



“GOOD HEALTH.”



[See page 211.]



Good Health

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

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No. 7.

Christmas Greetings.

FOR the fourth time we offer our readers a Christmas number of GOOD HEALTH. The present edition numbers 75,000, and is probably as large an edition of a health magazine as has thus far been printed in Great Britain.

The modest success which the little magazine has achieved is encouraging as indicating on the part of the reading public a genuine and growing interest in the subject of physical improvement, both national and individual. This public recognition is the more striking because adventitious aids have been so few. Usually considerable capital is necessary in order to get a new magazine on the market. GOOD HEALTH started out practically without capital; moreover, as a necessary result of standing stiffly for right principles, it had to close its columns to a very large class of the best paying

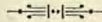
advertisements; and yet with the divine blessing and the hearty co-operation of many friends, it has won a leading place among the nation's health journals, the

Indian, West Indian, and South African editions testifying to the value placed upon the magazine in these remoter parts of the British Empire.

It is the hope of editors and publishers to make the magazine still better the coming year. The health principles are ever taking on new lustre and beauty as they are seen more perfectly to supply a great human need, and to furnish the only rational

means of fighting disease. To make these great, life-giving principles known to the suffering multitudes is the one aim of GOOD HEALTH, and to this end it invites the co-operation of its numerous readers. If each of these were by personal effort to get one new reader for the magazine, or

WHILE THE WORLD SLEPT.



WHILE the world slept, upon the straw and thorn
Within a manger, Christ, the Lord was born.
While men were senseless, all the wide-eyed stars
Heard the swift rush of long angelic cars. [wept,
Aye, while men slept, and dreamed, and waked, and
The great Hope Star from out the darkness swept.

While the world slept—slaves, blinded by the night,
Across the desert came the men of light;
They saw the Star foretold to Israel,
And travelled far, led on by Gabriel,
And wondered that no guest, or king, or pen,
Told of the King whose right it was to reign.

While the world sleeps, mad, drunken, lost in night,
Do ye awake? Do ye behold the Light?
The great Star rises now in Bethlehem,
'Tis time *this hour* to bring your gold and gems,
Some heavenly chance to you *this night* is given
To serve some babe, to crown the Lord of Heaven.

FRANCES E. BOLTON.

[Written especially for GOOD HEALTH.]

persuade one newsdealer not already doing so to stock GOOD HEALTH regularly, the result would be a wonderful growth in the next few months. Let us hope many will do this, and that some will do more.

To all our readers, friends, and supporters, and especially to those active members of the Good Health League who have worked so earnestly for the wider circulation of the magazine, we extend sincere thanks and a very hearty Christmas greeting. May your hearts be at peace, and your bodies healthy and vigorous, and may you all realise the deep joy

warded by the Secretary (451 Holloway Road, London, N.) to all interested persons. We hope to find room in an early number of GOOD HEALTH for a list of secretaries of the various branch Leagues. We should be pleased also to hear from persons who desire to form nuclei for new branches. In every place where there are a few enthusiastic students of health principles a local branch League could be formed to excellent advantage, and the added interest arising from the social intercourse of earnest men and women of like convictions in health matters should more

than compensate for the effort put forth.

Let us awake to the beautiful opportunities that present themselves on every side. Even the busiest reader of the GOOD HEALTH could find some time to do a little health missionary work if he were to



OUTDOOR ENTHUSIASTS.

of doing something every day to make others healthier and happier.

The Good Health League.

Members of the Good Health League will be interested to know that a special effort is being put forth to place GOOD HEALTH in some of the leading public libraries in the country, and donations for this purpose will be thankfully received. The GOOD HEALTH FUND, of which little has been said the last couple of years is still in existence, with a slight balance on the wrong side. A Christmas remembrance from old and new friends would be very acceptable, and would give this very useful campaign fund a new lease of service. The League is always ready to receive new members. Full particulars concerning the organisation will be for-

try. While thousands are ignorantly transgressing natural laws, and bringing upon themselves the penalty in the form of disease, shall we not put forth the helping hand? Shall we not at least make an effort to enlighten them? It is in order to do aggressive work in spreading these principles that we have organised the Good Health League, the Secretary of which will be glad to hear from all who are willing to help.

The Outdoor Club.

We have room for only a word on this subject; but the idea is growing, and gradually taking definite shape; so we shall doubtless be able next month to make a further announcement. Meanwhile there will be opportunity for friends of the movement to make any suggestions.

THE TRUE FOUNDATION FOR PERMANENT HEALTH.

BY J. H. KELLOGG, M.D.

PURITY of the blood is the one essential of permanent health. It is by means of the blood that the body is built up, renewed, and maintained.

The quality of the blood is indicated by one's condition. Pimples on the face, a coated tongue, rheumatism, diabetes, obesity, are evidences of impure blood. In fact, every chronic malady may be traced to some wrong condition of the blood.

Healthy Blood.

When the blood is healthy, the cells of which the body is composed are vigorous and active. When the blood loses its vitality, the cells immediately begin to suffer, and we see evidence of their loss of power to defend. When the skin loses the power to defend itself, we have pimples, eczema, psoriasis, and a variety of other diseases of the skin and the mucous membrane. Nasal catarrh, tonsilitis, sores in the mouth, and decay of the teeth with its complications are caused by the mucous membrane losing the power to destroy germs. Further down in the body we have catarrh of the stomach and catarrh of the liver.

The Work of the Liver.

The liver is one of the essential organs for destroying germs. It gathers them out of the blood, destroys them, and sends their dead bodies out in the bile. When the liver loses its power to destroy germs, they escape and accumulate in the gall-bladder, forming little masses which become the nuclei of gall-stones. The gall-bladder becomes irritated and inflamed, the mucous membrane secretes an excess

of cholesterin, a resinous substance, which is precipitated and forms gall-stones, which irritate the gall-bladder and maintain the disease. When the blood is what it ought to be, the germs will be destroyed, and gall-stones will not be formed. The whole body goes into decay because of the loss of power to defend itself.

How Disease Is Cured.

The real cure for all these diseases consists in increasing the defensive power of the body. No chronic invalid can be cured of his malady without improving his vital status. He must be changed bodily, reconstructed, through the complete renewal of his blood. It is the possibility of this reconstruction that makes possible the recovery from any disease. When the condition of the blood is improved, then as it rebuilds the body day after day, as the old matter passes out

and the new matter passes in, the whole system is reorganised on a better plan, stronger and more vital tissue is built up, and this more highly vitalised tissue rises above the morbid conditions which have previously existed.



CHRISTMAS.

GOLDSMITH used to claim a doctor's degree, which he said he had got at Padua. "But," he added, when speaking of it to an acquaintance, "I don't practise in the usual way. I only prescribe for my friends."

"That's a great mistake," said the other, "you should prescribe for your enemies only. You would soon have only friends left."

COMMON WINTER AILMENTS: THEIR PREVENTION AND TREATMENT.

BY AFRED B. OLSEN, M.D.

In this country one never knows far ahead what the weather is to be like, and so it is difficult to anticipate the coming winter. An exceptionally warm, pleasant summer may be followed by a mild, open winter. On the other hand, we may get an old-fashioned winter, with plenty of snow and ice. But, in any case, it is a good thing to be prepared for the cold.

Winter Ailments.

The majority of winter ailments naturally have to do with the organs of respiration. The most common are colds, sore throats, influenza, bronchitis, pleurisy, pneumonia, and the so-called "winter cough," or chronic bronchitis.

It is important to bear in mind that, during the cold weather, there is a marked difference between the temperature of the living-room and the outdoors, and an abrupt change may cause a chill, leading to influenza or pneumonia. In a warm room, and especially an overheated room, the skin becomes relaxed and susceptible to cold. It may even be moist with perspiration. Worst of all, the air of the room is usually close and foul. Persons going out of doors from such an atmosphere are very likely to take cold, unless they are well dressed and active in their movements.

To Avoid Taking Cold.

The real secret of avoiding colds is in keeping the body in a high state of physical

vigour; then the natural resistive forces are sufficient to ward off ordinary colds. Full physical vigour is not possible if organic wastes are allowed to accumulate in the body. To have a clean body, there must be clean living.

This means abstemious living, that is, one must avoid alcohol in all forms, including beer; also strong tea, or coffee, and animal foods, excepting the dairy products.

Furthermore, full physical vigour is not obtainable without muscular exercise. Manual labour or physical exercise of some kind is required daily to maintain sound health.

To Cure a Cold.

First, stop food for at least a couple of meals, encourage the free drinking of water or lemonade (from fresh lemons) and give one or two enemas to cleanse

the bowels. The next step is to restore the circulation, which has become upset. This is indicated by the various chilly sensations experienced by the patients. Some form of hot bath is usually required—an electric light, Turkish, or a vapour or hot air bath at home, or even a full hot water bath. If none of these are convenient, a hot mustard foot bath, which is available anywhere, will suffice. Have the water as hot as possible without actually burning the skin. At the same time, apply a cold compress to the head. This treatment can be made still more effective by combining with the foot



FOOT BATH WITH FOMENTATION TO THE SPINE.

bath hot fomentations to the spine. The accompanying illustration shows the fomentation as applied. The attendant is about to cover the patient with a blanket. While soaking the feet in hot water, give the patient two or three glasses of hot lemonade to drink. After free perspiration has been established, dip the feet in cold water and dry them, and then give a cold hand rub or sponge, and put the patient to bed between warm blankets, with a hot bottle to the feet. This will usually suffice to break up the cold.

The same treatment would be useful in the early stage of influenza, but this ailment is fully dealt with in another article, by Dr. J. J. Bell.

To Relieve Sore Throat.

Sipping hot water will usually give temporary relief, and, by the way, it is far superior to the cough drops and throat medicines on the market; and, further, it does no harm, and that is more than we can say of cough and throat medicines generally.

A hot foot bath, as described above, is almost certain to afford relief, and promote recovery. But perhaps the most effective treatment consists of fomentations to the neck, followed by a cold compress. Apply three fomentations, for five minutes each, one following the other, and then a cold linen compress. Cover the latter with two or three layers of flannel so as to prevent the access of air. This treatment may be given in the evening and the compress left on all night. On removing it in the morning, bathe with cold water. It is often necessary to repeat the treatment for several days.

Bronchitis.

This is an inflammation of the bronchial tubes or air-passages leading to the lung tissue proper. There is some fever, more or less cough, and a good deal of expectoration.

Give fomentations to the chest, or better still, a hot chest pack. This is followed by a cold sponge, or in some cases, by a cold chest compress, which is prepared in the same general way as indicated above.

It is usually necessary to put the patient to bed for several days and have a doctor

in attendance. If the bowels are confined, give enemata. The diet should be light and sparing for a few days.

Pneumonia.

In plain English, pneumonia is inflammation of the lungs. The attack can usually be traced to a chill. The tempera-



FOMENTATION TO THE NECK.

ture rises fast and high, and there is great prostration. The patient looks and feels very ill. The breaths become more rapid and shallow, and within a day or two, he begins to raise a characteristic rusty sputum. At the same time, he experiences severe pain in the chest, which is aggravated by breathing.

Put him to bed at once and send for the family physician promptly. The most important part of the treatment consists of careful, intelligent nursing. Fomentations, cold compresses, cold sponging, mitten frictions and similar procedures are indicated. All the treatments must be given by a skilful, trained nurse. This is not a case for a novice and experimentation.

See that the sick-room is well ventilated, and that nourishing and easily digested food is supplied. To open the bowels, administer enemata. During convalescence great care must be taken to avoid exposure of any kind, which might lead to relapse. This is a point which can hardly be emphasised too strongly.

THE LIVING-IN SYSTEM AND THE NATION'S HEALTH.

BY M. ELLSWORTH OLSEN.

ENGLAND is good to her paupers, her idiots, and her insane; she can afford to furnish such harmful luxuries as beer and tobacco to the poor, broken-down wrecks of humanity who crowd her workhouses; but to the young, aspiring man or woman who joins her great industrial army, she often proves but an indifferent friend and protector.

A Cause of Physical Deterioration.

As a result of this and other contributory causes, physical deterioration is already a fact to be reckoned with, and one which bids fair to assume more menacing proportion in the near future. It is a case of reaping what we have

sown. Bad labour conditions cannot but produce, in the long run, an inferior physique in the people subject to them, and thus tend ultimately to racial decay.

To the vast majority of people, the living-in system is probably little more than a name. But the fact that it directly involves the health and well-being of tens of thousands of young men and young women at the most vital period of their lives, invests this mammoth industrial institution with peculiar interest to all who have their country's welfare at heart.

The Shop-Assistant's Position.

To put the situation briefly, under present conditions, shop-assistants and that class of workers generally, are being ground to pieces between two millstones:

- (1) excessively long hours of labour; and
- (2) compulsory living-in, with all that this

is likely to involve in the way of poor food, dismal, barrack-like surroundings and constant surveillance, often of a very annoying and apparently un-called-for character.

Long hours of labour and living-in seem mutually to support each other. The assistant is on the premises anyway, reasons the employer; why should he not be kept busy; and *vice*



BATHS UNDER DIFFICULTIES.

versa, the exigencies of business require long service; hence the advantage of the employee's living on the spot, and thus saving the time otherwise spent in going to and from work.

It will not be possible in two or three brief articles to do justice to the living-in system as a whole. It is an old institution, and has undergone many changes in the course of its gradual development. We shall confine ourselves to pointing out some ways in which the system operates against the health of the young men and women who may be called its victims.

GOOD HEALTH.

Long Working Hours.

Long working hours are all but universal. The average shop-assistant puts in over seventy hours of labour a week, while in many cases the working day is extended to twelve, thirteen, or fourteen hours. Thousands of young saleswomen in tobacco and sweet shops have a seven-days week of ninety-five hours.

The work is not by any means without strain. Customers must be pleased and humoured in every legitimate way, and at the same time induced to buy, whether the firm happens to have what they want or not. The plan of paying a considerable part of the salary in the form of commissions on sales operates to the disadvantage of the customer, and greatly increases the nervous strain of the shop-assistant.

The Physical Strain.

There is also a considerable physical strain. In most places of business the shop-assistant must keep on his feet all the time, and when customers are not being served, must maintain an attitude of pleased attention, which in itself is very wearisome.

Some firms provide stools for their saleswomen to use during moments of leisure, and this little concession to tired limbs makes a vast amount of difference in the comfort with which the necessary work is done.

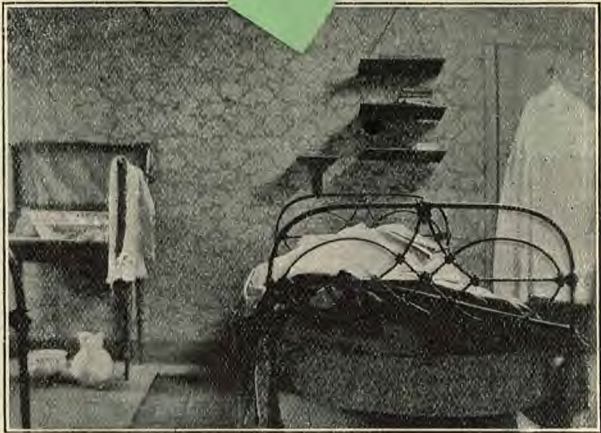
After work hours the assistant can retire to the bed-room, which he shares with three or four fellow-workers. Some of these sleeping-apartments are reasonably good; others quite the opposite. The ventilation is nearly always sadly inadequate. The furnishing is of the most meagre description, and the walls absolutely bare.

Baths Under Difficulties.

One of the most serious inconveniences is the lack of bathing facilities. Sometimes there is a single bath-room at the disposal, say, of forty or fifty girls, with hot water to be had only on rare occasions. Often nothing of the kind is provided, and the bath must be taken in the bed-room in

the presence of the other inmates. A cut on the opposite page shows a bed-room occupied by some young women who are taking their turns at the counter. Such utter lack of privacy is, however, more tolerable to men than to women. It seems hard to believe that in such establishments carried on by prosperous firms, young women, who in many ways the most critical of their lives, must go for weeks, or even months, without a proper bath. Reasonably dressed they must be, though they are very strict on this matter; but the cleanliness seems to be a matter of absolute indifference.

It may be that the young people who



CORNER OF A "LIVING-IN" BED-ROOM.

live in fail to take as good care of themselves as they might, even under present conditions. This is very likely true; but the employees are often taken into such establishments at the early age of fourteen, fifteen or sixteen, before their habits are formed. It is therefore the more incumbent on the proprietors, not only to provide necessary conveniences for the practice of cleanly, wholesome habits, but to encourage the use of such conveniences. The living-in establishment is really an educational institution. Is it educating these young people for strong, well-rounded, useful lives? or is it under present conditions, with long hours, bare, monotonous surroundings, and often inadequate food, making for physical unfitness and ultimate national decay?

(To be continued.)

ROUND SHOULDERS—THEIR CURE.

BY LENNA WHITNEY-SALISBURY.

NONE of us are responsible for our features, but we are to a great extent responsible for our figures and for our carriage.

One of the most common bad positions we see now-a-days is round shoulders, accompanied by a bad poise of the head. Among persons whose occupation is sedentary, as those who read, write, or sew a great deal, this position is especially prevalent.

Probably no one fault of carriage makes one look older than this. The man whose hair is grey, but whose form is still erect, always seems younger to us than the man many years his junior who is bent and round-shouldered.

A very frequent and at the same time easily avoidable cause of round shoulders is a bad sitting posture. Especially when one is tired, it is so easy to drop down into a chair, let the chest relax, and the shoulders fall forward, and then you imagine you are "so comfortable!"

If you are engaged in work which requires you to lean forward, accustom yourself to bend forward from the hips; let the movement be an inclination of the spine forward, rather than a bending or arching of the upper spine. Someone has very aptly said: One may bend as much as one likes if Nature's bending-places—the joints—are regarded; bend from the

hips instead of breaking at the waist line."

Of supreme importance both in the prevention and cure of round shoulders is the correct position of the chest. I may safely say that no person who keeps his chest well raised will ever become round-shouldered. It is impossible to emphasise too strongly the effect of the position of the chest on the general carriage of the body. When once the chest is relaxed, the head unconsciously advances, the shoulders droop forward, and the abdomen becomes prominent.

We are told that the chest is the

moral centre of the individual. It is certain that if we meet a person with chest well raised and head erect, he inspires us with more confidence than the flat-chested, round-shouldered person with hanging head. A well-known writer on physical culture once said: "It is impossible for a man to steal with the chest raised, the head erect, and the body well poised."

Given an

active, well-lifted chest, and ninety-nine times out of the hundred the poise of the head will be correct, and on these will depend the carriage of the body. Often the mere effort of cultivating the feeling of "standing tall" and keeping the chest raised will be sufficient in itself to correct a bad position of the shoulders.

If I were asked to give the two exercises



FIG. 1.



FIG. 2.

which I consider most helpful in overcoming round shoulders, they would be the following:—

I. Assume the correct standing position (weight on the balls of the feet, chest well raised, the head erect and the abdomen drawn in). With the hands on the hips, slowly take a full deep breath, at the same time bending the head and upper part of the spine strongly backward. See Fig. 2. Breathe out as the head and spine are raised. Take the exercise from three to five times, and follow it with bending the body forward the same number of times, allowing the head to hang relaxed.

This exercise is valuable in that it is a preventive as well as a cure, and helps to render the chest walls supple, thus making it easier to

keep the chest active, and it both straightens and strengthens the upper part of the spine, the abdominal muscles being also brought more or less into play.

II. The swimming movement. The starting position is shown



FIG. 3.

in Fig. 3. The body should be inclined a trifle forward to counteract the tendency to sway backward while swimming. (a) Push the hands quickly forward, level with the shoulders, keeping the palms turned out as shown in Fig. 4. (b) Carry the arms back to the side till they are in line with each other, the palms still kept back. Fig. 5. (c) Resume the starting position. Fig. 3. The head must be kept well back, and the chin drawn in while taking these movements.



FIG. 4.



FIG. 5.

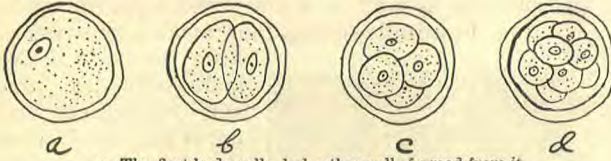
III. Another very helpful exercise is shown in Fig. 1. The body is inclined forward from the hips to an angle of about 30° . In this position raise the arms shoulder high, palms turned up as shown in the illustration. Then take the exercise as follows: (a) Fling the arms quickly upward, taking care not to allow the chin to be pushed forward. Try to bring the arms well back of the ears, but do not let the head drop forward, otherwise you lose the benefit of the exercise. (b) Lower the arms slowly to the starting position. Take this from eight to ten times.

IS CANCER CURABLE?

BY FRANKLIN RICHARDS, M.D.

The Origin and Nature of Cancer.

IT is now quite generally understood that the body is composed of units of structure called cells, very much as a building is formed of separate pieces of brick and stone. In the beginning, the body was built by these cells, the first cell dividing and forming two; from these two four were formed, then eight, and so on,



a, The first body-cell; b-d, other cells formed from it.

till the body cells soon numbered millions. At an early stage these cells were arranged in three layers—an outer, a middle, and an inner. By a series of intricate curvings, indentings, and foldings, these layers of cells were mysteriously fashioned into the beautiful and orderly forms of the several parts of the body. Thus the normal infant at birth is a miniature man, well made. To attain the size of its parent, it must simply grow and develop. Each tiny part must be built up to normal adult proportions. This is done by cell multiplication.

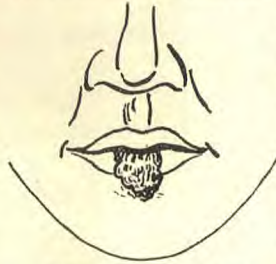
How the Baby Grows.

Under healthy conditions, then, these architect cells seem content to let well enough alone. They do not attempt to alter or improve the house we live in by adding an extra window, or installing a new machine to digest the food or circulate the blood. The pressure of the air from without, their contact with one another, the resistance of other cell groups, and the bounds set by membranes, capsules and sheaths of tough tissue—these suffice to direct and control the activities of myriads of busy cell-builders. Each group works within its allotted compartment, the muscle cells building muscle as fast as it wears away, the skin cells renewing the skin as it is brushed from the surface, and other cells doing their duty as healthy cells should. Nothing disturbs the delicate balance of cell-life, and all goes harmoniously.

Disturbances in the Body.

It sometimes occurs, however, that cell-workers are placed under trying conditions. Sometimes they are troubled and worried by constant friction. When the lip is frequently rubbed by pipe-stem or cigarette, the tongue repeatedly grazed by a jagged tooth or ill-fitting plate, the breast pressed upon by stays, or some part inside irritated by ribs forced in and organs dragged down upon it—when, in short, any part of the body is repeatedly or constantly disturbed, the irritated cells undertake to protect it by building a wall of defence.

This may at the first result in the formation of nothing more than a callous, a wart, or a corn. The covering of the irritated part is more or less thickened, and a pad or shield formed by the cells. But if the disturbance continues, the cells multiply somewhat faster. This forced proliferation calls for a concentration of forces which diverts the cell from its legitimate duties. After many generations it degenerates and loses the power to produce a useful and beautiful structure. It becomes a mad cell, as it were, a confused



CANCER OF THE LIP.

and perverted builder. It apparently tries to build skin where muscle and nerve ought to be. It works fast and furiously, brooks no restraint, builds through walls, blocks up streets, undermines and destroys normal structures, and litters cell town with rubbish. It builds something strange and new—a tower of Babel in the body. Such is the cancer cell; such the origin and nature of cancer.

Is Cancer Contagious?

Cancer is not contagious, but the cancer cell may be transplanted from one person to another just as skin can be grafted. It may also be carried to other parts of the

body by the fluids which convey normal cells, and it often occurs that when the first cancer is removed, other cancers before long appear in other parts of the body. It is this fact which limits surgery in the cure of this dread disease.

There is no cancer parasite, microbe, or cancer amoeba. It is safe to speak definitely on this point, not only because the numerous "specific germs" discovered have quickly gone into hiding, but because the cancer cell itself is quite enough to account for all the phenomena of cancer. A cancer parasite is not needed.

Is Cancer Hereditary?

Again a negative answer is well supported. Cancer is not transmitted from parent to child, though constitutions more than ordinarily susceptible to cancer are no doubt inherited, much as a tendency to leanness or stoutness might be. It may require some little care in each case to avoid the final result of the predisposition; but one is not doomed to share the fate of relations who have died of cancer.

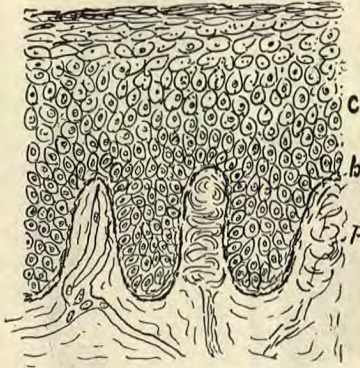
A consideration of the origin of cancer would not be complete without reference to Cohnheim's hypothesis of the embryonal origin of tumours. This is to the effect that during the course of development certain cells from the outer cell-layer were displaced—dropped in, so to speak, between normal structures which were developing—and that these displaced cells lay dormant until late in life when something excited them to growth. No one knew better than Cohnheim that this theory had a missing link, and he expressly warned his confrères against attaching too much importance to the possibility to which he called attention. The impossible thing in the Cohnheim hypothesis is this: No one can conceive of a cell, the ordinary

life-cycle of which is short, lying dormant for fifty years or more without being dead as a door-mat; nor have these delayed embryonic cells ever been seen.

The practical value of as correct an understanding of the origin and nature of cancer as it is possible to get, will be made manifest in the third of this series of articles in which the causes, prevention, and treatment of cancer are to be considered.

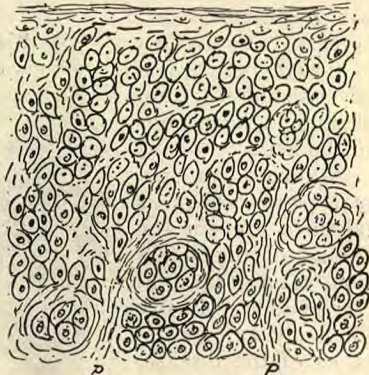
A Lesson in Manners.

MR. SHARP was summoned to his door by a ring, and a chubby urchin stood



HEALTHY SKIN.

c, cells of the skin; b, basement membrane; p, nerve and blood papillae.



CANCER OF THE SKIN.

Showing disorderly arrangement of cells and extension below basement membrane. p, p, atrophied papillae.

without. "Wish you a merry Christmas, sir," said the youth expectantly.

"Er—quite so," said Mr. Sharp, blandly, following a rule he has invented for the discomfiture of Christmas-box hunters.

"An' a 'appy New Year," added the boy, still more expectantly.

"Exactly," said Mr. Sharp.

The urchin was nonplussed, but he determined on a final effort. "An'—an' all the rest of it, sir!" he said desperately.

There was an impressive silence, and Mr. Sharp flattered himself that he had crushed the young hopeful; but he hadn't.

"Say, gov'nor," piped the urchin, "it wouldn't 'urt you very much ter say, 'Same ter you,' would it? If yer poor, yer can, at least, be perlite!"—*Selected.*

THE CAUSES AND TREATMENT OF INFLUENZA.

BY J. J. BELL, M.D.

DURING the winter months no disease perhaps is so prevalent as influenza. Since the great pandemic outbreak in 1889-'90 it has been always present in epidemics at this season. It chooses all classes and all ages as its victims. There is perhaps no more infectious disease. It spreads rapidly, and there seem to be no methods in use to prevent its diffusion.

The symptoms of the disease are so well known as not to require description. The headache, pains in the back and limbs, with cold in the head are prominent features. The patient is always more or less feverish and will complain of aching pains in the bones.

Although no special precaution is taken to prevent the spread of the infection, yet a great deal can be done to fortify the body against attacks of the disease, which unfortunately may occur again and again, one attack not conferring immunity.

Any measures which will keep the body in a healthy tone and decrease the susceptibility to catching cold will help to fortify against this disease. The morning cold sponge bath or cold full bath followed by a good reaction should be continued during the winter, also regular daily exercise in the open air.

The diet is also a very important feature. Although this should be fairly liberal in the cold months of the year, yet care should be taken not to indulge in the use of things which tax the digestive organs, as an attack of indigestion disposes to an attack of any infectious disease prevalent. Rich cakes, greasy foods, stimulants and narcotics ought to be avoided. Well-cooked

grains and vegetables, fruits, and a small quantity of nuts or good nut preparations, form the best articles of diet. Some may prefer the use of milk and milk products to nuts. Late dinners or suppers and late hours should be avoided.

What Treatment to Give.

A few words as to the treatment. Rest in bed, with plenty of pure water to drink, and some measures to relieve the pain and keep the bowels open, are important. Warm water enema, 105°, hot foot bath, 107° to 110°, followed by fomentations to the spine, cold compress to the head and tepid sponge are measures useful in nearly all cases of this kind. All treatment should be given in bed, as far as may be possible.

The food should be light but nourishing. Strained gruels and fruit juices may be taken.

Possible Complications.

Great weakness is often present, sometimes even for months after a severe attack. Not only are the ordinary muscles of the body weak, but the muscle of the heart is often affected. For this reason, and also because a great many complications may arise during this disease, the patient ought always to be under the early care of a good physician. Indeed in the early stages it is often difficult to say whether or not the case may be one of some worse disease, such as typhoid. And in all feverish conditions skilled care at an early date is important. Many lives have been lost through neglect of prompt relief measures in the early stages of some of the most common diseases.



Care of the Children in Winter.**Hints to Mothers.**

DON'T deprive your little ones of fresh air, even during the coldest weather. Cold has a bracing effect on the system, and the winter is the time when the healthy child lays in a store of vitality.

Dress your child for comfort rather than for looks. Don't forget to protect the limbs. Delicate little girls and boys ought not to be seen on our streets with bare legs on bitterly cold days.

The clothing should be distributed as evenly as possible, and both girls and boys should be clad in woollen combination suits.

Teach your children never to sit with cold, wet feet. This precaution alone, if carried into



practice, would do away with a large amount of sickness. If the feet have been exposed to the wet, boots and stockings should be removed immediately, and the feet rubbed briskly till warm and dry.

The diet of children in the winter should be of whole-

some food and abundant in quantity. Slow eating and thorough mastication should, however, be insisted upon.

Colds and catarrhal troubles should receive prompt treatment, otherwise they are likely to develop into something more serious. Infants should not be allowed to play on a damp floor with drafts coming from all directions. Colds are taken under such circumstances much more quickly than from exposure out-of-doors.



GOWNS FOR GROWING GIRLS.

BY EULALIA SISLEY-RICHARDS, M.D.

THERE are weak and ailing women not a few, who if carefully questioned concerning their ailments would date the beginning of their troubles some time between the ages of fourteen and eighteen. The history very frequently elicited by the physician is this: The patient was robust as a child, but on reaching the age of fourteen or fifteen years began to be seriously troubled with indigestion, constipation, and pelvic disorders (in some cases chest troubles), from which she has never entirely recovered. The observant physician is certain to be impressed with the large number of such cases coming under his care.

When the Girl Becomes a Woman.

Let us as women think seriously of this matter for a moment. Is the change from girlhood to womanhood an unphysiological process which must of necessity detract from the health and strength of the developing girl? Certainly not. A girl should blossom into womanhood as naturally and healthfully as a bud opens into a full-blown rose. It is true that this transition period in girls is a critical one. Not only are all the vital organs taking on greater activity at this time, but there are several organs before inactive, which now for the first time begin to functionate. All these changes make a great demand upon the girls' supply of nervous energy, and because of this she needs to be given the very best chance in order that she may safely pass through this trying time and develop into a healthy buoyant woman.

Room to Grow.

The young girl needs fresh air, sunshine, wholesome food, suitable exercise, and

sleep in abundance; but perhaps more important than all these, *she needs room in which to grow*. She may be given good food, fresh air, and excellent exercises, but if her clothing is so tight that her digestive organs are bound, as it were, hand and foot; if her chest cannot expand to take in the oxygen, and if her muscles cannot with freedom do the work required of them, all these good things may profit her almost nothing.

Unreasonable Decrees of Fashion.

The ordinary style of clothing which young girls are sentenced to wear, does not give them a chance to develop into strong, healthy women. For some unaccountable reason Fashion decrees that a girl of fourteen may grow much taller, her shoulders may broaden, her chest become full, her hips and limbs may develop considerably. In fact she may and should increase in size in all measurements except one. On no account must her waist measurement increase by a single inch (even though this portion



FIG. 1.

of the body contains all of the vital organs). It must rather diminish. A girl of thirteen with a waist measurement of twenty-six inches is considered quite natural and symmetrical, but a young woman of twenty-five with the same waist measurement is considered almost a monstrosity. Can such a state of affairs be found anywhere else in all the realm of nature? No. And until women see the necessity of allowing their daughters to develop symmetrically, women will continue to suffer, and doctors will continue to prosper.

In order that the young girl may develop into a healthy woman, free from

aches and pains, every article of clothing which she wears must be loose and comfortable. There must be no dragging of skirts around the waist, no tight bands, no constriction of any part of the body. The combination undergarments usually give the greatest comfort. Then, in lieu of the corset a suitable bodice should be worn. This bodice should be loose enough to give perfect ease and freedom; at the same time it should be well-fitted and made of material strong enough to carry the weight of the petticoats, and give a sense of support.

Suggestions for a Frock.

The undergarments having been satisfactorily arranged, some attention must be given to the frock. Any sensible style may be chosen provided it suits the girl's figure.

There are several points, however, which should be borne in mind in planning gowns for growing girls. The bodice must be made large enough round the chest to allow full expansion of the lungs in breathing. Also great care must be taken to see that there is no constriction around the waist, as this would result in a disturbance of the digestive organs.

If the bodice and skirt are made separately, they should be either tacked together or fastened with buttons or with large hooks and bars, the attachment to be covered with a soft, folded belt. It is always wise to allow some fulness around the top of the skirt, either in the form of tucks or gathers, so as to permit of alteration as the girl increases in size. Also it is well to have a few inches of the material turned up at the bottom, so that the skirt can be easily lengthened if necessary.

The accompanying sketches may be suggested for comfortable gowns for grow-

ing girls. Fig. 1 would be well suited to girls from fourteen to sixteen years of age. This style allows ample breadth across the chest. Then, too, the skirt could be easily altered, a thing which would be impossible with a plain, tight-fitting skirt. The bodice might be made to close either at the back or at the side underneath the tucks. The U-shaped chemisette and cuffs could be made of all-over lace, or of a suitable contrasting material. The skirt should be firmly attached to the bodice either by buttons or by hooks and bars, as is described above.



FIG. 2.

The princess gown shown in Fig. 2 would probably be better suited to girls of seventeen or eighteen years of age. If cut after a good pattern and well fitted, such a garment would be most comfortable, as there are no troublesome bands around the waist.

Mothers may rest assured that their daughters, if sensibly taught, will no more desire to wear corsets than young colts will desire to be put into harness. Rather they will rejoice in their freedom, and will develop into strong, healthy women, able to undertake successfully the duties of wifehood and motherhood, and to endure the

strain of an active, useful life.

Comfortable Footwear.—Since printing the article by Dr. Richards in our issue of March, we have had various inquiries in reference to healthful footwear. It is a pleasure to be able to inform GOOD HEALTH readers that Messrs. Hall & Son, who have been in the boot and shoe trade for many years and have established an enviable reputation as specialists in hygienic footwear, have decided to place on the market a boot embodying some unique features, which they have our permission to call the Good Health Boot. The layer of fine cork, insuring dry feet, is in our opinion a most valuable addition. The boot is of neat appearance, its shape at once pleasing and physiological, and the material is of the best.



A Few Suggestions for
CHRISTMAS DINNERS.

CHRISTMAS should be a time of peace and goodwill to the lower animals as well as to man, and doubtless many readers of GOOD HEALTH will be interested in some suggestive holiday menus of the bloodless kind.

Man's natural diet undoubtedly consists of the products of the soil, which in this

Christmas in anything like a proper spirit.

The first of the accompanying menus is the one which will be placed before the guests at the Rostrevor Hills Hydro on Christmas day. The other menu has kindly been furnished by Mrs. Alfred Bacon, of London, who has a well-earned reputation for wholesome, palatable cookery.

Two Good Christmas Dinners.

Lentil and Tomato Soup.
Green Peas. Protose Stew.
Browned Rice. Plum Pudding.
Oranges. Apples. Bananas.
Brown Bread. Zwieback.
Wholemeal Rolls. Granose Biscuit.
Almond Cream.
Dairy Cream.

Green Pea Soup.
Yorkshire Pudding with Protose.
Lentil Roast.*
Baked Potatoes with Brown Sauce.
Brussels Sprouts.
Stewed Carrots. Beetroot Salad.*
Plum Pudding.
Apples and Nuts.

favoured country we enjoy in rich variety the year round. When we add butter, milk, cream, and eggs, we get a dietary which is abundantly satisfying even to the most particular, and one on which the hardest kind of mental or physical labour can be performed with ease.

A dinner composed of natural foods prepared in a wholesome, easily digestible form, satisfies the demands alike of palate and the system. The digestive disorders which are more or less common on holiday occasions may be largely traced to the "high" game, old cheese, alcoholic drinks and other harmful things that are then indulged in.

Let us rather have a healthful dinner, even with less palatal pleasure if need be, in order that we may have good digestive organs, clear minds, and general all-round "fitness." Thus only can we observe

Recipes for the First Menu.

Lentil and Tomato Soup.—Cook one pint of red lentils in a small quantity of water until soft, and rub through a colander. Add one pint of strained, stewed tomatoes. Season with one tablespoonful of almond butter. Salt to taste. Reheat, and serve hot.

Canned Green Peas.—Two cans of green peas. Boil slowly until tender.

Protose Stew.—One tin of protose; cut in slices one-half inch in thickness; one onion chopped fine. Put in deep cover dish. Heat barley jelly, and pour over until slices are covered. Place in moderate oven for one hour.

Browned Rice.—Brown rice in oven until of a straw colour. Take three cups of the rice and pour over it seven cups of boiling water. Steam for one hour, or until all the kernels are soft throughout. Serve with the protose stew and green peas.

Plum Pudding.—Three cups zwieback crumbs, six ounces stoned muscatels, six ounces sultanas, three large chopped apples, three ounces blanched,

*See "Hygienic Food Recipes" for recipe, post free 2d.

ground almonds, three ounces grated or ground Brazil nuts, four eggs, one cup water. Wash the fruit thoroughly, and mix with zwieback crumbs and nuts. Separate yolks and whites of eggs and beat separately. Mix the beaten yolks with the water, and stir into the dry ingredients. Whisk the whites to a light froth and stir in. Put into greased mould, and steam five or six hours. Serve with almond or dairy cream.

Almond Cream.
—Mix two tablespoonfuls of almond butter in a little warm water. Stir into boiling water. Make to consistency of rich cream. Boil two or three minutes. Serve hot.

Recipes for the Second Menu.

Green Pea Soup.
—Pick and wash one pint of split green peas; put into a stewpan with two quarts of cold water. Skim and stew gently for two hours. Then add one sliced onion, two carrots, two turnips, and a little celery. When all is quite tender rub through a sieve, put back into pan, and boil up again. A little milk improves the soup. Serve with wheat-meal, bread, or toast. (Lentils or haricots may be used in the same way.)

Yorkshire Pudding with Protose.—One pound protose, one pint milk, four tablespoonfuls of flour, two eggs, and salt to taste. Make the batter in the usual way, cut protose into thick slices, and drop into batter just before placing in the oven. Bake in hot oven for half an hour, and serve with tomato or other sauce.

It makes batter much lighter if made some hours before it is used.

Plum Pudding.—1 lb. sultanas, 1 lb. currants, 1 lb. raisins, 1 lb. breadcrumbs, 1 lb. sugar, 1 lb. apples, 6 eggs, grated rind of one lemon, $\frac{3}{4}$ lb. mixed candied peel, 1 lb. Brazil or other nuts, chopped

or ground, $\frac{1}{4}$ lb. chopped almonds. Mix all thoroughly together and moisten with the eggs, which should be well beaten. Butter a basin or mould, and fill it. Scald a clean cloth, flour it, and tie the pudding down tightly. Boil for six or eight hours. This pudding can be served with boiled or baked custard, or with any other simple, wholesome sauce that may be desired.



EVA MARGERY LUCAS.

Good Health Children.

CHRISTMAS belongs in a special sense to the children, and we are always glad to present in our Christmas number cuts of a few of the large family of GOOD HEALTH children.

Our frontispiece, labelled appropriately "Good Health," gives a very good likeness of Master Clarence Guise Colcord (of Washington, D.C., U.S.A.), aged five years and ten months. Clarence has from the first been fed and cared for on strict food reform principles, his mother being the author of a hygienic cookery book circulated by thousands.

On page 206 we have a cut of Edwin Stewart, a sturdy little fellow hailing from Battle Creek, Mich., who looks out on the world from his lofty perch on mother's arm, grave and dignified as a judge.

The opposite page gives likenesses of four treasures. In the uppermost place sits Corona Grace, daughter of Mr. and Mrs. Wm. Knight, of Greenock, Scotland. In the centre are May and George Alfred, the children of Mr. and Mrs. Samuel Cowley, of Liverpool, and below them Alexander Knight, of Aberdeen, who is just under a year. On this page we have the daughter of Mr. and Mrs. Lucas, of Sheffield, and on page 212 Edith Brant, of Hull.

Our apologies are due to the senders of photos for which room could not be found in this number. We shall try to use some of them in a later number of GOOD HEALTH.

FOOD FOR THE LUNGS.

BY MRS. E. G. WHITE.

MANY have been taught that night air is positively injurious to health, and therefore must be excluded from their rooms. One autumn evening I was travelling in a crowded compartment. The exhalations from so many lungs and bodies rendered the atmosphere very impure, and caused a sickening sensation to come over me. I let down the window, enjoying the fresh air, when a lady in earnest, imploring tones, cried out, "Do put up that window! You will take cold and be so sick; the night air is so unhealthful!" I replied, "Madam, we have no other air than night air in this car or out of it. If you refuse to breathe the night air, you must stop breathing."

In the cool of the evening it may be necessary to guard against chilliness by extra clothing; but there should be a free circulation of pure air through the room during sleeping-hours. The free air of heaven, by day or night, is one of the richest blessings we can enjoy.

Fresh air will purify the blood, refresh the body, and help to make it strong and healthy. The invigoration produced will be reflected upon the mind, imparting to it tone and clearness, as well as a degree of composure and serenity. It gives a healthful stimulus to the appetite, renders the digestion of food more perfect, and induces sound, sweet sleep.

Living in close, ill-ventilated rooms weakens the system, makes the mind gloomy, the skin sallow, and the circulation

feeble; the blood moves sluggishly, digestion is retarded, and the system is rendered peculiarly sensitive to cold. One should so accustom himself to fresh, cool air that he will not be affected by slight changes of temperature. Of course he should be careful not to sit in a draught or in a cold room when weary, or when in a perspiration.



EDITH BRANDT.

Many labour under the mistaken idea that if they have taken cold they must carefully exclude the outside air, and increase the temperature of the room until it is excessively hot. But the system of one suffering with cold is deranged, the pores are closed by waste matter, and there is more or less inflammation of the internal organs, because the blood has been chilled back from the surface, and thrown upon them. At this time especially the lungs should not be deprived of pure air.

Judicious exercise would induce the blood to the surface, and thus relieve the internal organs. The power of the will is a great help in resisting cold and giving energy to the nervous system. To deprive the lungs of air, is like depriving the stomach of food. Air is the food that God has provided for the lungs. Welcome it; cultivate a love for it, as a precious boon of heaven.

"YES, sorr, Mrs. Jones is in. What name shall I say, sorr?"

"Professor Vandersplinkenheimer."

"Och! sure you'd better go roight in, sorr, and take it wid ye."

THE SANITARIUM AS AN EDUCATIONAL INSTITUTION.**A Holiday Suggestion.**

READERS of GOOD HEALTH having a week or a fortnight to spare about the time of the Christmas holidays might find a stay at the Caterham Sanitarium both pleasant and profitable.

A Daily School of Health.

One of the chief features of the Sanitarium is the excellent opportunities it offers for learning the principles of health-

by wooded hills and fields of rare beauty. Rambles uphill and down, across meadows, through quiet footpaths, or along hedge-enclosed country roads, afford not only great enjoyment, but also a new start on the road to health.

One cardinal principle of medical teaching is that prevention is far better than cure. If perfectly healthy people were to spend a little time at an institution of this



ful living. Guests have the free run of the kitchen. They can drop in at any hour of the day and see just how the food is being prepared for the table, thus getting lessons in healthful cookery which they can put into practice on returning home.

Regular lectures are also given at frequent intervals by the physician in charge, and the morning and evening classes in physical culture are most interesting and helpful.

A Winter Resort.

Caterham has great advantages as a winter resort because of its mild, equable climate and its comparatively large amount of sunshine. The institution is located at the head of a picturesque valley surrounded

sort in learning how to preserve their health, there would be far less disease.

The Chronic Invalid.

But the Caterham institution is also able to take the best care of chronic invalids. Its bath and treatment facilities are excellent. Massage, Swedish manual movements, and electrical treatments of various kinds, including the famous radiant heat baths, are given by experts.

Caterham lies seventeen miles south of London, and has an hourly service of trains from Charing Cross, Waterloo, Cannon Street, and London Bridge. The air is pure and bracing, the altitude being about 450 feet above sea level.

Full particulars may be had on addressing the superintendent. [Adv't.]

QUESTIONS & ANSWERS

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

Spinal Curvature.—W.W.: "I shall be greatly obliged if you will give me the name of some book dealing with spinal curvature and exercises suitable for its cure."

Ans.—"The Treatment of Lateral Curvature of the Spine," by Bernard Roth, F.R.C.S., published by H. K. Lewis, 156 Gower Street, London, W.C.

Substitute for Tea.—J.W.G.: "I have been a big tea-drinker, and I wish to substitute something to take its place. Would you advise Postum Cereal Coffee?"

Ans.—Yes. We can also recommend Caramel Cereal and Brunak. All three are cereal preparations, and are nourishing as well as refreshing.

Sprained Ankle.—W.L.: "Please prescribe some simple treatment for a sprained ankle."

Ans.—First, and most important, is absolute rest. Bathe the injured limb with hot water, or use fomentation. In the interval between the hot treatments, apply a cold compress covered with two thicknesses of flannel. In a day or two, or as soon as the soreness begins to disappear, apply gentle rubbing or massage.

Sores on the Fingers.—"Alexandria": "Kindly tell me what to do with sores that come between the joints of my fingers. I notice that the hands and fingers are very dry."

Ans.—Wash the hands with soft water and a mild soap, such as McClinton's, and take pains to keep them absolutely clean. After drying well, dust with starch or talcum powder. You would also do well to apply a little cold cream or vaseline after washing the hands, and just before retiring at night, and then wear gloves overnight.

Rickets.—M.E.: "What diet would you advise for a rickety child of eighteen months?"

Ans.—Pure, clean milk with cream, gluten gruel and porridge, barley water and barley jelly, well-cooked oatmeal gruel (the coarser particles should be strained off), well-cooked rice, tapioca and sago puddings, with a liberal supply of fruit, both fresh and stewed. Ripe Canary bananas are very wholesome, and may be made into a puree and mixed with cream. The child should be given no more than four meals a day, and be encouraged to take water between meals. Allow him to be out in the fresh air the greater part of the time, and see that the rooms are well ventilated. He should be warmly clothed.

How to Put on Flesh.—H.F.: "What diet and exercise would you recommend for an abnormally thin person?"

Ans.—A liberal diet, consisting of plain, easily-digested food. We would suggest the following regimen: Breakfast—well cooked oatmeal porridge with new milk or cream, stewed fruits, such as prunes, pears, or apples, an egg occasionally, some nuts, or nut foods, with brown bread and butter, and zwieback. Dinner—some plain vegetable soup, nut roast, mealy baked potatoes, spinach, sprouts, cauliflower or some other tender greens, fresh celery or tomatoes, and rice, tapioca, or sago pudding. Supper, which should be a combination of the old fashioned tea and supper, and be taken about six or seven in the evening—wholemeal biscuits, zwieback, or stale bread, with both fresh and stewed fruit. For instructions for the preparation of simple, wholesome dishes, see "Hygienic Food Recipes." (2½ post paid) to be obtained from the GOOD HEALTH office. Walking is the best exercise. Violent exercise of any kind should always be avoided. Deep-breathing exercises before the open window are excellent for improving nutrition.

"A RETROSPECT," by J. Hudson Taylor, M.R.C.S. Containing thrilling experiences in China. Admirable for a gift book. Sent post paid in return for two subscriptions to GOOD HEALTH at the regular price of 1/6 each. Other excellent books including some very helpful works on health may be obtained as premiums. Write GOOD HEALTH for particulars.

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

EDITED BY

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THE January number of GOOD HEALTH will contain a number of interesting features. Dr. Hoenes, superintendent of the Friensau Sanitarium (Germany) will contribute a very helpful article on **What to Do for Weak Kidneys.**

DR. EULALIA SISLEY-RICHARDS takes up **The Care of the Baby in Winter.**

The Children's Health Exhibition in Berlin will be discussed by J. F. Rowbotham, M.A.

The Young Man's Health will be the subject of another leading article.

If you think you would enjoy dining out-of-doors this winter, try Mr. Winter's cafe in City Arcades, Birmingham. It is a delightful place in which to eat a wholesome, satisfying meal.

HEALTH food supplies of all sorts suitable for the Christmas holidays can always be obtained of the well-known London firms—Messrs Bax & Son, 35 Bishopsgate St., Without, E.C., and Messrs. Bilson & Co., 88 Gray's Inn Road, W.C.; whose price lists ought to be in the homes of all GOOD HEALTH readers.

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Wednesday...*Banana Pudding.*
Thursday.....*Blancmange Sponge with Stewed Fruit.*
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The Lambert Snyder Health Vibrator is the only hand Vibrator in the world that gives direct true vibration. You can use it yourself, and it is always ready and will last for years. Used and endorsed by over 6,000 physicians everywhere.

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OUR HEALTH VIBRATOR is really all that its name implies. Every one of the many thousands of vibrations it gives off each minute is charged with Health and Healing and Relief from Pain and suffering. Based on the true and fundamental principle that "Congestion" is the real cause of all disease, the stimulation to the circulation effected by the Vibrator most remove that Congestion and so relieve quickly and surely. Here are some typical instances:

INDIGESTION is relieved by the Vibrator because it stimulates the stomach to healthy and normal action, thus making it do its own work—that of digestion. *James H. Smith, Lonsburg Hotel, Bar Harbor, Me., writes: For over 30 years I have had indigestion and headaches. Drugs did me no good, but your Vibrator has cured me.*

RHEUMATISM, Sciatica, and Lumbago promptly yield to our Vibrator, because its beneficent action displaces the Uric Acid Deposits, sending them out of the body by increasing circulation. *Mr. H. B. Page, Box 824, Denver, Col., says: "I have cured myself of Sciatica and other diseases by your Vibrator, and would not be without it."*

DEAFNESS in a very large percentage of cases is completely cured by our Vibrator, because its gentle yet effective action clears away the Catarrhal obstructions and stimulates the whole mechanism of hearing. *Mrs. C. S. Smith, 804 N. Anderson St., Stillwater, Minn., writes: My husband has been deaf for over 50 years. After a few treatments with the Vibrator he is able to hear me talk.*

WHAT DOCTORS SAY. Our Vibrator is used and endorsed by many thousand physicians of all schools of medicine. No matter how much they may differ in their opinions about drugs, they unite in agreeing that the Vibrator is a truly scientific apparatus, safe yet powerful and of unquestioned efficacy in practically all diseased and disordered conditions. *Dr. Lemon, Saulte Ste., Mich., says: "Your Vibrator received and used with great satisfaction. Enclosed find express order for 2 more."*

AND NOW HOW ABOUT YOU? You need the Vibrator in your family. Stop taking drugs and let Nature's true principle of stimulation by vibration cure you and yours. You will never regret the investment in a Vibrator. Apart from its wide range of effectiveness it is practically indestructible, has no electricity, no wheels, no cogs or springs, and it cannot get out of order.

For a limited time we will sell our Vibrator prepaid to any part of Great Britain on receipt of 10/6. Send for our Free Booklet that will tell you How and Why.

LAMBERT SNYDER CO.,
Dept. 25E, 41 West 24th St., New York, N.Y., U.S.A.

In answering advertisements kindly mention "GOOD HEALTH."

PUBLISHERS' NOTES.

DURING the cold season of the year the hands are especially likely to chap. GOOD HEALTH readers will be interested to know that the regular use of McClinton's soap is one of the best safeguards against this condition.

MR. R. WINTER, City Arcade, Birmingham, has sent us samples of his Nutton, which we find on trial to be a very palatable and nutritious food, well calculated to take the place of flesh foods in the dietary of the health reformer. Mr. Winter also makes a variety of wholesome, palatable biscuits. His price list, a fine specimen of good printing, and abounding in interesting matter, should be in the hands of all our readers.

ADVERTISERS will find GOOD HEALTH an excellent medium for all reliable articles for use in the home, and especially for such things as appeal to health culturists. Terms: £8 per page, £4 per half-page, £2 per quarter-page, and £1 1s. per eighth-page. GOOD HEALTH has a larger circulation than any other health magazine in the country, and is frequently kept for reference. Address Advertising Department, GOOD HEALTH, 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, 2/1½. post free. Address, **Good Health Supply Department**, 451 Holloway Road, London, N.

TEETH.

MR. E. W. PRAGER,
SURGEON DENTIST.

"Before you go to a dentist, consult Mr. E. W. Prager, who will give you every information and advice free of charge. We can recommend him as a good dentist with moderate charges."

Note Address: 351 City Road, E.C., (Islington end),
Between St. Matthew's Church and Colebrook Row.
Telephone: 9426 London Wall.

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.

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.

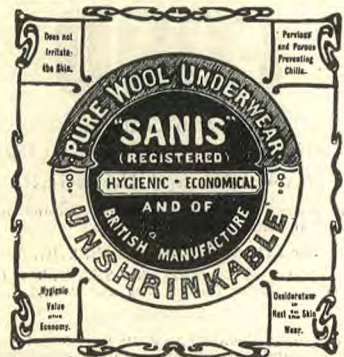
"Sanis" Underwear

[REGISTERED.]

The Perfectly Healthful Underwear.

Protective against chills.

Remember prevention is better than cure.



The fabric is of the purest fine Colonial Wool. Porous, Pervious, and non-conductive of heat, allowing the noxious vapours to escape from the skin.

It gives a sense of SAFETY and COMFORT during and after violent perspiration. Unshrinkable.

Descriptive pamphlet sent free on application to

G.H., THE MANAGER,

79 & 81 Fortress Road, London, N.W.

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. Write for interesting Booklet, containing 24 New Nut Recipes.

G. SAVAGE & SONS, Dept. A, Nut Experts,

53 Aldersgate St., London, E.C.

Agents for Mapleton, London Nut Food Co., and International Health Assoc'n.

	PER LB.
Peanut Kernels, ..	4d.
Ditto, Roasted, ..	6d.
Hazel Kernels, ..	10d.
Cashew " ..	1/-
Pine " ..	10d.
Pistachio " ..	4/6.
Pistachio in shell, 1/-	
Butternuts, ..	10d.
Jordan Almonds, ..	1/6.
Dried Bananas, ..	6d.
New Currants, ..	6d.
Unpolished Rice, ..	4d.
New Figs, ..	4d. & 6d.

Nuts ground 1d. per lb. extra. Nut Mills, 3/6 each.

Cash with order.

In answering advertisements kindly mention "GOOD HEALTH."

Strongly Recommended by the Editor of GOOD HEALTH to his readers.

A TURKISH BATH IN YOUR OWN ROOM

IN TEN MINUTES—DAY OR NIGHT—COSTS ONE PENNY.

THE AVERAGE MAN would be an Athlete, and the weak and ailing man strong and healthy, if either were freed from the poisonous waste which accumulates in the human body.

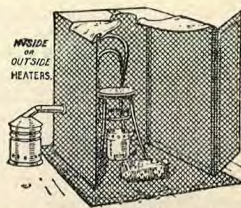
Headaches, Toothaches, Indigestion, Constipation, Nervousness, and Lack of Energy, all arise from the accumulation of fermenting waste matters in the system.

Try a **GEM TURKISH BATH** once and you will feel a new man. Use it regularly once a week and you will always feel clean, healthy and strong.

Ask your Editor if he is not a regular user of the Gem Home Turkish Bath—ask him if he would be without it—ask him, if you like, if he would recommend it to his readers, to YOU.

With the Gem Home Turkish Bath you can enjoy a Hot Air or Steam Bath within ten minutes—in your own room—at a cost of about a 1d. for methylated spirit for heating the interior of the cabinet. You then enter the cabinet naked, sit on a chair, close the sides and top, head projects through the top, so that you can read or chat for a quarter of an hour or twenty minutes while the heat extracts through every pore of the body, the poisonous waste, which otherwise clogs the skin and blood. Then follow with a lukewarm sponge or rub down, and a dry towelling, and you are ready for a delightful night's rest—a night of rest, indeed, that, if you are a sufferer from insomnia, will be a revelation of the benefits of Home Turkish Bathing.

Do not miss learning all you can about Home Turkish Bathing, when simply for the asking you can have a large book explaining all about it, free of charge and post free, on application to



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



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 postage on samples of M'Clinton's soaps, and ask for a booklet explaining how to get the car.

M'Clinton's Soap is made from pure vegetable oils and the ash of plants, and is therefore the mildest in the world. Send at once to **D. Brown & Son, Ltd., Donaghmore, Tyrone, Ireland.**

In answering advertisements kindly mention "GOOD HEALTH."

Good Health School of PHYSICAL CULTURE.

From the members:—

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

"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.

VEGETARIAN RESTAURANT

16 Newgate St., E.C., between Rose St. & Warwick Lane.

Have you dined at the . .

" CERES " ?

If not, why not ?

COURSES, 2d., 3d., & 4d. each. Beverages, 1d.

Breakfasts, Lunches, and Dinners, 10 to 4.

HEALTHFUL, ECONOMICAL, NUTRITIOUS.

PUBLISHERS' NOTES.

"REST COTTAGE," at Seacroft, near Skegness, may be rented at a very reasonable rate during the winter. It is comfortably furnished, close by the sea, and the air is excellent. Particulars to be had of Miss Broughton, at above address.

THE photographs illustrating Mrs. Salisbury's article in this number of GOOD HEALTH were taken by Mr. Huntly, whose advertisement appears in other column. We believe any of readers who wish enlargements done, will find his work very satisfactory.

THE new price list of the "Pitman" Health Food Stores, 188 & 189 Corporation Street, Birmingham, has a unique and valuable feature in its diet guide, giving definite suggestions in reference to the kind of persons the different foods are especially likely to help.

MESSRS. SAVAGE & SONS, of 53 Aldersgate St., London, E.C., have a very fine supply of fresh nuts of all kinds at reasonable prices. We strongly recommend our readers to give the children plenty of nuts for Christmas rather than the harmful sweetmeats that are usually indulged in.

BROMOSE, manufactured by the International Health Association, of Legge St., Birmingham, is an excellent substitute for the cod liver oil which is used by people with chest weakness at this time of the year. It has the great advantage, moreover, of being very palatable. All GOOD HEALTH readers who have not done so, should obtain samples of the International Health Association's foods.

Colds and Catarrh.

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 **7/6, post free**. The cost hitherto for this same outfit has been 10/6. 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.

2/- INSURES YOUR COMPLEXION

DR. HARLAN'S BEAUTY-CUP MASSAGE

For the Face, Neck,
Arms and Body.

"No woman who owns one of these wonderful little Cups need have any fear of wrinkles or blackheads."

The simplicity of this scientific system of self-applied massage, and the speed with which it clears the complexion are almost beyond belief. A single soothing application of the little Beauty-Cup produces remarkable results. Blackheads in many cases are banished in sixty seconds. It pumps impurities out of the blood by atmospheric pressure, rounds out the cheeks, arms and neck, and plumps the waste places in the body with wonderful rapidity. Acts directly on the circulation and feeds fresh pure blood to the tissues, making the flesh firm and fair, and the skin soft and satiny. **Dr. Harlan's Beauty-Cup** sent by mail in plain wrapper—with our Beauty Book—to any address for 2/1 P.O. (abroad 2/6 M.O.)
Address **H G HIGHWATER LABORATORY Co.**,
9-24 Exchange Building, Southwark, London.



Hundreds of unsolicited testimonials.

IXION INFANT FOOD

IS ONE OF FOUR
GOOD THINGS.

IXION INFANT FOOD is
the latest of the well-known IXION
HEALTH FOODS.

IT is as perfect a food as nature and art together can provide, consisting as it does of the whole wheat berry, nothing added, nothing abstracted, but scientifically cooked and prepared in a digestible form, complete with all its natural proteids and phosphates for the building up of nerve, bone and muscle.

From Health Food Stores, Grocers, etc., or 4/6 per ½ doz. 1 lb. tins, Carriage Paid. Smaller quantities, 9d. per tin, postage extra. Sample post free for 2d. stamps, direct from

WRIGHT & CO.,
VULCAN STREET, LIVERPOOL.

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.
(Oooca 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.

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.

REYNOLDS' Digestive WHEATMEAL BREAD.

Most wholesome and nutritious bread to be obtained from choice wheat.

Order Reynolds' wheat-meal bread from bakers and stores everywhere.

Or write: Reynolds & Co., Ltd., Millers, Gloucester.

THE OLD-ESTABLISHED

CEREAL & HEALTH FOOD STORES

THE FIRST AND BEST IN LONDON.

We have a specially fine selection of NUTS, DRIED FRUITS, pulses, and a host of packet and proprietary articles suitable for the XMAS SEASON. PLEASE DO NOT FAIL TO WRITE FOR SPECIAL LIST, post free.

NUTS AS A FOOD.—For many years we have studied the Nut Food Diet, and we know by our long experience, that unless nuts are really good, they are, as a food, absolutely worthless. It is by far the best policy to give a little more and have the best, than to pay a low price which only leads to disappointment.

We deliver to any part of the United Kingdom, FREE, 5/- worth and over of our Shelled Nuts.

	s. d.	s. d.
Shelled Walnuts (old)	1 0 per lb.	3 lbs. 2 9
“ “ (new)	1 2 “ “	3 “ 3 3
Cashew Nuts, extra fine.	1 0 “ “	3 “ 2 9
Pea Nuts, Finest Spanish.	6 “ “	3 “ 1 4
“ “ African.	4 “ “	3 “ 11
Hazel Nuts, new, very fine.	1 0 “ “	3 “ 2 9
Pine or Pignolia Kernels (new).	1 0 “ “	3 “ 2 9
Mixed Shelled Nuts.	10 “ “	3 “ 2 3
Extra fine Valencia Almonds.	1 6 “ “	3 “ 4 3
“ “ Jordan Dessert.	2 6 “ “	3 “ 7 0
Pistachio Kernels.	3 6 “ “	“ “
Roasted Pea Nuts.	6 “ “	3 “ 1 4
New Brazils.	9 “ “	3 “ 2 0

We grind any of these nuts for an additional 1d. per lb.

NUT MILLS. "THE IDA," 3/6 each, post free, 4/-. SMALL MILLS, 1/6 each, post free, 1/10.

THE NEW FOOD.

Crush Nut.

Have you tried it yet? A real food sweetmeat, made from all the best nuts and blended with milk and pure cane sugar.

1/2 per Can be ordered with nuts and de. lb. livered free. Give it a trial on our recommendation.

REMEMBER BAX'S FOODS ARE ALWAYS GOOD FOODS.

OUR ONLY ADDRESS:

FRED^K BAX & SONS,

35 Bishopsgate St. Without.
LONDON, E.C.

In answering advertisements kindly mention "GOOD HEALTH."

PUBLISHERS NOTES.

THE series of articles on "Sewage Disposal," begun in the November number, will be resumed in January.

THE Natural Abdominal Supporter is perhaps the only apparatus yet devised by which prolapsed organs may be properly held in position without any discomfort to the wearer. For full particulars apply to the Good Health Supply Department, 451 Holloway Road, London, N.

Food and Cookery, a standard magazine devoted to the art of cookery, comes to us month by month freighted with many excellent suggestions in reference to food matters. Although it is, of course, not a food reform publication, it has a great deal of interest for those who carry out these principles. Price 6d. Publishing office: 329 Vauxhall Bridge Road, Victoria Station, London, S.W.

BIRKBECK BANK

ESTABLISHED 1851.

SOUTHAMPTON BLDGS., HIGH HOLBORN, W.C.

2½ per cent. INTEREST

allowed on Deposit Accounts Repayable on Demand.

2 per cent. INTEREST

allowed on Drawing Accounts with Cheque Book.

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.

"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.**NEWCASTLE ^{On} Tyne
DEPOT.****"Good Health" Foods.**THE OLD, ESTABLISHED GROCERY,
26 CLOTH MARKET.**The Oldest Health Food Stores
in the United Kingdom.****C. J. Bilson & Co.,**
88 Gray's Inn Road, London, W.C.Importers of, and Dealers in
**Dried Fruits, Nuts, & Colonial
Produce.**NEW CALIFORNIAN DRIED
APRICOTS, PEACHES, PEARS.
All kinds of DATES, FIGS, Etc.
Nuts of every description, Shelled, and
Nut Meals.**BILSON'S COKERNUT BUTTER,**
which is a splendid substitute for the
ordinary Dairy Butter for cooking, is
perfectly wholesome, and of a delicate
flavour. **8d. per lb.,** carriage forward.
SAMPLE TIN, 6d., post free.Agents for the IDA NUT MILL, which is the
best Mill ever offered for grinding all kinds of
Nuts, Cheese, etc. 1/6 and 3/6 each.
Agents for all health foods. Send for price list.**ARE YOU EATING THE
ALLINSON Wholemeal Bread?**

NOTE.—IMPORTANT STATEMENT.—"In consequence of some of my numerous patients not being able to obtain good wholemeal bread, I have got the Natural Food Company, Ltd., to supply the genuine article, made expressly to my instructions. Every loaf stamped T. R. ALLINSON, in bold letters. Being unable to advise the brown bread of many bakers, and knowing the importance of proper wholemeal bread for building up a sound mind in a healthy body, I am determined to see that my patients can obtain it pure. It is a NECESSITY to all who would be well—especially those suffering from constipation and its attendant evils. To eat ALLINSON BREAD regularly is the best way to maintain health and strength." [Signed] T. R. ALLINSON, EX. L.R.C.P., Edin.

CAUTION.—The name T. R. ALLINSON is on each loaf, and the paper band round the loaf also bears his autograph and photograph. **NONE GENUINE WITHOUT.** Send a post-card for list of Agents' names.

Sole Proprietors: **THE NATURAL FOOD CO., LTD., LONDON, E.**In answering advertisements kindly mention **"GOOD HEALTH."**

"GOOD HEALTH" can be obtained through all Newsagents.

If You Desire Health & Strength

and will give our HEALTH FOODS a fair trial, it is a foregone conclusion that you will not only include them in your Christmas menu, but in all menus.

The result will be great benefit to you, as to the thousands who regularly use them, and who testify to:

Improved Health,

A Cool Head,

A Steady Hand,

Increased Strength,

A Clear Brain,

Freedom from Indigestion.

(In all its varied forms.)

BE SURE TO BUY THESE FOODS

Granose Flakes, whole wheat. The best cereal food for all, from the baby to the aged.

Granose Biscuits, the ideal "Staff of Life." Better than the best bread.

Toasted Wheat Flakes, a tasty nutritious breakfast food.

Avenola, another breakfast food, suitable also for puddings. Imparts much strength.

Gluten Meal, wheat extract. A luxury for the well, a necessity for the sick, a boon to children.

Caramel Cereal, a healthful and fragrant beverage. Has none of the injurious effects of tea and coffee.

Protose. The standard nut meat. As nutritious as flesh meat, but free from all impurities.

Nuttose, Nuttolene, other choice substitutes for meat.

Nut Butter, for enriching gravies, soups, etc.

Almond Butter, a perfect substitute for all dairy products.

Bromose, a nut and cereal food of high nutritive value. Makes fat and blood very quickly. Packed in tablet form.

Malted Nuts. In a fine powder form. Especially suitable for young children and invalids, but good for all.

A fully descriptive price list sent post free on application to the sole manufacturers:

International Health Association, Ltd.,

70-74 Legge St., Birmingham.

In answering advertisements kindly mention "GOOD HEALTH."

ANNOUNCEMENTS.

THE proprietors of GOOD HEALTH will shortly put on the market a new book, by the editors, to be entitled, "**THE SCHOOL OF HEALTH.**"

Readers of the magazine have for years been asking for a book of moderate size which would give a reasonably comprehensive setting forth of health principles. It is believed "**The School of Health**" will supply this want. Following are a few representative chapter heads:—

- The Human Body.**
- Physical Development.**
- Healthful and Artistic Dress.**
- Personal Hygiene.**
- Common Diseases and their Hygienic Treatment.**
- The Feeding of Infants.**
- The Feeding of School-Children.**
- The Place of Fruits and Nuts in a Healthful Dietary.**
- Popular Beverages: Their Possible Effect on the Health.**
- The Smoking Habit Considered from the Physiological Standpoint.**
- Accidents and Emergencies.**

The book aims to give simple and definite instruction in reference to personal health culture and hygiene in the home, and to answer all the

most frequently occurring questions in regard to disease and its causes.

It will be illustrated with a selection of fine half-tone engravings as well as numerous line drawings.

The price will be 5/- net. It will be sold by subscription, and will also be obtainable through the Good Health Supply Department.

"**Man the Masterpiece,**" by Dr. J. H. Kellogg, is a book which ought to be in the hands of every young man who wishes a safe and authoritative guide to health in all vital matters. No more useful book could be given as a Christmas present.

"**Ladies Guide**" is to women all that "Man the Masterpiece" is to men.

Both books are selling rapidly because of their unique value.

"**Healthful Cookery**" is the title of a new and eminently practical cookery book by Mrs. E. E. Kellogg, author of "Science in the Kitchen." Price, in paper cover, 1/-; cloth, 3/-.

Further particulars, prices, etc., of any of these works may be had of

The Good Health Supply Department,

451 Holloway Road, London, N.

TALK OF STRENGTH!

AVENOLA IS THE WORD.

AVENOLA is a complete food, consisting of a combination of cereals, combined in the proper proportion to secure perfect nourishment. Requires no further cooking. The addition of hot water, milk, or stewed fruit, makes it a delicious and digestible breakfast food.

AVENOLA, being rich in heat-giving, flesh- and muscle-forming, and bone-making properties, is strongly recommended by doctors.

JUST THE FOOD FOR THE WINTER.

PRICE, 7d. per 1 lb. PACKAGE, postage extra.

Manufactured by . . .

The International Health Association, Ltd.,
LEGGE STREET, BIRMINGHAM.

In answering advertisements kindly mention "GOOD HEALTH."