



AH MARCH! WE KNOW THOU ART KINDHEARTED
SPITE OF CHILLY LOOKS AND THREATS,
AND OUT OF SIGHT ART NURSING
APRIL VIOLETS.

Good Health

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

Entered at Stationers' Hall.

VOL. 5.

MARCH, 1907.

NO. 10.

Editorial Chat.

Wanted—A Hygienic Currency.

Truth makes the sensible suggestion that we abolish our copper coins. Nickel or aluminium would be far better. Our small coins are used as tokens, and need not represent intrinsic value. The copper we must pass around at present is unnecessarily bulky, and a prolific carrier of filth and disease germs. When shall we have a reasonably hygienic medium of exchange?



Time to Rest.

NERVOUS strain, uninterrupted by brief periods of relaxation, is one of the chief causes of early breakdown. The following paragraph from *The Healthy Home* is very much to the point in these eager, hustling times:—

“People with nerve troubles, or those carrying burdens of business or household cares, and a little inclined to be irritable and fretful, will find a large measure of relief by taking a little rest at times during the day. Lie down in the quiet, close the eyes, and keep still for five minutes with all the muscles relaxed, the patient taking long, easy respirations. It is astonishing how one can come back to the perplexities of business with a calm spirit.”



The “Hospital” on Nostrums.

THE *Hospital*, informing its readers that the patent medicine traffic amounts to nearly forty millions of packages, equivalent to nearly three millions sterling, calls this “the crowning proof of human

imbecility, which every man or woman should expose and oppose.” We agree that the practice of drugging oneself with these unknown nostrums is a most unreasonable and dangerous one; but we fear that many fully qualified physicians, by ignoring natural remedies and trusting almost entirely to the drug pharmacopœa as an agency in the treatment of disease, are indirectly encouraging the sale of nostrums. People get the idea that disease requires for its cure something put up in bottles, and do not always distinguish between the prescription of a medical man and the supposedly honest health advice which appears in the advertising columns of a high class religious weekly.



Why Patent Medicines are Popular.

AS SOON as physicians as a class accept the fundamental principle that disease is a result of the transgression of natural laws, and cannot be scientifically cured without a change of habits, then, and not till then, will the traffic in natural medicines receive its death-blow, and the dealers in Brown's Lightning Pain Cure, and Mother Lafferty's Soothing Syrup, and somebody else's Liver Pills and Headache Powders, and magnetic belts and all the rest of the tribe, be forced to “move on” to countries where superstition still reigns triumphant in all matters pertaining to health. The real difficulty many physicians have in denouncing patent medicines is an uncomfortable consciousness that drug medication is at its best more or less experimental, and likely to prove a broken reed

to the man who places his dependence upon it. The scientific cure of disease consists in removing the causes, and co-operating with nature in effecting a complete restoration.

Tea-Drinking and Indigestion.

A HACKNEY coroner, holding an inquest recently on a woman who died suddenly after a meal of meat and tea, stated that tea checked the flow of the gastric juice required for the digestion of proteids. As a matter of fact, it also interferes with starch digestion. Tea should therefore not be taken at meals, if a healthy and reasonably rapid digestion of food is desired. But taken between meals, physicians tell us the tannin it contains has an injurious action on

the stomach walls. Evidently tea is not an ideal drink physiologically considered, and with a fuller understanding of the laws of hygiene, it is likely to be dispensed with in the majority of homes. The use of strong, stewed tea, which is becoming so common among the labouring classes, is to be especially condemned on the score of health.

Boys and Cigarettes.

BOYS who want to succeed in life should shun tobacco as they would a virulent

poison. In America, where cigarette-smoking has shown to the full its destructive tendencies, many of the largest and best firms absolutely forbid the practice to their employees.

* "The former rule of the Chicago Post Office prohibited smoking among boys while on duty; but the authorities became convinced that smoking had a demoralising

effect on the boys, and they decided to make closer restrictions; so when the call was issued for the competitive examination for messenger service, the 700 applicants were informed that "only the best equipped boys mentally and physically are wanted in this service, and under no circumstances will a boy who smokes cigarettes be employed."

* "Mr. O. S. Morden, in a trenchant article in *Success*, says: 'I leave it to others to

discuss the moral side of cigarette-smoking. I denounce it simply because of its blighting, blasting effect upon one's success in life, because it draws off the energy, saps the vitality and force which ought to be made to tell in one's career; because it blunts the sensibilities and deadens the thinking instincts, and the more delicate aspirations and perceptions, because it destroys the ability to concentrate one's mind, which is the secret of all achievement.'"

* From "The Deadly Cigarette," by Rev. J. Q. A. Henry, D.D.

MARCH.

Now isn't there something hilarious in March?

With his flustering winds and his whirligig snow?
Like a boy with a look that's mischievous and arch,
Turning a somersault, saying, "I know
A secret; but ha! ha! I'll not tell it,
Oh, it's a jolly one though, and I think I will—well, it—

No. I won't tell it yet, but you'll know it ere long.
I whistle it, whisper it, blow it about;
But I can't keep it somehow from singing a song,
And the first thing I know it will all be found out.
Though I've covered it over with half-melting snow;
Yet I've hurried it on by the winds that I blow.

It is bursting right up through my cover grown thin,
And the rivers are breaking their deadlocks. In vain
I am keeping it back, and I'd better rush in
And tell you right off—"Spring is coming again."
Spring! with fresh beauty. I'm the old winter's dunner
Till he pays all her bills. I am fair spring's forerunner.

Whew! you'll be stunned when she's in,
For she's dressed like a love, and reigns like a queen.
Her crown's made of blossoms, her shoes are dew-gemmed,
And her robe is the first modish shade of sea-green.
And lovers just troop at her heels. Elm, and larch,
And all bow before her; but *I'm* first, I am March.

Ha! ha! I alone hear her pageant move on—
The laughter of maidens, the song of the knights,
And see her in state on her blossoming throne,
And foretaste the joy that all being delights.
I've done the pioneer road-work, like gunner,
And March will be always the fair spring's forerunner.

FRANCES E. BOLTON.

(Written especially for GOOD HEALTH.)

A Centenarian.

WE are indebted to our esteemed contemporary, the *American Good Health*, for the accompanying cut of Mrs. Bronson, of Vermont, who died recently, after passing the century mark. We are told that she did all the cooking and baking for a good-sized family, besides assisting in other household duties, till past ninety, after which, until within a short time of her death, she continued to do light housework, and accomplished a great deal of knitting. She never used alcoholic stimulants, was particularly careful not to overload her stomach, and cultivated wholesome habits generally. Not all can live to be centenarians, but there are very few who cannot add many years to their age of usefulness by taking heed to hygienic laws.



MRS. BRONSON.

THE RATIONAL CURE OF DISEASE.*

BY ALFRED B. OLSEN, M.D.

By the rational cure of disease we mean the utilisation of physiological therapeutics as contrasted with the empirical methods of drug medication. We say empirical emphatically, because of all the drugs and nostrums, draughts, powders, pills, etc., prescribed by the average doctor, not more than one, or at the most two or three, are given or can be given scientifically. These few exceptions prove the rule, and indicate most strikingly the unscientific foundation of modern medication.

But, as we look about us, we must perceive a certain amount of awakening in the medical profession, and particularly amongst the laity, who, as a rule, as has been demonstrated in most reforms of the past, lead the van of progress. This awakening is becoming more and more apparent each year, and gives us good hopes for the future. At the present moment we are almost at the turning-point, and we would be quite there if the educated and intelligent medical men of the day had the facilities for putting into practice that

*Report of an address to the Birmingham Natural Health Society.

which they inherently and surely believe; but this is always difficult and oftentimes impossible, and, consequently, they must needs hold fast to the old regime.

In this brief address, I do not have time to deal at length with empiricism and what it really means. Put in a few words, it is but an elaboration of the old-fashioned treatment methods of our grandmothers. If a certain application—whether it be a buttered paper, a cholera mixture, or some herbal tea—has apparently given relief to some patient at one time or another, or, more accurately, the patient got well in spite of the treatment to which he was subjected, then it is considered a legitimate and wonderful remedy for all time to come, and is prescribed with all possible confidence in its efficacy, no matter how great a humbug it may be. And people believe in its potency as a healing agent, and do so sincerely. The amount of faith of the average drug consumer is marvellous to behold.

Concerning the prevention of disease, we should like to say much, but as this is outside of our province this evening, we

must pass it by until some future occasion. The fact is that there are large numbers of disease-ridden people, and our subject has to do with their restoration to health. Shall we resort to empirical drugging and experimentation? or shall we seek more sane, more rational, and more effectual methods? We all know that many centuries ago, the priest was physician of the body as well as the soul, and resorted to prayers and, if an ignorant heathen, to various incantations for the cure of disease. I am bound to say that, in many ways, their methods were far more harmless than those oftentimes resorted to by quacks and charlatans in these early years of the twentieth century.

A Momentous Experiment.

Speaking about experimentation, I am forcibly reminded of the famous French abbot who was both an alchemist and a physician as well as a priest. He was engaged in certain chemical investigations and had discovered a new element, which we call antimony. It is very interesting to note the derivation of this term. Having found this new element, he wanted to ascertain what its effect would be upon the human body, and so thought of nothing better than an experiment upon the monks in his charge. I am not able to give the exact number, but, at all events, a certain proportion of the monks of his monastery received a dose of this new element, and, on the morrow, he found them all dead. He naturally came to the conclusion that it did not agree with them, and called it "anti-monk." Of course we now recognise it as a virulent poison, and do not think it necessary to make any experiments of a similar nature.

In dealing with the rational cure of disease, let me for practical purposes divide all diseases and ailments into two classes—acute and chronic. Of course you will recognise that this classification is rather crude and scarcely complete. Still, it will serve our general purpose this evening.

Acute Diseases Decreasing.

Now, I want you to note carefully that, taken as a class, acute diseases are on the decrease. If we compare present times with those of forty or fifty years ago, we

shall observe that most of the so-called acute diseases, such as small-pox, cholera, plague, scarlet fever, diphtheria, etc., are diminishing from year to year, more or less steadily, while, on the other hand, chronic diseases are for the most part on the increase. We may, for the time being, regard pulmonary consumption as a chronic disease, although it sometimes runs a very acute course. Fortunately, this scourge is becoming less common than it was a few years ago. This is true for England and Wales, but I do not think it would hold for Ireland or most of the continental countries. Still, I believe we shall soon see a marked diminution in the spread of consumption, if we put through the various sanitary measures that are in contemplation. So, then, we might say that consumption is beginning to wane, at least, its victims are not increasing from year to year. But, with this exception, which I have dealt with in detail, almost all chronic disorders are becoming a greater scourge as the years go by. We might specify nervous disorders, including diseases of the brain and spinal cord, as well as insanity, digestive and nutritional disorders, including rheumatic ailments and malignant growths. Of course, again, this is not a complete classification, but that does not matter for our purpose.

Insanity Increasing.

What about insanity? We are sorry to say that, taken as a whole, the number of the insane is rapidly increasing, out of all proportion to the natural increase of the population. And what is true of insanity is equally true of most of the nervous disorders, nutritional disturbances, and malignant growths. Cancer is more common now than it used to be even a few years ago, and the deaths therefrom are increasing in number from year to year.

If we were to try to account for the diminution of acute disease, we would say that it has been brought about by the splendid sanitary measures which have been adopted in this country, and which have been brought to such perfection. But sanitary measures will not, and do not, reach the chronic diseases, because these are intrinsically due to some inner physical disturbance. Most acute diseases are

brought about by contact with germs; while chronic disorders, such as Bright's disease, rheumatism, gout, neurasthenia, paralysis, etc., depend upon various functional and organic disturbances of the human organism itself.

Now, the question is, What method of treatment is going to reach these chronic disorders that cannot be dealt with by sanitation? The answer, I hold, is *physio-*

up some hurtful habit—and this is undoubtedly true. Well, to such persons all we can say is, that they undoubtedly earn their physical aches and pains, if they are not willing to lay aside the harmful habits which have brought on their trouble and are maintaining it; that they will have to follow their own counsel; and that there is no hope for them. It is true that, by means of anodynes, such as morphia, it



MEXICANS GRINDING COFFEE.

The Mexicans are notorious breakers of dietetic laws. They eat largely of foods fried in lard, accompanied with red pepper, and drink coffee and pulque (the national intoxicant) in great quantities. Dyspepsia is said to be very prevalent amongst them, notably gastritis.

logical therapeutics—that is, the use of such natural remedies as will go to improve the health of the individual. This method of treatment embraces two distinct measures, first of which, and perhaps most important, at least in many cases, is the removal of the cause, whatever it may be.

Now, this question of doing away with the cause is sometimes a very delicate one, and difficult to apply on account of the idiosyncrasies, the appetites, and the lusts of the every-day person. Someone has said that many people would rather be ill and bear their various sufferings than give

it possible to paralyse pain, although even such drugs do not bring peace and happiness, but, on the contrary, increase the distress. Take, for example, a man suffering from an organic disease of the heart, due to the use of alcoholic spirits. He may have taken strong drink for many years without noting any detrimental effects; then, all of a sudden, as it were, they are manifested. It may be too late to secure a thorough and complete cure, but still, in many cases, considerable amelioration can doubtless be obtained by total abstinence. But is he willing to

give up the drug—and that is what alcohol really is, at least, under such circumstances—and if he is willing, is he able, is he strong enough to resist the temptation? If so, there is a chance for him. Alcohol sometimes has such a depraving effect upon the higher centres of the mind that it makes its victim an absolute slave, who is utterly incapable of throwing off its bondage.

Then there is tobacco. Tobacco always has a poisonous effect upon the body.

Nicotine is never other than a poison, and is calculated to do harm and only harm. The so-called soothing effect that it is said to have after a hearty mid-day meal is entirely deceptive. It only soothes in so far as it paralyses the nerves and makes them unfit to carry messages of discomfort. Tobacco is, to put it mildly, an unnecessary luxury, and I cannot conceive of anyone who could, under any circumstances, be benefited by it.

(To be concluded.)

SEWAGE: AND HOW IT IS DISPOSED OF.—IV.†

BY H. LEMMOIN-CANNON, A.R. SAN. I., P.A.S.I.,* ETC.

Filter-Beds.

WHAT are known as "filter-beds" have been devised for dealing with the "effluent" or top water from chemically treated sewage. They are specially constructed. Some five hundred gallons of effluent may be efficiently purified on one of these beds. The effluent slowly passes from the top through each layer, and on reaching the open pipes at the bottom is allowed to pass away. Periods of "rest" from the reception of effluent are essential to revivify the bed, the length of each period depending upon the nature of the sewage dealt with. About half an inch of the top sand requires to be replaced at intervals, as it serves to arrest some of the matter in suspension that may be present in the effluent and prevent clogging of the "bed." The usual size for a filtration-bed is half an acre.

Many and varied are the kinds of filter-beds which have been used for this filtration, Mr. Lowcock's and the "Polarite" being among them. Experience has demonstrated that better "purification" can be ensured by the use of a suitable mechanical "distributor," which gives more equal distribution of the effluent over the surface of the bed. One will be noticed later.

Very few methods for the chemical treatment of water-carried sewage are, however,

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†The previous articles appeared in GOOD HEALTH for November, January, and February.

satisfactory, and those systems are being gradually superseded by the *septic and other bacterial systems*.

Microbes.

On the introduction of the Septic system by Mr. Donald Cameron, then City Surveyor of Exeter, some ten years since, it was received with much ridicule, even in circles fully conversant with the subject of sewage disposal. This was due to the fact that its originator proposed entirely to reverse what, up to that time, had been accepted as the basis for "treatment": arresting decomposition and putrefaction in the crude sewage. In the bacterial system this is encouraged. The water-borne sewage when received at the "treatment depot" is confined in tanks (as in chemical systems) but no chemicals are added, as the processes of decomposition and putrefaction are encouraged instead of being guarded against. Natural agents only, aided by the suitable construction of the tanks, are employed; these are none other than bacteria of a special kind, "microbes" (literally small life), as they are more popularly called. Their discovery was due to the eminent French scientist, Professor Pasteur, who gave them this name some thirty years since, from two Greek words, *micros*, small, and *bios*, life.

Micro-organisms are of various kinds: typhoid, consumption, and other diseases possess their special bacilli, but those employed in sewage treatment, although allied,

are of a more useful class, playing, indeed, such a useful part that we would not be without them.

On the reception of the sewage in the tanks, the organisms present therein multiply and feed on the solid matter, which in due course they excrete. By this process a complete change takes place. The solids are to a large extent eliminated by being thrown into solution, and the chemical composition becomes altered as well. Several species of micro-organisms are employed in this work, each kind becoming food for, or being poisoned by, its own products.

Closed v. Open Tanks.

It would be outside the scope of these articles to do more than make allusion to the fact that considerable discussion has been waged round the respective advantages of closed and open tanks for bacterial sewage "treatment." In the former, anaërobic bacteria (those that thrive in the absence of air) do the work; in the latter, aërobic organisms are employed.

Though still present, less sludge forms on the bottom of bacteria tanks than in chemical settling tanks. Eight hours is a usual period for tank treatment: and then the effluent is released from the tank on to a filter-bed, if sufficient land is not obtainable for the purpose of purification, as it is not sufficiently purified in the tank for discharge; the beds employed for this are similar to those used for chemically treated sewage effluent.

Where "contact-beds" are used, the effluent is poured on to them and allowed to remain for a certain period—usually eight hours; two fillings in the twenty-four hours are given, the intervening eight hours being used as a rest interval for the bed.

Trickling-Beds.

The latest form of "bed" for receiving sewage effluent, whether from that chemically or bacterially dealt with, is known as a "trickling-filter," and sewage effluent treated on it is considered better dealt with than on contact beds, though this superiority is a matter of doubt. The name is a very suitable one, for the effluent is discharged on to it from some form of "distributor" in gentle, rain-like showers, and trickles

down through the material of which the "bed" is composed, during which it is acted on by the organisms present in the interstices. Some twenty minutes are usually occupied in this process, and the effluent will then, under suitable conditions, be fit for discharge as "treated."

Distributors.

"Distributors" are of several kinds; some fixed, some revolving, discharging sewage effluent the whole time. Mr. Scott-Moncrieff's Revolving Distributor is one of the most practical and effective of these machines. The effluent is delivered to it as it comes from the tank into a central stand-pipe, and then into the main trough or carrier, which runs on a circular rail. This carrier has a number of minute holes on its under side, from which the effluent trickles on to the bed while the carrier is revolving. Thus, as will be seen, the entire bed is fed during each rotation. Power is usually employed to keep the carrier revolving, but it can sometimes be driven by the "head" of effluent. Oxidation is provided for, and this prevents the growth of undesirable organisms in the interstices of the filter.

Bacterial Systems and Country Houses.

With regard to country houses unconnected with any sewerage scheme, where some improved system is preferred for dealing with sewage matter in place of present methods (previously referred to), some form of bacterial treatment for disposing of the excrementitious matter, house waste waters, liquid stable refuse, etc., is decidedly the best. A suitably-sized tank (preferably closed to prevent the emission of noxious odours) and filter-bed with a revolving distributor can be employed; but skilled advice must be obtained. To mention one or two systems adapted to small installations: Farrer's, Fiddian's, and Stoddart's (the latter with a fixed distributor) can be recommended.

Ideals.

The main ideas underlying all processes for the treatment of crude sewage are: to render it harmless to health by ensuring efficient purification, so that, where there

are effluents, even if any reaches a stream from which drinking-water is obtained, it shall not contaminate it; and also to destroy all pathogenic germs present in the raw sewage.

At the present time, however, though a high stage has been reached in the science of sewage disposal, much has still to be learned, and we have not yet attained the

summit of our needs in this respect. But we are all interested and can hope that the day is not far distant when some system or systems (which will doubtless make use of bacteria and, possibly, chemicals as well) for dealing with the various kinds of sewage, may be discovered, by the aid of which efficient purification will be ensured.

(*The end.*)

WHEN THE HEAD ACHES.

BY M. ELLSWORTH OLSEN.

EVERYBODY knows what it is to have a headache—at one time or another, for some cause known or unknown, he has had the unpleasant experience. A bad headache is one of the most painful of disorders, and makes the patient thoroughly miserable.

Headaches, in general, are a product of our highly-wrought civilisation, with its accompanying sedentary habits and severe mental strain. Broadly speaking, brain workers and persons of nervous temperament are the most likely to suffer from pain in the head. Men who live an active outdoor life, and earn their bread in the sweat of their brows, are very seldom thus afflicted.

The Congestive Headache.

There are, however, various kinds of headache, which in turn have their origin in a variety of causes. The congestive headache is one of the most common, its symptoms being a hot head, flushed face, and severe, throbbing pain. The patient feels almost as if his head would burst. The causes are numerous, an especially bad "cold in the head" being one of the most common. Headache of this kind is often one of the early symptoms of a fever or some other acute disease.

The treatment consists mainly in cold applications in the form of cloths, wrung out of cold water, applied to the head. If the feet are cold, a hot foot-bath should be given. The patient should be placed in a reclining position, but with the head well raised. Persons subject to congestive headaches do well to sleep regularly with the head elevated.

The Anæmic Headache.

In the anæmic headache, there is a condition quite the opposite of that in the foregoing case. The head has too little instead of too much blood. Hot applications are therefore in order, the best being doubtless the fomentation, consisting of a flannel cloth of generous size wrung out of hot water. The hot water bottle may also be used. Sometimes relief is obtained from a slight anæmic headache by holding the head near a bright fire. Usually the extremities are cold, and the circulation disordered. A hot leg-bath often proves helpful in correcting these conditions. The patient should lie down after the treatment, and the head should be kept low to increase the blood supply of the brain.

The Sympathetic Headache.

The sympathetic headache is caused by derangement of various organs, which react on the brain through the sympathetic nervous system. It is an exceedingly common affection, and its causes are legion. Tight-lacing, resulting in pulling and twisting of the ligaments holding various organs in their places, is not infrequently the cause of obstinate headaches of this character. Eye troubles may also cause distressing pain in the head. Fitting the eyes with proper glasses has often brought relief from distressing headache when other means failed.

Wrong diet is probably the cause of most sympathetic headaches, and the patient will do well to adopt a strict regime. Rich pastry, pork, sweets, and knick-knacks of all sorts should be avoided, and crisp, toasted breads, and mild fruit with

nuts, and perhaps soft boiled eggs, should form the basis of the diet. The food should be taken preferably in dry form, and should be thoroughly chewed. Every means should be used to build up the general health, and strengthen all the organs of the body by active, wholesome habits, deep breathing, a well-ventilated bed-room, and the disuse of narcotics of all kinds.

The Sick Headache.

A person who has the sick headache, or bilious headache, as it is also called, suffers from distressing pain in the head,

A funnel is then inserted in the end of the tube, and pure water, the temperature varying from slightly below tepid to 110° Fahr., is poured into it. The higher temperatures are found helpful in case of gastric catarrh. In withdrawing the tube, the attendant should clinch it tightly between the thumb and finger in order to prevent any of its contents running into the larynx.

In all cases of headache it is well to cleanse the bowels with a copious enema. Constipation is one of the causes of headaches, bringing about a kind of auto-intoxication.



GASTRIC LAVAGE.



EMPTYING THE STOMACH.



WITHDRAWING THE TUBE.

and perhaps back of the neck, accompanied by nausea and vomiting. The cause of this headache is usually indiscretions of diet. Hot water should be drunk freely, no food should be taken for a meal or two, and then crisp toast, and baked apple, or some other easily digested fruit. The patient should go to bed in a cool, well-ventilated room. It is often well in such cases to cleanse out the stomach thoroughly by means of the stomach tube; but this should be done under the directions of the physician. Sometimes the prompt use of the stomach tube will prevent a sick headache. A properly constructed tube will be of soft rubber, and will not be difficult to swallow.

While the patient makes the movements of swallowing, the tube is gently pushed along the Oesophagus to the stomach, a mark indicating when this has been reached.

Late hours and fashionable dissipation account for a great many headaches. So also does indulgence in alcoholic stimulants. But wrong habits of eating contribute a liberal share, especially with persons whose work is of a more or less sedentary character. Such must cultivate the simplest and most wholesome habits of eating if they would keep a cool head, and a healthy, vigorous stomach.

MANY have suffered from severe mental taxation, unrelieved by physical exercise. The result is a deterioration of their powers, and they are inclined to shun responsibilities. What they need is more active labour. This condition is not confined to those whose heads are white with the frost of time; men young in years have fallen into the same state, and have become mentally feeble. ELLEN G. WHITE.

A REVIEW OF SOME HEALTH MOVEMENTS OF LAST CENTURY.*—*Concluded.*

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

NOW there can be little doubt that some of the greatest benefits to mankind have been derived from the use of pure water both externally and internally, but there is no justification for some of the claims made for it, examples of which I have already mentioned. Now that its effects are better understood it has been relegated to its proper place as an important branch of hygienic treatment. I am glad to think that amidst the multitude of pleasant week-end retreats in this kingdom which are ostensibly kept open more for the healthy than the sick, and yet which style themselves hydropathic institutions, there are still a few which have thoroughly earned their title, and whose doors are ever open to the wanderers in search of health. Notable amongst them is the Surrey Hills Hydro, at Caterham, which, in its well-directed efforts to rehabilitate the bodies of those who have travelled far from the paths of physiological rectitude, combines all the methods mentioned in this address, depending on no single one of them, but utilising each and all in the furtherance of that noble object.

Physical Culture.

3. Next, with a great flourish of trumpets, there came on the scene Physical Culture, which was to eradicate all the ills that flesh was heir to. At first, it was only an offshoot from the Volunteer Movement started in the early sixties, and which was the means of the institution of gymnasia, physical drill schools, cadet corps, etc. Then it found its way gradually among the general public, and the exceptional person, who had been revived by it, took it as a special branch, and endeavoured to make a living by it. Then came the strong man, and what with advertisements in the papers, classes for postal instruction, and other means, all sorts and conditions of men were dragged into the net, and encouraged to perform various kinds of exhausting exercises on the pretext that they could become strong men. The pretensions

of these self-styled professors were ludicrous in the extreme—all containing a modicum of truth, and yet in practical application containing an enormous mass of dangerous doctrine capable of doing serious mischief. Examine the advertising pages of any physical culture magazine, and you will be amazed that any signs of physical deterioration should still exist in this country. Without hesitation I say it would be as safe to take all the patent medicines advertised as to adopt all the suggestions for becoming strong or healthy which appear in the pages to which I have referred. Listen to a few of them.

Extravagant Claims.

"Why struggle with ill health? The first Health Institute in the world is now within easy reach."

"My work is the rejuvenescence of those who have grown old before their time."

"Unfortunately many so-called physical culture experts have arisen mushroom-like, but it has been my life study," this from a fairly young man.

"Physical culture as taught by me means muscular power, splendid vitality, superb energies, strong internal organs, heart, stomach, lungs, etc."

"The scientific study which I have made of the physiological effect of exercise, in every cell and tissue of the body, has never been undertaken by any other instructor or scientist."

"My system averts nervous break-down, permanently cures dyspepsia and heart troubles, and restores nervous force."

"My system will enable every man and woman to obtain robust health."

These extracts are copied directly from the advertisements of well-known "professors" of physical culture, not a single one of whom can carry out precisely what is proffered in such glowing language. What can we make of the others who promise to cure writer's cramp by the use of a wrist grip; to strengthen the lungs, cure constipation, indigestion, and kindred complaints, kill disease, and promote long life, all by simply blowing into a little

*Partial report of Presidential address to the Birmingham Natural Health Society, 1906.

tube, or of the man who promises an important secret in physical culture if you send him thirteen pence in stamps, or a treatise on "How to Obtain Health, Long Life and Prosperity," if you simply drop him a post-card?

The safest and wisest course is to place yourself in the hands of a cautious teacher who has taken the trouble to find out your physical peculiarities and who is not so eager to convert you into a strong man as to foster your health and gradually develop every one of your bodily powers to its full physiological limit.

Now if you ask me the question how physical culture has fulfilled its pretensions, I am bound to answer that, having gone through its boom stage, and shown just how far it was over-rated in its claims to cure everybody and remedy all defects, and having also to an extent passed through a partial stage of obloquy at the hands of those who have overdone things, and therefore received no benefit or even positive ill, it has been relegated to its rightful position where it is used for its valuable results by those who understand how to employ it, and for those whom it is likely to benefit. As a pure recreation, however, it will never be successful, lacking as it does the important factor of being able to unbend the mental tension—a great need of our twentieth century existence.

The Diet Cure.

4. An offshoot of this in the first instance, but now on a footing of its own, is the question of diet. It was slow in dawning upon the minds of the people that no amount of propping up the walls of a falling edifice by buttresses of cold water or physical culture could possibly avert a cataclysm, so long as the structure was composed of, and kept renewed by, bad materials; and so arose one set of diet reformers after another, each with the declared intention of making you perfectly healthy so long as you adhered to the tenets which he himself preached and practised. Amongst the ranks of meat-eaters, there are inconceivable divisions, from the mixed feeder, the truly omnivorous, on the one side, to him who only eats meat and bread on the one hand, or debars meat and adheres to fish and eggs

on the other. Amongst the vegetarians themselves the divisions are endless.

The only unanswerable argument in the vegetarian problem is the personal one, the fact that for some reason or another, mental, spiritual, or physical, a certain diet has been found to be necessary to the individual. All honour to the man whose humanitarian or other convictions lead him to take an uncompromising hostility to the use of flesh foods; but he must surely be liberal-minded enough to give every other man the privilege of making his own observations and coming to his own conclusions in the same manner as he himself did, and without the discourteous addendum that he must be wrong if he does not follow his lead.

We have thus glanced discursively at several of the most important items in the great business of health maintenance: viz., (1) Total abstinence (2) cold water inside and out, (3) exercise, and (4) diet, showing how each in turn was held forth as the most beneficial means for the amelioration of human ills, and how each after a lengthened experiment had to retire into its proper position as only one of the factors concerned in personal health. Now we come to the natural deduction from the person who has tried each and all, and found them individually wanting: viz.,

The Return to Nature.

But if this be carefully examined it will be found to be a proposition less of an evolutionary than a revolutionary character, and founded on pretensions which do not carry conviction. The underlying conception is that the closer a man gets to the life of an animal in his primitive functions, the more natural and healthy is he likely to become. Now we all concede that the closer a man lives to man's nature, the more simple and wholesome his life becomes, the more likely is he to be healthy and happy, and if this is all that is included in the return to nature doctrine, then it is bound to flourish more and more each day. But the items usually taught by enthusiasts, such as sleeping on cold mother earth, and many other details, will be found upon examination to be of value only in isolated cases and upon occasions which cannot be repeated very often.

Moderation in All Things.

In whatever we may differ, however, there is one doctrine upon which we may all agree, and that is the necessity for moderation in all things, and yet when we have that continual temperance in all things which is necessary to the cure of most disorders, how often do we find that people reckon the loss of pain to be purchased too dear by the loss of pleasure. And so most people prefer to look for some source of health external to themselves, which, like the quest for happiness, is a will o' the wisp ever appearing to be

which he said, "the future of medicine rests far more in hygiene than in therapeutics." A retrospect of the sanitary record of the past thirty years also demonstrates this. The diseases which have shown a decrease have been mainly diminished by reason of increased water supplies, better ventilation and cleanliness of our military barracks, factories and workshops. These are infectious and contagious diseases, erysipelas, consumption, bronchitis, and other chest affections.

The slaughter of the innocents is still as great to-day as it was thirty years ago,



CORRECT.



UNPHYSIOLOGICAL.

An upright position, with chest well expanded, may be maintained while doing many different kinds of work. It facilitates full breathing, and makes the work more enjoyable. Bending, when necessary, should be done at the hips.

within their grasp and anon eluding it and luring them on to experiment with methods which only end in further deception and vexation. The source of health is within, and has its seat in the citadel of life, the thinking or spiritual portion of the man, and whilst the environment may react deleteriously on the physical organism which is the tabernacle of the spirit, all that is necessary to restore health is to return to the paths of physiological rectitude and walk therein.

That this is being discovered more and more by the medical profession is well exemplified in a lecture delivered by Professor Metchnikoff in London the other day, in

and diseases of the alimentary canal have naturally much increased. When we seek for reasons for these facts we must look to newer and more formidable poisons introduced with our food either in the way of adulteration or for the purpose of foisting putrid food on the market by the addition of poisonous preservatives. Given pure food, pure air, pure water, plenty of hard work with something more than a living wage, eight hours sleep every night and an occasional change to the country or seaside, there is nothing to hinder the average man who lives temperately from living to 100, and to teach these principles is the object of our society.

MENTAL HEALING.—(Concluded.)

BY G. H. HEALD, M.D.

A well-known writer of extensive observation has said that nine-tenths of all disease has its origin in the mind—in some mental canker, as a violated conscience, a condition of distrust or worry, or a state of mental unrest. I am not prepared to say that the statement is overdrawn.

To one who gives the matter careful study, the conviction grows constantly stronger that the mental condition determines the health of an individual. Many illustrations could be given of the effect of unfavourable mental conditions in producing disease. Grief can in one night blanch the hair, or cause persistent loss of appetite, and sleeplessness. In every severe epidemic, there are many who, through fear, contract all the symptoms of the disease.

Mind Troubles.

Sperry says: "There are to-day thousands of men and women who are frequenting doctors' offices, consulting quacks, and pouring down patent nostrums, who had better be consulting a pastor, an intelligent teacher, or a Christian friend, for advice and direction concerning their mental habits and moral character. Each one needs to settle his accounts with his conscience and his God before his stomach will help him to make good blood, or his brain permit him to think clearly.

"Not all the drug medicines in the world . . . can antidote in one human body the depressing and undermining influence of a guilty conscience, or the unnerving power of anxiety and fear. There is nowhere in the world a drug or a combination of drugs, that can overcome the damage one individual may do himself by a habit of fretting and worrying, of fault-finding and opposition to beneficent law."

Christian Science and various forms of mental healing; patent medicines, which produce disease symptoms by their suggestive advertisements, and cure them by the wrappers and labels on the bottles; the bread pills and coloured water of many intelligent physicians; the cure of disease by suggestive therapeutics; all these attest to the power of the mind to cure disease.

"A clear conscience, a cheerful, confident hope, a rational, practical trust in God, and a merry-hearted contentment, will dissipate more disease than can be cured by all the drugs in the universe." "Confident expectation of recovery is one of the best curative agents known. In so far as anyone who tries to serve a sick person can inspire in that person a positive confidence, a lively *faith*, to that extent is the 'treatment' useful."

The last quotation may seem to some to be overdrawn but the observation of the writer of this article is leading him year by year more firmly to the conviction that it states pretty near the exact truth.

Where the cause of the disease is a habit of worrying about the future, fretting about the station in life, brooding over some real or fancied wrong or insult, grieving over some actual or supposed sin, the mental unrest becomes habitual, the worry habit constitutional, and the fretting continues during all the waking hours, and even the sleeping hours, year in and year out, gnawing cancer-like on the vitality of the patient.

Helpful Prescriptions.

For this class, some of the prescriptions of the "Great Physician" are excellent: "Take no thought for your life, what ye shall eat; neither for the body, what ye shall put on. The life is more than meat, and the body is more than raiment." "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you. For every one that asketh receiveth; and he that seeketh, findeth; and to him that knocketh it shall be opened." "Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds."

—♦—
PLAIN food is quite enough for me.

Three courses are as good as ten.

If Nature can subsist on three,

Thank God for three. Amen.

—Oliver Wendell Holmes.



HEALTH CHATS WITH LITTLE FOLKS



HOW TO SIT.

HOW many things that are in common use to-day, and that we think we could not get along without, were unknown to our great-grandmothers. Gas, electric light, sewing machines, railway steam engines, etc., had not been heard of one hundred years ago. Yet they lived just as happily as we, and did not dream how many things they had to do without. In one hundred years from now the people would wonder how *we* lived, without the many new things that by that time would have been discovered or invented.

Yet the simple, natural life of the first men, who knew nothing of the many inventions that men have sought out, was just as happy as, if not happier than, that of those who live among the luxuries of the present day.

One of the inventions of men for their comfort and convenience is *chairs*. The custom of sitting as we do upon raised seats is not a natural one. The people that we call "savage," a word that really means people that live in the woods, know nothing of chairs. They sit upon the ground, usually in the squatting position shown in our pictures. When they are weary and need rest, they lie full length upon the ground.

Have you seen a tailor at work with his legs crossed in front of him? This is the Turkish way of sitting. Even when a Turk is sitting upon a raised seat he draws up his legs

under him as if he were sitting upon the ground.

Japanese, Hindus, and other Eastern races all sit in the same manner upon the ground.

The first kind of raised seat that was invented was the stool. But people found that when sitting with the body raised from the ground, they needed a resting-place for the back. So a back was put to the stool, and it became a chair. The man who loved his ease invented arm rests for the chair, which make the arm- or elbow-chair.

The savage and Eastern races who sit or lie upon the ground, are usually well formed. But among civilised people who use chairs, one often sees stooping shoulders and flat chests.

Look at the picture of the child reading, and you will see one of the chief reasons for this. Have you not often seen a boy or a girl sitting huddled up in this shape? If one spends much time in this bad position, the body grows into this form. The back curves outward, and the head pokes forward, making one look foolish and awkward.

When the shoulders are brought forward in this way they press upon the chest and flatten it, and one cannot take full, deep breaths, and get plenty of fresh air and keep the blood pure. The stomach and liver are crowded down, and cannot do their work properly. A person who lets himself grow into this shape cannot be healthy.



TURK.



HINDU.



KOREAN.

One of these picture shows the right position, with the chest forward, the shoulders back, and the chin in. One should be very careful to keep this position when sitting.

In the ordinary straight-backed chair it is not easy to sit upright for long at a time, because there is no support provided for the lower part of the back. A special chair has been invented that just fits the curve of the back, and rests every part of it, when one sits in the right position. This is called the "Sanitas chair," but if it is not convenient for you to use this



INCORRECT POSITION.



INCORRECT POSITION.



CORRECT POSITION.

particular chair, you can make a very good substitute for yourself by putting a pad or cushion at the lower part of the back of the chair, to fit into the curve of your own back.

E. A.

HOPE FOR THE DISCOURAGED DYSPEPTIC.

BY MISS GERTIE WRIGHT.

THERE is no better tonic for suffering humanity than genuine hope. The effect of the mind upon all bodily functions has long been proved, and in the contest for health, upon which every invalid must enter, hope stands as a beacon light, cheering and encouraging us to press forward in spite of our aches and pains, believing that the promise is true, "Whatsoever a man soweth that shall he also reap." The very pains which would discourage us should teach us this fact.

Why? Because we are truly reaping the results of our past improper habits of living. But are we not to-day sowing the seeds of good health? then a harvest awaits us for this second seed-sowing just as surely as our aches and pains have been the result of the first, and Hope, brave, strong Hope, has seen the reward, and like a faithful forerunner she stands and beckons to us to continue sowing good seed until we, like her, shall see the reward of our labours.

What more can we do? I hear some discouraged dyspeptic say, "I have done all that I possibly can, but my hopes have not yet been realised;" but wait, have you done all that you can? Perhaps you have followed all the light you have had until the present; but there may be something more for you to do, and would you be willing to do it? It is a very simple

thing, so simple, and, like the great gift of salvation, it can be obtained without money and without price; but although it is so simple there lie within it great possibilities for those who are seeking for health, and I can wish for you nothing better than that this simple remedy may be as beneficial to you as it has been to me. I know only too well the pains and miseries of dyspepsia, and I know also the great relief that has come to me from adopting a practice which I am now about to recommend to other sufferers. It is simply this: Chewing every morsel of food that goes into your mouth until it is not only completely pulverised, but rendered fluid with saliva, so that it slips down, as it were, almost without swallowing. To put it another way, chew every mouthful till you have extracted all the taste from it. This kind of mastication is known as "Fletcherising," taking its name from Horace Fletcher, an American residing in Venice, who, after in vain seeking the help of physicians, adopted this practice and rapidly recovered his health, since which he has largely devoted himself to spreading a knowledge of thorough mastication, by means of an interesting series of books.

One result of the practice will be that you will eat rather less food than at present. You may also spend a little longer time at your meals, but the sufferer from dyspepsia

must expect to do some patient work in order to recover, and it is the food that we digest and assimilate which counts in building up the system; not that which we take into the mouth. By thorough mastication the food taken is rendered easy of assimilation, and a great burden is lifted from the worn-out digestive organs.

Of course, thorough chewing is most important in the case of starchy foods, which go to form the great bulk of our dietary. Even porridges, gruels, and other liquid foods should be masticated in this way. Everything that has taste has to be chewed until the taste has been ex-

tracted. The result is a lightening of the work of the stomach and intestines and an increased buoyancy and health of the whole body. "Fletcherising" also leads in the direction of pure foods, because the person who chews thoroughly soon finds out that some foods are not worth chewing; the longer you chew them, the less desirable they become, while pure, wholesome foods taste better the longer they remain in the mouth. I hope that many of my readers who are suffering with digestive disorders will adopt the chewing cure, and feel sure that their patient efforts will be richly repaid.

AN INDIVIDUAL MENU FOR ONE DAY.

Showing Amount Needed and Calories or Food Units for Each Article.

BY ESTELLA F. RITTER.

BREAKFAST.		Calories.
Lemon Apple	5 oz.	180
Browned Steamed Rice...	4 "	128
Cream	2 "	115
Corn Puffs	2½ "	102
No-Coffee	6 "	112
Total Calories for Breakfast ...		637

DINNER.		Calories.
Cream of Celery Soup ...	8 oz.	126
Stuffed Potato	4 "	131
Pease Patties	4 "	120
Brown Sauce	1 "	58
Brown Bread	2 "	152
Butter	1 "	228
Granose Apple Pie	4¼ "	184
Total Calories for Dinner		999

SUPPER.		Calories.
Canned Peaches	4 oz.	84
Granose Flakes... ..	0¾ "	74
Meltose	1½ "	129
Apple Juice... ..	6 "	102
Total Calories for Supper		389

Calories for Breakfast... ..	637	
Calories for Dinner... ..	999	
Calories for Supper	389	
Total Calories for one day ...		2,025

Lemon Apple.—Prepare a five-ounce tart apple by removing the core. Fill the cavity with a mixture of one-half tea-



PEASE PATTIES WITH BROWN SAUCE.

spoonful grated lemon rind, one-half ounce or two teaspoonfuls sugar; squeeze a few drops of lemon juice over the apple, and bake.

Browned Steamed Rice.—Spread one and one-half ounces or two tablespoonfuls of rice on a shallow baking-tin, and put into a moderately hot oven to brown. It will need to be stirred frequently to prevent burning and to secure a uniformity of colour. Each rice kernel, when sufficiently browned, should be of a yellowish brown, about the colour of ripened wheat. Put into a double boiler, adding three ounces or one-fourth cup water, and salt to taste. Steam twenty to thirty minutes, and serve with cream.



Corn Puffs.—Blend thoroughly one and one-half ounces or one-eighth cup of milk, and one eighth of the yolk of an egg. Add one and one-half ounces or one-fourth cup white flour and one-half ounce or one tablespoonful cornflour. Beat the batter thoroughly; stir in lightly the well-beaten white of one-eighth of an egg. Bake in heated gem irons about thirty minutes.

No-Coffee. [About the same as Caramel Cereal]—Take two teaspoonfuls of No-Coffee (tie in a coffee bag or cheese cloth) and put to boil in eight ounces of cold water. Boil slowly from five to eight minutes. Serve with cream.

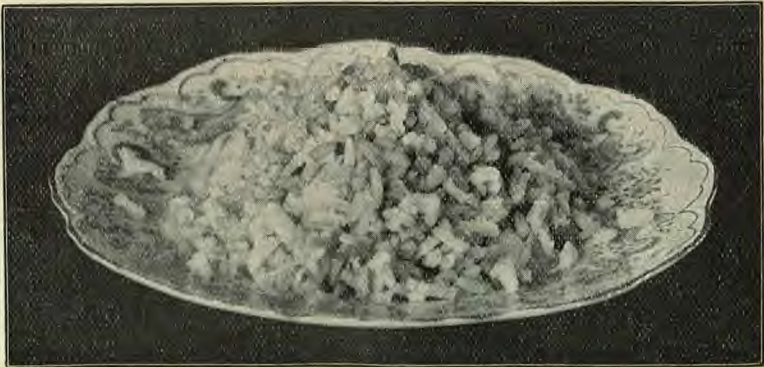
Cream of Celery Soup.—Chop quite fine two ounces or one-third cup of celery; cook until tender in three ounces or one-third cup of boiling water. When done, heat three ounces or one-third cup of milk to boiling, add celery, salt to season, and thicken the whole with one-half teaspoonful of flour rubbed smooth in one tablespoonful of milk.

Stuffed Potato.—Recipe for this was given in the September GOOD HEALTH.

Pease Patties with Brown Sauce.—Soak dried peas in cold water over night. Put to

boil in warm water, and boil until tender and quite dry. Press through a colander, removing the skins. Take four ounces or one-half cup of the pease pulp, adding one-half ounce or one teaspoonful bread crumbs, and one-half ounce or one tablespoonful cream, salt to season. Mix well, and shape into round patties about one inch thick. Brown on tins until dry and mealy. Serve with brown sauce, made by heating one and one-half ounces or one-eighth cup of thin cream to boiling, thicken with one level teaspoonful browned flour rubbed to a smooth paste in one tablespoonful of milk.

Granose Apple Tart.—Spread one-third ounce of granose flakes on a saucer or small pie-tin. Pare and cut three ounces of apples into small pieces, spreading on top of flakes. Sprinkle with one-fourth ounce sugar and one-fourth ounce ground walnuts. Spread top with one half-ounce of the flakes, cover closely with another plate, and bake in a moderate oven until the apples are tender.



STEAMED BROWNED RICE.

GOOD HEALTH LEAGUE.

ENCOURAGING words come to us from various quarters. The North Kensington branch has had a good attendance at its meetings recently, and is doing much in that part of London. Dr. A. B. Olsen gave an address at a recent meeting on "The Hygiene of the Eye." Readers of GOOD HEALTH who would like to attend the meetings may obtain full particulars from the secretary, Miss Barnard, 254 Cornwall Road, Notting Hill.

The Good Health League in Leicester has resumed its regular meetings, and the prospects are good for increased interest and enthusiasm in the work there. Meetings are held at present at the Leicester Sanitarium. Full particulars may be obtained from the secretary, Mr. William Scott, 80 Regent Road.

We also have good reports of the Good Health League in Leeds. Practical talks and demonstrations are given at its monthly gatherings, and quite an interest is being aroused. Full particulars as to the time of the meetings, etc., can be obtained of Mr. Ellis, 21 Moorfield Avenue, Armley, Leeds.

A branch of the League has recently been started in Nottingham, which holds regular monthly meetings. Any friends in the vicinity of Nottingham who would like to attend, may obtain information by writing to Miss Olga Park, 13 Burford Road, Nottingham.

The Birmingham Natural Health Society, which has been affiliated with the Good Health League, and is the Birmingham branch of that organisation, is doing aggressive work in many lines of physical culture, and is holding one special monthly meeting to which it particularly invites all readers of GOOD HEALTH in Birmingham and vicinity. Dr. Alexander Bryce will lecture at some of these meetings, and doubtless conduct an occasional question box for the consideration of practical health questions. We feel sure that any of our readers who attend these meetings will be richly repaid for the effort. Many questions naturally arise in the perusal of GOOD HEALTH which can best be solved by coming in touch with a society of people who are enthusiastically practising the health principles in their homes. Full particulars may be obtained of the honorary secretary, Mr. J. Belling, 103 Vivian Road, Harborne, Birmingham.

The Good Health League is organised for the purpose of giving friends of the principles an opportunity to join hands in a combined effort to carry the work forward. The members sign the following declaration of principles:—

"I am a total abstainer from alcohol and tobacco, and I desire to learn and to follow the perfect way of life in all that pertains to health and purity."

New members should hand in their names and subscriptions to the secretary of the local branch, if there is one. Otherwise they may apply for membership blank to the secretary of the Central Good Health League, 451 Holloway Road, London, N.

THE OUTDOOR CLUB.

THE first public meeting of the Outdoor Club was held in North London on the 19th of January the lecture-room of the Islington Public Library being used for the purpose. Mr. H. J. Osborn, J.P., took the chair at 7.30 p.m., and Councillor H. J. Clarke, chairman of the Library Committee, made appropriate remarks in which he commended the objects of the Club, and expressed his desire to see it make rapid progress. Mr. C. H. Roberts, honorary secretary of the North London Photographic Society, then gave an interesting talk on the beautiful scenery of Wales, which was illustrated by a fine selection of coloured slides. After some stirring remarks by the chairman, who is an enthusiastic believer in open windows and outdoor principles generally, an address was given by Mr. M. Ellsworth Olsen, dealing with the outdoor spirit in relation to modern life. Dr. Charles Stewart, Dr. A. B. Olsen, and Professor H. R. Salisbury also gave brief addresses. The meeting was well attended, every seat being taken. Members of the North London branch were present in the largest numbers, but we also had with us Mr. Andrews and three other members from the Gillingham (Kent) branch, and two other secretaries, Miss Osborn, of Southend-on-Sea, and Mr. Morrell, of Wandsworth. Miss Cole, the secretary of the Croydon branch, was hindered from coming by a heavy fog, which made the train service very irregular.

New Branches.

The Croydon branch of the Outdoor Club was organised early in January, and musters fourteen members. Croydon has an ideal location for a club of walkers, and the secretary reports some very enjoyable rambles. On one of these the course lay "through Warlingham, over Kenley and Coudson Commons to Coudson Church, thence through the fields and lanes to Chaldon Church and then over Worthing Downs into the Brighton road, and home." Readers of GOOD HEALTH living in Croydon or vicinity who would like further particulars of this branch should write the secretary, Miss Elsie Cole, 69 Leslie Grove, Croydon.

Branch number 4 of the Club has just been organised with Dr. Beattie as its president and Mr. Ernest Walker, 23 Dinsdale Road, Roker, Sunderland, as secretary. This branch has nine members at present. Following is a brief extract from a letter just to hand from the secretary:—

A Delightful Walk.

"We had a walk on the evening of January 23rd, to Tunstall Hill. Eight of us met and started off together, and a very enjoyable time we had. The hill is about two miles from the town, and when we got on to the summit we were about six hundred feet above sea level. While on the top we held a meeting and discussed a few matters, all the time breathing the purest of fresh air. The night was ideal, beautiful and clear, a keen frost and a delightful freshness in the air that made you feel you were glad to be alive. Every-

one was pleased with the prospect of many more such walks and talks, and all pledged themselves to carry out the principles of the Club, and try to induce others to join the movement."

The Kent branch of the Club has enrolled several new members, and is making excellent progress. The secretary is Mr. Stanley Andrews, 49 College Avenue, Gillingham.

Members of the North London branch had a Wordsworth programme at one of their recent indoor meets. Mr. H. J. Stone (25 Marriott Road, Tollington Park, London, N.), the secretary of this branch, is well posted on all matters pertaining to camping out, and could doubtless be of considerable assistance to members of the Club who contemplate anything of this kind during the summer vacation. Letters of inquiry to Mr. Stone should be accompanied by stamped, addressed envelope.

Things to Do.

The Outdoor Club can make itself very valuable in any community, the open air spirit being a powerful means of building up strong, vigorous manhood and womanhood. Special pains should be taken to get hold of young people who are inclined so be sedentary, and encourage them to join the Club and cultivate healthy outdoor habits. We are rapidly approaching the most pleasant part of the year; soon the birds will be singing their spring songs, and the flowers will be blossoming in the meadows and the woods. Let us put forth our best efforts to get the utmost good

from nature ourselves, and at the same time to share its wholesome, satisfying joys with others.

We shall be glad to hear from any readers of GOOD HEALTH who believe in outdoor principles, and would be willing to help the movement onward in their respective neighbourhoods. Copies of the application blank containing a statement of the objects of the Club, will be supplied on request. If you are a lover of the fields and the woods, and desire to get in touch with others of like aspirations, send in your name with 1/- as registration fee, and become a member of the Outdoor Club.

An outdoor number. Next month's issue of GOOD HEALTH will be a special outdoor number. It will have a beautiful cover design suggestive of springtime, and will be liberally illustrated with a variety of excellent half-tone engravings. The leading articles will take up outdoor subjects of universal interest. No doubt most of our readers will wish some extra copies of this attractive number to send to friends. Further particulars are given on the last page.

INACTIVITY of the skin is one cause of the feelings of *malaise* and weariness which are more or less prevalent in the spring. The Gem Bath Cabinet affords one of the best means of maintaining a healthful condition of the skin and suppleness of the muscles as well. For full particulars apply to the Good Health Supply Dept., 451 Holloway Road, London, N.

Gathered Sunshine.



Nuts and Other Natural Foods,

such as Protoben Figs, Unpolished Rice, Raisins, Currants, etc., represent so much gathered sunshine—the rich, flooding sunshine of semi-tropical countries. No wonder they are so vital and so nutritious! We are Nut Experts, and supply only the *choicest* Nuts and Fruits obtainable. We can also give you valuable hints on

HOW TO USE THEM.

Our new 82-page Booklet, containing 24 simple and original Nut Recipes, and quotations of all our goods, will be sent Free to any address: its varied contents will surprise you. With it we will send free sample of "Cream-o'-Nutts."

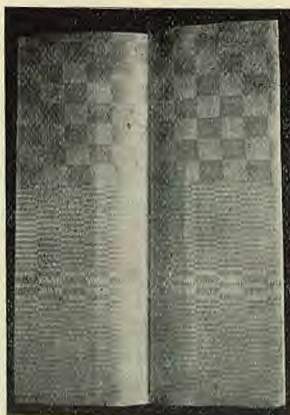
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| Pine Kernels, .10d. lb. | Pistachio Nuts, 1/- lb. |
| do. Roasted, 1/- lb. | Butternuts, .10d. lb. |
| Hazel Kernels, 10d. lb. | Pecan Walnuts, 8d. lb. |
| Cashew Kernels, 1/- lb. | Ital'n Chestnuts, 4d. |
| Peanut " 4d. lb. | Seedless Raisins, 8d. |
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| Twin-Jordan Almonds, 1/4 | do. Japan, 7 lbs. 1/6. |

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In buying those you are assisting an ancient "Home Industry," and have the additional satisfaction of possessing **Household Linens Unsurpassed for appearance and durability.**

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Specially suitable for Kitchen, Hall, and Breakfast use.

UNBLEACHED.	BLEACHED.
72 x 72 5/11.	8/6.
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I shall be pleased to send samples of these, carriage paid.

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In answering advertisements kindly mention "GOOD HEALTH."

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.

Is olive oil especially valuable?

No more so than a good nut oil. Pitman's Vigar Oil is probably as good an oil as you can obtain for table purposes.

Is the apple peel good to eat?

The actual peel of an apple is composed of a woody fibre, called cellulose, which possesses no nutritive value. Of course it helps to give bulk to the food, and is valuable to that extent to persons who have good powers of digestion. The flesh of the apple immediately underneath the peel is sweeter and more nutritious than that nearer the core, consequently as little of the apple as possible should be wasted in removing the peel.

What would you advise for nasal catarrh?

Use the "Globe Hand Nebulizer" daily, at least morning and evening. Precede the morning treatment with the "Globe Percussion Douche," by means of which the mucus which may have collected overnight, may be entirely removed. Let your diet consist largely of dry foods, which require thorough chewing. Avoid sugar and sweet things generally, and take your fats, as far as possible, in the form of nuts, almonds and pine-kernels being excellent for this purpose. The morning wet hand rub would help you get your skin in an active condition. Catarrh is a chronic ailment, and both patience and perseverance are required to bring about a cure. If you could spend a few weeks in a well-regulated sanitarium, it would probably give you a good start on the way to health.

Kindly suggest a home treatment for chronic rheumatism.

Rheumatism is a constitutional disorder, and the treatment consists largely in dieting. You would do well to follow the general principles laid down in GOOD HEALTH to the best of your ability. At all events you should strictly avoid alcoholic beverages, tea, coffee, cocoa, and all flesh foods. Adopt a simple, wholesome diet, and do not take more than three meals a day. Take time to chew your food well, and drink freely in the morning and between meals. You should take from three to four pints of water daily. To relieve the local pain, apply hot fomentations and hot packs, the directions for which you will find in recent numbers of the magazine. Hot vapour baths could be taken to advantage. We would also strongly advise you to give up smoking.

What to do for boils.

We are not prepared to recommend a special diet for the prevention of boils. Boils are caused by two things, poverty of the blood, and microbic infection. The skin must be kept absolutely clean, and injuries of the skin by collars and rough clothing should be avoided. As to diet, the instruction which you will find in current numbers of GOOD HEALTH is the best that we can recommend. We cannot recommend the blood mixture which you mention, or any other physic. You will find the various nut foods excellent substitutes for animal flesh; indeed, the less you take of animal foods the better. Use also fruits, both fresh and stewed, nuts, cereals, breads, vegetables, and dairy products.

Pain in the Knee.—"A Reader": "Can you tell me what is the cause of pain in my knee? I stand all day long, and when I go for a walk in the evening, I am handicapped by pain and stiffness in my knee."

Ans.—The pain may be due to rheumatism or over-strain through too much standing. To relieve the pain and overcome the stiffness we recommend hot fomentations to the knee, or better still, a hot knee pack. This you can take each evening before retiring. You must use a plain dietary, and take flesh-foods sparingly, or better, not at all. Drink water freely on rising in the morning, and between your meals. Have a warm bath three or four times a week, and a tepid or cold sponge bath each morning on rising, followed by vigorous friction.

The Good Health Adjustable Bodice



Affords ease, comfort and health. Retains the symmetry and grace of the natural form. Its use will add years of pleasure to a woman's life.

It does away with the corset. Supports all garments without harmful pressure. No stays to break. Thousands have been sold, and are giving excellent satisfaction.

Send for circular and prices to the Sole Agents: **Good Health Supply Dept., 451 Holloway Road, London, N.**



CATERHAM SANITARIUM AND SURREY HILLS HYDROPATHIC.

CATERHAM, SURREY.

THE location is delightful, being about 450 feet above sea level, in the beautiful valley of Caterham, surrounded by the picturesque hills of Surrey; the air is pure and bracing, and the water excellent. Situated within five minutes' walk of the Caterham Station, on the S. E. Railway, with an hourly service of trains from Charing Cross, Waterloo, Cannon Street, and London Bridge, the Institution is remarkably easy of access, while it is sufficiently far from London to be out of range of the fogs and smoke of the metropolis. The treatments consist of

BATHS OF EVERY DESCRIPTION, Including the
Electric Light Bath.

MASSAGE AND MANUAL SWEDISH MOVEMENTS.

ELECTRICITY AND VIBRATORY MASSAGE.

DAILY DRILLS IN PHYSICAL CULTURE.

With a carefully regulated and classified Dietary.

Sound health of body and mind is the fruit of obedience to natural laws. Health is largely the result of physical right-doing and correct training. Experience has demonstrated that chronic invalids of all classes, many of which are considered incurable, can be trained back into health by scientific regimen combined with suitable hydropathic measures, electrotherapy, phototherapy, massage, Swedish movements, Swedish medical gymnastics, and in short, by the use of what has been aptly called Physiological Therapeutics. Incurable and offensive patients are not received. The establishment affords facilities for quiet and rest, with skilled nursing and medical care and everything an invalid needs.

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

THE SANITARIUM, CATERHAM, SURREY.

In answering advertisements kindly mention "GOOD HEALTH."

GOOD HEALTH.

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

EDITED BY

ALFRED B. OLSEN, M.D.

M. ELLSWORTH OLSEN.

(Managing Editor.)

Address all business communications to

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

GOOD HEALTH may be ordered through any newsdealer. Yearly Subscription, post free, 1/6.

Indian Edition: Yearly subscription, post free, Rs. 2. Indian Office, GOOD HEALTH, 39/1 Free School St., Calcutta.

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

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

PUBLISHERS' NOTES.

If you wish to do GOOD HEALTH a good turn, speak of it to your newsdealer, and get him to order a few copies monthly through his wholesale agents, and display a poster for a few days each month.

• •

IXION Biscuits supply a crisp, nourishing food, which would be suitable to take along on a bicycle trip, or to give to children to chew properly. The Kornules are also a fine food for growing boys and girls.

• •

OWING to rapid sales and labour difficulties in the Michigan town where the garments are manufactured, the Good Health Supply Dept. has been short of certain sizes in the Adjustable Bodice; but at this writing a large shipment is on the way, and it is hoped there will be no occasion for further delays.

• •

THE new pine-nut protose, manufactured by the International Health Association, makes delicious Irish stew. It is also fine when cooked with tomatoes, carrots, green peas, and other vegetables. Any who have not tried this and the other excellent products of this company, would do well to send one shilling for samples to their factory at 70 Legge Street, Birmingham.

• •

PROBABLY a number of GOOD HEALTH readers know that the mills of the Natural Food Company at Bethnal Green were seriously damaged by fire some weeks ago. The losses, we are glad to be informed, were fully covered by insurance. Any delay in supplying the well-known specialities of the firm has been owing to the fire, and will be overlooked by customers. We have no doubt the company will soon be in better situation than ever to meet the needs of a large and growing business. People are coming to understand that tea is responsible for a good many headaches and nervous affections, and that a reliable substitute like Brunak is much to be preferred from every point of view.

THERE'S NO WASTE

with a packet of Brown and Polson's "Patent" Corn Flour, their first quality.

It is put up in a neat cardboard box that is easily opened *without cutting.*

The Corn Flour is inclosed in a paper bag so that it can be taken out *without spilling.* The bag also keeps it clean and good.

Examine the packet, and you will easily recognise it again, thus you will always be sure of having the best Corn Flour.

Ask for

Brown & Polson's
"Patent."

NEAVE'S FOOD

SOLD IN 1/- & 2/6 TINS,
AND 4d. PACKETS,

BY ALL CHEMISTS, GROCERS, and STORES.

"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.

The Medical Magazine says:—"Remarkable nutritive value in many cases of debilitated digestion amongst adults, especially during convalescence from acute diseases, . . . readily assimilable, easy of digestion, and acceptable to the taste of the most fastidious.

Health says:—"Well fitted for the delicate stomachs of children, invalids, and the aged.

GOLD MEDALS, LONDON, 1900 and 1906.

Over 80 Years' Established Reputation.

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

THE LATEST WONDER. AN OIL WITH A SWEET FLAVOUR.

For a Robust Constitution and for a smooth skin, clear, and proof against the cold, abstain from Medicines and Impure Fats, and use



VIGAR.

OIL OF HEALTH and VIGOUR.

VIGAR OIL MEANS VIGOUR ALL.

A Food Manufactured from the Finest Nuts, Far Superior to Cod Liver Oil.

A Perfect Aid in Developing Muscle and Brain. The Great, Pure Tissue Builder.

May be taken night and morning, or at any meal. The ideal Oil for Salads and the Crust. Very beneficial also for outward application.

A WONDERFUL HEALER.

1/- and 2/- per Bottle. Post free, 1/4 and 2/6. SAMPLE BOTTLE, POST FREE, TWO STAMPS.

"PITMAN" HEALTH FOOD STORES,
188 & 189 Corporation St., Birmingham.

Illustrated catalogue of health foods, etc., 88 pages, with copy of "Aids to a Simpler Diet," post free, two stamps.

A Seaside Home

Conducted on Food Reform principles.

Delightful location, near the chimes, pleasure gardens, and town.

Highest recommendations.

Accommodations exceptional, including facilities for the electric light bath, Russian and shower baths and skilled massage.

Charges—moderate.

Write for terms, mentioning GOOD HEALTH.

Mrs. Hutteman-Hume, Loughtonhurst,
West Cliff Gardens, Bournemouth.

ASK FOR MAPLETON'S NUT FOODS.

From all Health Food Stores and high class Grocers. Send for Price List post free from the manufacturer, Hugh Mapleton, 2 & 3 Dolphin St., Ardwick, Manchester. Also at Hamburg, Leeds and Bristol.

NAME THIS PAPER.

.. The .. Good Health Boot

is comfortable, healthful, artistic. It fits the foot and looks well. The sole contains an inner layer of fine cork which makes it entirely impervious to the wet.

This cork and the special hygienic linings keep the feet comfortably



WARM
AND
DRY.

It saves illness.
Combines comfort with style.

A Great Boon to People Troubled with Cold Feet.

We are specialists in hygienic footwear, and can satisfy you. Write for particulars and prices to

HALL & SONS, Ltd.,
47 Bishopsgate Street Within, E.C.,
Corner of St. Helen's Place,
& 112 Strand, London, W.C.
Opposite Exeter Hall.

In answering advertisements kindly mention "GOOD HEALTH."

LITERARY NOTES.

"The Food Reform Year Book and Health Annual," edited by H. B. Amos, comes to us with a bright cover and many interesting features. The price is 2d. There is much valuable information in reference to the various organisations carrying on health and food reform work, and also some short articles by leaders in the various movements. Published by Richard J. James, 3 & 4 London House Yard, Paternoster Row, London, E.C.

We have received from Messrs. Walton & Curtis, 190 Broadhurst Gardens, Hampstead, London, N.W., a copy of "Physical Training and Mental Culture," a neat little pamphlet containing a number of practical suggestions on these subjects.

HEALTH FOOD STORES,

6 Peas Hill,
CAMBRIDGE.

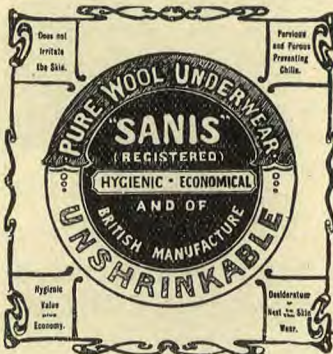
Conducted by W. E. Blunt. Agent for the International Health Association's Foods, all other health foods, and the "Good Health" magazine.

"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,

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For Golfing and Hockey! the Gymnasia, and Physical Exercise Class!!

Gold Medal awarded Health and Toilet Exhibition, London.



Mothers should see that their children wear the

PORTIA Combined Shoulder Brace & Stocking SUSPENDER,

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

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.

CHRONIC CATARRH ITS HOME TREATMENT.

With the help of the **Complete Outfit** chronic catarrh can be thoroughly and satisfactorily treated. This outfit contains, first, a **Percussion Nasal Douche**, to be used in cleansing the nasal passages from mucus. Secondly, it includes a **Globe Hand Nebuliser**, complete, for applying healing vapours to the affected parts. Thirdly, it includes a generous supply of medicines, to be used with both instruments. Price, 7/6, post free.

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

In answering advertisements kindly mention "GOOD HEALTH."

The Editor
of "Good
Health"
recom-
mends
the GEM
30s.
Turkish
Bath
Cabinet.

CATCHING COLD

Is easy but unpleasant. You catch cold without being aware of it. Dr. Andrew Combe, knowing the dangers inseparable from colds and chills, declared that a hot air and vapour bath increases strength, and by exciting the vital action of the skin gives rise to a power of reaction enabling it to resist colds much better than before. That is why the "GEM" Turkish Bath is such a valuable aid to health. It is curative as well as preventive. It "lifts" a cold as nothing else does. Other great authorities have declared it—a boon to humanity—as conducive to the enjoyment and prolongation of life—worthy to become a national institution—a necessity in every home. Don't delay purchasing. It will prove the finest investment you ever made.

100-Page Book Free on mentioning "Good Health."

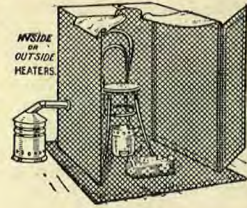
PRICES FROM 30/-.

The GEM SUPPLIES Co., Ltd.,

(Dept. G.H.)

22 Peartree Street,

Goswell Road, 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 McClinton's soaps, and ask for a booklet explaining how to get the car. **McClinton'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.**

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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.

PUBLISHERS' NOTES.

READERS of GOOD HEALTH in Birmingham may be interested to learn that Mr. B. Normansel (295 Soho Road, Handsworth), special agent for the magazine in that city, is also agent for the health books, complete catarrh outfit, bath cabinet, and other specialities sold by the Good Health Supply Dept., and can furnish all such goods promptly to anyone desiring them.



MUCH helpful information in reference to alcohol may be found in a penny pamphlet, published by Richard J. James, 3 & 4 London House Yard, Paternoster Row, E.C., under the heads of "Alcohol in the Light of Modern Science," "Alcohol and Commercial Efficiency," by Sir Victor Horsley and "Alcohol and Empire Building," by Theo. B. Hyslop.

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.

WORTHING—SUNNY WORTHING.

PORTLAND HOUSE, 46 Marine Parade, Worthing.

A high-class boarding establishment, situated in the best position of the Marine Parade. Vegetarian diet when required. Terms, 30/- to £3 3s. per week. Address, The Manager.

"GOOD HEALTH" STORES,

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Conducted by MISS N. MUSSON.

Agent for the International Health Association's foods, and all other health foods.

.. ALSO FOR ..

Musson's Wholemeal Specialities.
All Health Magazines.

NEWCASTLE On Tyne DEPOT.

"Good Health" Foods.

THE OLD, ESTABLISHED GROCERY,
26 CLOTH MARKET.

MATERNITY NURSE, certificated, vegetarian, terms moderate, disengaged. Deacock, 53 Broughton Road, Thornton Heath, S.E.

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ESTABLISHED 1851.

SOUTHAMPTON BLDGS., HIGH HOLBORN, W.C.

2½ per cent. INTEREST

allowed on Deposit Accounts Repayable on Demand.

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allowed on Drawing Accounts with Cheque Book.

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

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

THE RESTAURANT

4 Furnival Street, 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 p.m. [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.

HAVE YOU TASTED THE NEW IXION "SHORT BREAD" BISCUIT?

Haven't you wished for a pure Whole Wheat Biscuit that will not strain the teeth? In our new **IXION "SHORTBREAD" BISCUIT** you have the very thing. It is most easily masticated; is delicate and delightful in flavour, and is **all food**. It is shortened without the aid of chemicals, and is guaranteed free from all additions of salts, baking powder, ammonia, or any other deleterious substance.

Invaluable for growing children, and a great favourite with them.

ALL FOOD AUTHORITIES APPROVE THE BISCUIT HABIT.

Those who know the quality of our **Ixion Whole Wheat Biscuit** can assist us materially by ordering their supplies through the Grocers and Stores, or we can supply direct.
7 lbs. 3/9, 14 lbs. 6/6, 28 lbs. 12/-, carriage paid. Insist upon our trade mark, "IXION," Regd.

WRIGHT & CO., Vulcan Street, LIVERPOOL.

The New Biscuit is only one of our **MANY GOOD THINGS.**

We have a booklet telling all about them which we will send with

SAMPLES of each for 4d. stamps.

Mention the "Good Health."

In answering advertisements kindly mention "GOOD HEALTH."

Two Good Things in 3 Varieties.

GRANOSE.

THE IDEAL
"STAFF OF LIFE."

The nutritious wheat kernel, which of all known foods is the best body builder, is presented in its most valuable form in Granose.

Granose consists of entire kernels of choice wheat in the form of thin, crisp flakes, perfectly cooked and ready for use.

It is exceptionally rich in flesh-forming material and organic phosphates, and being easily digested and completely assimilated, its nutritive ratio is very high. The presence of the natural fibre of the wheat also secures the healthy and regular action of the bowels, thus preventing and curing constipation.

Granose strengthens the strong as well as the weak, the young and the aged, and should take a prominent place on every table.

Supplied in three forms:—

No. 1. Granose Flakes.	7½d. per packet.
No. 2. Granose Biscuits.	7½d. " "
No. 3. Toasted Wheat Flakes. (sweetened)...	8d. " "

PROTOSE.

THE STANDARD
NUT MEAT.

Protose is a wholesome meat, prepared from choice nuts and wheat. It resembles flesh-meat in appearance, taste, and chemical composition, and is superior to it in point of purity, digestibility and wholesomeness.

Protose, being the best, is the standard nut meat, and is used by food reformers the world over.

Supplied in three varieties:—

- No. 1. The Original Protose. No. 2. Pine-Nut Protose.
No. 3. Hazel-Nut Protose.

PRICES.—1½ lb. tin, 1/4; 1 lb., 1/-; ½ lb., 8d.

A half-pound tin with list of our other Health Foods and address of nearest agent sent post free for 11d. Three half-pound tins (one of each kind) post free, 2/4.

The International Health Association, Ltd.,
Legge Street, Birmingham.

LITERARY NOTES.

WE have received a copy of the twenty-sixth volume of "**The Bible Temperance Educator**," the organ of the Bible Temperance Association. It is, as usually, filled with excellent articles dealing with temperance from a Bible standpoint, and it also contains some well-written articles on the harmfulness of tobacco, and on health culture in general. The price is 1/-. Readers of GOOD HEALTH who wish to aid in spreading temperance principles would do well to help circulate this excellent magazine.



"**The Deadly Cigarette**," by the Rev. J. Q. A. Henry, D.D. Published by Richard J. James, 3 and 4 London House Yard, Paternoster Row, E.C. An excellent work on a subject of large importance to the nation's welfare. The writer has brought together from many sources an array of evidence against the cigarette which is overwhelming. The book ought to be read by every youth in the land. No deadlier peril confronts the health and the morality of our boys to-day than the fascinating cigarette, which seems so trifling and harmless, but carries in its train woes innumerable. Friends of the youth will do well to put forth their utmost efforts to give this ably-written book the large circulation which it ought to have, and that without delay, for our boys are rapidly acquiring a taste for cigarettes which it will cost them severe effort to deny.

MAXWELL'S PURE FOOD STORES,

863 FOREST RD., WALTHAMSTOW,
LONDON, N.E.

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

Cooking Oils, Pure Olive Oils, Vegetable Soaps.

Maxwell's Pure Vegetable Coconut Butter

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

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

Price List gratis. Goods value 15/- sent carriage paid within fifty miles of London. Over that distance anywhere in Great Britain, sixpence extra charged for carriage on each order for £1 or under.

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

THE PUBLIC WANT

AND ALL HEALTH FOOD STORE KEEPERS, GROCERS, AND
ITALIAN WAREHOUSEMEN SHOULD STOCK

R. WINTER'S Pure Nut Foods. - Pure Fruit Foods. Pure Cereal Foods. Pure Biscuits.

NUTTON, The Best Nut Meat. Made in five varieties; peanut-free; 20% proteid. In $\frac{1}{2}$ lb., 1 lb., $1\frac{1}{2}$ lb. and 4 lb. tins. Prices from 6d. to 3/8. Sample tins $3\frac{1}{2}$ d.

PRUNUS, The Rapid Flesh Former. Self-digestive. Delicious. 86% nutriment. Per tin, 1/3.

PRUNUS PERFECT FOOD. The same food as above in dry powder form. 96% nutriment. Per tin, 1/-.

ARABIAN STUFFED DATES. Put up in attractive boxes. Price, 9d. each.

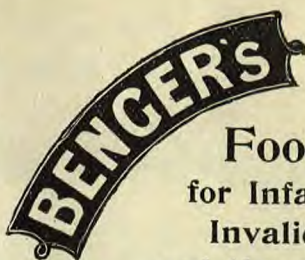
THE FINEST NUT BUTTERS. Table Nutbut. Cooking Nutbut. $\frac{1}{2}$ lb., 1 lb., $1\frac{1}{2}$ lb. 3 lb. tins. 6d. to 2/1 per tin. **Cream Nutbut.** Almond, Walnut, Cocoanut, Cashew. $\frac{1}{2}$ lb., 1 lb., $1\frac{1}{2}$ lb. tins. 6 $\frac{1}{2}$ d. to 1/5 per tin. **MALTWEAT BISCUITS**, etc., etc., etc.

Write for catalogue, and ask your Grocer or Store keeper for Winter's Pure Foods.

AGENTS WANTED IN ALL TOWNS.

R. WINTER, Pure Food Factory, CITY ARCADES, & NEW STREET, BIRMINGHAM.

In answering advertisements kindly mention "GOOD HEALTH."



Food
for Infants,
Invalids,
and the Aged.

The particular and important feature of Benger's Food is that it can be prepared to suit any degree of digestive power, according to the directions on each tin. In this way it wins back health and strength. * * *

The "Lancet" describes it as "Mr. Benger's admirable preparation."

HAVE YOU TRIED
BRUNAK

INSTEAD OF TEA OR COFFEE?

NOURISHING, SUSTAINING, WHOLESOME.

BRUNAK is similar in smell, taste and appearance to the finest Coffee, but has none of its disadvantages. It is a health food-drink invented by the great dietetic specialist, DR. ALLINSON. It is suitable for every meal, and at all times.

BRUNAK is the best and most economical beverage obtainable.

BRUNAK stops the mischief tea or coffee is working, because it does not contain a particle of the poisonous principle which both tea and coffee do contain.

Sold by Cash Chemists, Grocers, and Co-operative Stores throughout the Kingdom, in 1 lb. packets at 1/- each; or a 1 lb. packet sent post free for 1/-; or a Sample and list of agents free by

The NATURAL FOOD Co., Ltd.,
Room 99, 305 Cambridge Rd., Bethnal Green,
LONDON, E.

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

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.

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