their lives annually in Staffordshire within a few weeks or months of their birth from no other cause than improper feeding, and this, not because of wilful neglect on the part of parents, but because, from mistaken kindness in most cases, mothers blindly follow an unfortunate tradition, believing that they must know best what is good for their children, and that what the child likes cannot be bad for it." We trust GOOD HEALTH readers are doing something to

disseminate knowledge on this important subject. Whenever a mother can be persuaded to take the magazine regularly each month, a beginning at least has been made. We have some very enthusiastic workers who are doing much in introducing the paper to their neighbours; but we could make use of much more help. Let us hear from those who are willing to do their mite.

Boys and Housekeeping.

THE Chicago Woman's Club thinks boys should be educated in the mysteries of domestic science much the same as girls. In a recent meeting devoted to this subject a member said:

"The boy should be taught a sense of responsibility in the smooth running of the domestic machinery. He ought to learn the rudiments of plain cooking. If a mother has to be away now and then over the noon hour, it is a handy thing for the son to know how to warm potatoes, cook eggs and make a cup of cocoa. Bit by bit his lessons may be extended to other dishes, so that after a while he could, if necessary, get quite a respectable meal by himself. He also ought to know how to set the table. By turn, he might be put to pouring water, serving butter, dishing vegetables, until he does each thing well. A boy of twelve or so makes the nicest kind of a little waiter after a few lessons. While the father is away, the lad ought to take his place at the head of the table and do the carving. It will give a dignity to his bearing during the performance which a few spills and splatters will not overshadow."

We heartily approve the idea. Not only will a man who has had such a training find his knowledge of household matters helpful when obliged temporarily to shift for himself; but he will always be more intelligently sympathetic with his wife in the care of the home. Most men have little idea of the amount of work required to cook the family meals and make a really wholesome and comfortable place to live in.

Pernicious Effects of Tight-Lacing.

THE "Harmsworth Encyclopædia," an admirable work which is now nearing completion, has the following to say on this important subject:—"While producing distortion and displacement of many organs, tight-lacing is harmful

chiefly from its pernicious compression of the thoracic viscera. The mobility of the lower ribs is diminished or abolished, and full inspiration becomes an impossibility. Such interference with the function of respiration hinders the proper oxygenation of the blood, and results in malnutrition not only of the lungs, but of all the tissues and organs of the body. Increased pressure on the heart and on the abdominal blood-vessels has equally disastrous effects upon the circulation, and venous engorgement leads to sluggish and inefficient action of the abdominal viscera. The tissues then fall a ready prey to such diseases as tubercle, while, for want of free movement and exercise, the trunk muscles atrophy, so that hernias through the weakened abdominal walls frequently occur. By increasing the intra-abdominal pressure, tight-lacing also produces or aggravates many displacements of the pelvic organs, and not uncommonly leads to miscarriage." We hope this plain statement of facts will have some weight with the young women of Great Britain, on whose physical condition the future welfare of the country so largely depends. The woman who wilfully indulges in tight-lacing is untrue to herself, untrue to her husband if she is married, and untrue to her country, for she is playing fast and loose with its most sacred interests.



Diminution of the Death Rate.

THE death rate for England and Wales last year was the lowest on record, 15.5 per thousand. For a number of years there has been a constant although slight decrease from year to year, and we are bound to recognise in this decline an advance in the sanitation and hygiene of the nation. Still there is opportunity for much improvement, and the *Lancet*, commenting on the relation existing between the death rate and physical deterioration, well says, "No student of public health can fail to acknowledge the existence of a still distressing amount of physical degeneracy, more especially in our large urban populations, but as the death rate is declining in nearly all our large towns, as well as in the aggregate of England and Wales, facts militate against the asserted increase of

degeneracy. At any rate, medical officers of health and sanitary authorities are fully satisfied in regarding this remarkable decline in the English death rate as an encouraging incentive to the maintenance of their strenuous warfare against all forms of insanitary and degenerating conditions."



Vegetarians and Shoe Leather.

VEGETARIANS are largely responsible for the increasing price of shoe leather, according to August Vogel, leading speaker at the semi-annual dinner of the Shoe and Leather Association, of Chicago. "The world's visible supply of hides," said Mr. Vogel, "is every year becoming less in proportion to the increase in the population. The hide industry is dependent on the consumption of meat. It is a by-product of the packer's industry. People are eating less meat than formerly. The consumption of cereal and vegetable foods is increasing every year, and the price of leather is increasing proportionately."

We do not know how much importance is to be attached to this statement; but it is certainly encouraging to be told that meat is occupying a smaller place in the diet of the American people than it formerly did. As for shoe leather, then we need not worry about that. Probably the time is coming when a better material will be found for footwear. As a matter of fact, leather is really too warm a covering for the feet during a considerable portion of the year. Some form of linen would be more wholesome. Swelling of the feet, excessive perspiration, and other abnormal conditions of the extremities are often due, in part at least, to unhygienic footwear. Furthermore, leather lends itself especially to the wearing of boots and shoes which are a size too small; by its peculiar combination of strength and elasticity it seems to invite these transgressions of the laws of nature, while at the same time it does not fail to inflict the penalty in corns and bunions. Our forefathers wore leather coverings for the whole body, or such parts of it as were judged needy of protection. We confine leather to hands and feet, but there is no reason why we should always use it for this purpose.

THE MEDICAL PROFESSION AND THE URIC-ACID-FREE DIET.

BY ALEXANDER BRYCE, M.D., D.P.H., CAMB.

So much has appeared in the columns of the daily papers of late in favour of the so-called uric-acid-free diet that it is only fair to inquire what is the attitude of the vast majority of the medical profession on this important subject.

What is Uric Acid?

Uric acid is the penultimate product of the combustion of nitrogenous foods in the human body and is excreted as a poison chiefly by the kidneys. If nitrogenous foods could be completely burnt up in the system, nothing but urea would appear in the excretions; but this is an impossibility, and so a certain proportion of uric acid is formed and excreted. It is the clinker, whereas urea is the ash of the ingested proteid or nitrogenous food. On a strongly animal diet from thirty to thirty-five grains per day may be excreted, whereas on a purely vegetable diet no more than from three to eight grains may be excreted.

The Danger in Uric Acid.

This is the explanation given in every physiological treatise and accepted by the medical profession as the correct one; but Dr. Haig declares that whilst the human economy manufactures a certain amount of uric acid by its workings all of which is easily excreted, the really dangerous portion of the uric acid is that which is ingested with our food, every grain of which is more or less liable to be stored up in our tissues and thereafter dropped down in inconvenient positions and at inconvenient times in the shape of some disease, such as headache, fatigue, appendicitis, epilepsy, gout, rheumatism and the like.

*Dr. Haig's theory in reference to uric acid in the causation of a large number of diseases has been widely discussed of late years, especially among the laity, and has attracted a large amount of public attention. The readers of GOOD HEALTH will therefore be interested to learn what a medical man has to say on the subject. Certainly Dr. Haig has done some most excellent work in the field of dietetics, and we are sure there is no disposition on the part of Dr. Bryce to detract from his just praise; but as in many other scientific questions, the exact truth is extremely difficult to discover, and we are sure Dr. Haig himself would be the last one to deny that there is still room for much investigation, and perhaps for a careful revision of the results already attained. We shall be pleased to hear from readers who have had practical experience, favourable or otherwise, in the carrying out of the diet recommended by Dr. Haig.—
EDITOR GOOD HEALTH.

Sources of Uric Acid.

Now no food actually contains any uric acid but practically all the agreeable food accessories and all the nourishing foods, whether belonging to the animal or vegetable kingdom, contain substances called *purins* or *xanthins* which, he alleges, become converted into uric acid in the system. The problem is greatly complicated by the fact that all the proteid in our food becomes a part of the tissues, it is in fact incorporated into the tissue substance before it is broken down. Hence it is difficult to say just what uric acid is formed from the tissues themselves and what comes from the food we eat. The former is termed *endogenous* uric acid because formed within the tissues themselves and the latter *exogenous* because formed from the food introduced from without.

Fallacies Regarding Uric Acid.

It can easily be proved by experiment that all the purins introduced in our food are excreted from twenty-four to forty-eight hours after digestion; but Dr. Haig insists that some portion of this amount is stored up in our bodies to trouble us at some future date. The great defect of his conclusions is that they have been drawn from experimenting chiefly on himself and on people similarly affected to himself, and hence they are vitiated. His chief fallacy unquestionably is that uric acid controls all the vital processes and is the cause of practically all the ill-health of this and every other nation. He strenuously joins issue with the medical profession in the view that the lack of vitality or poor metabolism, as it is termed, is the cause of the increase of the uric acid and all other waste products of the human economy.

Every day observation produces countless examples of men who have lived to a good old age and have triumphed over all the dangers of the important foods against which he issues his diatribes. And it is a remarkable fact that in the proportion that these men have been compelled to knuckle under to the universal curse or blessing of

man that he should earn his bread by the sweat of his brow, in the same proportion is he enabled to neglect all attention to his diet.

Civilisation as the Root of Uric Acid Trouble.

There is little doubt that civilisation is at the root of most of the so-called uric acid troubles. The craze for genteel occupations, which has driven a man to the town and enabled him to wear a starched collar and shirt, is the chief cause of his chronic ill-health. Even here, however, a good sweating occupation, if the conditions are otherwise favourable, is the best medium for healthy existence. Summer is the time for getting rid of our poisonous waste matters, during the excretion of which we are liable to all sorts of depression, fatigue, irritability and despondency, which occasion suicides, murders and other fatalities in individuals, but in the long run tend to the purification of the community. In fact, if the paradox may be allowed, we undergo a kind of spring cleaning in the summer, and even a well cannot be cleared out without soiling the drinking water for some time after.

Immunity of the Labouring Man.

Now it is always summer with the labouring man, and other things being equal, there is perhaps little in the ordinary diet to do him much harm, although accessories such as tea, coffee, cocoa, beer and meat soups should be taken in great moderation, or omitted altogether. Between the position of the hard-working man and the entirely sedentary there is every degree of difference, and the ordinary diet can be tolerated less and less the more closely the occupation approximates to the sedentary, so that as in practically every relation of life, each person is a law unto himself. Experience pretty soon teaches a man just how much or how little food he can tolerate, and the proportion of its various ingredients.

Monotony of the Haig Regime.

It is incredible, however, that to a healthy existence everyone ought to leave off fish, flesh, fowl, eggs, tea, coffee, cocoa, meat soups and beef-tea, peas, beans, lentils,

asparagus, mushrooms, oatmeal, brown bread, and peanuts, all of which contain purins or xanthins, and must be omitted from the uric-acid-free diet. Apart from its monotony the greatest objection to such a diet lies in the fact that no nation or collection of people on the face of the earth has ever been able by the ordinary process of evolution to arrive at any such diet, and Nature would never be so cruel as to leave us without some common-sense guide to our daily food.

Its Value in Certain Cases.

Nevertheless, the foregoing diet, evolved by a scientific method, however faulty, has proved of the greatest value in individual cases, and in the treatment of certain diseases its adoption has been followed by brilliant cures, all going to prove that it is a valuable means of treatment in the hands of medical men. Should the ordinary man have any difficulty in arriving at a satisfactory conclusion as to the ingredients of his daily food, all that is necessary is to submit to a little dietetic experiment for a week or two, by means of which and an instrument called a purinometer, it is fairly simple to estimate just how much uric acid is formed from the food that is consumed. It is then quite easy to suggest a dietetic list to suit the individual without taxing his powers in any way.

Outdoor Labour Makes for Simplicity.

Happy is he, however, who can earn his bread by the exercise of his muscles in the open air. He may follow the dictates of his appetite, seasoned with a little common-sense; but it will almost invariably be found that such labour demands a much simpler diet with less desire for stimulants. The craving for stimulants both in food and drink is largely bound up with indoor and sedentary occupations, and he who is condemned to such a life would do well to consider the advisability of adopting a diet from which all flesh foods, and all stimulants such as tea, coffee, cocoa, and meat soups are expunged. Brown bread, eggs, and at all events fresh legumes, are, however, on a very different footing, and unless a special idiosyncrasy is known to exist towards any of them, they need not be discarded.

GOOD HEALTH.

ON SAVING THE BOYS.

BY M. ELLSWORTH OLSEN.

WE have been requested to write something for boys about themselves, but it is open to question whether such an article would be read by many of those to whom it would be especially addressed. Boys do not enjoy being preached to; they would not be real boys if they did. "Instructive" reading is not exactly to their taste. Moreover, it is not a good thing to get boys to thinking too much about themselves. There is a certain unconsciousness about all the life processes which spells perfect health of mind and body. This delightful unconsciousness is the heritage of the boy who has grown up in an atmosphere of purity, and has learned from the lips of his father and mother, enforced by their consistent example, the principles which make for life and happiness.

Example Better than Precept.

The best way to save the boys is to elevate the home life in which they grow up. Boys do not take kindly to sermonising, but they are very keen observers. They may forget what father and mother *say*, but never what they *do*. Example is everything; precept unenforced by example is nothing.

We never can begin too early with the education of the child in right physical habits. Many children are almost ruined before the parent knows anything about it. Vicious companions must be guarded against from earliest childhood. The character of the nurse or caretaker should not be in the least questionable. Simple, wholesome habits should be enforced kindly but firmly. The child should be taught to obey, because he cannot be happy in any other way; but there should always be reason behind the requirements.

Be Beforehand.

Be beforehand in all matters of child-training. Aim to *prevent* evil, to keep it at a distance; you are never sure of *curing* it once it has crossed your threshold. It is far better, as someone has said, to fence the precipice at the top than to wait with

an ambulance at the bottom. The parents are the child's natural guardians and protectors against every evil thing. He would be an unnatural father indeed who would let his child be torn in pieces by wolves without rushing to his rescue; but there are vices which are as destructive of character as the fiercest wolves. Yet parents are often indifferent in regard to them.

Boy Smoking.

Boy-smoking, which is deprecated by all who have the best interests of the boys at heart, is largely, if not entirely, a result of deficient home training. No boy with really healthy instincts wants tobacco smoke; but he sees most men using the weed, his father probably among them, and he naturally wants to be a man as soon as possible.

Here is an opportunity for the father to show his love for his boy. Even if he honestly thinks smoking is not doing him any harm, he will, for the sake of his children, refrain, lest they follow his example rather than his precepts. There are many ways in which both father and mother are unconsciously influencing their children. The pure in heart naturally create an atmosphere of purity all about them. But parents who give loose rein to their passions will never be able to imbue their children with the love of goodness and purity. The fountain cannot rise higher than its source.

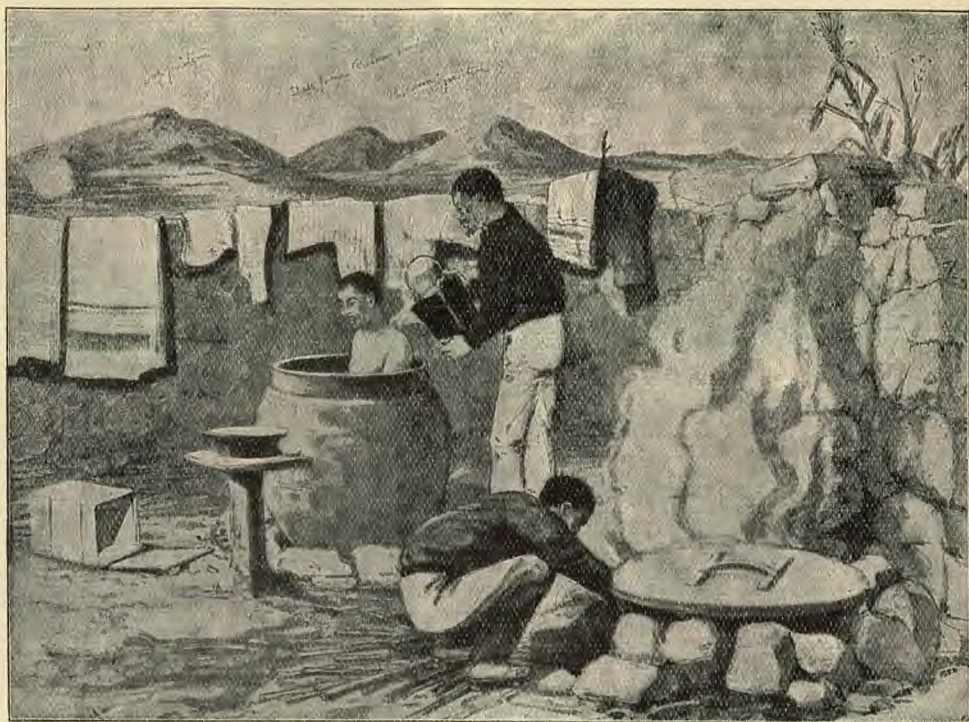
A Higher Spiritual Life.

No doubt many parents feel their need of a higher spiritual life in order to help their children: they need not look in vain. The gospel abundantly satisfies every need. God is ready to forgive and heal. There is instruction, help, and consolation in the Bible to fit every human need. And we need more reading of the Bible in our homes; there is no book like it to train up a child in the way he should go.

There is also a wholesome, uplifting influence in the works of Nature. Teach your boys to love the grass, the trees, and flowers, and let them be out-of-doors,

under the open sky, as much as possible. Encourage them in developing strong, symmetrical bodies, and endeavour to impress upon them the fact that these bodies should be temples of the living God, where He can work out His own will and pleasure. In short, imbue them from very childhood with the thought that physical, as well as mental, strength is given man

that he may use it in the service of God and his fellow-men; that living for self is not living at all; that we are in this world to make it better; that we associate with people to make them happier and healthier, and to spread abroad, all about us, the fragrance of pure, upright living. Such ideals, upheld in practice and precept, are the very best means of saving the boys.



JAPANESE OFFICER TAKING HIS EVENING BATH.

How the Japanese Avoid Rheumatism.

THE Japanese are greatly given to warm baths. When proper facilities are wanting, they are likely to improvise even the rudest kind of an outfit, as in the accompanying illustration, rather than forego their daily ablutions. It is said that they are as a people remarkably free from rheumatic disorders, and this may be due in part at least, to their addiction to warm bathing. They are also copious drinkers of water, and their diet is simple. In brief, the average Japanese takes the water cure the year round, instead of for a few weeks

once a year, as is the custom in our country. Probably we should have more supple joints and healthier skins if we followed their example in this respect.

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LIEBIG, the great chemist, says:—
“There is more nourishment in as much flour as will lie on a table knife than in nine quarts of beer.”

◆ ◆

“MEN'S lives should be like day—more beautiful in the evening; or like summer—rich with golden sheaves, where good deeds have ripened the fields.”

HOW TO RELIEVE PAIN BY THE FOMENTATION.

BY ALFRED B. OLSEN, M.D.

A MOIST hot cloth, usually flannel, makes a *fomentation*, which may also be called a hot compress. It may be applied to any part of the body. A fomentation is always hot, as the term itself indicates, and the heat should be as great as can be borne without injury to the skin. It acts locally like a vapour bath, and soon causes an intense reddening of the skin.

Requirements.

These are quite simple, and ought to be forthcoming everywhere. Almost any kind of cloth and water at boiling temperature are the only



WRINGING THE FOMENTATION CLOTH.

essentials. However, a rather thick piece of flannel of convenient size is preferable if it can be had. A large woollen blanket cut into four equal parts makes a very good set of fomentation cloths for all ordinary purposes. The size obviously depends upon the area of the skin to be treated. It is a good rule to provide a cloth large enough when folded twice, that is, in four thicknesses, to cover at least three times the size of the area affected. A small fomentation cloth is often of but little use. Besides the cloths, several towels and plenty of boiling water are required.

Preparation of the Patient.

The patient usually lies on an ordinary bed or couch in such a position as to give access to the part which is to be fomented. Place a mackintosh or impervious cloth so

as to protect the bed-clothing from getting wet. It is a good precaution to rub vaseline or olive oil over the skin, especially if the fomentations are likely to be applied daily for any length of time. Put a hot water bottle to the feet. If there is any congestion of the brain, bathe the head with cold water and then apply a cold compress, which should be frequently changed.

Application of the Fomentation.

If the spine is to be fomented, have the patient lie on his stomach and face. The clothing should be removed, and the patient covered with a blanket while the fomentation is being prepared. First lay a dry woollen cloth over the back so as to prevent burning. Then fold the fomentation cloth lengthwise, so that it will be about six inches wide. Dip in the hot water, and wring well. See illustrations.

Then apply snugly to the spine over the dry flannel, so that it will reach to the back of the neck. There is but little danger of burning if this precaution is taken. Cover with a piece of dry flannel, and then replace the blanket. The fomentation may be left on for five to ten minutes, or even longer at times. As soon as it is to be changed, prepare another cloth in the same way as the first, and apply it directly on removing the first cloth. A third or fourth may be given in the same way.

The After-Treatment.

The fomentations, if successful, leave the skin of a scarlet colour. It is soft and relaxed, and the pores are open. Before drying, it is necessary to cool the skin. This is accomplished by giving a cold wet-hand rub, or some other cooling application. An excellent way is to wring a

towel out of cold water and lay it on the skin for about half a minute. Then dry gently or merely cover with a blanket.

The Effects of the Fomentation.

The fomentation has a distinctly stimulating effect. The heat favours tissue changes, and promotes growth and repair. The heart is also stimulated to increased activity, and thus the circulation is improved. In general, the fomentation encourages all the nutritive processes of the body.

The most common use of the fomentation is, however, in connection with the immediate relief of pain. There is scarcely any other hydropathic measure that is more efficient in this respect. The fomentation is effectual in relieving not only local and superficial pain, but also that connected with most of the internal organs.

Further, the fomentation has decided secondary effects. After the initial excitement come sedative effects that are very important. Indeed, the reaction is often the real effect desired.

The Use of the Fomentation.

We know of no hydropathic remedy more widely used than the fomentation. Its great simplicity, and the ease with which it is prepared and utilised, put it within the reach of everyone.

For bruises and wounds of almost all kinds there is scarcely a better treatment, especially where a bath would be difficult or impracticable.

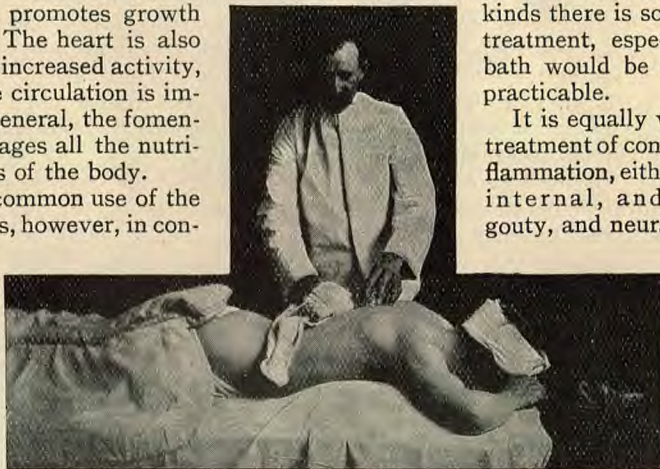
It is equally valuable in the treatment of congestions and inflammation, either superficial or internal, and in rheumatic, gouty, and neuralgic attacks.

A fomentation to the stomach will relieve a bilious attack or gastric pain. It will also relieve an aching back, a congested chest, sick

headache, and various other disorders.

Modifications of the Fomentation.

Sometimes it is difficult to obtain hot water, or it may be desirable to apply continuous heat for some time. This can be done by the use of a rubber hot-water bottle of convenient shape, which may be laid on a moist cloth applied to the skin.



APPLYING COLD TO THE SPINE.

HOW TO STOP SNEEZING.

BY F. C. RICHARDS, M.D.

To stop sneezing it is only necessary to press the upper lip gently but firmly against the teeth. The pressure should be applied as soon as the impulse to sneeze is felt, it should be constant, and should be prolonged until the desire has passed. This method not only serves to prevent the ordinary sneezings of health, but it also aids in controlling this troublesome symptom in hay-fever and acute coryza.

To relieve the general nervous irritability, which is usually the cause of a morbid tendency to sneeze, it is necessary to give due attention to general as well as

to local treatment. Stimulants and narcotics, however mild and apparently "harmless" they may be, must be carefully avoided, and a rational sort of life lived in respect to exercise, bathing, diet and everything else. Tonic baths, an outdoor life, and breathing exercises for self-control are especially recommended.

The treatment of the local condition, the sensitive spot or spots, depends upon the cause. If the eyes are weak, wear smoked glasses; if troubled with near- or far-sight or squint, have glasses properly fitted by a skilful eye-surgeon; if growths

or deformities obstruct the upper air-passages, have these attended to; but be sure they are there before having the nose cauterised, scraped, etc. When the sneezing is due to irritation of the nose from other causes, the troublesome secretions, particles of dust, etc., are best washed away by *tears*, the fluid to which the nose is accustomed. One need not "cry over spilt milk" or anything else to get tears for this purpose, as they are easily prepared by adding a slightly-rounded teaspoonful of common salt to a pint of water. This solution may be used cool (80°-90° Fahr.) or at a neutral temperature (92°-97°) in fountain or bulb nasal syringe, spray or atomiser, or it is as well inhaled from a glass or nasal douche. The fluid may be drawn in through one nostril and allowed to flow out through the other, or drawn in through both and permitted to pass out through the mouth, or taken as a gargle and thrown up into the posterior nares by a dexterous nod of the head, thence out through both nostrils. This fluid is bland and soothing if just the right quantity of salt is added. The amount varies a little for different individuals, though the specified quantity is usually right. When the water is used at the lower temperature, this bath is not only cleansing and soothing and cooling to the congested part, but it also has a decidedly tonic effect which

permanently strengthens the nerves of this part and makes them more tolerant. In acute congestions of the nose and throat, irrigation with this normal saline solution may be made as nearly continuous as the sufferer has the patience to make it. Ordinarily it is employed for five to twenty minutes two or three times a day, and followed by an anointing of the nose inside with olive or other bland oil. The faithful use of a good nebuliser is helpful in bringing about healthy conditions in the nasal tract.

The congestion of the nasal mucous membrane is best relieved by a hot foot bath, with a cold hand bath and cold to the back of the neck. When the body is well warmed and the crying and sneezing somewhat relieved, a quick cold towel rub may be taken in such a way that the skin is left "all in a glow." At night the stimulating head compress should be worn. To apply this, the hair should be thoroughly wet with cold water, the excess dried off with a towel, then a butter muslin compress adjusted and this snugly covered with a rubber bath cap. On removing this in the morning, the head should be given a hot and cold shower and afterward the hair most thoroughly dried. If there is a tendency to coldness of the scalp, a skull cap may be worn during the day.

KEEP SUNNY AND DON'T WORRY.

KEEP SUNNY.—Mental and moral sunshine depend more upon ourselves than upon our surroundings. One may make himself a source of light and sunshine, a veritable sun to his associates. A soul full of light may illuminate the darkest surroundings. Make sunshine for yourself and your environment.

DON'T WORRY; WORRY KILLS.—No one was ever profited one whit by worrying. Worry is a fire which burns and destroys, but produces no heat. It chills, exhausts, wears out, and paralyses. The only way to get out of the worry rut is to get into another mental groove. The mind must be occupied, intensely occupied, with something wholesome. It may be work, study, play, but it must be something all-absorbing, something intense, and

the occupation must be continuous. Good, commonsense religion is a splendid help out of the worry rut. There is a world of good medicine in that splendid invitation, "Cast all your cares upon Him."

WHAT'S THE USE OF WORRY? One cannot in the slightest way help himself by worry. It's all a waste of energy. It's like a leak in a steam boiler; the escaping steam does nobody any good. It's like friction on the bearings of machinery; it does no work, it simply wastes energy and hinders work. Under the baneful influence of worry, the recuperative powers of the body are paralysed, digestion fails, every vital function lags, disease flourishes, and death is invited. **DON'T WORRY.**

J. H. KELLOGG.

MY FIRST DAY AT THE CATERHAM SANITARIUM.

BY MRS. E. BUCHMAN.

IN the morning, at half-past seven, I was awakened by the rising gong, when all who were able were invited to come down into the drawing-room to join in the morning worship at eight o'clock. The physician in charge, although a busy man, found time to come in and conduct this service, and it was a refreshing season. All were encouraged as the doctor so confidently committed every case into the care of our heavenly Father, who alone can help, and from whom all healing comes.

Next came breakfast, at eight fifteen. We sat down to a beautifully-prepared meal, served by willing hands ever ready to minister to the needs of each one. Then came the morning drill, which was conducted by one of the attendants, with his bright, cheery face and earnest efforts to make the exercise both pleasant and profitable to all, so that this at first peculiar task was looked forward to with a degree of pleasure as the time passed on.

After this some patients were seen leisurely walking around the lawn or resting in comfortable chairs, or even on a nicely-arranged bed or lounge, just as their condition required. Others, again, would be in the bath-rooms taking treatment, which consisted of electric light baths, electric water baths, the needle spray, salt glow, and various other means suited to the needs of the sufferer, and rendered doubly effective by the loving gentleness manifested by the attendants, who seemed to do their work not as a drudgery, not even as a duty which *must* be performed, but as if they were there because they loved to relieve suffering humanity. The cheerfulness with which

they did their work could not help but awaken new courage in the most despondent heart.

At a quarter before two the dinner gong sounded. The repast did not consist of slain oxen or fish or feathered fowl. We had, instead, the beautiful fruits of the earth—fruits, cereals, nuts, and vegetables, prepared in a toothsome way, and with rich full flavours that made one wonder how anyone could possibly want meat.

The afternoon passed quickly away in quietude under the shady trees, where the

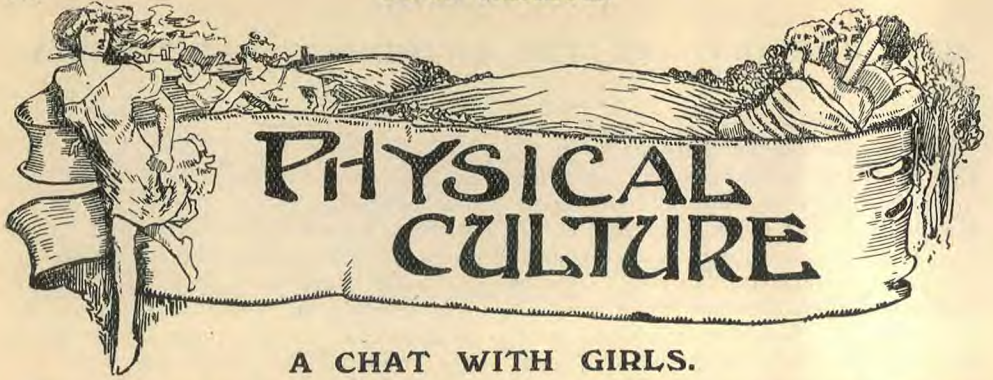


MORNING DRILL ON THE LAWN.

very birds in the air seemed glad to be. Only those who are worn and weary can fully appreciate such a haven of rest.

At half-past six o'clock we came together for tea, and again all sat down to partake of a nicely-prepared meal of fresh and stewed fruit, several kinds of bread, biscuits, nuts, etc., and hot caramel cereal, which can truly be described as the "cup that cheers but not inebriates."

Then came the evening physical culture drill, and at half-past nine was heard the retiring gong, and we all went to our rooms feeling thankful for such a pleasant day and for the progress made toward renewed vitality and health.



A CHAT WITH GIRLS.

DID you ever stop to think how much we all are creatures of habit? The things we must do every day to care for ourselves properly are largely automatic. We are content, many times, to spend much time and thought on our toilet that we may appear to the best advantage among our friends. Again, the more rapidly we can hurry through and get off to work the more successful we consider our morning's effort. Often we waste more time and knowledge trying to make things easy for ourselves than it would require to go straight at the question in hand and have it done.

It is wonderful how broad and full our life may grow to be if daily brought in touch with lives that we are capable of helping, perhaps in a material way, our material recompense being the extreme satisfaction and buoyancy which comes from knowing we are of real service in the world.

The subject of this paper is a vital one. The writer has spent fifteen years in the study and practice of what is usually recognised as physical culture. After the most careful and conscientious study and pursuit of the recognised authorities on these subjects, she is convinced that the best exercise is that which comes from useful labour. Quietly consider the various ways in which you can bring use-

ful physical labour into your daily programme.

In the morning we must go through more or less movements while arranging our toilet. All that is necessary to prepare for the day's best mental effort is to give the physical a thorough overhauling in the morning. The cold, morning sponge bath, followed by vigorous friction with an ordinary long Turkish towel, will bring into play every muscle in the body, give the skin a healthy glow, send the blood tingling to every tissue, and make the brain think twice as fast without the ordinary fatigue.

After the cold bath, two minutes of exercise, which brings into play the strong trunk muscles, as in trunk bending sideways and forward, stir from their hiding-places in the liver tissues the tiny carriers of oxygen and life to the tissue. Follow by a glass or two of cold water, which, by the way, is agreeable to the lining of the stomach as the application of water to the face, and you are ready to complete your toilet with chest erect,

head up, chin in, weight forward, elastic step, and bright countenance. A cheery "good morning," with a nod of the head, to the first person you meet as you start down to



FRONT MUSCLES SHOULD BE STRONG TO SUPPORT
A WEIGHT EQUAL TO YOUR OWN.

the office is just as good an exercise as if you spent fifteen minutes before the glass practising the latest grace which you may have heard about as being "Delsarte." This is Delsarte.

The hours in the office are quickly over. Perhaps a few outside calls must be made ; then home to your favourite book, with leisure for supper and perhaps a social evening with friends. This is all exercise, because exercise means change. It

the Y.W.C.A. Now, if there is not a Y.W.C.A. in your town, there ought to be,



DIPPING EXERCISE.—SECOND POSITION.

and you would better begin one. You need the joyous happiness that comes from mingling with a bevy of girls properly dressed for the standing high kick, long jump, chinning, perhaps a bit of club swinging or dumb-bell exercise. The merry laughter that follows each unpremeditated mistake and the happy yell that closes the evening's work bring into play muscles that you would have forgotten since childhood had you not been compelled to study them during your professional preparation. I. O.



DIPPING EXERCISE.—FIRST POSITION.

is eternal monotony that wears out nerve force and energy.

On the way home you remember that it is the night for the gymnasium class at

Are We Degenerating?

DR. GEORGE THOMASON, lecturing recently in Cape Town expressed it as his firm belief that the race is degenerating physically, and gave some of the reasons why. He said in part: "It might appear to some that it is a bold assertion to make that the human race is degenerating. However, in the face of such an abundance of conclusive evidence as confronts us in making a study of this subject, we are bound to admit that man is deteriorating in physical power, that his ability to resist the inroads of disease is diminishing, and that a progressively large number of individuals are markedly declining in mental vigour. We are exceedingly reluctant to admit these melancholy facts; but no possible good can come from shutting our eyes to the real facts and saying 'Peace, peace, when there is no peace.' . . .

"Professor Forbes Winslow recently said: 'I am of the opinion that degeneration and how to contend with it are the most important questions of the present day. It is the duty of everyone to aid in the prevention of this calamity.' It is true that in many countries there are no more scourges of small-pox, cholera, and other acute epidemic diseases. Improved personal hygiene and municipal sanitation have helped to stem this awful tide. But in place of these calamitous visitations have appeared chronic diseases which are annually sweeping multitudes into their graves—diseases which in increasing prevalence and disastrous results much more directly indicate decline in physical resistance than do some of the acute diseases which appear in such virulent epidemic form.

"It may be said that statistics seem to show that the average length of human

life has increased during the past few years. Quite true; but the average length of life increasing a few years does not necessarily indicate an increase in national vigour. It is the relatively large number of persons who attain to a great

age which indicates general or national physical power. A study of the subject of centenarianism shows very clearly that examples of a great age have rapidly diminished during the last century."

FIJIANS AT DINNER.

BY A. CARROW.

FIJI is known as a *malua* land—*i.e.*, the native tendency is to postpone what might be done to-day until some "more convenient time." Only that which is absolutely imperative is executed with despatch. Any attempt to hurry things results only in delaying them.

Needless to say, the Fijians are never in haste to get through with their meals. The scene represented on this page gives a glimpse of a native Fijian village. The occasion is a feast. To the right are the leading characters, who go through a form for the presentation of the food to those for whom the feast is given. This party faces the food. Slightly to their right are seen the stems of the yagona tree, from which native *kava*, an intoxicating drink, is made. To the left may be seen the

other very necessary item to the feast, a roasted pig and a few turtles. Judging from the high pile of taros in front and the heap of yams to the rear, together with the turtles and pig, the feast here represented was no small one.

Two large mango fruit trees are to be seen on the left, a portion of a breadfruit to the right, and a cocconut shows finely up above the roof of a native house to the rear.

The houses are of Tongan type, rounded off at each end, reeds worked crosswise forming the walls. The one with wooden sides is the chief's house. Four chiefs appear in the front, one of whom is dressed in European style.

The Fijians love gatherings. There is stir and excitement everywhere among old



A FIJIAN FEAST.



A WAR DANCE.

and young at the prospect of a gathering for sport or a feast. It constitutes the supreme delight of his physical senses, and to deprive himself of such a delight is indeed a hard trial.

As a preliminary exercise to the feast, native *mekes*, or dances, are usually gone through in the best style, two or more districts performing. Each company has its choir of chanters to guide the movements of the dancers and keep them in time. Perfect silence is maintained by the actors, and the splendid order and dexterity of movement make the scene entrancing. With blackened faces and red-painted breasts, arms, and legs shining with oil, joints and elbows tied round with variegated leaves, waists girded with an apron of grasses and coloured bark of fine fibrous texture adorned with flowers, and armed with heavy clubs, the impression made is that of a company of demons intent upon everything hideous and diabolical.

A view of some of the performers in the dance is here shown. Some are holding circular palm fans, with which they beat and vibrate and make gestures; others are in attitude with clubs.

The feast is somewhat disappointing to the visitor in that the people do not eat

together as a company. Men are set apart to divide into lots for each man or his family a portion of taros, yams, fish, turtle or pig, according to his rank. It is all set out on leaves in separate lots. A form of thanksgiving is gone through, and, as each lot is pointed out, it is carried off by the owner and eaten inside the house. It is usually at the close of the day that the food is partaken of, the natives by that time feeling very hungry.

During the evening and until the early hours of morning, action songs by groups of young men and young women, seated oppositely on the damp ground, are carried on, very few within the town obtaining any sleep.

❖ ❖ ❖

NEVER say *die* till you are dead, and then it's no use, so let it alone.

❖ ❖

DIOGENES, lantern in hand, entered the village drug store.

"Say, have you anything that will cure a cold?" he asked.

"No sir, I have not," answered the pill compiler.

"Give me your hand!" exclaimed Diogenes, dropping his lantern, "I have at last found an honest man!"—*Selected*.



TREATING THE SICK CHILD IN TIME.

BY KATE LINDSAY, M.D.

EVERY year hundreds and thousands of persons, especially children, lose their lives because the disease was not treated in time. A child is ailing, seems feverish at night, chilly in the morning, is peevish and irritable, and has a capricious appetite. In the words of the mother, "Johnny is not like himself." And truly he is not like his ordinary, healthy, happy self. Some poison is working mischief somewhere in the little body, deranging and upsetting the nervous system, and making him feel generally uncomfortable and out of sorts.

Taking a Child's Temperature.

Whether the indisposition is serious or not is what mothers, nurses, and all having the care of children should seek to discern at once. A clinical thermometer or a thermometer for testing the temperature of the body, should be a part of every household outfit, and whenever a child is ailing, its temperature should be taken and its pulse and respirations counted. The temperature of a child in health is slightly above that of the adult, it being 98.5° to 99.5° , while that of the average adult is from 98° to 98.5° . The temperature should be taken three times a day: when it reaches 101° or above for two days, it is an indication of something serious.

Respiration and Pulse.

The respirations of a new-born baby are forty per minute, and usually decline to thirty or thirty-five by the end of the first month, continuing to decline until four or five years old, when they are twenty to twenty-five per minute. They still further decline to sixteen or eighteen at fourteen or fifteen years, which is the ordinary adult

rate of respiration. The pulse at birth is usually one hundred and twenty to one hundred and forty, at one year one hundred and ten to one hundred and twenty, and gradually declines until fifteen, when it is about eighty or eighty-five. In adult life the normal rate is seventy or seventy-five. The pulse and the respirations are very difficult to count and very variable. In small children any exercise or other excitement may cause a rise of from ten to fifteen or twenty beats per minute, and the rate of breathing is increased in proportion. So a baby's pulse and respirations are of value only when they are observed while it is sleeping; the temperature, not being specially affected by outside influences, is the most reliable indication.

Examining the Throat.

After testing the temperature, pulse, and respiration, the next most important measure is to examine the throat for redness, swelling, or white patches, which may indicate either tonsillitis or diphtheria. Hundreds of children have contracted the last-named disease and died because of a neglect of these measures. A child with an apparently slight sore throat was permitted perhaps to go to some child's party, or someone in the family where the party was held had a sore throat. I know of a case where some twenty-five children were exposed to tonsillitis by being allowed to take a ride with a child suffering with it. As the child's temperature had not been taken, no symptoms of the disease had been discovered, and no danger was apprehended. Hence, not only were the other children exposed, but the little one itself was made much worse.

Condition of the Stomach.

After the examination of the throat and nose, the next inquiry should be as to the condition of the stomach. Many patients especially children and young persons, owe all their trouble to a disordered condition of the stomach, due to a surfeit. The fever, headache, and boneache, may all disappear with the emptying of the stomach and bowels. Often such cases have an alarmingly high temperature for a short time, but the symptoms soon become less marked, and disappear when once the decaying food has been unloaded from the system.

The Bowels.

Constipation and accumulation of faecal matter in the bowels often cause a rise of temperature. So mothers and others caring for children should know whether the bowels are regular. The writer has seen cases in youth and children which were diagnosed as cases of tumour. In one case, when inquiry was made of the mother as to how long it had been since the bowels moved regularly, she could not tell, and by inquiry of the twelve-year-old girl herself it was ascertained that at least a week had passed without any action, the child meanwhile eating heartily of all foods found at a farmer's table. It was not until she was taken suddenly ill with chill and fever, that the case was looked into, and a course of mild cathartics, enemas, fasting, and fomentations prescribed, which finally dispersed the swelling, but the moving off of the impacted mass was the work of many days, and after it was over, the child was so weak and emaciated that it took weeks to recover her usual health.

Infectious Diseases.

The next inquiry should be as to the

possibility of infectious diseases, as typhoid fever, or any of the eruptive fevers. Children are often victims of typhoid fever, and this should be borne in mind, especially if the disease is in the neighbourhood, or if there has been any danger of an infected water-supply in travelling or otherwise. In small towns and villages without water-works, there are likely to be numerous cesspools, and also many wells, shallow or deep; and it is only a matter of time, modified by the porous nature of the soil and the depth and location of the well, when the contents of the cesspool will drain into the well; or, worse still, the contents of the privy vault may contaminate the water, and whole families be thus poisoned with filth. There are always children who are running around the neighbourhood, visiting other children, so that a case of typhoid fever may occur in a home possessing a faultless water-supply.

To Readers:—

SPECIAL attention is invited to the announcements on page 156 concerning leading articles shortly to appear. The publishers will spare no pains to make GOOD HEALTH all that it ought to be as the leading exponent of health principles in the Kingdom.



HAPPINESS.

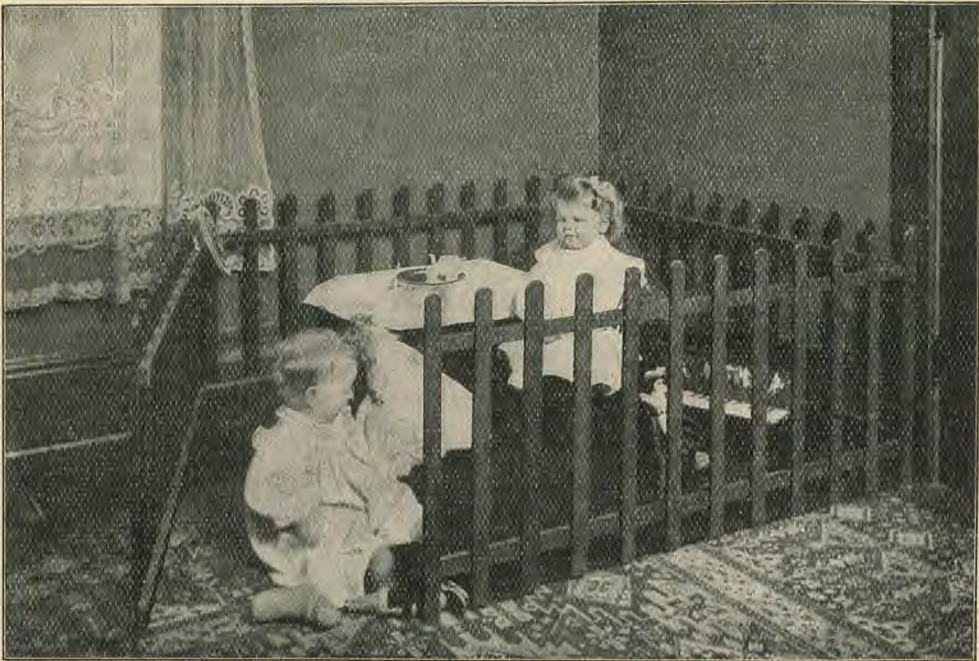
Plenty of healthy outdoor fun can be had with one of these motor cars, going rapidly down a slope. It is safe too, for the brakes are good.

Any boy wishing to have one free should send 3d. for samples of M'Clinton's soaps as advertised, and ask for a booklet explaining how the car is to be had.

Difference in Training.

A DISTINGUISHED lady of wealth and influence, noted for model specimens of children, was asked by a friend and mother: "Why are my children sickly and croupy, and yours always free from such conditions?" The reply was: "You rear your children indoors; I mine out; yours are educated to be waited on by servants, I discipline mine to wait upon themselves; my children are early to bed, you give parties for yours with late hours, and allow them to attend parties and keep late hours

from home, fashionably dressed; my children have plain, wholesome food, adapted to their years, yours sweetmeats, rich and highly seasoned dishes, and are overfed generally; I teach mine to love nature, and to feel that there is nothing arrayed so finely as the lily of the field, the bees and butterflies, that there is nothing so mean as a lie nor anything so miserable as disobedience, that it is a disgrace to be sick, and that good health, good teeth, and good temper come from plain food, proper clothing, plenty of sleep, and being good."—*The Medical Age.*



AMUSING THEMSELVES.

Let the Children Alone.

CHILDREN thrive the best, physically and mentally, when left a good deal to themselves. Many parents, especially mothers, greatly over-do in their attention to their little ones. Give a child a few simple toys, let him be outdoors if possible, and expect him to amuse himself.

Of course, care should be taken not to expose a child to danger. Some arrangement for penning him in is an excellent thing. The accompanying illustration

shows one way of doing this: but it is only a suggestion. Any parent with a little ingenuity can arrange something that will serve about as well. Such inclosures safeguard the child from unnecessary dangers, and leave the mother much freer to do her work.

—♦—
 YOU may hope and hope till your heart grows sick; but when you send your boy up the chimney he'll come down black for all your hoping.—*Spurgeon.*



THE OUTDOOR CLUB.

BY M. ELLSWORTH OLSEN.

WE are receiving a number of encouraging responses to our proposal to start an Outdoor Club, and shall probably be able in next month's issue to announce with some definiteness the form which the organisation will take.

Dr. Bryce, of Birmingham, writes:—

"I am perfectly delighted at the prospect of the inauguration of an Outdoor Club, and I shall do everything in my power to foster it and further its interests. Whatever differences there may be in the ranks of hygienic reformers on many points this is an object where we stand upon a common platform, and in which we legitimately combine to encourage life and recreation in the open air; and it is a perfect certainty that were this one common factor much more general, the many little details of our differences would either disappear or appear so insignificant as to be hardly worth estimation. For however impure the air round our houses may be, it is quite certain it is much more impure within their four walls. The farther we get away from big cities, and roads with traffic—the nearer we get to the green fields and quiet country lanes, the purer becomes the air which is life and health to our bodies. I am glad to see that even ladies are becoming less afraid of the heavenly sunlight, the chemical rays of which have been shown to have such a wonderful influence for good on the health and to be such a capable destroyer of microbes."

Mr. John Birch, editor of the *Harrogate Times*, Mr. Greenhalgh, manager of the Gem Supply Co., Miss A. K. Osborn, of Southend-on-Sea, Miss F. White, of Tilehurst, Berks., and Mr. Harry J. Stone, of North London, are others who have shown an interest in the movement.

Suggestions from any of our readers will be welcome. It is proposed to make the new organisation as simple and informal as possible. The bond of union is to be

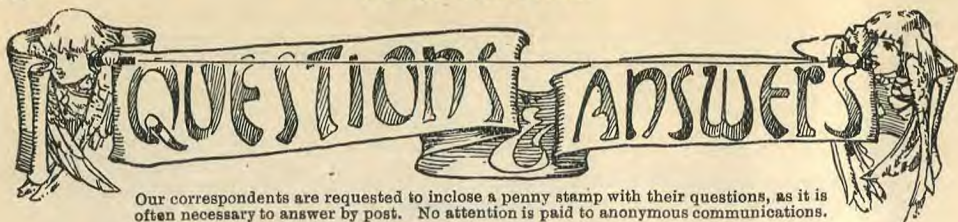
one of heart and of spirit, rather than of the letter. To get better acquainted with nature in all her moods and to get in touch with others of like mind will be our chief object.

There is a great demand for outdoor propaganda. A breath of fresh air from the hills and uplands, is what many a pale-faced young man toiling in the big metropolis needs more than pills or medicine, or even the gymnasium drill, or a change of diet. Active outdoor habits and a bedroom window which has the habit of always remaining open will accomplish wonders in the restoration of health and energy.

Our Outdoor Club is not to take the place of the Good Health League, which is only just getting fairly started, and has a great future before it. Rather the Outdoor Club will be an off-shoot of the League standing for the one principle of open-air habits, and thus appealing in some ways to a larger public. In some places the League and the Outdoor Club will very likely hold combined meetings occasionally, and work together in certain lines of reform.

The winter may not seem the best time to start an Outdoor Club; but we want a hardy, perennial kind of organisation which can thrive and grow in any weather, and not the sensitive hot-house plant.

We especially invite the co-operation of men and women who are fond of the outdoor life and who can tell others tied down to sedentary habits how to get a larger slice of God's Great Out-of-Doors than they have hitherto been able to secure. Outdoor ideas of all kinds will be welcome.



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.

Decayed Teeth—Laxatives.—G.H.: "1. I have badly decayed teeth which are very troublesome at times. Would you advise me to have them drawn and replaced by an artificial set? 2. Will you kindly recommend a dentist? 3. Is it advisable to take laxative medicines?"

Ans.—1. Yes. 2. Any regularly qualified dentist will be satisfactory. 3. No. Plain water or soap enemata, of from two to three pints, are a better means of cleansing the bowels.

Deafness—Piles.—W.C.T.: "1. I have an enlargement in the nose which the doctor tells me is the cause of slight deafness from which I suffer. What should I do? 2. I suffer from piles. Can I get relief without an operation?"

Ans.—1. Consult a surgeon in reference to the obstruction in the nose and follow his advice. 2. Yes, if they are not in an aggravated state. Take tepid or cool sitz baths from two to five minutes, and apply witch hazel ointment afterward. These baths may be taken twice a day with advantage. You should be examined by a doctor. He will advise you as to what you ought to do.

Offensive Breath.—C.F.H.: "I suffer with offensive breath, which I believe is caused by a dripping of mucus into the back of the throat, and which I am constantly obliged to swallow. I shall be pleased if you can recommend a remedy."

Ans.—First of all permit us to suggest that you ought not to swallow the mucus, which is sure to contain germs, and may be the means of setting up catarrh in the digestive tract. You should obtain a Globe Hand Nebuliser and use it for ten minutes, three or four times a day, also cleanse the nostrils by using the Percussion Douche which is furnished with the Nebuliser. Adopt a systematic course of physical culture, and give special attention to deep breathing exercises.

Hernia.—X.Y.Z.: "1. I have seen it stated that rupture can sometimes be cured by natural means, such as proper support, abstemious eating, graduated exercise, etc. Is this correct? 2. Can you recommend any rupture specialist in the north of England? 3. Is it safe for a ruptured person to cycle or swim? 4. Should a truss be worn while taking a bath? 5. Which is the more serious, enterocele or epiplocele?"

Ans.—1. Yes, if the rupture is but very slight, and other conditions are favourable; otherwise an operation would be required. 2. Any competent surgeon would understand your case, and be able to give you good counsel. 3. This depends upon the extent and nature of the rupture. You will

have to get advice from your family physician. 4. It is usually not necessary in taking a warm bath. 5. Enterocele.

Free Phosphorous.—H.B.: "Kindly give me your opinion of Dr. Birley's medicine. I have been suffering for several years with a very distressing complaint, and have sent for a bottle of 'Free Phosphorous.'"

Ans.—We are not prepared to recommend Dr. Birley's medicine or any advertised drugs or nostrums. We would advise you to adopt a liberal diet of plain, wholesome food. Take plenty of exercise out-of-doors in the fresh air every day, and follow with a tepid or cool sponge bath, and vigorous friction. In your diet you should avoid tea, coffee, cocoa, condiments, pickles, spices, cheese, pastry, and, indeed, all rich and greasy foods that are difficult of digestion. Drink water freely in the morning and between meals. Keep your bowels regular by the free use of prunes, figs, dates, bananas, apples, and other fresh fruits in season.

Erysipelas—Fruit and Nut Diet.—E.B.: "1. What is the prevention and cure of erysipelas? 2. What do you think of cycling as an exercise? 3. Do you recommend a fruit and nut diet solely? 4. If not, what should one combine with the fruit and nuts? 5. Do you recommend two meals a day and, if so, when should they be taken?"

Ans.—1. Erysipelas is an infectious disease, and usually spreads by contact with persons suffering with it; consequently, prevention means avoiding such exposure. The treatment consists of careful nursing and the application of antiseptic lotions to the affected parts. A patient suffering with erysipelas should always have the attendance of a qualified physician, and the case is one for isolation so as to prevent infection. 2. Excellent in moderation. 3. No. 4. Breads and other cereal preparations, vegetables, and dairy products. 5. Yes; at 8 in the morning and 3 in the afternoon.

Writer's Cramp.—J.H.D.: "Please tell me a cure for writer's cramp."

Ans.—The essential cure is rest. In other words, one suffering from writer's cramp must give up all writing for several months, possibly a longer time. This disease usually indicates a lowered state of vitality, and more or less of a nervous breakdown. The patient should undergo a course of tonic treatment, if possible, at some well regulated hydropathic institution, such as the Caterham Sanitarium, Caterham Valley, Surrey; the Leicester Sanitarium, 82 Regent Road, Leicester; or the Rostrevor Hills Hydropathic, Rostrevor, Co. Down, Ireland.



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CATERHAM, SURREY.

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For further information, rates, etc., apply to . . .

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

EDITED BY
ALFRED B. OLSEN, M.D.
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(Managing Editor.)

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WE frequently receive orders for single copies of GOOD HEALTH, and are always glad to send on the magazine promptly, but it might be more convenient for some of these readers to get the magazine from their local newsdealers. Many newsdealers handle GOOD HEALTH regularly, though not all, unfortunately. However, the magazine has by far the largest circulation of any health magazine in the kingdom, and is published by Simpkin, Marshall, Hamilton, Kent & Co., who are one of the best known of the London wholesale firms. It should therefore be easy to order it through almost any local newsdealer. If would-be readers find a difficulty in getting the paper in this way, they will do us a favour by informing us.



GOOD HEALTH is likewise sold largely by special agents who give considerable time to introducing it in new places, and also to supplying it to regular customers. These latter agents are mostly members of the Good Health League, and will always be glad to answer questions, and give any further information in reference to the movement. We shall be thankful to our friends for any efforts they may be able to put forth in the way of introducing the magazine to new readers. GOOD HEALTH contains month by month articles dealing with matters of vital interest to the whole country, and we feel sure that it will make friends wherever it becomes known.



It is a pleasure to recommend the private board-house of Mr. Charles A. Reingpach, further particulars of which appear in another column. Mr. Reingpach, who was formerly manager of the Imperial Hotel, Bournemouth, has had a large experience in catering for the needs of the public, and gives his guests every satisfaction.



WE have received from Messrs Dunbar & Co., 240 Goldhawk Road, London, W. a tin of their Artox Food for infants, invalids and adults. It seems to be a valuable preparation rich in nourishing qualities, and should have a large sale.

EXPERT ASSISTANCE

in preparing dinner sweets, invalid fare, soups, sauces, savouries and ices is given in

Brown & Polson's "A Cook Book."

66 Recipes in all, each one prepared by a cookery expert, most simple and inexpensive.

The Booklet is helpful to skilled cooks—it is invaluable to beginners, and will show you the many delightful uses of BROWN & POLSON'S "PATENT CORN FLOUR."

Send this advertisement with your name and address on it, in envelope with 1d. stamp for postage, to Brown & Polson, Paisley, and they will send you this booklet free.

Send NOW. You may forget to-morrow.

Name.....

Address

GOOD HEALTH.

In answering advertisements kindly mention "GOOD HEALTH."

We hear nothing but praise from users of Arpax. They cannot help being pleased with its

Thorough Cleansing

properties. Its use does not interfere with the natural and healthy action of the mouth germs. Strongly antiseptic dentifrices destroy these helpful organisms, and leave the teeth at the mercy of disease. Arpax removes the cause of decay. Send 1/- for a trial box, or a stamped envelope for our paper on the care of the teeth, to The Manager, Arpax Depot, 9 Prince's Avenue, Alexandra Park, London, N.

GOLD MEDAL AWARDED,
Woman's Exhibition, London, 1900.

NEAVE'S FOOD

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

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

Sir CHAS. A. CAMERON, C.B., M.D.,
Professor of Chemistry, R.C.S.I., Medical Officer
of Health for Dublin, City and County Analyst.

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

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

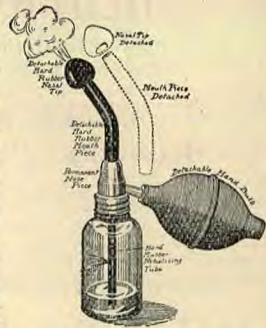
Purveyors by special appointment to
H.I.M. THE EMPRESS OF RUSSIA.

GOLDS AND CATARRH

As the cold weather approaches, colds and catarrhal difficulties are bound to increase. Many persons suffer more or less all through the autumn and winter. Such will be interested to learn that the Good Health Supply Company can furnish a complete outfit for the

HOME TREATMENT

of catarrh. The difficulty with most appliances hitherto placed on the market has been that they merely supply medicated vapour to the nose and throat passages, but are not capable of thoroughly cleansing these parts. The outfit that we are able to furnish supplies this lack completely. It contains, first, **A Percussion Nasal Douche** and medicine to go with the same, by means of which every part of the nasal passages can be thoroughly and quickly cleansed from mucus, dust, and other impurities. **Then there is another instrument**, also supplied with medicine, that will introduce a fine nebula of medicated



air into every remote part of these organs. Thus the diseased portions are first thoroughly cleansed, and then treated with healing vapours.

The outfit complete, with full directions, and medicine for both instruments to last for a considerable time, is furnished at **7s. 6d., post free.** The cost hitherto for this same outfit has been 10s. 6d. We have reduced the price to make it accessible to a larger number of our readers, and have no doubt it will have a very large sale.

GOOD HEALTH SUPPLY CO., 451 Holloway Road, London, N.

In answering advertisements kindly mention "GOOD HEALTH."

PUBLISHERS' NOTES.

It is a pleasure to speak a word in commendation of Brown and Polsons' corn flour, a standard product which is already considered indispensable by many of our readers, and will no doubt become a necessary part of the kitchen supplies in many new homes. Corn flour is an article of no small food value and useful in the making of a large variety of tasty dishes.

As the weather grows colder GOOD HEALTH readers will no doubt begin to think about getting new supplies of underclothing. We are always pleased to recommend the "Sanis" Underwear, which is year by year being more widely used, and is giving eminent satisfaction for lightness, durability and comfort. This underwear cannot be excelled. Full particulars can be obtained from the "Sanis" Underwear Co., G.H., the Manager, 79 and 81 Fortess Road, London, N.W.

GOOD HEALTH

is a home magazine, read by thoughtful, intelligent people, and often kept on file for future reference. It therefore makes an excellent advertising medium. Largest circulation.

RATES: £8 per page; £4 per half-page; £2 per quarter-page; £1 1 0 per eighth-page.

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

PERSONS suffering with slow digestion, fermentation, flatulence, and other similar digestive disorders, often obtain considerable relief from the use of the **Antiseptic Charcoal Tablets**. These can be obtained either with or without sulphur. A sample box will be sent post free on receipt of 1/1. Full-size box, 2/1³, post free. Address, **Good Health Supply Department**, 451 Holloway Road, London, N.

THE RESTAURANT

4 Furnival St., Holborn, E.C.

(Opposite Prudential Buildings.)

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

1/- Ordinary Three Courses and Lemonade.

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

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

HEALTH FOOD STORES, 6 Peas Hill, CAMBRIDGE.

Conducted by W. E. Blunt. Agent for the International Health Association's Foods, all other health foods, and the "Good Health" magazine.

In answering advertisements kindly mention "GOOD HEALTH."

Ladies are advising their Friends to get the . . .

"Nurse Ina" LAYETTE

For Health! Economy!! and easy to dress.

Nun's Veiling Day Gowns, Hand-tucked skirts, Yokes trimmed Soft Lace; Soft Saxony Flannel Blankets and Night Gowns, Fine Silk and Wool Vests, Turkish Napkins.

58 GARMENTS FOR 58/-



Special! for Short Clothing. Fine Cashmere Frocks, yokes arranged to allow for growing, "Hand made," 7/6 each, or in Nun's Veiling, 4/11 each.

Booklet free from "NURSE INA,"

182 Norwood Road, LONDON, S.E.

Winter's Woolley Scotch Wincey

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

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

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

**Wears better! Lasts Longer!!
Costs Less!!!**

Send to-day for booklet and price list to

**JAMES WINTER,
CORTACHY, KIRRIEMUIR, N.B.**

"DROIT ET AVANT."

"Physical Education."

Editor-in-Chief: EUGENE SULLY, Esq., Hon. Sec., N.P.R.S.
Officer of the French Academy,
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EDITORIAL OFFICE: EXETER HALL, STRAND, LONDON.

Official Organ of.

THE NATIONAL PHYSICAL RECREATION SOCIETY,
THE LIFE SAVING SOCIETY,
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2/6 Per Year, Post Free, Prepaid.

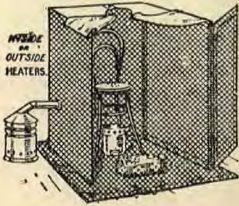
Messrs. MILLS & KNIGHT, Managers, "PHYSICAL EDUCATION," 34 Moorfields, LIVERPOOL.

Published by.

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POISONS IN THE SYSTEM.

THE skin performs a function no less important than the lungs in purifying and re-vivifying the blood. But sedentary habits and the conditions of modern life generally prevent the skin from doing its important work properly, with the result that noxious matter (the products of tear and wear of the body) are retained in the system, and there cause innumerable diseases and indispositions.



The correct application of heat by means of Home Turkish Bathing is a perfectly natural restorative of bodily powers, and the only certain method of curing rheumatism, blood and skin diseases, kidney troubles, neuralgia, influenza, etc., etc. This method of obtaining and maintaining health is now being adopted by leading physicians, who proclaim its cures to be remarkable. (See our testimonials.)

THE 30/- GEM BATH CABINET

is a perfect means of obtaining the maximum advantage from Turkish, Russian, Medicated, or Perfumed Baths at a minimum of cost, and that in the privacy of one's room, either when the user is at home or travelling.

Call and inspect the Cabinet, or send for valuable 100-page book, post free on mentioning GOOD HEALTH. **We guarantee satisfaction.** Used and recommended by the Editor of GOOD HEALTH.

THE GEM SUPPLIES CO., LTD., Dept. (G.H.).
22 Peartree St., Goswell Rd., London, E.C.

THE BEEF TRUST

says: "Tuberculous and diseased cattle are not used for meat, they are made into soap."!!

Why use soaps made from these disgusting materials and caustic soda, when you can get

McCLINTON'S

TOILET and SHAVING SOAPS,

made solely from VEGETABLE OILS and the ASH of PLANTS?

On receipt of 3d. to cover postage we will send samples of

COLLEEN TOILET SOAP,

SHAVING SOAP,

SHAVING CREAM,

TOOTH SOAP,

with list of Traders who stock them.

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

Mention "Good Health."

Nuts Every Day!

Every day your diet should include Shelled Nuts; easily digested when ground, they lend themselves to a great variety of uses. Analysis proves them Real Food.

Every day brings us more orders: for we supply only the best goods. Quality and cleanliness in every detail is our motto.

Orders value 5/- carriage paid anywhere.

G. SAVAGE & SONS,
Nut Experts,

53 Aldersgate St., London, E.C.
Agents for Mapleton, London Nut Food Co. and International Health Assoc'n.

	PER LB.
Shelled Peanuts, ..	4d.
Ditto, Roasted, ..	6d.
Hazel Kernels, ..	8d.
Cashew " ..	10d.
Fine " ..	10d.
Shelled Walnuts, 1/4	
Twin-Jordan Alm'ds 1/4	
Jordan Almonds, ..	1/4
Dried Bananas, ..	6d.
Finest Unpolished Carolina Rice, 7 lbs. 2/-	

We grind all nuts at 1d. per lb. extra, or we can supply Nut Mills at 8/6 each.

Terms: Cash with order.

The Magic Pocket Vaporiser

is a very convenient instrument to carry about in the pocket and use for disinfecting the throat and nasal passages. Soothing and grateful in foggy weather. Ought to be carried by everyone who desires to keep the throat and nose free from germs. Price, 4/-, post free. With the attachment for treating diseases of the ear, 6/-.

Order of . . .

GOOD HEALTH SUPPLY CO.,
451 Holloway Road, London, N.

GOOD THINGS IN STORE.

WE shall begin several important series of articles in the November and December numbers of GOOD HEALTH.

One such series will be entitled "**Talks with Semi-Invalids.**" There are a great many people with special weaknesses of the lungs, kidneys, heart, stomach, or other organs, who with the aid of the simple, direct, and practical instructions to be given in these articles will be able either entirely to overcome such weakness, or at least to make themselves quite comfortable. The articles will be written by medical men who have given special study to the various subjects of which they treat.

"**The Living-In System and Its Effect on the Nation's Health.**" [Editorial.] One or two articles dealing with a matter of vital importance to young men and young women especially.

"**Rational Mind Cure.**" By J. H. Kellogg, M.D. A vigorous, timely contribution, which will be interesting and helpful to all our readers.

"**Wholesome and Economical Dinners.**" By one who is able to speak from experience as well as from the point of view of scientific principles.

"**Household Hygiene.**" A series of chatty articles by Dr. Eulalia Sisley-Richards and others, dealing in a homely, practical way with all household matters. The very latest and best methods of housekeeping will be discussed. The series will be of great value to young housewives.

"**The Young Man's Health.**"

"**The Anæmic Girl.**"

OUR Christmas Number will have a beautiful cover design, and will be crammed with an unusually large array of attractive reading-matter for that season of the year. We shall doubtless print about 75,000 copies.

WE are glad to speak favourably of the sterling qualities of the foods manufactured by the International Health Association, of Legge Street, Birmingham. Readers who are not acquainted with them should send one shilling for packet of samples.

BIRKBECK BANK

ESTABLISHED 1851.

SOUTHAMPTON BLDGS., HIGH HOLBORN, W.C.

2½ per cent. INTEREST

allowed on Deposit Accounts Repayable on Demand.

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Stocks and Shares bought and sold for Customers, Advances made and all General Banking Business transacted.

PROSPECTUS, with full particulars, POST FREE on application. C. F. RAVENSCROFT, Secretary.

2/- INSURES YOUR COMPLEXION

DR. HARLAN'S
BEAUTY-CUP MASSAGEFor 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



Hundreds of unsolicited testimonials.

little Beauty-Cup produces remarkable results. Blackheads in many cases are banished in sixty seconds. It pumps impurities out of the blood by atmospheric pressure, rounds out the cheeks, arms and neck, and pumps the waste places in the body with wonderful rapidity. Acts directly on the circulation and feeds fresh pure blood to the tissues, making the flesh firm and fair, and the skin soft and satiny. 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 H G HIGHWATER LABORATORY Co., 9-24 Exchange Building, Southwark, London.

ARTOX FOOD

FOR INFANTS, INVALIDS, and ADULTS.

Prepared from the Whole Wheat Berry. Sold by Health Food Stores, Grocers, etc. Large tin sent post free for 1/., or 3 tins, 2/9. Dunbar & Co., 240 Goldhawk Road, LONDON, W.

GOOD HEALTH
Literature.

"**Man the Masterpiece**" is a unique work which tells what every intelligent, progressive man wants to know about himself. Every young man and boy approaching manhood should secure a copy.

"**Ladies' Guide**" is a companion book to the above, and it is to women what "Man the Masterpiece" is to men.

"**Home Hand-Book of Domestic Hygiene and Rational Medicine**" is a most complete and comprehensive work, containing the most approved methods for the treatment of more than 600 diseases.

"**Science in the Kitchen**," by Mrs. E. E. Kellogg, M.A., superintendent of the cookery department of the Battle Creek Sanitarium, gives a practical explanation of the principles of healthful cookery, and contains over 800 recipes.

"**The Stomach: Its Disorders, and How to Cure Them**" deals with the functions of the stomach, the symptoms of disease of the same, and the best methods for treating them.

For full particulars apply: **Good Health Supply Department**, 451 Holloway Rd., London, N.

In answering advertisements kindly mention "GOOD HEALTH."

Building Your Child's Brains.

A good all-round lad who shows he's going to be a healthy, successful man.

That's the kind of boy you want, and the kind of boy you can rear by right feeding.

Frame-Food Jelly (instead of jam) is right feeding.

The best of the wheat-strength, that's what it is. A simple, pure, wholesome natural food—not a fad.

Let it take the place in your house of the doubtful nutrition of questionable jam.

Your boys and girls will like it better and look better, more healthy and happy. And there's nothing quite so nice-looking as a healthy, sturdy, intelligent boy, big in heart, brain and muscle.

Frame-Food Jelly is sold in air-tight jars, containing about 1 lb., 9d.

FRAME-FOOD,

The Famous Factory, Standen Rd., Southfields, LONDON, S.W.

FROM FIELD TO TEA TABLE.

TRY GENUINE WHEATMEAL BROWN BREAD, REYNOLDS'

Highly Recommended
Gold Medal Brand.

Order Sample Loaf from your Baker, or write for names of nearest Agents.

J. Reynolds & Co., Ltd.,
Millers, GLOUCESTER.



BAX'S HEALTH FOODS FOR SUMMER USE ARE IDEAL.



LIGHT MEALS are now essential. Stewed fruits and readily-served Health Foods, with nuts, etc., make an ideal diet. We have the largest selection in London of these foods, including many savoury dainties for sandwiches, etc. Let us send you our **56 p. Price List, Post Free.** You will find it most helpful.

BAX'S FOODS are **ALWAYS BEST FOODS.** We have a large variety of nuts, shelled and unshelled, absolutely fresh and good, and an unrivalled stock of dried and preserved fruits.

BAX'S PURE COKER BUTTER

Is the Best Cooking Fat on the Market.

Testimonials from all parts of the country.

7d. per lb. 1 lb., post free, 10d.

FREDK. BAX & SON,
35 Bishopsgate Street Without, London, E.C.

Agents for the Wallace Bakery, "P.R." Bread, Cakes, Biscuits, etc. Also Stomike Digestive Coffee.

BOOK NOTICES.

"Health Talks about Children: An Appeal for the Child," by John Grimshaw, M.D., Lond. Published by Brimmell's Printing Works, Oxton Road, Birkenhead. Price 1/-. This is a timely work dealing with a question of vital importance. The instruction is simple, direct, and in a popular vein, making a strong appeal to the mother. It consists of six health talks, taking up such practical subjects as Artificial Feeding of Babies, Indigestion, Diarrhoea, Constipation, Convulsions, Bronchitis, Rickets, Scurvy, Patent Foods, Feeding Instructions, etc. We heartily recommend it to our readers.

"Illogical Geology," by George McCready Price, editor of the *Modern Heretic*, and author of "Outlines of Modern Science and Modern Christianity." Published by the Modern Heretic Company, 257 S. Hill Street, Los Angeles, Cal., U.S.A. Price 1/-. The book consists of two parts, in the first of which the author examines critically the theories usually held. In the second he attempts, as he tells us, to build up from the facts in hand "a true, safe induction in the candid, unprejudiced spirit of a coroner called upon to hold a *post mortem*." The book is suggestive, and thought-stimulating.

By Florence Holt: **"Health and Happiness,"** 2/6 and 1/10. **"Health and Healing,"** 7/-, post free, of Mrs. Holt, Merstham, Surrey.

"GOOD HEALTH" STORES,

19 Stroud Green Rd., London, N.

Conducted by **MISS N. MUSSON.**Agent for the **International Health Association's** foods, and all other health foods... ALSO FOR ..
Musson's Wholemeal Specialties.
All Health Magazines.**Good Health Impossible
Without Pure Air!**

HAVE fresh air in your house without draughts. The "SNIKWAH" ventilator will fit any sash window. It allows a beautiful current of air without admitting any smoke, soot, or dust. It keeps the curtains clean. Any window fitted with this latest patent for 2/6. Particulars on receipt of stamped, directed envelope.

The "Snikwah" Window Ventilator Co.,
27 Spencer Street, Carlisle.

FOR HEALTH.

"SANIS" Underwear.

[Registered.]

Made of Pure Wool.

BRITISH manufacture. Does not irritate the skin. Prevents chills. Is unshrinkable. Recommended by all advocates of good health. We will readily exchange any garment that does not fulfil our guarantee. Intending purchasers of our

"SANIS" UNDERWEAR

[Registered.]

will find that our prices will show a saving of from 25% to 50% on most of the advertised sanitary underclothing, while our "Sanis" (Regd.) Underwear is equal in hygienic value to any in the market.

Descriptive Booklet and Price List gratis and post free on application to

G.H., The MANAGER,
79 & 81 Fortess Rd., London, N.W.

**HEALTH
FOODS.**

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

**BILSON'S
COCOANUT BUTTER**

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

Ask for new price list.

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

In answering advertisements kindly mention "GOOD HEALTH."

NO ADULTERATION!



In these days of widespread adulteration of food, disease-producing, chemical, and other injurious elements, with shortening, preservative, and colouring properties, also animal products, are commonly used, and **absolutely pure foods** are extremely rare. This is the reason for our existence in business, and if you have not tried our **Health Foods**, which are entirely free from all the above-mentioned injurious elements, we earnestly advise and invite you to try them.

GRANOSE FLAKES, loose or in biscuit form, consist of the entire wheat berry, subjected to hours of steaming and baking, ready for use. Packet,.....7½d.

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

AVENOLA.—A choice combination of ready-cooked grains. For porridge and puddings. 1 lb.,.....7d.

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

WHOLE WHEATMEAL BISCUITS.—Sweet or plain. 1 lb. box,.....5d.

GLUTEN MEAL (wheat extract), a highly nourishing and easily digested product. Makes superfine gruel or porridge in one minute. Is a luxury for the well, a necessity for the sick. Excellent for children. Per lb. packet, 20%, 10d., 40%,.....1/8.

NUTTOSE.—A pure product of nuts. Can be stewed, baked, or prepared in any way to suit the taste. It is a perfect substitute for flesh meat. In 1½ lb. tins, 1/4; 1 lb., 1/-; ½ lb.,.....8d.

BAKED BEANS, with Protose and Tomato Sauce. A savoury dinner dish. 1½ lb. tin,.....10½d.

PEANUT BUTTER.—Our process of manufacture excludes roasting of the nuts, which renders them indigestible. ½ lb. 7d.; 1 lb.....1/-

FRUIT WAFERS.—Made with the best stoned fruit. 1 lb. box,.....8d.

PURE ALMOND BUTTER.—All sweet, finely ground. ½ lb. tin, 1/1; 1 lb. tin,.....2/-

CARAMEL CEREAL.—A substitute for tea and coffee, fragrant, healthful, and easily made. 1 lb. canister,.....10½d.

PROTOSE.—First-hand meat, obtained direct from the vegetable kingdom. Provides the same elements of nutrition found in animal flesh, without the impurities. Tasty and easily digested. Is generally acknowledged to be a triumph of inventive genius in the realm of Health Foods. 1½ lb. 1/4; 1 lb. 1/-; ½ lb.....3d.

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

BROMOSE.—Plain or combined with fruits. In box containing 30 tablets,.....1/6.

MALTED NUTS.—In fine powder form, ½ lb. tin, 1/-; 1 lb. tin,.....2/-

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

✉ Send us **One Shilling** for a package of samples and cookery book, or ask your **GOOD HEALTH** agent for these foods.

Manufactured in the interests of HEALTH by the

International Health Association, Ltd.,
BIRMINGHAM.

In answering advertisements kindly mention "GOOD HEALTH."

SANITARIUM DIRECTORY.

- Battle Creek Sanitarium**, Michigan, U.S.A.
Calcutta Sanitarium, Park Street, India.
Caterham Sanitarium, Caterham Valley, Eng.
Colorado Sanitarium, Boulder, Col., U.S.A.
Friedensau Sanitarium, Post Grabow, bez.
 Magdeburg, Germany.
Geneva Lake Sanitarium, Gland, Switzerland.
Leicester Sanitarium, 82 Regent Road.
Plumstead Sanitarium, Cape Colony, S.A.
Rostrevor Hills Hydro, Warren Point, Ireland.
Skodsborg Sanitarium, Denmark.
St. Helena Sanitarium, California, U.S.A.
Washington Branch Sanitarium, Washington, D.C., U.S.A.

Now that winter is coming on our readers will be looking in the direction of warm, light, woollen clothing. Mr. James Winter of Cortachy, Kirriemuir, N.B. is offering a new cheviot Wincey especially suitable for girls' knock-about frocks. He will be glad to give full particulars to enquirers. We can heartily recommend Mr Winter's goods.

Private Boarding House.

17 Prince's Square, Bayswater,
London, W.

Pleasantly situated in the most fashionable and convenient part of London. Close to Kensington Gardens, Hyde Park, Westbourne Grove, and other stations. Omnibuses to all parts of London. Guests received for long or short periods. Every home comfort. Liberal table. Reasonable terms.

Particulars on application to Mr.
Charles A. Reingpach, late of Bourne-
mouth and Clacton-on-Sea.

Good Health School of
PHYSICAL CULTURE.

From the members:—

- "I have much enjoyed the course and feel greatly benefited."
 "I am more than pleased."
 "My health is improving."
 "My circulation has much improved."
 "Your opening remarks and advice commend themselves to one's common sense."
 "I have become much stronger." (vert.)
 "The help received has made me a thorough con-

Full particulars for stamp.

451 Holloway Road, London, N.

All kinds of pure British vegetables (dry) at all times of the year.

The "Mc Doddie" Vegetables.

Artichokes,	Carrots,	French Beans.
Celery,	Spinach,	Mixed Vegetables,
Leeks,	Onions,	Mushrooms,
Parsnips,	Rhubarb,	Turnips, etc., etc.

Highest Award Royal Horticultural Soc'y, Dec. '05.
 Grand Prix, Paris, May '06.

The LANCET, March 17, 1906, says:

"Not only are the true flavours of the vegetables preserved, but what is just as important, the peculiar chemical conditions of the food constituents are unchanged by the process."

"Mc Doddie" Aids Digestion

SOLD IN CARTONS AND CANISTERS.

For prices write:

The Army and Navy Co-operative Society, Ltd.,	The Junior Army and Navy Stores, Ltd.,		
Civil Service Supply Association, Ltd.,	Civil Service Co-operative Stores.		
Harrods' Ltd.,	Shoolbred's,	Whiteley's, Ltd.,	Fredk. Bax and Son, Etc., Etc.

"Mc Doddie" Vegetables do NOT require soaking, they cook in the same time as fresh, and no washing or peeling is necessary.

Mc DODDIES, 319-329 Weston Street, Southwark, London, S.W.

In answering advertisements kindly mention "GOOD HEALTH."