



"No flocks, that roam the valley free, to slaughter I condemn;
Taught by the Power that nities me, I learn to pity them"—*Goldsmith.*

Good Health

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

Entered at Stationers' Hall

VOL. 5.

MAY, 1907.

NO. 12.

London Growing Healthier.

THE death-rate in London for the year 1905 was the lowest on record since the registration of deaths was made compulsory; it stood at 15.1 per 1,000, as compared with 21 in 1891. The rate of mortality from consumption has been reduced to one-half what it was forty years ago. There is still a high mortality rate among infants. This is a most serious matter, and it is well that so many eminent physicians are interesting themselves to bring about an improvement in present conditions. The representative meeting held at the "Tribune" Rendezvous and the strong committee organized to secure legislation, which will at least keep helpless little children from the public-house, should be productive of much good, and we feel sure the readers of GOOD HEALTH will do everything in their power to forward such an excellent movement.



The Dangers of Home Life.

"HOME is the most dangerous place I ever go to," remarked Mr. John Muir, the famous geologist and naturalist, to a correspondent of the "World's Work." He was on the train returning from Arizona to his home in Martinez, California, after the earthquake. "As long as I camp out in the mountains, without tent or blankets, I get along very well; but the minute I get into a house and have a warm bed and begin to live on fine food, I get into a draught, and the first thing I know I am coughing and sneezing, and threatened with pneumonia, and altogether miserable. Outdoors is the natural place for a man. Walk where you please, when you like, and take your time. The mountains won't hurt you, nor the exposure. Why, I can

live out for £10 a year, for bread and tea and occasionally a little tobacco. All I need is a sack for the bread, and a pot to boil water in, and an axe. The rest is easy."



Open-Air Simplicity.

Truly life is a far simpler thing than most people realize; and no doubt Mr. Muir would find on trial that the tea and tobacco could, with real advantage, be replaced by something more in harmony with the outdoor spirit. Narcotics are the bane of twentieth century civilization, and though the outdoor enthusiast by his otherwise healthy life and active habits suffers less from such things, he has also a poorer excuse for resorting to their use.

It would be well if more people knew the danger on the score of health that attaches to the stuffy, bad-smelling, germ-reeking places, that pass under the name of home. We are not referring now to the slums, but to houses good in themselves, and occupied by people otherwise very intelligent, but who are grossly ignorant of the body's need of fresh air night and day. If the people of this island generally were deprived of half their so-called home-comforts, and compelled to sleep on hard beds, with wide-open bedroom windows, and fed on coarse, wholesome food, nine-tenths of the medical men would have to look elsewhere for a living.



Healthful Footwear.

A LITTLE attention given to hygienic clothing of the feet will yield ample returns in health and working ability. Sandals of some kind are without doubt the proper thing in summer, and if the desire to avoid attracting undue attention leads

most of us to wear light boots or shoes in public, we can, at least, have sandals for home wear. Children should wear them throughout the warmer season of the year.

There is, furthermore, a great difference in boots. Some makes are exceedingly unhygienic; others conform to the natural shape of the foot, and may be worn day after day with real comfort. Needless to say, the latter should be worn by outdoor enthusiasts. The well-made boot for outdoor wear should have a thin layer of cork, so that the wet from muddy pavements or dewy grass will not permeate through. The sole of the boot-clad foot is peculiarly sensitive to cold and damp; hence the great advantage of the strip of cork, which keeps the foot dry. Ordinary sole-leather is just porous enough to admit the damp, and yet not sufficiently porous to allow it to dry readily. Hence the peculiar danger on the score of colds of sitting with wet boots.

The Christian Science Delusion.

APROPOS of Mark Twain's book on Christian Science, just published by Harper & Brothers, and which the "Tribune" reviewer calls the most damaging indictment of this cult that has yet been penned, our readers may be interested in the following experience related by Dr. J. H. Kellogg in a Sanitarium lecture, and reported in the "Medical Missionary":—

I had a patient, some years ago, a girl, who had thrust a penknife into her eye and destroyed it. The inflammation was threatening to destroy the other eye, so I had to remove the injured eye. I decided to make a test of Christian Science in this matter and so wrote a letter, wording it as though the girl had written it, and had her sign it after telling her the purpose of it. The letter read as follows:—

"I am a girl of sixteen, and have had the misfortune to lose the sight of one of my eyes. This will be a great impediment to me all my life. I wish it might be cured, but my doctor says he cannot help it, and thinks that the sight of my eye is gone for ever. Can you do something for it?"

I sent that letter to all the leading Christian Science healers that I could hear of, and pretty soon letters came back from every one of them saying: "I will cure it." Their terms were from one to five dollars a treatment. They agreed for five dollars, or three dollars, or two dollars, or even one dollar, to sit down once a week and think about that eye until they thought it back, though, of course, they did not know the eye was gone.

They promised to cure it, without asking any questions at all, provided the money was sent in.

I wrote another letter for the little girl in which was the following:—

"I am a very poor girl. My parents are very poor, and cannot possibly pay so much. Wouldn't you, as I am such a poor girl, and it is so important for me to have the sight of my eye, do it for me free?"

No Zeal for the Poor.

There came back just one letter out of the whole lot, and that was from a young lady down in Boston, who said: "I have just finished a course of Christian Science with Mrs. Eddy, and haven't had much experience yet, but think I may be able to help you, and will try it."

She was an honest girl, and I did not let her waste any time over it, but wrote and told her there was no eye there, and then she did not care to undertake the job. But it is as easy to make a new eye as it is to take an old dead eye and create it anew, and Mrs. Eddy claims to have done such things. She says: "By mind alone I have prevented disease, preserved and restored health, healed chronic as well as acute ailments in their severest forms, elongated shortened limbs, relaxed rigid muscles, restored decaying bones to healthy conditions, brought back the lost substance of the lungs, and caused them to resume their proper functions."

Such claims are not only false, but ridiculous. To elongate shortened limbs requires nothing less than creative power. The amazing thing, as Dr. Kellogg says, is that so many thousands of people can believe these lies.

The Patent Medicine Delusion.

And yet, we have not far to look to see even larger multitudes giving credence to equally ridiculous claims. Here is part of an actual patent medicine advertisement taken from a recent English newspaper:

"Note:—This coupon sent to — & Co., Ltd., —, will bring you a free sample bottle containing £50 worth of nerve force gratis."

A statement more completely and fundamentally false it would be hard to find, and yet just such claims are widely believed, and are the means of selling millions of pounds worth of nostrums, which are not, like the "absent" treatments of the Christian Scientist, merely harmless, but may bring on serious disease. Nerve force corked up in a bottle! The idea is preposterous. Perhaps it may be said in excuse that the advertisement was not intended to be taken literally. That has

nothing to do with the question. The proprietors evidently wished to convey the idea that their medicine will actually impart new nerve force to the buyer, and that is precisely what it cannot do. The same false claims are repeatedly urged on

behalf of a very large class of nostrums, and this fully accounts for their enormous sales. Superstition of the darkest hue is rampant in matters pertaining to health and hygiene, and the patent medicine advertisements uphold and confirm it.

THE TWENTIETH CENTURY STOMACH: ITS NEEDS AND ITS ABUSES.

BY M. ELLSWORTH OLSEN.

ONE need not look far to become thoroughly convinced that the modern stomach needs looking after: Dyspepsias of various kinds have multiplied till it requires a specialist to name them, and they appear not only singly in widely differing forms, but also in the most baffling combinations, many a poor sufferer carrying about with him a sufficient number of distressing symptoms to supply a family doctor book.

The Nostrum Cure.

To be sure, patent medicine "cures" are to be had in plenty, and if one-tenth part of the claims confidently put forth by the venders could be made good, weak stomachs would long since have become a thing of the past. Unfortunately, so far from the much-lauded pills and tablets and tonics effecting cures, there are the best of reasons for believing that they are among the chief factors in producing digestive disorders. A patient may, to begin with, have a difficulty which is of a temporary nature, and would soon pass off of itself; but hearing that his friends A and B have reaped great benefit from a certain nostrum, he tries it himself, gets worse, then tries something else, and is shortly fully initiated into the society of dyspeptics.

The Rational Cure.

Any satisfactory treatment must be based on scientific principles. To seek the cause of a given disorder and then remove it, at the same time by natural methods endeavouring to co-operate with Nature in the restoration of health and vigour—this is the course taken by the wise physician. Diet reform, then, underlies all rational treatment for dyspepsia. The question needing attention is not,

what is the condition of the stomach? but, what is going into this organ four or five times a day? The great need of the twentieth century stomach is scientific feeding, and fair treatment generally. The abuses from which it suffers may be summed up under three chief heads:—

Sedentary habits.

Unscientific feeding.

Dosing with nostrums.

There can be no doubt that a very large item in the list of disease-producing factors of modern life, is the ever-increasing tendency to sedentary habits. Never was there a time when so small a proportion of the race was earning its bread by daily toil out-of-doors. Brain work replaces muscular work year by year. Men invent machines to save hand labour, but reap the inevitable result in many an insidious disease which owes its virulence and power to indoor conditions. Sedentary habits are especially productive of digestive disorders. Nature has decreed that the man who will not work with his hands shall not eat with any degree of digestive comfort.

Digestion is usually regarded as confined to the alimentary canal; but the final act of the process, the assimilation of the food, takes place in the tissues, and is dependent on an abundant supply of oxygen. The sedentary worker who is breathing foul air almost all the time, and seldom gives himself vigorous, outdoor exercise, which by inducing full breathing would send a large supply of oxygen to the tissues, is starving himself as truly as the man who refrains from taking necessary food. He may eat quantities of meat and bread and vegetables, but without fresh air he cannot properly assimilate this nourishment; hence he is clogging his system without increas-

ing his strength. Oxygen, rightly, considered, is really a digestive principle as important as the bile or the gastric juice, and full, deep breathing, with outdoor activity, would have warded off most attacks of dyspepsia.

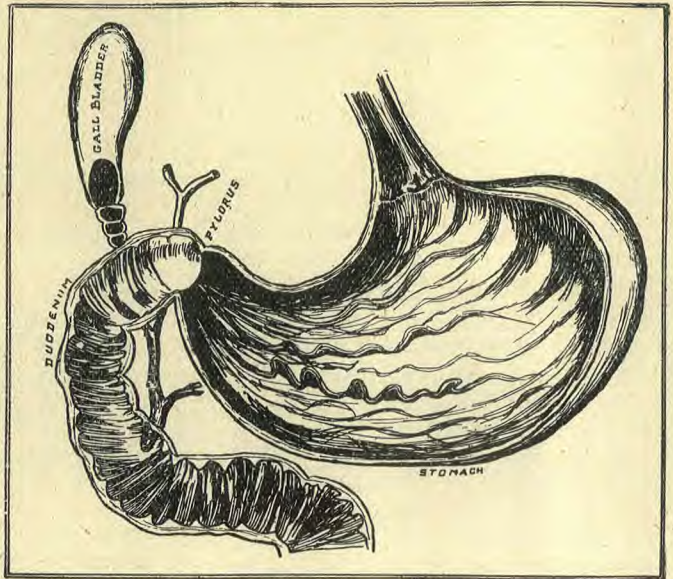
However, it must be admitted that even farmers and other people who spend much of their time in the open air may suffer from dyspepsia. Others again are obliged to be indoors a great deal, and yet manage to maintain their digestive organs intact. Evidently, then, there are other factors to consider. Let us look at the food question. We have science in the pulpit in these days, science on the farm, and in the workshop; but do we have science in the kitchen? Do housewives and cooks realize that on the quality of the food prepared in the kitchen, will depend very largely the health of the whole household? Is it not a most deplorable fact that the feeding of horses and hogs is often more scientific, better calculated to bring definite results in the way of health and strength, than is the feeding of children?

Diet of the Factory Girl.

How could one rationally expect sound, healthful bodies on a diet of strong, stewed tea, white bread, and pickles, and liberal quantities of adulterated sweetmeats thrown in between times? And yet thousands of factory girls live on just such fare year in and year out. No matter how small their wages, they can always buy tea and pickles and sweets, the very things they ought absolutely to avoid. It is a wonder they can live at all on such a diet. Certainly they suffer very generally with anæmia, frequent headaches, and indigestion, and they usually have wretched teeth, a fact which points to poor nutrition, and general premature decay of the bodily forces.

Stewed tea is by no means confined to factory girls, however. The labouring

man of to-day is developing a great fondness for this vile beverage, with which he washes down the food which ought to have been eaten slowly, and thoroughly mixed with the saliva. Tea which has only been infused a few minutes, still contains a considerable per cent of tannin, and its full quota of caffeine and volatile oils, which are the chief constituents of "the fragrant herb." Hence it cannot be regarded as harmless, although less injur-



ious to the stomach than the stewed variety.

Vogue of the Teapot.

There can hardly be any doubt that the enormous vogue of the teapot is one leading factor in the growth of digestive disorders. Britain uses a quantity of tea annually which allows six pounds each for every man, woman, and child in the kingdom. In the great majority of European countries the consumption is less than one-sixth. Only in Australia, where tea is much used in the bush, does the per capita consumption equal that of Great Britain; and Australia, it may be added, is another country where dyspepsia is making large inroads on the public health.

Tea is not, properly speaking, a food; it is really a drug, and as such has no useful place on our tables. Like other narcotics, it has a fascination of its own,

and on being used for a time, can with difficulty be given up. Dr. Osler said recently that it was an unnecessary article of diet, and served to clog the vital machinery.

The large increase in the use of flesh foods is another contributory cause of poor digestion. Meat is not a good body-builder, notwithstanding popular opinion to the contrary. It is heavily charged with tissue poisons, which, when taken into the body, overwork the excretory organs to get rid of them, and often predispose to kidney disease. A meat meal is satisfying for the time being, and produces a feeling of comfort and well-being; but it does not stand by a man nearly so well as a meal composed of well-cooked vegetables and nuts and cereals.

Condiments.

Again, while meat in itself is not particularly difficult of digestion, the free use of mustard and pepper, and other hot things usually taken with meat, is decidedly harmful to the digestive organs. The Englishman, though content with plain fare, and scorning the elaborate dishes of some other nations, is particularly prone to season his food at the table, and the quantities of Worcestershire sauce and similar condiments consumed in hotels and boarding-houses is astounding.

Too Frequent Meals.

The twentieth century stomach could do with a little rest occasionally. We would not advocate fasting, nor the one-meal system; neither would we advise two meals indiscriminately; but there are probably very few persons who will not find three meals daily amply sufficient, the times to be, say, at eight, one, and six. To eat oftener seems waste of time, and a needless demand on the stomach, which it should be remembered is a muscular organ, and as such requires times of rest. To eat a heavy supper just before retiring, is to deprive the digestive organs of needed rest during the night, and cause one to awake in the morning dull and stupid, and with no real appetite for breakfast. Sitting down to a meal as a matter of course, without appetite, one very naturally resorts to condiments; and one main reason why these are used in such large quantities in Great Britain is that our meals

come too close together. We have only just eaten breakfast when lunch is announced, tea follows soon after, then dinner, then supper. What a procession! The Greeks, at the time of their highest achievements, ate but two meals daily, and they lived far more active lives than most Englishmen to-day. Of course, they did not have the English climate, which we must confess is a remarkable appetizer, and wonderfully wholesome. If it were not for our climate, our rather gross eating and free use of alcoholic drinks would have made far greater inroads into the national health than they have; but even a good climate cannot fully atone for dietetic sins.

It is a pleasure to note some distinctly encouraging signs. Breakfast foods have evidently come to stay, and we are heartily glad to see it, even though they may not possess quite as many virtues as are claimed for them. Fruit is another article of food which is coming into more general use, and nuts and nut foods are bidding fair, wholly or in part, to take the place of meat in a great many homes.

The Diet of To-Morrow.

Furthermore, there is a general reaching out after a more wholesome and scientific preparation of food. The *cuisine* in the army and navy is, in some respects at least, a good deal better than it used to be, and the principles of plain cookery are now taught to girls in many of our best schools. Very much has been done in recent years by the Universal Food and Cookery Association, under the able leadership of its managing director, Mr. C. Herman Senn, to raise the standard of English cookery, and to promote a knowledge of the principles of food preparation and domestic economy in general. No doubt still greater triumphs are in waiting; for the Association has shown the open mind and eager love of truth that mark the true scientist. It is the writer's confident hope that cookery will yet take its place as one of the noblest of sciences; that medical students will be required to have a thorough knowledge of food values, that the doctors of to-morrow will not consider it beneath their dignity to inquire most carefully into the question of a pa-

tient's diet, and if need be, send a qualified cook to show how his food should be prepared; and that the kitchen of the future will be regarded in its true character, as a laboratory where the latest scientific results are to made use of in the preparation of food which will give the utmost results in health and efficiency.

Scientific cooks are already in the highest demand, and it is a great pity that

more of the country's young women do not enter this profession. If some of the bright girls who are training for stenography, and other clerical work of a more or less confining character, would go in for a thorough mastery of scientific cookery, they would find the work on the whole more wholesome and enjoyable, and far better than office work as a fitting up for home-keeping on their own account later.

THE HYGIENE OF MOTHERHOOD.

BY J. J. BELL, M.D.

THERE is, perhaps, no time in the early life of an individual which has more to do to shape and mould his future career than have the months immediately prior to and after the birth of the infant. The life of the mother during this period will determine largely the history of the future man or woman; for the offspring depends entirely on the life forces of the mother. Every thought or word or act on her part will leave its imprint to be handed down

to the next generation, shaping the health and character.

The burdens and cares of the mother at this time should be lessened, so that she may not by too great exertion on her part deprive her child of the nutrition which Nature has provided for it.

The diet should consist of easily digested, well-cooked, simple, and nourishing foods, taken in liberal quantities. Stimulants, narcotics, and foods containing extracts which increase the labour of the kidneys, should be avoided. Fitful and variable appetite should not be gratified with food which will not impart a good quality of nutrition.

The dress should be composed of material which will maintain warmth and a healthy circulation through the skin and extremities, thus preventing internal congestion. The feet should be kept dry and warm. The weight of the clothing should be suspended from the shoulders, thus avoiding all constriction around the waist line.

Much time should be spent in the open air studying Nature's handiwork.

The mind should be kept occupied with pleasant, cheerful thoughts, and on no account be allowed to dwell on things which cause sadness and gloom. If the prospective mother is unhappy, easily agitated, irritable, and liable to outbursts of passion, the nourishment for the offspring will be



GET DOWN TO YOUR WORK.

unfavourably affected, and thus the constitutional strength, and the mental faculties of the child to be will suffer. During the period of nursing, colic spasms and convulsions may be produced from a similar cause.

On the other hand, the mother who cultivates a cheerful, peaceful, pure, and temperate life will be repaid tenfold for her trouble in future years as she sees the same traits of character springing forth in her children.

Don't Stoop.

WE hope many of our readers will spend some time daily this spring and summer in the garden. Not only is it wholesome to be out under the open heavens, but caring for plants is itself a most delightful occupation, affording real refreshment to mind as well as body. Care should be taken, however, to avoid unnecessary stooping, which involves contracting the chest and thus hindering full, deep breathing. Usually the work can be done just as well by assuming a lower position, as in the illustration opposite. Hoeing, raking, and spading can be done very easily while maintaining an expanded chest and a well-arched spine. If it is necessary at times to assume for a few moments a cramped position, straighten out and take a few deep breaths immediately afterward, so as to correct any tendency to a stooping habit, which is most unhealthful as well as ungainly.

A New Solution.

THE other day the school of a local town was visited by an inspector. Wishing to test the knowledge of the junior classes before leaving, he asked the following question:



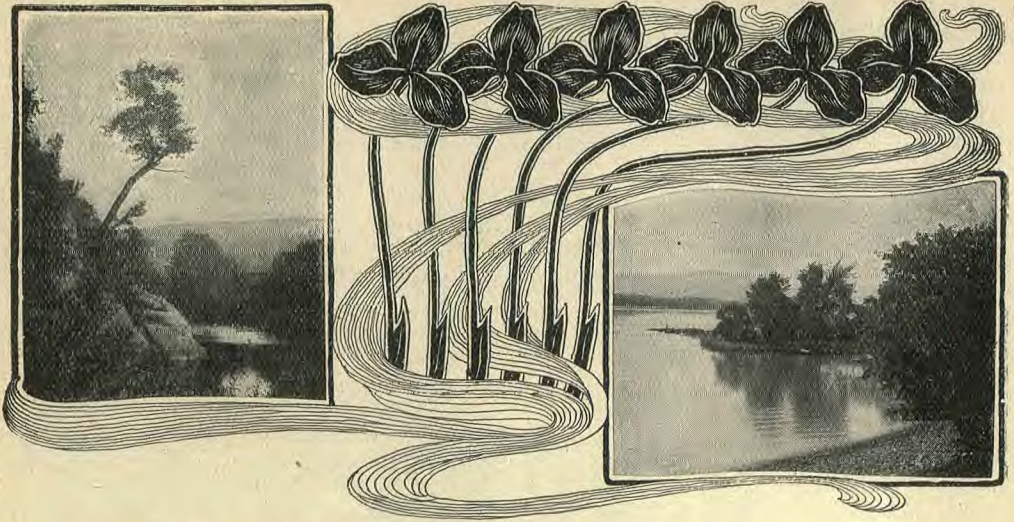
CONDUCTIVE TO BACKACHE.

"Can any of you tell me why Adam was made a man?"

The class meditated for some time, and at last a little girl, sharper than the rest, exclaimed:

"Please, sir, if he was made a baby there wouldn't have been anybody to nurse him!"—*Birmingham Post*.

LET it be our happiness this day to add to the happiness of those around us, to comfort some sorrow, to relieve some want, to add some strength to our neighbour's virtue.—*Channing*.



THE RATIONAL CURE OF DISEASE.*—Concluded.

BY ALFRED B. OLSEN, M.D.

AS TO diet our directions are very simple—take the food that you can best digest, and that will build up the body and make for sound health. I am dealing with the subject of diet from a hygienic standpoint—yes, from a scientific standpoint. The body is made from the food that we eat; the bread of to-day is the blood of to-morrow. The most effectual, and, indeed, the most successful way of treating chronic diseases is to strengthen and build up the general health. All physicians recognize this principle, and in one way or another attempt to put it into practice. What the body needs is nourishment. The blood is the life of the body, in that it is the life-carrying medium of the body. And what is it that gives life, if it is not the food that we eat from day to day? Then, if we would strengthen the weakened body, we should look to our diet and see to it that the food is properly selected, well cooked, and taken in such a form and such quantities as will suit the bodily needs.

Diet v. Drugs.

The physician who believes in the rational cure of disease will give every possible attention to the diet of his patient. He will recognize that it is good food that

is to restore the patient, and not the uncertain draughts that the chemist may compound for him.

But the physician will deal with many other matters besides food and drink, which we believe to be fundamental, and which we have therefore dealt with at the beginning. There are also air and sunlight. Almost all doctors, including the most conservative, are of the opinion that fresh air is the proper medicine for a consumptive. But this was not the case fifteen or twenty years ago. As we look back over the past decade, we shall see a very marked change of opinion amongst medical men concerning the fresh air treatment of consumption; but I hold that, to a greater or less extent, the fresh air treatment might be applied to many other diseases with equal benefit. When the body is ill, it is weak, and consequently needs to be strengthened. The resistive forces are within the body, but they become weakened and deadened through illness. By increasing these natural resistive forces through supplying the physical needs of the body, we make it possible for the so-called *vis medicatrix naturae* to manifest itself, fight the disease, and drive it from the body. As a general rule, I believe that most patients would make a more rapid and complete recovery without

*Partial report of an address to the Birmingham Natural Health Society. The first part appeared in the March number.

the aid of the old-fashioned drug-prescribing physician. Let the patient alone as far as poisoning him is concerned; feed him; give him more fresh air, plenty of sunlight, rest, sleep, and some plain water baths, and it will appear marvellous to see the rapidity of his recovery. We all believe this in a way; but do we really put it into practice?

Some one will ask, What about the doctor? Well, I believe the doctor is a very useful man, and that he can, and will be, in the course of a few years, far more so than he is to-day. I cannot vouch for the accuracy of the report that in China they pay their doctors as long as the patients are well, and stop payment when they become ill; but, if this is true, I think it is a far more rational system than ours; for we put a premium on sickness. It speaks well for the medical profession; it shows that, taken as a whole, it is composed of men of genuine integrity, when they do everything in their power to hasten the recovery of the patient, knowing, as they must know, that the longer he is ill the better they are off financially.

Well, now, in all seriousness, would it not be far better to employ a medical man for the purpose of preventing disease, and use him as a counsellor for the maintenance and preservation of the health of yourself and family? The longer you are spared from illness, and the fewer the members of your family that fall sick, the happier you are, and the larger your gain from every standpoint. Then why not pay your doctor a reasonable annual stipend, according to the size of your family and the amount of service you expect from him, and call him in before anyone takes ill, requesting him to inspect your house, or drains, or kitchen, or bedroom, and to give advice concerning your diet, exercise, and general habits?

Natural Remedies.

However, in the rational cure of disease, we do not have to depend entirely and solely upon fresh air, sunshine, sleep, and diet. We also have a number of efficient and useful remedies to fall back upon—remedies that are furnished us by Nature. Foremost of these is water. The ease with which water is applied in different

forms to the body makes it not only one of the most valuable, but also one of the most convenient means of treating disease. The fomentation is a panacea for pain, and of what does it consist?—Simply hot water and a cloth, nothing more. A woollen cloth is preferable. It is wrung out of very hot water and applied to the seat of pain, the result being almost instantaneous relief. It has a soothing, comforting effect, and drives the pain away as if by magic. Fomentations may be used in the form of packs for the joints, the limbs, or for the entire body. We also have cold and tepid compresses as well as the hot fomentations—to say nothing about the full bath, with or without the addition of electricity, sitz baths, arm baths, vapour baths, etc.



THE ELECTRIC LIGHT BATH.

In hydrotherapy we find one of the most powerful agents for the treatment and cure of disease.

Besides water, there is electricity, which is used in various forms—galvanic electricity, Faradic, high-frequency, sinusoidal electricity, static electricity, and the X-rays; and we must not fail to mention the electric light or radiant heat bath, which has

deservedly become so popular within the last few years. We also have massage and manual Swedish movements. The Swedes have conferred a great boon upon humanity by developing and perfecting the various manual treatments and movements which are associated with the names of Ling and Hartelius. They are just as useful for the maintenance and preservation

disease of the heart, by the unwise use of physical exercise.

Advantages of the Sanitarium Method.

It will be seen from this brief presentation of the principles of rational treatment that there are two methods open to follow—one being the adopting of these principles, as far as possible, in the home, and



GROUP OF WORKERS AT THE CATERHAM SANITARIUM.

of health as for the cure of disease. We do not have to resort to apparatus to become healthy, and it is a mistake for men to think that they must become Sandows in order to resist disease. I hold that physical culture is for the purpose of symmetrically developing the body, and improving the functions of the various internal organs. Large muscles alone do not enable a man to resist disease, although people with strong muscles often do have a comparative immunity from illness. But there is danger of pushing the development of muscle too far, and not a few athletes have brought on some serious organic

following them out systematically day by day. There are many efficacious procedures in hydrotherapy that can be easily administered by an amateur. This is particularly true of various baths, fomentations, hot packs, and such tonic applications as the salt glow, cold mitten friction, and oil rub. But it must be obvious to every one that a considerable number of patients will require such systematic regimen and scientific treatments as cannot be obtained in the ordinary household. Such will naturally have to resort to some institution where these methods are carried out in their entirety.

In my opinion, one of the greatest advantages in a health institution is the regimen which it provides for its inmates. In such a place the new patient readily and easily falls into the habits and ways prescribed for him, all the other guests in the establishment doing the same thing. Meals are provided at regular and suitable intervals, and only wholesome and nutritious food is placed upon the table. No one can go far wrong under such conditions. Furthermore, systematic exercise is provided for the patients in the daily drills which are given morning and evening. It is pleasing to go to the gymnasium and join a cheerful company in doing various exercises under the direction of a competent instructor. The effect is decidedly exhilarating and stimulating in every sense of the term. One feels uplifted after going through the drill. It improves the circulation, gives elasticity to the step, and grace to the figure.

Then there are baths, electricity, massage, and various other natural remedies, which are given by expert and skilled nurses, who have been trained in the anatomy and physiology of the human organism. The

influence of the nurses is uplifting, for they are a bright, healthy, and active set of young men and young women, and succeed in imparting energy to their patients and filling them with good cheer. The whole atmosphere of such an institution makes for health—physical, mental, and spiritual—and the patient is scarcely under the roof of a modern sanitarium more than a few hours without feeling the uplifting and cheering influence of the place. The course of treatment in almost all cases is essentially tonic, that is, strengthening and upbuilding. Each case is treated on its own merits, and there is no one routine through which every one is passed, as is, unfortunately, so common in the average hydropathic. Furthermore, the correct principle of treating the patient as a whole, and not merely his symptoms, is followed.

Taking these matters into consideration, it is not strange that many so-called incurable cases are cured in such institutions. The chronic invalid, who has oftentimes given up all hope of recovering health, soon gathers courage, and, in a very short time, feels the thrill of new life and vigour permeating his system.

SOME PRACTICAL HINTS ON CAMPING.

BY HARRY J. STONE.

IN the present article I shall deal with camps of a more or less permanent character, i.e., the holiday camp on farm or river-bank, the camp for a series of week-ends in one spot, or the summer home under canvas. The more delicate details of the portable and cycle-camp may form the subject of a future article.

Tents.

Tastes in this matter vary almost as much as in the selection of a house of brick or stone. For a small camp the Regulation Army Bell Tent will probably be found most useful, as it is constructed to give a maximum floor space for a minimum surface exposed to the wind. Floor boards may be used, but with good ground-sheets Nature's floor is much to be preferred. A great deal of the charm and health of camp life lies in sleeping on the bosom of mother earth.

The Cottage Tent is another useful pattern. As the name indicates, it is shaped like a cottage, and gives more head-room than the Army Bell pattern. A fly sheet, i.e., a sheet stretched across, and just clear of the top of the tent, must be used to shoot off the rain. As this shape offers a considerable surface to the wind, it will be found advisable to pitch it in sheltered positions. Both these tents may be hired, or bought, either new or second hand.

While, doubtless, one or the other of these patterns will meet the requirements of most campers, there are many others claiming various advantages over the two mentioned. Descriptions of these will be found in the lists of the various manufacturers of tents.

Tent pegs, poles, mallet, etc., are always supplied with the tent, and as their use is obvious, they need not be described.

In pitching a tent, it should be remembered that most tent materials will shrink considerably when wet. Don't forget, therefore, to let out your lines before retiring, or on the approach of rain or mist.

Ground Sheets.

As the name implies, these very useful articles serve the purpose of preventing any dampness of the ground from reaching

chilly experience as he had anticipated, it is essential that the camper should sleep warm and comfortable. It will be found, however, that warmth depends far more on a wise selection and arrangement of material than on numerous or heavy coverings. A good sleeping-bag is a primary necessity, and a very excellent article of this nature is supplied by the Jaegar company.



A SUMMER HOME.

the body of the camper. Generally speaking, they are of two varieties: (a) covering the whole floor of the tent; (b) accommodating one person. The latter is usually adopted, as it can be conveniently rolled round the blankets during the day, thus serving to keep the latter dry, and leaving the floor of the tent clear. They are sometimes made with a pillow-pocket, i.e., a pocket at the head into which may be stuffed a pillow, or a bundle of hay.

Blankets and Sleeping-Bags.

While the novice usually finds that sleeping in the open air is not such a

How to Make a Simple Sleeping-Bag.

A simple and cheaper sleeping-bag may be made in the following manner: Lay out a blanket or large travelling rug, and fold once from right to left. Sew together the edges along the bottom, two-thirds of the left side, and half the top. It will then be found that this forms a comfortable bag, with a hood to slip over the head, and two flaps to fold under the chin. With a little extra trouble this may be improved upon by cutting broad at the shoulders, narrow at the feet, and by making a special hood, with collar to button over. A good sleeping-bag and a

warm sleeping-suit will be found sufficient for the early part of most nights in England, but an extra blanket may be placed across the feet, and, if required, pulled over the body in the early hours of the morning.

Camp bedsteads, camp stools, folding tables, etc., are often used in fixed camps; but one who has caught the real spirit of camp life will probably be glad to leave such things behind. Half the joy of camping would be lost if one could not stretch one's limbs on Nature's carpet of grass or heather.

Cooking Utensils.

These should be simplified as far as possible, or much of one's time will be taken up in cleaning and arranging pots and pans. Some large camp kettles will be of first importance. They should be in shape like painters' pots, with lids and wire handles, and made to fit one into the other. Deep tin pannikins are also extremely useful, and serve equally well as frying-pans or soup plates. They are very compact, and may be bought in quantities, and thrown away when burnt beyond cleaning. A number of tin or aluminium boxes* will be required for flour, biscuits, sugar, salt, rice, etc. Waterproof bags should also be procured for storing bread and cake.

The remainder of the articles required, such as plates and mugs (enamelled), milk can, spoons, etc., will easily suggest themselves. Knives and forks that fit each in the handle of the other can be procured, and have obvious advantages for the camper.

Cooking.

Cooking over a wood fire is undoubtedly nearer the ideal than cooking over a stove. A wood fire is often inconvenient, however, especially when one's available supply of wood is damp. It will probably be better to use both methods. For a wood fire, a hole about six inches deep should be dug, and the loose earth piled round the edges. The turf should be laid aside, and replaced when leaving the site. Three rough, sturdy branches should then be fastened together at the top with wire to form a

"gipsy tripod," and the kettle dangled over the fire by a length of chain. The height or position of the kettle can be altered immediately, by moving one of the legs of the tripod. Nothing, perhaps, is more trying to the patience of the camper than attempting to light a fire in a gale of wind. The following method is recommended by a veteran, and has been found to answer under severe conditions. Roll a piece of brown paper into a funnel shape, and place the smallest twigs, pyramid fashion, round the funnel. Light the paper, and, if necessary, blow into a flame. Then feed with sticks, gradually increasing the size until a good fire is obtained.

The Primus is probably the most suitable stove for a camp. It heats quickly, gives little or no trouble, and, working under air pressure, burns well in a wind.

Camp dishes and recipes I propose to leave in more competent hands. Readers of GOOD HEALTH will find themselves well catered for in the current issues of the magazine.

Sites.

Low-lying fields and unsheltered spots should be avoided. Wooded hill-tops, and the wooded banks of rivers, make good sites as a general rule. In the mountains, a sheltered patch of green may often be found by a stream. The door of the tent should be open to the best view obtainable. One of the most charming experiences of camp life is to awake in the early morning and watch the sunlight breaking over the hills or across the sea.

Cost.

I have purposely omitted all mention of costs. Roughly, it may be stated that a holiday under canvas, *including the outlay for the whole of the necessary equipment*, will cost no more than a conventional holiday at a hotel or boarding-house. The gain in health, enjoyment, and education, to say nothing of the apparatus which you are sure to require for future expeditions, are assets beyond comparison.

Prices of the various camp items mentioned may easily be procured from a number of well-known firms.



SHUT the door to the sun, and you will open it to the doctor.—*Italian Proverb.*

*Readers of GOOD HEALTH will find the boxes in which Nutter is packed serve excellently for this purpose.

THE SPOTTED FEVER.

BY ALFRED B. OLSEN, M.D.

DURING the past few months, spotted fever, a disease that is comparatively rare in the United Kingdom, has been epidemic in several of our large cities, and has naturally received a great deal of attention. The fever appears to have started in Belfast, and a little later it appeared in Glasgow and other cities. Spotted fever, also known as cerebro-spinal fever, is a very fatal disease, the death-rate ranging from thirty to eighty per cent.

What Is Spotted Fever?

In a few words, spotted fever is an inflammation of the *meninges* or coverings of the brain and spinal cord. Other names for the fever are meningitis, cerebro-spinal fever, and malignant fever. In many cases there is a marked purpuric rash, and this explains the popular name—spotted fever.

Nature of the Disease.

Spotted fever is undoubtedly an infectious disease, and is believed to be caused by a particular germ that was discovered some years ago. Although infectious, it cannot be described as a contagious disease; at least, it does not appear to be directly contagious. In the home it very rarely spreads from one member of the family to another, more than one or two seldom being affected. In many fevers there is a distinct course and development of the disease, but this is not true of cerebro-spinal fever, which is rather characterized by great irregularity. Sometimes the fever is slight, at other times it runs high; and it may be intermittent or continuous. Sometimes there is a distinctive rash, and equally often this does not appear at all. In the United Kingdom the disease has hitherto been of rare occurrence, being more prevalent in the States. From the literature on the subject, it must be regarded as a modern disease, with a history of scarcely more than a hundred years.

Predisposing Causes.

Overcrowding, poor sanitation, neglect of personal hygiene, and general misery and squalor, are important factors in producing an epidemic of this malignant scourge.

Mental depression and over-exertion are among the predisposing causes. Adults are less susceptible than children and youth, and the disease is also less fatal among the former. The fever is more prevalent in winter and springtime. In this country the cities suffer most from its depredations, but in the United States it appears to have been most prevalent in the country districts.

Two Varieties.

There are really not two distinct varieties of spotted fever; but it is convenient to speak of a mild and a malignant type. The only difference is one of degree and not of kind, and there is really no dividing line. In the malignant type, the disease passes rapidly through the various stages, and may end fatally within a few hours of the onset.

The Onset.

Spotted fever almost always comes on suddenly, and, in the malignant variety, the patient is stricken down and completely prostrated in the course of a few hours. In the mild or ordinary type there may be a few preliminary or warning symptoms, such as headache, backache, and loss of appetite; but even then the disease sets in rapidly, and in a brief time the patient is in its grip.

Characteristic Symptoms.

As already intimated, the course of the fever is very irregular, and the symptoms vary a good deal. Still, the following may be looked upon as fairly common and uniform symptoms:—

- Fever, usually moderate.
- Headache and backache, generally severe.
- Tremors of the muscles.
- Retraction of the neck.
- Rigidity of the muscles of neck and back.
- Delirium, more or less pronounced.

In the malignant type, the fever starts suddenly with a violent chill, severe headache, and muscular spasms. There is great depression, fever, a slow, weak pulse, and there may be a purple rash. In such

cases death usually occurs within a week, and sometimes in less than a day.

In the ordinary type, the symptoms are much the same but less severe, and the attack is also less sudden.

Other symptoms commonly met with are, sensitiveness to light and noises, irritability, and restlessness, especially in children, pain in the limbs, vomiting, and constipation. The delirium may be followed by stupor, coma, and death.

The Treatment.

Unfortunately, very little in the way of effective treatment can be done for the patient. Indeed, taking into consideration the real nature of the disease process, it is surprising that any of the victims recover.

There is no known drug that can be claimed as a specific for cerebro-spinal fever. All drug treatment is of little avail. The best authorities recommend baths and cold applications, but these measures accomplish but little even under the most favourable circumstances. Cold compresses, or better still, an ice-cap, may relieve the intense headache. Cold compresses may also be applied to the spine. Tepid and cool sponging will relieve the fever and often prove refreshing. The neutral full bath is perhaps the most useful hydropathic remedy, and it can be given at intervals of three hours. The temperature should be from 92° to 98° Fahr., according to the degree of fever and the state of the patient, and the duration of each bath should be from ten to thirty minutes.

The Diet.

Very plain and easily digested food should be given. As the patient loses appetite and becomes delirious, it may be necessary to feed by means of a stomach tube. A milk diet is highly recommended by some. It is often desirable to give with the milk a raw, beaten egg or barley water. Horlick's malted milk makes an excellent diet in many cases.

Others recommend fruit juices, and these are often valuable, especially if there is constipation, which is the rule.

Recovery.

Isolation, absolute rest in bed, and intelligent nursing are essential to control of the disease, and a successful recovery.

Convalescence from spotted fever is always slow, and numerous complications may set in to retard the progress healthward, or bring a fatal issue. The favourable symptoms are, gradual decline of the fever, decrease of the muscular spasms and the rigidity, disappearance of the delirium, and improved nutrition. Great care should be taken to prevent a chill, which might bring on pneumonia, pleurisy, or pericarditis. As soon as the patient is strong enough, a visit to the country or seaside would help to promote recovery.

Preventive Measures.

The old adage about the value of prevention is peculiarly true of spotted fever. As already suggested, the disease is scarcely amenable at all to any kind of treatment.

The great desideratum is *cleanliness*. This means *clean* houses, *clean* air to breathe, *clean* (that is, pure) food to eat, *clean* (pure) drinks, and this would exclude all alcoholic beverages; and lastly, *clean* bodies within and without. In this connection we cannot sufficiently insist upon the absolute necessity of good ventilation, frequent bathing, and the thorough use of soap and water in personal and household hygiene. Spotted fever resembles typhus fever in that it is most likely to attack the poorer districts of cities and towns, where vitality is low from insufficient and poor food supplies and the free use of alcohol, where the people are crowded together indiscriminately, and where the dwellings are not only dirty, damp, and foul, but also grossly insanitary from almost every standpoint.

If you would escape the spotted fever scourge, get clean and keep clean, and live in a clean house and a clean neighbourhood.

It is always necessary to call in a physician, and this should be done at the earliest appearance of the disease.

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GIRLS need health as much as—nay, more than—boys. They can obtain it only as boys do, by running, tumbling, by all sorts of innocent vagrancy. At least once a day girls should have their halters taken off, the bars let down, and be turned loose like young colts.—*Selected*.

FUNDAMENTALS IN DRESS.

BY CAROLYN GEISEL, M.D.

IN the fundamentals of things as well as in ornamentation, the trend of the times is toward perversion. Whether, in that dim day-dawn when all things were pronounced good, it was the purpose of the Master mind that His highest creation should take so much thought of the wherewithall to clothe itself, we possibly may not know. But taking the matter of dress as we find it in the now, we conclude that the fundamental reason for clothing the body can only be protection—protection from cold in winter and excessive heat in summer, from wind and rain and all untoward weathers, from the invasion of disease and discomfort by any means, at all times, and in any seasons.

Each garment in my wardrobe must answer me two questions: "What are you for?" and, "Are you the very best thing for that purpose?"

All things that be must give to the powers higher than themselves a reason for being—an excuse for existence, if you will—lest they become encumbrances to life, useless baggage that weights and hinders him who lives, and living, must journey just once the difficult way from earth to higher things. Keep your baggage light, good friend; you will climb more easily if you carry no excess.

There are some articles of clothing commonly named among us, and worn by the majority of folk, that have no excuse for existence except that they are upon the market—are named and worn. The elimination of these superfluities will help us to simplify our baggage, and enable us to ornament the really useful.

First, then, among the fundamentals of right dressing must be counted usefulness. If in purchasing or making we will keep well in mind the purpose of the garment, and the times and seasons in which it is to be worn, we shall eventually find ourselves, as Irving puts it, quite "technically dressed," and shall not so often be hampered or made conspicuous by the lack of fitness of our attire to the business or pleasure of the hour.

The more complex our clothing in its construction and arrangement, the more difficult it becomes to keep the body first in our thought, and the clothing subject to the body's needs. Because of the many perversions from their prime purposes, we must be very alert in the construction of some garments, lest they do injury to the wondrous structure they were meant to protect. As an artist studies anatomy that brush and pencil may be true to nature's lines and curves, so a dressmaker or tailor should know the body, lest by bands and but-



tions he inflict bruises on delicate parts, or stays and weights displace some important organ, and a lifetime of suffering be the consequence of ignorance.

Over and over again it is shown that grave displacements of visceral organs are the consequence of efforts to beautify, *not* to protect, the body by clothing. An attire that is not useful but would-be artistic, loses for the wearer the normal beauty of this physical temple. Crossed eyes, large necks (goitre), square shoulders, prominent hips, protruding abdomen, flat insteps—these and numerous other deformities are thrust upon us to offend the vision of our

neighbour, produce suffering and doctors' bills, and shorten the life of the nation.

Nothing can be more beautiful than the normal body of a little child before it has been moulded and shaped to fit its clothing.

Come with me back to the normal; take up again that God-given dower of beauty; make simplicity the watchword in all that pertains to dress; and with each returning

season cry in a chorus to the modiste: Simplify, simplify!

There are, then, two cardinal points in right dressing, utility and harmlessness. Ornamentation must be secondary to usefulness, and simplicity should characterize ornamentation. This is from the viewpoints of art and beauty, as truly as of economy and utility.

Seasonable Hints for the Kitchen.

GOOD cookery must be adapted to the seasons as well as to the occupation and habits of those for whom it is intended. A bill of fare which might be quite the thing for a bitterly cold day in mid-winter would seem out of place on a relaxing day in late spring or summer.

So also a dinner which would meet the wants of a labouring man who has been hard at work with his muscles in the open air, might not be so suitable for a man who has been sitting all the morning in a stuffy little office, racking his head over a set of books, or planning the details of a complicated deal on the Stock Exchange.

Simpler Food.

Fortunately there is a general reaching out after simplicity combined with wholesomeness. The old recipe books which call for such elaborate, complicated mixtures are going out of use, and the ideal the best cooks are setting before themselves is to prepare the various foods in such a way as to bring out their delicate, natural flavours instead of destroying these, and at the same time rendering the food unwholesome by the large use of irritating, condiments.

May and early June bring us an abundance of delicious vegetables: spring cabbage, new potatoes, young peas and carrots, lettuce, etc., while such fruits as oranges and bananas are still available, and rhubarb, which for practical purposes may be considered a fruit. The proteid element may be supplied by eggs, pulse, or some of the various nut preparations. Following are a few suggestive menus for simple meals:—

BREAKFASTS.

Toasted Wheat Flakes with Hot Milk.
Rye Gems. ❀ Bananas.
Blanched Almonds.

Caramel Cereal.
Poached Egg on Toast.
Bread and Butter. ❀ Stewed Fruit.

DINNERS.

Tomato Soup. ❀ ❀ Young Carrots.
Baked Potatoes with White Sauce.
Roast Nuttolene with Apples.
Oranges and Nuts.

Mashed Potatoes with Brown Sauce.
Spring Cabbage. ❀ ❀ Young Peas.
Rhubarb Tart. Nuts.

RECIPES.

Tomato Vermicelli Soup.—Strain one quart of stewed tomatoes through a colander to remove the seeds and skins. Take one-half cup of vermicelli, drop in one cup hot water, cook until done, which requires only a few moments. Then turn into the tomato, heat together, season with salt if desired, and add $\frac{1}{4}$ -cup nut or dairy cream. Serve hot.

Rye Gems.—Beat together one cup of cold milk, one egg, and one-fourth of a teaspoonful of salt. Beat in one-half cup of wholemeal flour, one-half cup of rye flour, and one-fourth to one-half cup of white flour, or sufficient to make a batter stiff enough to pile up in the dish as it flows from the batter whip. Beat for five minutes. Pour into heated gem irons, and bake about forty minutes.

Roast Nuttolene with Apples.—Cut the nuttolene, as it comes from the can, in halves, lengthwise. Lay the halves, flat side down, in a dripping-pan. Wash some tart apples, and slice enough of them, with the peeling on, to cover the nuttolene. Sprinkle lightly with sugar, add a very little salt, and a few bits of cocoanut or dairy butter. Pour a little hot water into the pan, cover, and bake until the apples are tender.



THE GOOD HEALTH PROPAGANDA.



Important Athletic Events.

MR. KARL MANN, the champion walker, has kindly informed us of two important athletic events soon to take place in Germany. On the 5th of May there will be a "Marathon running race" of 25 miles, and on the 19th of May a long distance walk "round Berlin" of 137 miles. These contests will be of very special interest because the competitors are to be under the charge of Privy Councillor Prof. Dr. Zuntz, who is a well-known authority on physiology. Each competitor will fill out a long list of questions calling for full details as to his habits, food, drink, etc. The results cannot but be exceedingly valuable. Athletes in this country who think of competing should communicate with the secretarial offices (G. Steinhoff), 29 Königstrasse, Berlin C 2, either direct or through the officers of their clubs.

We expect to give a full report of the results of the contest in an early number of GOOD HEALTH.

The Outdoor Club.

THE second public meeting of the Club was held at the Surrey Hills Sanitarium, Caterham, Wednesday evening, 27th March, and was attended by delegates from the branches of the Club in North London, Gillingham (Kent), Croydon, and Southend-on-Sea, the Croydon delegation being the largest. The members of the Club were the guests of the Sanitarium at tea, and quite a number of them reached Caterham in time to enjoy a very delightful afternoon ramble over the hills.

The meeting began promptly at 7.30, with Dr. J. H. Kellogg, superintendent of the Battle Creek (Michigan) Sanitarium, in the chair. The Club felt especially honoured in being favoured with the presence of the Doctor, who was *en route* for the Continent, and only made a short stop in England. Needless to say, he made a capital chairman, and his address not only brought out clearly the scientific principles underlying the movement, but filled the audience with enthusiasm for an all-round outdoor propaganda. The programme included a talk by Mr. H. J. Stone on "Camping," illustrated by his own "pocket edition" camp outfit; a talk by Mr. W. H.

Wakeham on "The Gospel of the Open Window," a paper by Miss Elsie Cole on "The Morning Walk," a paper by Mr. T. C. O'Donnell on "The Countryside Ramble," an address of welcome by Dr. A. B. Olsen, superintendent of the Sanitarium, some very encouraging words from Mr. H. J. Osborne, J.P., and a brief statement by Mr. M. Ellsworth Olsen of the objects of the Club.

There was also some good music, including the rendering as a solo of the "Fresh Air Song," published in the April number of GOOD HEALTH, by Mr. Ledington, to music composed by himself. Dr. Kellogg was elected first honorary member of the Club by acclamation.

Lack of space prevents our giving any further account of this meeting, which was very fully reported in the Caterham Weekly Press the Saturday following. An abstract of Dr. Kellogg's inspiring address will be given in an early number of GOOD HEALTH. There being an hour to spare before train time, a large party went out for a moonlight ramble, which proved thoroughly enjoyable. The collection amounted to £1 13 3½, and the surplus after meeting slight expenses will be used to help swell a fund being raised for the purpose of giving poor boys an outing in a summer camp which Mr. H. J.



KARL MANN.

Stone (25 Marriott Road, London, N.) is arranging for near London. If any readers of the magazine would like to help in the enterprise, they are invited to send their contributions to Mr. Stone.

The Club is growing slowly but steadily. Mr. Morrell, our honorary secretary for Wandsworth, London, now has a little group of nine members which will in time be organized as a separate branch.

Mr. R. Cairns, 1 Douglas Road, Goodmayes, Essex, is an all-round outdoor enthusiast who has kindly consented to act as honorary secretary in his district. Readers of GOOD HEALTH in that part of the country are invited to communicate with him.

The aim of this organization in brief is to afford an opportunity for fresh air enthusiasts to get in touch with one another, and together work for the spread of wholesome outdoor principles, especially regular open air exercise and thorough ventilation.

There are five branches at present, the latest one having been formed at Southend-on-Sea, with Miss Amy K. Osborne, Llanberis, West Cliff Avenue, Southend-on-Sea, as secretary.

New members may join the Club at any time. A full statement of the objects of the organization may be obtained by addressing the secretary, 451 Holloway Road, London, N.

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A Guide to Health.

THE new book, "School of Health," by A. B. Olsen, M.D. and M. Ellsworth Olsen, M.A., gives a systematic presentation of the principles of health reform, and contains guidance and instruction that are needed in every home,

It first tells the essential facts in reference to the heart, the lungs, the stomach, and other vital organs with a view to enabling the reader to enter intelligently into the various treatments discussed.

Healthful dress, healthful cookery, and household hygiene in general, receive full treatment, together with many other phases of everyday life.

There are a number of excellent food recipes, with special chapters on preparing food for the sick, the feeding of schoolchildren, and the place of fruit and nuts in a healthful dietary.

The physiological effects of alcohol, tobacco, and other narcotics are made clear, and there is a large section thoroughly illustrated, in which all the most important forms of baths, fomentations, compresses, etc., are described.

The department on children's diseases is another valuable feature. The most common diseases from which adults suffer are also taken up, and the proper treatments indicated.

Physical Culture forms the topic of a fully illustrated chapter, complete instructions being given for the all-round development of the body. The book is an up-to-date and thoroughly reliable work, and is meeting a widely-felt public want. It is strongly and attractively bound.

To be obtained of any GOOD HEALTH agent. Also to be had, post paid, on sending the price to the **Good Health Supply Dept.,** 451 Holloway Road, London, N.

Prices: cloth, plain edges, 5/-; cloth, gilt edges, 7/6.

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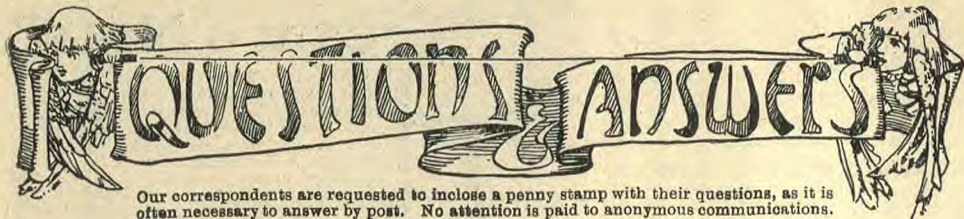
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Enlarged Pores.—M.A.S.: "Kindly let a friend of mine know how to get rid of enlarged pores on the face. She thinks they were caused by squeezing blackheads out with a watchkey."

Ans.—Apply alternate hot and cold compresses to the face for ten or twelve minutes, and then massage the skin thoroughly for another ten or fifteen minutes, using barely a trace of cold cream as a lubricant. This treatment could be taken morning and evening to advantage.

Dried Currants—Olive Oil.—J.D.: "1. I have been given to understand that dried currants are very nourishing as a food. Is this so? 2. Should the currants be washed before taking them? 3. I have been recommended to take cod liver oil two or three times a day, but, as I am a bad hand at taking it, do you think pure olive oil would answer as well?"

Ans.—1. Yes. They are not really currants but small grapes, and consequently possess the excellent qualities of the grape. 2. Yes. 3. Yes, we always prefer olive oil or nut oil to cod liver oil.

Stoppage of the Nose—Biliousness—To Put on Flesh.—"Stoppage": "1. For a long time I have suffered with stoppage of the passages of the nose. How can this condition be corrected? 2. How can I get a good circulation? 3. Can you mention some suitable foods for one suffering from biliousness? 4. Is it advisable to lie on the right side at night? 5. How can I put on flesh?"

Ans.—1. If it is a case of catarrh you would probably derive benefit from the regular use of the Catarrh Outfit for Home Treatment, furnished by the Good Health Supply Dept. The snuffing up of hot water to which a little salt has been added is also a useful measure. It might be safer to consult a competent physician. 2. By exercise out-of-doors and a training in physical culture. 3. Take fruit freely, both fresh and stewed, with dextrinized breads, such as zwieback and granose biscuits, together with nuts. The nuts must be well chewed and reduced to a fine cream. Mealy potatoes with cauliflower, spinach, or brussels sprouts might suit you. You should discard flesh foods, and use milk and eggs sparingly. Drink water freely in the morning and between meals. 4. There is no objection to your lying on the right side at night; indeed, it is usually considered better than on the left. 5. By selecting foods that are nourishing, easily digested, and suitable for building the body, and taking pains to chew thoroughly. The foods mentioned under No. 3 will be found suitable. You must furthermore

give attention to physical culture, and adopt as far as possible an outdoor life, also taking abundance of sleep. Your life must be free from care and worry.

Bromose—Diet for Dyspeptic—Pains In the Back.—H.L.: "1. I am taking the nut bromose manufactured by the International Health Association, of Birmingham, but am doubtful what quantity to use in order to obtain the gradual increase in weight that I desire. How many tablets should be taken with each meal? 2. I suffer acutely with atonic dyspepsia, which has weakened my heart and reduced my flesh. What diet would you recommend? 3. What form of treatment do you advise for constant gnawing pains felt in the fleshy part of the seat and extending to the hips and bottom part of the spine?"

Ans.—1. You could take from one to four tablets with each meal, according to your need. This you will have to determine for yourself. There is no general rule that can be laid down for all. 2. For breakfast, take fruit toast, well-cooked porridge, occasionally a soft-boiled or poached egg, brown bread and butter, zwieback, granose biscuits, toasted wheat flakes, avenola, with steamed figs, stewed sultanas, stewed prunes or baked apples, or fresh fruit. We give you this list, from which you can make a selection. For dinner, take some of the nut food preparations, such as protose with baked potatoes, some vegetable, macaroni, boiled rice, browned rice, stewed tomatoes, and similar foods. It is better to avoid taking fruit and vegetables at the same meal. The third and last meal should be taken not later than six or seven in the evening, and consist only of brown bread and butter with a little fresh or stewed fruit. Avoid drinking with your meals. 3. A hot sitz bath daily for five minutes, followed by a tepid sponge and a good rubbing.

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 **Per-cussion Nasal Douche**, to be used in cleansing the nasal passages from mucus. Secondly, it includes a **Globe Hand Nebulizer**, 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.

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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. 2/8. 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.

FRIENDS of **GOOD HEALTH** will be pleased to know that, beginning with the present month, the magazine will be on sale regularly at all the book-stalls of Messrs. Wyman & Sons. It is already on sale at a number of the leading bookstalls of Smith & Son in this country, and of Eason & Sons, in Ireland. We are sure all three firms will be pleased to deliver the magazine regularly to any would-be customers. The same is true, of course, of the other regular newsdealers who have the paper on sale, and we hope the number of these will steadily increase. We would not in this connection fail to mention with gratitude our special agents, scattered pretty much all over the country. Many of these have built up large lists of regular customers, to whom they are delivering the paper monthly with promptitude and regularity. They are for the most part members of the Good Health League, and are devoting some of their spare time to the circulation of the magazine, because they firmly believe in the principles of wholesome living which it advocates.

CLAREMONT SCHOOL, CHELTENHAM.

PRINCIPALS—THE MISSES MANLEY.

Diet based upon Food Reform Principles. Modern educational advantages. Outdoor classes in suitable weather. Individual attention. Swedish drill. Healthful surroundings. Moderate fees. Prospectus on application.

A SIGN OF PURITY AND GOODNESS



'Tis best to get the best. **MAPLETON'S NUT FOODS** are known and valued by food reformers all over the world, and his trade mark is a guarantee of cleanliness, purity, and unflinching excellence. They are delicious, nutritious, and digestible, and should have a regular place in your dietary. Some special items are: **Cooking Nutter, 1 1/2 lb., 1/-.** **Nutter Suet, 1 lb., 8d.** **Walnut Butter, 1 lb., 1/-.** **Cashew Butter, 1/- lb.** **Fruitarian Cakes from 3d. 1/2 lb. pkt.** Send for full list to **HUGH MAPLETON, 2 & 3 Dolphin St., Ardwick, Manchester.**

A NICE APPETITE

is nicely suited with a
Corn Flour Baked
Pudding made with

Brown & Polson's "Patent" Corn Flour.

To have it at its best
observe these important
points :

1. Use pure milk
without water.

2. Have proper proportions of Corn Flour
to milk.

3.--and very important--Give ten minutes' brisk boiling, this brings out the delicate flavour of the Corn Flour.

Follow the recipe on every Brown & Polson packet.

In answering advertisements kindly mention "GOOD HEALTH."

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.**

**IMPORTED DIRECT BY
PITMAN HEALTH FOOD STORES.**

FINEST UNDRESSED RICE.

**THE GREAT STAPLE FOOD OF THE JAPANESE
AND OTHER ORIENTAL NATIONS.**

This Rice has been once milled only, and is therefore of a partially brown appearance, the sweetest part of the Rice—the Germ and Cuticle—which is found next to the skin, not having been removed. The Rice, however, when cooked, is of a beautiful white appearance and delicious flavour. In addition to the Starch, every pound of this Rice contains:—

PROTEIDS. FATS. MINERALS.

	11.0	7.2	5.2
while ordinary rice contains only	7.4	0.3	0.4

Price per lb., **2d.**; 7 lbs., **1/1**; 14 lbs., **2/-**;
28 lbs., **3/9**; 56 lbs., **7/-**.

Carriage Paid, **6d.** extra on any quantity.

**"Pitman" Health Food Stores,
188, 189 Corporation St., Birmingham.**

The largest Health Food Dealers in the world. Illustrated catalogue of Health Foods, etc., 88 pages, with copy of "Aids to a Simpler Diet," post free, two stamps.

NO MORE FOOT TROUBLE

Corns, bunions, and deformed toes, would be things of the past if folk wore proper footwear. **BEGIN NOW WITH THE CHILDREN.**

HALL & SONS' SANDALS & SANDAL-FORM BOOTS AND SHOES

give freedom and comfort to the toes, and add to the health and happiness of the children. *They also wear longer.*

PRICES: (Postage, **3d.** extra).

Children's Sandals in three shapes from **2/11** pair;

Ladies', **7/6**; Gent's, **8/6**.

Children's Shoes, size 4, **4/8**, rising 3d. pair to size 1.

Children's Lace Boots, size 4, **6/2**, ditto.

**SAMPLES
SENT
POST FREE**

**WRITE
FOR LIST
POST FREE**

Youth's Stout Box Calf Lace Boots, Toe Caps (an especially strong Boot for School and hard wear), Sizes **2 to 5, 10/11**. "Sandal-Form" Shapes also stocked in Ladies' and Gentle-men's Sizes. Send outline of foot standing. Write for Illustrated Catalogue.

We are also
makers of the . . .

GOOD HEALTH BOOT,

With special layer of cork to prevent entrance of damp.
A BOON TO PEOPLE TROUBLED WITH COLD FEET.

Samples free. No risk. See what you are buying. Mention "Good Health."

HALL & SONS, LTD.,

47 Bishopsgate St., E.C. (corner of St. Helen's Place);

112 Strand, W.C. (opposite Lyceum);

5 Stoke Newington Road, N.



In answering advertisements kindly mention "GOOD HEALTH"

PUBLISHERS' NOTES.

WRIGHT & Co., Vulcan Street, Liverpool, have favoured us with samples of their Ixion "Short Bread" Biscuits, which are made of wholesome materials without chemicals, and are very palatable. One or two of these biscuits would be suitable things to give children for the evening meal in place of the little cakes or biscuits made in the ordinary bakeries, which often contain harmful ingredients. The plain Ixion biscuits, made of a very good quality of wholemeal, are also excellent articles of food.

MAPLETON'S almond and raisin fruit cakes are as dainty and wholesome a food product as one is likely to find anywhere. Mr. Mapleton, we believe, originated the nut and fruit cake, and in so doing laid food reformers under a tribute of gratitude.

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

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 SUSPENDER, Combined Shoulder Brace & Stocking

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 Frilled 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.

BIRKBECK BANK
ESTABLISHED 1851.
SOUTHAMPTON BLDGS., HIGH HOLBORN, W.C.

2½ per cent. INTEREST
allowed on Deposit Accounts Repayable on Demand.

2 per cent. INTEREST
allowed on Drawing Accounts with Cheque Book.

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

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

THE R 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 Menu.

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.

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.

The Gem 30/- Home Turkish Bath Cabinet

Is Used in the Salvation Army International Training Homes and by Hundreds of Salvation Army Officers.



Unsolicited Testimony of the Chief Hydropathist.

The Salvation Army International Training Homes, Clapton, London, N.E.

Gentlemen:— I feel it is my duty, both to yourself and in the interest of the suffering, to write you and say how much benefit has been obtained through the use of the Gem Cabinet Bath. In my position as Chief Hydropathist to this Institution, I am in possession of facts which prove beyond doubt the inestimable value of the bath. Here, with 300 men, the sickness is far less than under the old system with only 100 men; in fact, our health chart has been cleaner the last two years than any of the twenty preceding years under the old system. I may say that there are hundreds of our officers who use the bath regularly, and who are constantly telling me of the great benefit they derive from the same. For influenza, rheumatism, colds, and in fact all general symptoms that the human body is subject to, it is invaluable.

As to the durability of the Gem Cabinet Bath, the fact that we have used our bath on an average of five times a day for the past two years, and that the bath is still in a fairly good state of repair, speaks volumes. Perhaps one of its best features is its absolute freedom from danger. Although we use ours so often, we have never had an accident.

You have my permission to make whatever use you like of this, as I am anxious for every sufferer to know what a wonderful remedy there is within the reach of all.

[Signed] THOMAS McCALLUM.

Your Editor Recommends the Gem Cabinet.

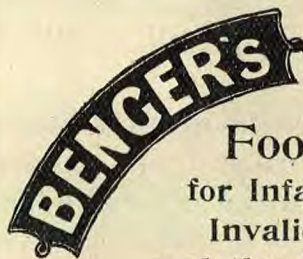
The Editor of "The Talisman" writes: "I have given your Gem Cabinet a good trial and must say that I should not now like to be without it. It is all that you claim, and anyone will be amply repaid for the small outlay by the feeling of ease and freshness, the sensation of buoyancy and lightness, experienced after having indulged in one of these baths. Those who desire to keep healthy or retain their youth cannot afford to 'put off' obtaining one of these, for no ordinary bath can possibly aid the system to cast off the waste and poisonous products in the same way or with so little effort."

The Doctor's Order: "Send me at once one of your Gem Vapour or Hot Air Baths. I have been using one for a patient lately, and it has answered so well I want one for my own use."

A Public Official writes: "I duly received the Bath Cabinet. I took my first bath the same evening, and I can truly say the effect was marvellous. The previous day my right leg was painful from hip to toes with rheumatism, but by Thursday morning it had nearly all vanished."—Yours faithfully, JAMES H. HEYES, Clerk, Hulton Council.

Valuable book post free.

The Gem Supplies Co., Ltd. (Dept. G.H.),
22 Peartree St., Goswell Rd., London, E.C.



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. ❀ ❀ ❀

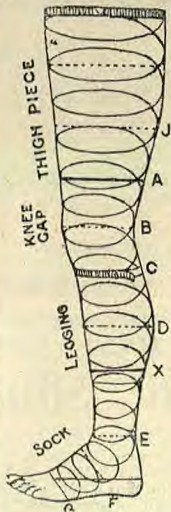
The "Lancet" describes it as "Mr. Benger's admirable preparation."

The Best Remedy for

VARICOSE VEINS is

Walton & Curtis'

KNITTED ELASTIC STOCKING



Being seamless, it does not wrinkle, rub, or cut the limb in any way. It is the most comfortable stocking in the world. Send P.O. 2/6, and measurement of your leg, and stocking will be sent you at once. All our goods are of the best quality. Our prices are the lowest in London.

Black Seamless Enema, complete, guaranteed for two years. 2/3 each, post free.

WALTON & CURTIS, Opticians, Truss and Surgical Instrument makers

190 Broadhurst Gardens,

Tel., 1125 Hampstead. W. Hampstead, N.W.

PUBLISHERS' NOTES.

READERS of GOOD HEALTH who wish to give their daughters a liberal, all-round education under healthful conditions, will be pleased to learn that the Claremont School, Pittsville, Cheltenham, supplies a wholesome diet based on vegetarian principles. The Knutsford Grammar School for boys has also recently made arrangements to supply a vegetarian diet when desired. It is encouraging to notice the steady growth of food reform principles in educational institutions.

Shampooer or Rubber as Male Attendant (middle aged preferred) Wanted for Private Gentleman, Country House; Quiet. Mr. W. H. Adams, "Gattens," Hockley, Essex.

Artistic Photography.

Special offer to "Good Health" readers:
12 large circles, 14/6. Usual price, 17/6.

HUNTLY STUDIO

470-472 Holloway Rd., London, N.

Largest premises in North London. Established 1889. Handsome enlargement made from any photo. Write for particulars. Only good work turned out.

Children's Pictures a Speciality.

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 8s. per Week. Address the Manager.

"GOOD HEALTH" STORES,

19 Stroud Green Rd., London, N.

Conducted
by MISS N. MUSSON.

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

... ALSO FOR ...

Musson's Wholemeal Specialities.
All Health Magazines.

NEWCASTLE ^{On} Tyne
DEPOT.

"Good Health" Foods.

THE OLD, ESTABLISHED GROCERY,
26 CLOTH MARKET.

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.

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."

Fastidious People!

WHAT is what people are called who like clean food, but how many of them care about a clean skin and will use any sort of soap on it, no matter what abominable grease it may be made of?

Ninety-nine per cent. of the people who shave have these fats rubbed into their skin by the barber or themselves. The odd one per cent. refuse to risk the awful results of a "dirty shave," and insist on **McClinton's Shaving Soap**. It is guaranteed made wholly from pure vegetable oils and the ash of plants.

Colleen Toilet Soap is made from the same materials.

Send 3d. to cover postage, and you will get samples of Toilet Soap, Shaving Soap, Shaving Cream, Tooth Soap, and Household Soap, all made from these vegetable materials.

D. Brown & Son, Ltd., Donaghmore,
Mention "Good Health." **IRELAND.**

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.

THE OUTDOOR SEASON IS HERE.

Pedestrians, cyclists, and travellers generally, who need nourishing food in small compass to carry with them, cannot do better than provide themselves with the following Health Foods:—

BROMOSE TABLETS. A wonderfully sustaining nut food. 30 tablets in box, 1/6.

PROTOSE SANDWICHES. Protose is the Standard Nut Meat. More nutritious than flesh meat, and absolutely pure. ½ lb. tin, 8d; 1 lb., 1/-; 1½ lb., 1/4.

NUTTOLENE, NUTTOSE. Other nut meats. Same prices as Protose.

NUT ROLLS. A very nutritious and toothsome biscuit. 5d. per lb.

FRUIT WAFERS. A palatable health biscuit. 8d. per lb.

WHEATMEAL BISCUITS. Free from all chemicals and other injurious elements. 5d. per lb.

GRANOSE BISCUITS. The best whole wheat food extant. Can be used instead of bread for sandwiches, or with milk. 7½d. per pkt.

All of the above are convenient to carry in your pocket or your bag, and represent highly-strengthening, and energy-producing food of the best kind.

Send for our Shilling Packet of Samples, post free.

INTERNATIONAL HEALTH ASSOCIATION, LTD., LEGGE ST.,
BIRMINGHAM.

In answering advertisements kindly mention "GOOD HEALTH."

PUBLISHERS' NOTES.

"Modern Sewage Disposal," by Henry Lemmoin-Cannon, A.R.S.I. Published by Henry J. Drane, Salisbury Square, Fleet Street, E.C.

A practical handbook which should prove most valuable to members of various public bodies who have to deal with the question of sewage, and also to the general reader desirous of acquainting himself with the elementary principles underlying this highly important phase of sanitary science, concerning which it is safe to say most people are extremely ignorant. The book deserves a large sale, and readers of GOOD HEALTH who followed with interest the series of articles by Mr. Lemmoin-Cannon, will no doubt be glad to recommend it to persons desiring reliable information on this subject.

A REPRESENTATIVE of GOOD HEALTH, calling recently at the Pitman Stores in Birmingham, was pleased to note a considerable enlargement of the showrooms, and a very busy and prosperous appearance generally. One of the late additions to the products of this firm is a very superior grade of wholemeal, which is used in the various biscuits, etc.

For Holiday or Health. At breezy, bracing Seacroft, near Skogness, Lincs, there is a homely REST COTTAGE, close to the sea and golf links. South rooms, lawn, and tent, good views of open country. Any wishing to live the simple, or outdoor life will be welcomed. Also invalids needing quiet rest and care. Terms moderate. Apply to Rosa F. Broughton, Rest Cottage, Seacroft, etc.

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 vegetarian foods. Usual prices for proprietary foods.

R. WINTER'S NUT FOODS

Take the lead for Purity and Excellence. ❁ ❁ ❁

(Registered.)

'NUTTON.' The Best Nut Meats in six varieties. ❁ ❁

LEGUMON. The Best Pea Nut Meats in 3 varieties.

Cream 'NUTBUTS'

are the finest and purest Nut Butters ever offered.

Prunus Perfect Food.

The food *par excellence* for the anæmic, the consumptive, the strong, or the weak. Recommended by the medical faculty.

The Editor of *The Medical Annual*, in the issue for 1907, says:—

Fruitarian Diet: The value of nuts as a food and as a substitute for meat has led to considerable attention being given to their preparation in a palatable and easily digestible form. Under the name of "Nutton," a product has been manufactured entirely from nuts, which bears a resemblance in taste and appearance to potted meat. A comparative analysis of "Nutton" and beef gives the following results: Average analysis of "Nutton," albuminoids, 20.034, sugar, 2.140, fat, 11.0, carbohydrates, 10.073, waste matter, 1.998, mineral matter, salts, etc., 1.503, water, 53.252; average analysis of beef, albuminoids, 19.0, sugar, nil, fat, 1.00, carbohydrates, nil, waste matter, 9.0, mineral matter, salts, etc., 1.0, water, 61.0. It will be seen, therefore, that while beef shows about 30 per cent nutriment, "Nutton" gives 45 per cent., and, apart from this, is a non-uric-acid-producing food. We strongly advise our readers to try samples of "Nutton," and also other preparations of fruits and nuts made by Mr. R. Winter, City Arcades, Birmingham, whose catalogue is interesting. We regret we cannot give space to a further description of these preparations.

Write for price list and name of nearest agent to

R. WINTER, Pure Food Factory,
City Arcades, Birmingham.

AGENTS WANTED.

"NUTRINE."

Regd.

A dainty **Nut Food**, guaranteed absolutely pure and free from any artificial colour or flavouring, far exceeding any of the meats in actual food value. The following nuts are used in its manufacture: HAZEL NUTS, ALMONDS, WALNUTS, BRAZILS, CASHEW NUTS, BARCELONAS and PINE KERNELS. **BANANA NUT.** Made with **Nutrine** and Sun Dried Bananas, is very much appreciated by our customers. **FIG NUT.** Made with **Nutrine** and Fine New Figs. Delicious and easily digested. It is a very agreeable **laxative**, and therefore very valuable to those suffering from constipation.

These Nut Foods are most enjoyed when eaten with bread, taking the place of butter or jam.

Sample box of "Nutrine," Banana Nut or Fig Nut, **6d.**, carriage paid. **1/4** per pound, carriage paid. Average weekly sale over one thousand packages. Obtainable only of the proprietors:

NUTRINE CO., 61½ Fore Street, London, E.C.

CAMP'S

203 Borough High St.,
LONDON, S.E.,

is now open as a depot for all Health Foods. Central for South London. Write for price list.

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	" " 3 "	
Roasted Pea Nuts	6	" " 3 "	1 4
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