

Good Health

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

Entered at Stationers' Hall.

VOL. 5.

SEPTEMBER, 1907.

NO. 16.

Juvenile Smoking.

THE extensive use of cigarettes by boys is one of the most deplorable incidents in the life of to-day. It would be difficult to name a habit more harmful to the growing lad. Smoking stunts the growth, weakens the chest and heart, injures the eyes, and undermines the whole constitution. There is no greater foe to rosy cheeks and strong, healthy limbs than these fascinating little rolls of bad tobacco, and parents should spare no pains to warn their children against the practice.

An Eight-Hour Day for the Women.

PRESIDENT ROOSEVELT, giving a brief address on "Good Citizenship," in a Pennsylvania railway station the other day, added a few timely words about women and overwork, which we have pleasure in quoting:—

Above all, remember that your first duty in being a good neighbour is to be a good neighbour to those who are nearest to you. Be a good neighbour to your own wife and children. I have mighty little use for the man who is always declaiming in favour of an eight-hour day for himself, but who does not think anything at all of having a sixteen-hour day for his wife. Give fair play all round, and remember that the woman needs fair play even more than the man. I believe in an eight-hour day for the man, but I want to see the woman given as good a show as the man.

This is good advice for the Englishman as well as the American. Not many men have an intelligent idea of the amount of work required to keep a house sweet and clean, to prepare the family meals, look after the children, and attend to the thousand and one matters, great and small, which directly or indirectly devolve upon the mistress of the home. In this country, moreover, housework is far more laborious

than in America because of the lack of time-saving contrivances, which are so generally in use in the States.

A Standardized Sausage.

SAUSAGES as now made are extremely uncertain things. As Dr. Hutchison says, they are like life; you never know what is in them till you have been through them. The "Lancet" suggests that the sausage be "standardized." This would involve, we suppose, some efficient method of inspection by which the public might feel reasonably certain that the filling did not include the flesh of dogs and cats and other animals regarded as unfit for food. By all means let the sausage be standardized, and in the meantime let those who value their health do without this very questionable article of food.

The Delights of Camping.

NO one who knows the joys of camp life will easily forgo the inspiring contact with Nature which it affords. The labour it involves is no small part of its real enjoyment. There is enough of the savage left in most men to like simple things. Then one enjoys the freedom from conventionalities, and the outdoor living.

In the words of an enthusiast:—

"The tent is yours to pitch in the sunniest corner your fancy can paint, or memory recall. Let the warm morning rays play about you as your busy fingers arrange the lines and drive pegs. See yourself as you emerge from the door of your neat "gipsy" with towel on shoulders, ready for a plunge in the lake, and presently, invigorated by the exercise, return to cook the morning meal. Your stove hums

merrily behind the wind screen, the while you prepare the simple foods. Now dishes must be washed and neatly packed away in the carrier basket. The sun's rays beat down with increasing power, causing you to seek the shade of the trees. The shimmering light plays across the surface of the lake, and reveals the purple patches of heather away on the hills. Fill in the colours, the infinite variety of shades of fir and oak, silver birch and copper beech. Swing the hammock under yonder drooping bough by the water. Shed the boots and stockings, and know for a while the pleasure of feeling the soft warm earth under the foot. Throw open the collar, so that the sun may reach the chest. Did you ever know such bounding, vigorous health? Do you catch the scent of the bracken and the sweet briar? Has

the thrush's full-throated song found an echo in your own breast, so that you, too, want to sing for very joy?

"Then you have caught just one little glimpse of the glad possibilities of camp life."



How to Live in Harness.

In a paper in "Scribner's Magazine" on "The Use of Time," Robert Grant urges the need of open-air exercise for busy

people. "To die in harness before one's time may be fine," he tells us, "and in exceptional cases unavoidable, but how much better to live in harness, and do the work which one has undertaken without breaking down. Happily, the young men and women of the country of the present generation may almost be said to have athletics and fresh air on the brain. The

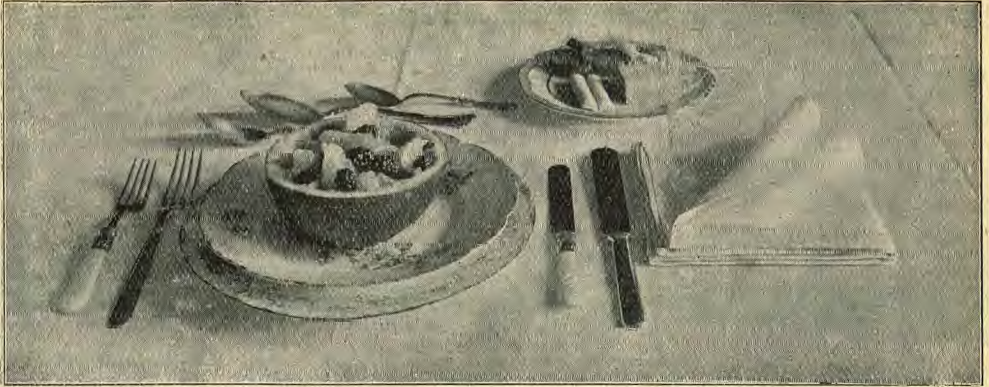
grown-up men and women, absorbed in the struggle of life, are the people who need to keep a watchful eye upon themselves. It is so easy to let the hours for fresh air and exercise be crowded out by other things which one feels bound to do for the sake of others, and hence for one's own soul. We argue that it will not matter if we omit our walk or rest for a day or two, and so we go on from day to day, until we are brought up with a 'round turn,' as the saying is, and realize,

in case we are still alive, that we are chronic invalids. The walk, the ride, the drive, the bicycle, the search for wild flowers and birds, the deliberate open-air breathing spell on a bus top—some one of these is within the means and opportunities of every busy worker, male or female."

*We have pleasure in presenting the accompanying cut of Alan and Eric Cutcliffe, aged respectively four years and nine months, and three years. They are the sons of Mr. Fred Cutcliffe, of Oxford, editor of "The New International Review," which is doubtless well known to many of our readers. The boys are being brought up on Good Health principles, and are strong, healthy, and well developed.



FRUITARIAN BOYS.*



FRUIT AS AN ARTICLE OF DIET.

BY M. ELLSWORTH OLSEN.

WE are all fruitarians by nature. Fruits and nuts form the chief food of the higher apes, which in physical structure approach most nearly to man, and that such a diet is by no means lacking in strength-giving properties, may be inferred from the fact that the gorilla is for its size perhaps the most powerful mammal in existence, and by no means lacking in spirit and courage.

The good qualities of fruit are not generally known; otherwise there would be a vast increase in the number of fruit shops, and a corresponding falling-off in the sales of meat and fish. "Can it be," asks the "Fruit Trades Journal," "an excess of modesty on the part of fruiterers that forbids their laying any stress upon the value of their goods as food?" Perhaps. Certainly they are entitled to boast of their wares. Reference is made to the banana show-cards one occasionally sees, which call attention to the value of this fruit. It might not be a bad plan for fruit dealers to take a hint from the patent medicine vendors. Who has not smiled at the unblushing lies that stare at one from the windows of every chemist's shop, or occupy whole pages in daily newspapers? If fruit dealers were so inclined they might put out placards which would be perhaps equally striking and at the same time true. For instance:—

Apples—Nature's Cure for Gout.

or this one:—

Take Oranges for a Sluggish Liver.

If it was desired to attract the custom of the young maiden who is always on the look-out for aids to beauty culture, the placard might read:—

Cherries—Good for the Complexion.

If the dealer wished to call attention to the nutritive value of fruits, he might put up some such show-card as this:—

**A Pound of Dates at 2d. Contains
70 per cent Food.**

**A Pound of Meat at 10d. Contains
28 per cent Food.**

**Buy Fruit and Start a Banking Account.
Buy Meat and Go to the Workhouse.**

It is an interesting subject which we would fain consider at greater length; but we must pass on to take up other phases of the fruit question. Just one or two hints to the small fruit dealer or greengrocer. Fruits are delicate and beautiful things; they ought to be handled with far greater care than is usually bestowed upon them, and if they were thus handled, they would be more pleasing to the customer, and bring a higher price. Greengrocers have one very ugly habit which they ought to



cure themselves of without delay. We refer to the practice of thrusting a dirty rod holding the price placard right into a pile of fruit. This is done in a remorseless, vigorous way, not once, but many times during the day, resulting in the serious injury of a considerable part of the fruit. The dirt and germs which have gathered on the outside of the cherries or strawberries, or other fruit, are thus carried into the interior, and even very careful washing will not remove the infection and make the mutilated fruit fit to eat.

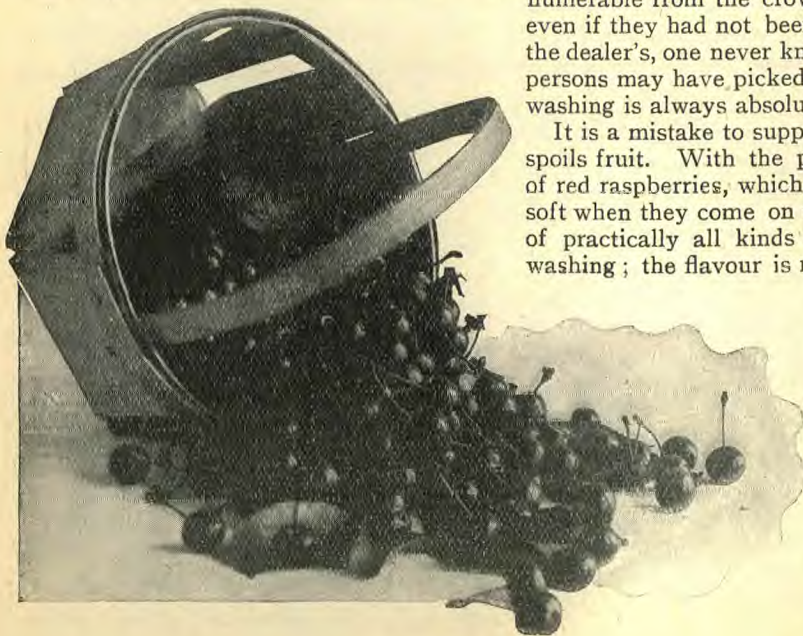
Greengrocers and their assistants might be a little more cleanly, too. No doubt they have dirty work to do; but soap and

water are cheap, and even greengrocers are not always soiling their hands. The writer saw a greengrocer weighing out a pound of dates the other day, whose hands were literally coated with filth; they certainly could not have had a thorough cleaning for weeks.

This suggests the need of washing all fruit thoroughly before serving. It is remarkable how many housewives, otherwise careful, will overlook this necessary rite. Do we not have strawberries served to us in very good homes that are actually gritty? They are put on the table just as they come from the stall, where they have gathered sand and dust and germs innumerable from the crowded street. But even if they had not been thus exposed at the dealer's, one never knows what kind of persons may have picked them; so careful washing is always absolutely necessary.

It is a mistake to suppose that washing spoils fruit. With the possible exception of red raspberries, which are usually very soft when they come on the market, fruits of practically all kinds are improved by washing; the flavour is more delicate, not

being interfered with by foreign matter, and the conscience of the person who is particular is at ease. Strawberries are a hundred per cent more delicious when served clean and wholesome



after washing and removal of the hulls, than when placed on the table just as they come from the stall. Apples, too, are greatly improved if washed and dried and burnished with a soft cloth. Bananas will be much more appetizing if dust and cobwebs and any other matter adhering to the skins be removed.

"But isn't fruit difficult of digestion?" someone asks. No, it is one of the most digestible of all foods; in fact, fruit juice contains as a chief constituent grape sugar in its natural state, which is ready to be taken right into the system.

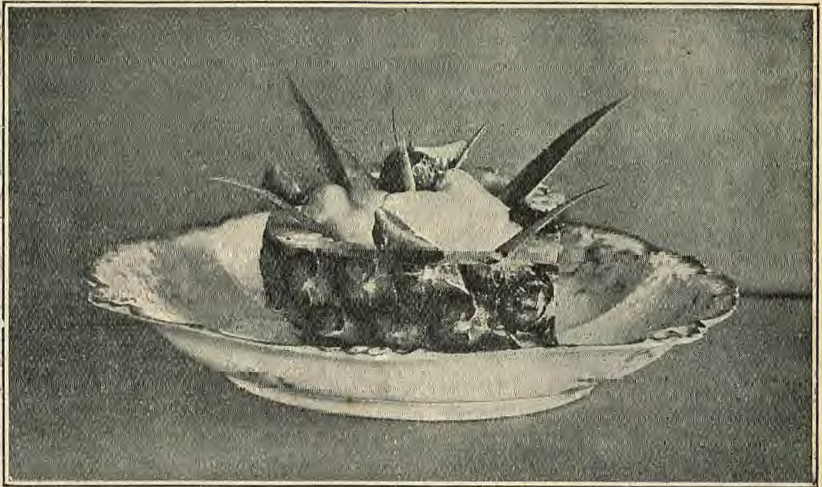
When should fruit be served? At mealtime, as a rule; though such juicy fruits as oranges may be eaten at almost any time by a person in good health. There is not a particle of truth in the saying: "Fruit is gold in the morning, silver, at noon, and lead at night." If the average man's supper consisted of a little ripe fruit, he would awake with more energy in the morning, and with a better taste in his mouth.

Then there is tea. Why can we not have more fruit teas? Is there anything more acceptable to a thirsty man than a glass of exquisite currant or grape juice slightly diluted with pure water? Fruit sandwiches are also most delicious. We have heard of dinners given on the Continent in which every item on the menu consisted of horse-meat prepared in some form, the object being to introduce it as a regular food. But how much pleasanter to get up a meal consisting entirely of fruit! No food lends itself to artistic purposes so well as fruit, and nothing sits so lightly on the stomach, or has such a

wholesome action on the liver, kidneys, and other organs of the body.

When is a woman more charming than when serving fruits made ready by her own hands? What a fine picture is that drawn by Milton, where fairest Eve, "on hospitable thoughts intent," goes forth into the garden.

"Fruit of all kind, in coat
Rough or smooth rined, or bearded husk, or shell,
She gathers, tribute large, and on the board
Heaps with unsparing hand. For drink the grape
She crushes, inoffensive must, and meaths
From many a berry, and from sweet kernels pressed
She tempers dulcet creams—nor these to hold
Wants her fit vessels pure; then strews the ground
With rose and odours from the shrub unfumed."



Let us have more fruit banquets, and we shall be a healthier and happier nation. Let the hard-worked business man breakfast on bread and fruit and blanched almonds, instead of on bacon and eggs, and he will feel fresher for his morning's work. Let the factory girl eschew sweets and strong tea and pickles, and go in for fresh fruit; she will be surprised at her increase of health and good looks. Let the labouring man take the money he spends on drink and use it for fruit for himself and his family. He will very soon lose the appetite for stimulants. There is a buoyancy, a fullness of strength and energy which comes from a natural diet, and comes in no other way.

Even if meat is not given up, it could at least be relegated to the principal meal,

and for breakfast, and lunch, and supper, fruit could be freely taken. There would be fewer bilious spells on such a regime, and more of the joy of life. The system would be kept in a healthy condition, for fruit juices are unfavourable to disease germs. Even persons who have brought on very bad conditions by a wrong diet will often make remarkable progress on a diet of fruit only, or fruit with the addition of some very light food like zwieback or

granose flakes. This is usually better than fasting, which some recommend, as the strength is fully kept up.

Let the fruit bill go up, then; your health and spirits will go up with it. Spend for fruit the money you now spend on rich pastries, sweets, oysters, strong tea, and beer, and you will soon begin to feel ten years younger, and will wonder why you ever felt the need of a pick-me-up.

Try it.

ALCOHOL AND MOTHERHOOD.—(Concluded.)

BY G. SIMS WOODHEAD, M.A., M.D.

Fellow of Trinity Hall, and Professor of Pathology in the University of Cambridge.

DR. LLEWELLYN HEATH, in his admirable work referred to, draws attention to a most striking and startling series of observations in connexion with the Lancashire cotton famine, the Coventry depression of 1861, and the Siege of Paris; in all of which, although the general death-rate rose to an enormous figure, there was no corresponding rise in the infantile mortality, but an actual fall. This has very properly been ascribed to the fact that starved and short of food as the mothers were, they were compelled to suckle their children, because they had no other food that they could give them. He says:—

“In Lancashire, during that terrible period of privation, although the general death-rate was increased, there was a marked reduction in the rate of infantile mortality, because the mothers were compelled to suckle their infants. During the siege of Paris, the general mortality as a result of privation increased 100 per cent, but the infantile mortality fell 40 per cent, for the same reason as in Lancashire.”

One reason for the continued high infantile mortality, then, is no doubt the failure of present-day mothers to nurse their children. Now, one of the great causes of the failure of mothers to nurse their own children is the alcohol factor, acting both directly and indirectly. Professor Bunge, in a work recently published (“Die Zunehmende Unfähigkeit der Frauen ihre Kinder zu Stellen”), has collected some very interesting statistics concerning the influence of alcohol as a casual factor in

the production of the incapacity of women to suckle their children. At the outset of his investigations he was met by a curious obstacle. He found it difficult to come across many “total abstainers” in Germany. He had therefore to divide his people into four classes, not one of which was composed entirely of total abstainers.

In the first of these classes he grouped those who do not take alcohol daily, and when they do take it, take it in small quantities only. He points out, however, that concerning this class, more reliable statistics might be obtained in England, where the number of what are called “pledged” abstainers is comparatively high. In his second class he groups regular and moderate drinkers under “moderate,” including those who daily consume less than four and two-fifths pints of beer, or two and one-fifth pints of wine, or a corresponding amount of other alcoholic liquors, containing about 100 cubic centimetres, or $3\frac{1}{2}$ ozs., of pure alcohol. In the third class come those who daily take a larger quantity than this, but can scarcely be called drunkards; and finally the class “drunkards.” These families he again divides into three groups. In the first of these groups are included those in which both mother and daughter are able to suckle their children; in this group are included 422 families. In the second the mother is able to suckle her child, but this power has not been handed on to daughters—281. In the third neither

mother nor daughter was able to suckle her child—435 families.

The connexion between alcoholism and inherited lack of power to suckle comes out most clearly in the second group. Here, although this power is present in the mother, it is not handed on to the daughter. Here, however, the habits of the father appear, and Bunge believes that the cause of this inherited abnormality must be looked for in the father. This suggestion he finds is supported by the fact that in forty-two per cent of all the families in this class the father was reported to be a notorious drunkard, and in thirty-six per cent of them he is said to be an "immoderate" drinker; so that in nearly four-fifths of all these cases the immoderate use of alcohol on the part of the father appears to interfere very seriously with the development and function of some of the most active glands in the daughter. In further proof of this it is pointed out that in the first group, where both mother and daughter are able to suckle their children, the drink habit in the father is seldom in evidence; in only nine out of 346 families was this drink habit proved, or in less than three per cent of the whole, and Bunge makes the statement that, "where the father is a drinker, the daughter loses the power of suckling her child; moreover, this power is lost for several generations at any rate. This loss of power to suckle is no isolated phenomenon. It is coupled with other symptoms of degeneration, especially with the absence of resisting power against diseases of all kinds, tuberculosis, nerve disease, and caries of the teeth. The children were insufficiently nourished, and thus the deterioration increases from generation to generation." The accompanying table gives the details of these observations:—

GROUP I.—Mother and daughter both able to suckle their children, 423 cases. Exact information as to alcohol consumed by daughter contained in 386 cases, by mother in 369, and by father in 346 cases.

	Daughter.	Mother.	Father.
	Per cent.	Per cent.	Per cent.
Not regular consumers.....	69·9	75·3	52·3
Regular but moderate consumers.....	28·8	23·6	38·2
Regular and immoderate consumers.....	0·8	0·8	6·9
Drunkards.....	0·5	0·3	2·6

GROUP II.—Mother able, but the daughter unable, to suckle babes, 281 cases. Accurate information as to alcohol consumed by daughter in 228 cases, by mother in 210, and by father in 199 cases.

	Daughter.	Mother.	Father.
	Per cent.	Per cent.	Per cent.
Not regular consumers.....	49·6	56·7	11·1
Regular but moderate consumers.....	45·2	40·5	11·1
Regular and immoderate consumers.....	4·4	1·9	35·7
Drunkards.....	0·9	1·0	42·2

GROUP III.—Mother and daughter both unable to suckle their children, 435 cases. Exact information as to consumption of alcohol by daughter in 222 cases, by mother in 203, and by father in 199 cases.

	Daughter.	Mother.	Father.
	Per cent.	Per cent.	Per cent.
Not regular consumers.....	39·2	32·5	13·1
Regular but moderate consumers.....	57·2	64·0	56·3
Regular and immoderate consumers.....	2·7	1·0	11·6
Drunkards.....	0·9	2·5	19·1

The influence of an alcoholized father is great in interfering with the development of an important organ, and probably, therefore, in determining a general deterioration; but the alcoholic mother is, as we have already suggested, in all probability an even more important factor. With the generations that have gone before we can do nothing, but with the present and coming generations to work upon we need never fear that we shall be short of work, or that that work will ever be fruitless. The Romans declined as they drank. They appreciated some of the steps that might lead to their decay, but all of them they did not recognize. Our experience is wider than theirs. Let us profit by it.

Rest as a Remedy.

SOME make themselves sick by overwork. For these, rest, freedom from care, and a spare diet are essential to restoration of health. To those who are brain-weary and nervous because of continual labour and close confinement, a visit to the country, where they can live a simple, care-free life, coming in close contact with the things of nature, will be most helpful. Roaming through the fields and the woods, picking the flowers, listening to the songs of the birds, will do far more than any other agency toward their recovery.—*Ellen G. White.*

COMMON CHILDREN'S DISEASES.

BY ALFRED B. OLSEN, M.D.

AT any time of the year the death-rate of infants and children is fearfully high, but in summer the rate is at its maximum, and many are the little mounds that are added to our cemeteries during the hot season. This increase in the mortality is chiefly due to errors of feeding and lack of hygienic conditions. Consequently liver, stomach, and bowel disorders account for a large number of the deaths.

Dentition.

Dentition is the bane of the nursery. No matter what the trouble is, unless there is other obvious cause, it is usually laid to teething. Even under the most favourable conditions, dentition is a trial to the average child. There is usually more or less local irritation, causing both stomach and bowels to be easily upset. Great care must accordingly be taken in feeding. The food must be suitable to the child; sufficient for nourishment, and yet not too great in quantity. Overfeeding is worse than giving too little food.

What to Do.

Most people make the mistake of doing too much for the teething child, and thus causing mischief. What it needs besides careful dieting is good nursing. Give a full tepid or warm bath morning and evening. Let it sleep out-of-doors during the daytime if convenient. Keep it quiet and free from excitement of all kinds. Too much play or entertainment makes a teething child cross, peevish, and sleepless.

Convulsions.

The most common cause of convulsions in a young child is some disturbance of the digestive organs. Correct the diet, and as a rule the child will soon recover. To give immediate relief put the child in a hot bath just as soon as possible. This gives almost instant relief, and is always a safe remedy to use. Then keep the child quiet for a few days.

Sometimes febrile diseases begin with convulsions.

In the case of children of three years or older, the convulsions may be epileptic and very obstinate to deal with.

It must not be forgotten that teething alone may cause convulsions in a susceptible child.

Colic.

Acute indigestion is rather common in children, and can usually be traced to some indiscretion of diet, such as unripe fruit, the free use of sweets, cakes, pastries, or other rich foods, etc. The first step is to get rid of the offending articles, whatever they may be. The free drinking of luke-warm water will often produce vomiting, and so bring relief. If not, tickle the palate with a feather. Afterward give a few small sips of cold or hot water, and put the child to bed. The diet should consist of gluten gruel or barley water for a couple of days. Fomentations will relieve abdominal tension and distress.

Summer Diarrhœa.

As soon as there are indications of diarrhœa, stop all food for a few hours and give water freely. The disorder is often due to lack of cleanliness, as a result of which the milk or other food becomes infected and so causes the mischief. Overfeeding may also be the cause.

After stopping food, clear out the stomach as directed for colic, and also cleanse the bowel by means of a soap-water enema. Then give a warm full bath, and send the child to bed in a well-aired room. Administer fomentations to relieve pain.

The diet for a few days should consist of barley water, thin gluten gruel, or egg albumen and water. Always call a physician to deal with the case.

Constipation.

Children properly fed never suffer from confined bowels. The treatment, of course, lies in dieting. In the case of an infant a small piece of perfectly fresh, pure butter, or a little olive oil, may be administered. A water enema is another remedy that usually affords prompt relief. A puree of prunes, dates, or ripe canary bananas is helpful in regulating the bowels. Baked apples are also useful.

Colds.

Children as well as older people often suffer from a cold in the head. Frequent

bathing in tepid water, cool and cold sponges, oil rubs, salt glows, etc., are all useful in strengthening the constitution and protecting from colds. Overfeeding, sedentary life, close, warm rooms, draughts, and exposure to wet and cold are some of the causes. Even a common cold is more or less contagious, and precautions should be taken not to scatter the infection.

The remedy for a mild cold is simple. Stop all food for a meal or two, drink water freely, give a cleansing enema, and then administer a hot foot or full bath, at the same time having the patient sip a glass or two of hot water. This will cause

the case. Sometimes it becomes necessary to remove the diseased part of the tonsils. This is a simple operation that often brings much relief.

Adenoids.

In this disease there is at the back of the nostrils and upper part of the throat a mass of tonsillar tissue that sometimes becomes so diseased and overgrown as partially or even completely to block the nasal passages. This causes the child to breathe through his mouth, a most pernicious habit, especially at night. As soon as this symptom is noted, consult a physician as to what should be done. In mild cases, the child may be gradually trained to breathe properly, but where the stoppage is very considerable, a slight operation becomes necessary, and the sooner it is resorted to, the better for the child.

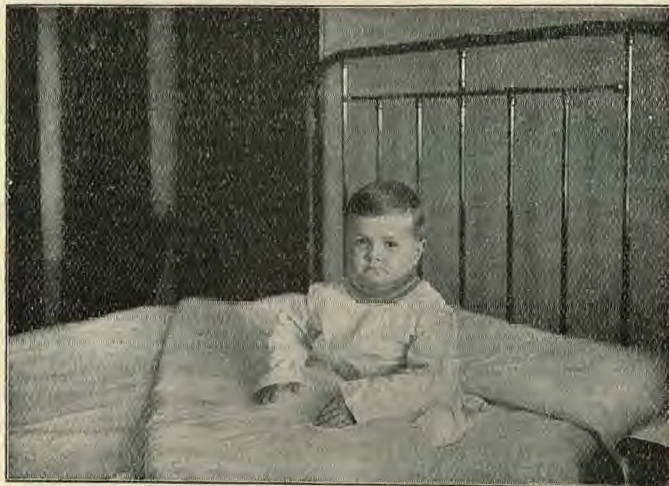
Worms.

Even a brief article dealing with children's complaints would scarcely be complete without at least mentioning worms. There are several varieties of these parasites that may infest the intestinal tract of the child.

The most common are pinworms, which often cause intense irritation

and discomfort. A water infusion prepared from quassia chips is often effectual in getting rid of pinworms. It is necessary to repeat the injection daily for several days. In more obstinate cases, and where other varieties of worms are to be dealt with, the mother must have the aid of her family physician.

Lack of space forbids our dealing with fevers at this time, but next month we propose to give attention to the most common fevers to which children are subject.



In tonsilitis, as well as in ordinary sore throat, a towel wrung out of cold water and applied about the neck, then covered closely with several layers of flannel, is a good means of allaying the inflammation. It may be put on in the evening and left all night.

profuse perspiration. Then administer a cold sponge, and after drying well put the child to bed. The diet should be very plain and rather sparing for a couple of days.

Tonsilitis.

Inflammation of the tonsils is not infrequent in children. The general treatment is the same as for a cold. But tonsilitis is more infectious, so that the child should be isolated in a cheerful, airy room by himself. For a gargle use salt and water, or better still peroxide of hydrogen, or Listerine, diluted with water. It is a good practice to paint the tonsils two or three times a day with the full strength of either fluid. A physician should attend

“UNLESS a person has a pressing engagement with his own funeral, what sense is there in hurrying with his meals?”

FOOD AND ENDURANCE.

Some Practical Experiments by Professor Irving Fisher, of Yale University.

IN the July number of GOOD HEALTH we gave the results of some experiments conducted by Professor Irving Fisher, of Yale University, with a view of ascertaining the relative endurance of persons living on the ordinary flesh diet and those who abstain from flesh meats. The tests were three. (1) Holding out the arms horizontally; (2) deep knee-bending; (3) leg-raising while lying on the back. The results of the arm-holding, as indicated in our July issue, are greatly in favour of the vegetarians. In the deep knee-bending, they scored heavily, and in leg-raising they averaged highest, though a flesh-eater, who had been in special training, made the best single showing in this list. Only one of the sedentary workers went in for the leg-raising, and he did not do nearly so well as the athletes, this movement calling for trained abdominal muscles.

A very noticeable feature of the knee-bending test was the difference in the after effects between the two classes of combatants. The abstainers from flesh never seemed to have reached their limit, and showed practically no unpleasant after effects, going about their usual duties as if nothing had happened. Of the flesh-eaters, on the other hand, one "reached his absolute limit at 254 times, and was unable to rise from a stooping posture the 255th time. He had to be carried downstairs after the test, and was incapacitated for several days." Another flesh-eater fainted after 502 deep knee-bendings, and was "seriously alarmed about his condition for two weeks."

The accompanying diagram shows the general averages in all three tests.

	Arm-holding.		Deep Knee-Bending.		Leg-Raising.	
	No. of Persons	Average Record	No. of Persons	Average Record	No. of Persons	Average Record
Flesh-eaters, athletes.	15	10*	9	383†	6	279†
" abstainers, "	19	39	16	927	6	288
" " sedentary.	13	64	5	535	1	74

*Minutes. †Times.

The reader will be interested in Professor Fisher's summing up of the results:—

"1. The average record of the flesh-eaters whose arms were held out until they dropped was only about half the average record of the abstaining athletes, and a quarter of the average record of the abstaining sedentary men, who stopped short of their limit, though the flesh-eaters were helped out by including others of their number who would raise their average, and the abstainers were handicapped by including any who would lower theirs.

"2. Comparisons of the same nature for deep knee-bending show the flesh-eaters' average to be less than two-thirds that of the abstainers of the same class, and only seven per cent above that of the sedentary class.

"Allowing for the heavy handicaps placed on the winning side, it may be inferred without reasonable doubt that the flesh-eating group of athletes was very far inferior in endurance to the abstainers, even the sedentary group.

"There still remains the question whether this difference in endurance was due to the dietetic factors mentioned, or to some other cause. In order to determine whether some other cause than diet could be responsible for so marked a difference in endurance, we may use the method of elimination.

"In the first place, it is certain that the difference was not a matter of exercise. There can be no doubt, of course, that exercise is a most important factor in producing endurance. This is proved every year by those training for endurance contests. Evidence of the influence of exercise may be seen in the present tests. Thus the best record for holding the arms in the case of the flesh-eaters was that of a baseball player, whose right deltoid was exercised in playing ball. It was noticeable, in his case, that there was a great difference between the right and the left arm, the latter being the one which brought the test to an end, although it was undoubtedly stronger than the deltoid of sedentary persons.

"Again, the two highest records for the leg-raising were made by men who had exercised the abdominal muscles systemati-

cally, one of them training for the Yale crew. His was the only case in which the highest record for any one of the three tests was held by a flesh-eater.

"But that exercise was not responsible in the present experiment, for the disparity in endurance is shown by the fact that even the *sedentary* abstainers surpassed the *exercising* flesh-eaters. The sedentary abstainers were in most cases physicians, and with few exceptions took very little exercise, but spent their entire day in their offices at the Sanitarium. This was the case even with Dr. J.F.B., who reached the record 1,225 in deep knee-bending.

"Again, we cannot attribute the result to more sleep or leisure on the part of the abstainers. Here, too, the advantage was all on the side of the flesh-eaters, who, as students, had more freedom, and as athletes were making every effort to keep good hours and live hygienically for the sake of the contests for which many of them were training. Among the abstainers, at any rate the sedentary group, the opposite conditions prevailed. Several of the physicians had night duty, or for other reasons were on short sleep. In fact, it was *because I had noticed their unusual capacity for long hours that the comparisons described in this article were undertaken.* Similar comments had been made by other observers, including several physicians. For instance, a Yale instructor and physi-

cian, who had been accustomed for years to spend his summers at Chautauqua, and who had many in his classes from the Sanitarium, commented upon the fact that they had greater endurance than the rest of his class. He stated that they did all the work which the others accomplished, and usually two hours extra daily.

"Again, the difference in endurance is not attributable to a difference in physique.

Here also the advantage was distinctly on the side of the flesh-eaters; in fact, the abstainers, as far as they consisted of men at the Sanitarium, were for the most part ex-invalids. Two had had in years past tuberculosis of the lungs, one had had hip disease, another typhoid fever, etc. In respect to physical appearance they were in general inferior to their flesh-eating competitors at Yale.

(Concluded on page 496.)

♦ ♦

*We have pleasure in

printing the following communication, which is self-explanatory:—

The Editor of GOOD HEALTH.

Dear sir,

Enclosed is a photo of a GOOD HEALTH boy. For two and a half years he has been a strict vegetarian, and on GOOD HEALTH lines. On reading the test given by Professor Fisher, in the July number of GOOD HEALTH, I asked my boy to try how long he could hold his arms horizontally. He kept his arms straight for ninety minutes, and then did not complain of any pain. I can vouch for the accuracy of this, as I timed the boy myself. Herbert will be eight years old on the twenty-fifth of this month (July). A.E.J. (Accrington, Lancs.)



HERBERT JACQUES.*



A CAMPING HOLIDAY.

BY A. J. MORRIS, HON. ORGANIZER.

ANOTHER successful holiday under canvas has been spent by the members of the Birmingham Natural Health Society. For several years now this society has conducted two holiday camps each year for the benefit of its members, and, needless to say, the latter always look forward with great pleasure to these outings with nature.

Since its inauguration nearly six years ago, the B.N.H.S., which is now affiliated with the Good Health League, has always encouraged and provided for outdoor recreation and exercise among the members. Throughout the entire year there are weekly rambles and cycle runs into the country. A recreation field is also at the disposal of the members, where they can freely indulge in recreative games or outdoor pleasures. Full advantage of this splendid opportunity for enjoying one-self naturally is taken by both sexes, and good use is made of the field the whole year round. But twice a year these facilities take a back seat, and the society adjourns to its holiday camps. These latter have been so successful that they

may now be considered an established part of the Society's work.

The first camp this year, at Whitsuntide, was again held at Cropthorne, a pretty little old-fashioned village in the Vale of Evesham, which, it may be said, is renowned for its scenic beauty and fruit gardens. The tents were pitched in the old spot on the bank of the Avon, which for beauty and situation would be hard to beat, and, in spite of the rather indifferent weather, this last camp is said to have been the jolliest and most successful yet held, which of course speaks well both for the organization and the general *esprit de corps* of the members.

Nearly forty members and friends shared in the outing, the majority of whom unfortunately were only able to stay three



or four days, whilst a few fortunate ones continued for eight or nine days. Only the gentlemen indulged in the pleasure of sleeping under canvas, whilst the ladies slept under the friendly roofs of neighbouring cottages.



item, whilst rambling and cycling took a prominent part in a much varied programme. Tennis, hockey, football, and other games were also indulged in, and, of course, bathing.

Picnic parties were frequently arranged, sometimes on the river, and

Fortunately, the weather permitted practically every meal to be taken out in the open, and wholesome, nourishing food was provided three times daily. Appetites were keen, as one may guess, and full justice was done to a varied but plain menu. No meat was the order, but as in former camps, with such excellent fare of cooked and natural dishes, no one (judging from the looks of the diners and their general expressions of satisfaction) seemed to miss or desire this somewhat doubtful commodity. Thus apparently a good impression of a fleshless dietary was created among the mixed feeders. Each of the campers took a share in laying and waiting at the tables, two ladies and two gentlemen being made responsible for each meal, the squad being changed at every meal.

A good programme of outings and recreation was arranged and well supported by all. Boating formed the chief

sometimes along the lanes, or through the fields and woods, either by cycling or walking. In this way the neighbouring villages and interesting places were visited in turn, lunch or tea being taken on each occasion in true picnic fashion on Nature's carpet amid lovely surrounding. The accompanying photos show the members gathered at breakfast and at tea, and grouped together on the turf.



THE VILLAGE OF CROPTHORNE.

On Whitmonday, the beautiful Breedon Hills, which are only a few miles from the camp, formed the objective of a special picnic outing. The cyclists journeying

outing proved very enjoyable, and no doubt beneficial too, for climbing the hills was excellent exercise, but combined with breathing the purest of air, and under such happy conditions, it was indeed most health-inspiring.

All good times must, however, come to an end, and each day saw the campers, reluctantly of course, leaving for smoky "Brummagem." The party were not, as on former occasions, bronzed by the sun, as the latter was usually conspicuous by its absence, but every one was tinged a little by the exposure, and no doubt felt a great deal better for the outing.

Only those who are able to take an actual share in the pleasures of a camp of



GIRDLE CAKE COTTAGE.*

thither by their own conveyances, whilst the non-cyclists and a few others, chiefly ladies, were provided with seating accommodation on a market gardener's dray hired for the purpose. This particular

this kind can appreciate fully the joys of camping out. For those whose business keeps them penned up in stuffy shops or offices, a more delightful or beneficial way of spending a holiday cannot be imagined.

FOOD AND ENDURANCE.

(Concluded from page 493.)

"Alcohol and tobacco could scarcely be the cause of the inferiority of the flesh-eaters, inasmuch as, being in training, they were for the time at least practically abstaining from their use.

"The only other questionable factor is fresh air. In this respect there is less certain evidence, but as far as the use of fresh air in the day-time is concerned, there can be little doubt that the flesh-eaters had here the advantage also; for the training of the Yale athletes usually involves outdoor runs, and in all cases it involves the exercise of the lungs in connexion with other exercises; whereas the sedentary flesh-abstainers were, as above stated, confined indoors for the entire day. With respect to the use of fresh air at

night, it is quite possible that the advantage was on the side of the flesh-abstainers. This was certainly true in a few cases, especially among the abstaining athletes, one of whom slept in a tent at Battle Creek.

"It must not be forgotten that the four Yale abstainers showed just as great a superiority in endurance to the flesh-eaters as did the twenty-eight abstainers at Battle Creek, although at least two of the four were, as far as known, under the same conditions as to fresh air and other conditions of training. While, therefore, it is not possible to speak with absolute certainty as to the influence of fresh air upon the comparisons, there is no evidence to show that this factor favoured the abstainers as a whole, or, if it did favour this group, that it played so important a rôle as to explain, unaided, their great superiority in endurance.

"It seems reasonable, therefore, to attribute the difference in endurance between

*One of the favourite haunts of the Sunderland Outdoor Club, whose secretary, Mr. E. H. Walker, has kindly supplied the photo.

the flesh-eaters and the abstainers entirely to the difference in their diet."

There is much more that could be quoted from this most interesting article, but we have tried to give the most essential facts.

It would be interesting to the editors of GOOD HEALTH to hear from readers who have had a practical experience. Have you found the adoption of a natural dietary conducive to endurance? Can you work as long or longer hours than when you were living on a mixed diet? Or do you feel yourself growing weaker as a result of doing without beefsteak. Answers to this query will be gladly received, and as far as space permits will be printed in the magazine. They should be short enough to go on a postcard.

What Makes Us Ill?

DISEASE never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health. Many suffer in consequence of the transgression of their parents. While they are not responsible for what their parents have done, it is nevertheless their duty to ascertain what are and what are not violations of the laws of health. They should avoid the wrong habits of their parents, and by correct living place themselves in better conditions.

The greater number, however, suffer because of their own wrong course of action. They disregard the principles of health by their habits of eating, drinking, dressing, and working. Their transgression of Nature's laws produces the same result, and when sickness comes upon them, many do not credit their suffering to the true cause, but murmur against God because of their afflictions. But God is not responsible for the suffering that follows disregard of natural law.

God has endowed us with a certain

amount of vital force. He has also formed us with organs suited to maintain the various functions of life, and He designs that these organs shall work together in harmony. If we carefully preserve the life force, and keep the delicate mechanism of the body in order, the result is health; but if the vital force is too rapidly exhausted, the nervous system borrows power for present use from its resources of strength, and when one organ is injured all are affected. Nature bears much abuse without apparent resistance; then she arouses, and makes a determined effort to remove the effects of the ill-treatment she has suffered.
—*Ellen G. White.*

Sun-Baths.

WHERE there is lack of energy, a tired, languid feeling, and little inclination to work, try bathing in the sun. Lie at rest on a couch in some quiet place where the sun's healing rays can fall full upon you. The body may be clothed in a single garment of thin white linen, or better entirely exposed as in accompanying cut. The man or woman with over-wrought nerves



will usually find this simple, natural treatment wonderfully restorative. If the head is warm, it may be cooled by the application of a cold, wet cloth.

USEFUL NOTES ON INFECTIOUS DISEASES AND DISINFECTION.—II.

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

Disinfection in and after an Infectious Case.

It has been accepted for some time that those diseases which can be transmitted from one person to another, and are for that reason distinguished as infectious ones, originate through, and are propagated by means of, exceedingly minute living organisms—disease germs—so small that a powerful microscope is needed to reveal them, each disease having its specific germ. A person into whose system some of these dangerous organisms, or bacilli, as they are also named, enter, does not at once show any symptoms of infection; the entrance of the germs into the system is followed by a longer or shorter period of time before the disease makes itself apparent; this is known as *the period of incubation, or hatching*. When it is realized that living organisms are the cause of infectious diseases, and that the patient gives them off in the breath, or in the stools, and that the plates, cups, spoons, etc., used by him, and the bedding and linen, as well as the articles in the sick-room, and its walls, may become ground for the formation of colonies of the specific organisms of the particular disease, it is at once apparent that too much care cannot be exercised in securing efficient disinfection both during and after an infectious case.

Deodorants, Antiseptics, Disinfectants.

The disease-producing germs require to be killed off to prevent further danger; and a disinfectant, properly used, in a certain strength, and for a sufficient time, is the only agent that will effect this result. If improperly used, and of insufficient strength, chemicals are likely to be misleading, and therefore dangerous, as they create a *false sense of security*. This is so where a little pink carbolic powder is sprinkled down a closet, or in a dustbin, thus acting merely as a deodorant. An antiseptic is used to prevent or impede the growth of

germs, but it does not necessarily destroy those in existence.

The Destruction of Bacteria.

Some species of bacilli form spores of a highly resistant character, and these may require as much as twenty-four hours' exposure to a five per cent solution of carbolic acid to kill them. On the other hand, some five minutes have been sufficient to kill organisms which do not form spores. It is, however, hardly safe to assume that our ordinary fever germs do not form spores; smallpox, indeed, is attributed to a spore-bearing bacillus.

Preparation of Sick-Room for Disinfection.

This should be done as speedily as possible after the recovery or removal of the patient, and if any other part of the house has been exposed to infection, it should be similarly dealt with.

Every article of clothing, bedding (mattress, bed, bolster, pillows and their coverings, blankets, sheets, etc.), should be opened out, and hung up if possible about the room, as this will the better enable the disinfectant to have full play.

As regards copper or gilt fittings or ornaments, it is better to wash them over in the room with a cloth wrung out of a one in forty solution of carbolic acid, and then place outside the room, as some chemicals, more particularly sulphur, are likely to have a damaging effect upon metals.

The chimney must be stopped up, as also any ventilators, and the window-sashes should be made airtight with gummed strips of paper.

When the disinfectant is started, the room door requires to be locked, and the key removed, to prevent anyone entering while the disinfection is in process, the key-hole stopped up, and the door-frame pasted over outside down to the floor with paper, to effectually make the doorway airtight. These operations are intended to ensure the room being thoroughly airtight, so that the chemical used may have full play.

* Author of "The Sanitary Inspector's Guide," etc.

Simple Disinfection.

Crushed sulphur is perhaps the most commonly used disinfectant. Place the sulphur in an open vessel with a very wide mouth—a pan is best—containing methylated spirits, over a pail full of boiling water, placed on a chair or table in the centre of the room. Set light to it with care, using a taper if preferred. The steam from the water moistens the atmosphere, and also helps the vapour given off from the burning sulphur to reach all parts of the room.

The quantity of sulphur needed will vary with the size of the room; one and a half pounds for each 1,000 cubic feet capacity, that is, for example, a room 10 feet in length, width, and height; or one 12 feet 3 inches long, 8 feet 3 inches wide, and 10 feet high. (To ascertain the cubic capacity of a room, measure the length, breadth, and height, and multiply together. Thus, $10 \times 10 \times 10 = 1,000$ cubic feet, as first example above.) Of course approximate figures are sufficiently near.

Sulphurous acid, in twenty-ounce tins, one tin to each 1,000 cubic feet, may be considered less trouble in use.

Place a chair or table in the centre of the room, and on it put a basin. The tin has then to be prepared so that the gas it contains may gradually escape. This is done by taking the tin in the left hand, so that it points away from the operator, the soft lead vent-pipe is then cut off with one stroke of a strong knife in the right hand, and the tin placed in the basin. The gas then escapes from the vent.

Other methods. The above are two simple processes which can be easily carried out. More complicated ones need some knowledge to perform satisfactorily. It may, however, be instructive just to notice one or two.

Formalin tablets, which give off formic aldehyde, are burned in a specially constructed lamp, which constitutes another fumigation process. Spraying the room and its contents with perchloride of mercury, using a powerful force pump called a "pulverisateur," is considered by many authorities to be a much better and more reliable method than disinfection by fumigation. It is a French idea which is being used more and more in this country.

After Disinfection.

The fumigating, disinfecting agent should be left at work for eight or ten hours; then open wide doors and windows, to secure a free current of air.

After a case of smallpox, scarlatina or scarlet fever, the paper should be stripped off the walls, and the walls re-papered, and the ceiling lime-washed. It is better for this to be done after any infectious complaint. It would be very useful in consumption, too. The floor and any woodwork in the room must be well scrubbed with warm water containing a solution of, say, carbolic acid (one in forty, i.e., one pint of carbolic to five gallons of water). When these operations are completed, it will be pleasant to leave the room to "sweeten" by the full admission of fresh air for a day or two before it is again occupied.

(*To be continued.*)

SIMPLE FOOD RECIPES.

Fruit Soup.—This is a very easily prepared and most delicious soup. Stew, in abundance of water, cherries, red or black currants, plums, blackberries, raspberries, or almost any acid fruit, drain off the juice, dilute it to taste with hot water, add a few stewed sultanas with juice, bring to the boiling point; thicken with Brown and Polson's cornflour, and after it boils up and has been sweetened to taste it is ready to serve. The exact proportions do not matter very much; some like the soup rather rich, and such use freely of the fruit juice; others prefer a weaker solution. If blackberries are used, the juice of half a lemon may be added to advantage. The blackcurrants also improve with a little lemon juice. This soup is at once nourishing and palatable, and makes an excellent beginning for lunch or dinner, the fruit acids having a mildly stimulating effect upon the digestive organs. It is an excellent food for the sick, and can often be given to fever patients when nothing else can be kept in the stomach.

Curd Cheese.—Add to each two quarts of milk one-half cupful of lemon juice; let it stand until coagulated, then heat slowly, but do not boil, until the curd has entirely separated from the whey. Turn the whole into a colander lined with a square of clean cheese-cloth, and drain off the whey. Add to the curd a little salt and cream, mix all together with a spoon or the hands, and form into cakes or balls for the table. The use of lemon gives a delicious flavour, which may be intensified, if desired, by using a trifle of the grated yellow rind. One great advantage of this cheese above that generally on sale is that it is perfectly easy of digestion, in fact, may be taken daily by an invalid. It affords a food rich in proteid, which is at the same time likely to agree with even the most sensitive stomach.

A GROWING BUSINESS.

READERS of GOOD HEALTH need no introduction to the "Pitman" Health Food Stores, but they may be interested to know something of the origin and growth of this business. It is less than ten years since the founder and proprietor, Mr. H. Cooke, started with but one assistant. To-day there are more than twenty-five employés, and the products include fruit and nut cakes, uncooked bread, gravies made from legumes; butters, cheese and cream made from nuts; jellies made from vegetable gelatines and honey; coffees from fruit, nuts, cereals, and roots; dates without stones, etc., etc. These articles are all prepared on the premises; Mr. Cooke does a very large trade also in health foods made by other firms. He was the

issuing a catalogue devoted entirely to this class of goods.

GOOD HEALTH wishes this enterprise and others like it every success. Pure foods, honestly made, are among the greatest needs of to-day.

THE OUTDOOR CLUB.

THE Outdoor Club is in health, and making progress. The Manchester Physical Health Society, one of the oldest and strongest associations in the country, has now been affiliated with the Club, and will form the Manchester Branch. We shall give our readers some further particulars in regard to this society in next month's paper.

Camping has been a pleasant feature of the



first one to use the term Health Food Stores, and no one is more keen than he on keeping in touch with the latest developments in his line of business. Not only are the articles he sells guaranteed to be absolutely free from flesh, fish, or fowl, but he claims to be able to supply every variety of food needed to take the place of those obtained from the animal kingdom.

Owing to the increase of business it has been necessary to secure larger quarters. The firm has accordingly acquired additional premises adjoining, equivalent to 2,000 square feet of floor space, which provides an imposing frontage, and a large and spacious show-room.

The firm's manufactured goods are now sent to almost every country in the world, and are doing much to smooth the way of the food reformer.

Quite recently Mr. Cooke has brought out a number of special cooking utensils and kitchen labour-saving appliances. He will shortly be

month. The Gillingham Kent Club has had its summer camp July 6th to 22nd. It was located in a beautiful orchard at East Farleigh, about four miles above Maidstone. Music, boating, bathing, cricketing, and rambling, made the time pass very pleasantly.

The Croydon, Southend, and Sunderland branches have been doing a lot of rambling and some nature study. Their camping experiences are ahead. The North London Branch has a camp at Mill Hill, which is occupied mostly at week ends. Several of the members have been travelling about on the Continent, even to the point of eating macaroni in Naples, and climbing to the top of Vesuvius. One lady member has taken a walking tour in the Alps.

The Outdoor Club has for its hobbies fresh air and wholesome outdoor recreation. Any Good-Healthites who think they would enjoy getting in touch with the members are invited to join. The

registration fee is one shilling. There is no further charge unless one unites with a local branch, in which case there is a small fee to cover postage on announcements of rambles, and other meetings. For general information address, Secretary Outdoor Club, 451 Holloway Road, London, N.

Honorary Secretaries of the Outdoor Club.

- NORTH LONDON BRANCH.** Mr. H. J. Stone, 25 Marriott Road, Tollington Park, London, N.
Gillingham Branch. Mr. Stanley Andrews, 49 College Avenue, Gillingham, Kent,
Croydon Branch. Miss Elsie Cole, 69 Leslie Grove, Croydon.
Sunderland Branch. Mr. E. H. Walker, 35 Dinsdale Avenue, Roker, Sunderland.
Southend-on-Sea Branch. Miss Amy K. Osborn, "Llanberis," Westcliff Avenue, Southend-on-Sea.
Birmingham Branch. Mr. J. A. Morris, 32 Denbigh Street, Bordsleugh Green, Birmingham.
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 Box about 1 1/2 lb., 8 1/2d. each.

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 3 1/2 lb. boxes, 4 1/2d. each.

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 8d. per lb.; 7 lb., 1/7; 14 lb., 3/-; 28 lb., 5/10 1/2d.

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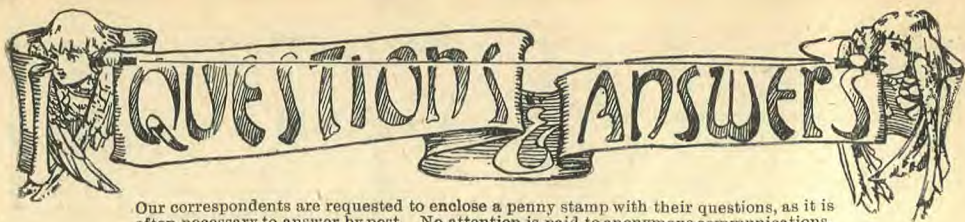
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In answering advertisements kindly mention "GOOD HEALTH."



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

Lemon Juice.—J.W.L.: "What is the supposed value of lemon in tea or hot water, to be taken before meals?"

Ans.—Lemon water in the proportion of about half a lemon or less to half a pint of water makes a refreshing drink, and also acts as a mild diuretic, i.e., it has a mild stimulating effect upon the kidneys. It is better taken with water than with tea.

Rheumatism—Gout.—A.W.: "My husband suffers dreadfully from rheumatism and gout in all his joints, and his hands and ankles are very bad. 1. What course would you recommend me to take? 2. Can we hope for a cure?"

Ans.—1. Send him to the Leicester Sanitarium for a course of treatment. For home treatment we would recommend fomentations, hot packs, and massage. As to diet, he should avoid alcoholics, tea, coffee, cocoa, flesh foods, peas, beans, lentils, and mushrooms. 2. A complete cure is doubtful.

Turkish Bath Cabinet.—A.P.: "1. Is the Turkish Bath Cabinet perfectly safe providing one faithfully follows the instructions? 2. Is it adapted for general family use? 3. Is there any difference in makes? 4. Are those manufactured by — & Co. equal to the 'Gem' cabinet bath?"

Ans.—1. Yes, providing that the cabinet is a reliable one. 2. Yes. 3. Yes, certainly. Some are scarcely worth setting up, while others are so convenient and easily used that we consider them superior to the public Turkish Baths. 4. We consider the "Gem" one of the best Turkish baths on the market. This cabinet is well made and reliable, and the price is very reasonable. We have made arrangements to supply it direct from the GOOD HEALTH office.

Hysteria.—J.G.: "A young lady is afflicted with hysteria. The attacks last from fifteen to thirty minutes. 1. Would the abdominal girdle worn at night be helpful to her? 2. Would you recommend cold sponging of the spine in the morning, followed by brisk rubbing? 3. What are the causes of this state of hers? 4. What treatment would you suggest?"

Ans.—1. Yes, especially if she is suffering from indigestion. 2. Yes, certainly. 3. Poor nutrition, overwork, worry, and depression are some of the causes of hysteria. 4. A change of environment would be desirable, and especially an outdoor life, with work that would not prove fatiguing, and yet would divert her from herself. A course of tonic treatment at a good Sanitarium would prove very helpful to her.

Blotchy Face—Thick Lips.—A.F.L.: "1. What is the best treatment for a blotchy face? 2. Is there any way of making thick lips thinner?"

Ans.—1. Careful dieting and strict cleanliness. You should use soft water and a mild soap, such as McClinton's "Colleen" soap. You might also apply a little zinc ointment, rubbing it well into the skin. In the way of diet, avoid all those articles of food that you find disagree with you, and particularly sweets, cakes, pastries, condiments, fried foods, tea, and coffee. Drink water freely, and have a vapour bath once a week. 2. No.

Prolapse of the Stomach.—F.H.W.: "1. What is the cause of prolapse of the stomach? 2. Can it be cured? 3. Is it necessary to take medicines, or will hygienic treatment effect a cure?"

Ans.—1. Corsets and stays, over-eating, wrong combinations of food, and flatulence are some of the causes producing prolapse of the stomach. Lack of physical exercise is another important factor. 2. Yes, under favourable circumstances. 3. No, it is not necessary to take medicines, and in our opinion they are harmful. Hygienic treatment is the only means of effecting a cure, and consists of water applications, electricity, massage, and physical culture.

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ITS HOME TREATMENT.

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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 hyriatic 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.

THE editor of **GOOD HEALTH** had the pleasure recently of addressing the branches of the Good Health League in Manchester, Sheffield, Leeds, Hull, Grimsby, Birmingham, Derby, and Nottingham. Some of these branches are small, and do not hold regular public meetings, but they are all doing something to spread the principles of hygiene and healthful living. The lecture at Nottingham marked the opening of the branch in that city, and was an especially interesting occasion. Next month we shall publish a full list of the secretaries of the League.

THE annual meeting of the Vegetarian Federal Union, held in London, was in every way a splendid success, and the prospects of the Society are most encouraging. Miss Nicholson, the secretary, is always pleased to receive donations to the Children's Dinner Fund. Address her at Memorial Hall, Farringdon Street, London.

A LADY warmly recommends vegetarian boarding house, 63 Hereford Road, Bayswater, London, N.—[ADVT.]

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.

MAPLETON'S NUT FOODS

Are Now Manufactured in the Country

away from the grime and disease germs of towns. A new booklet with many additions and recipes is just ready, post free. Write for it to-day, naming "Good Health," to

Mapleton's Nut Food Co., Ltd.,
 WARDLE, LANCASHIRE.

Light Pastry.

Plain pastry for all purposes will *always* be light and digestible if a little of

Brown & Polson's "Paisley Flour"

Trade Mark.

be mixed with the ordinary flour before making the dough.

One part to twelve of ordinary flour is enough. The result will surprise you.

Try it Now!

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.

BENGER'S Food

assists nature.

It is used mixed with fresh new milk, and forms a delicate and nutritive cream which can be enjoyed and assimilated when other foods disagree. It is entirely free from the rough and indigestible particles which produce irritation in delicate stomachs.

Mothers and interested persons are requested to write for Booklet, "Benger's Food and How to Use It." This contains a "Concise Guide to the Rearing of Infants," and practical information on the care of Invalids, Convalescents, and the Aged. Post free on application to Benger's Food, Ltd., Otter Works, Manchester.

WINTER'S WOOLLEY WINCEY.

The perfect material for Ladies' Blouses, Children's Dresses, Night Dresses, Sleeping Suits and every description of Ladies' and Gents' underwear. It is

THE FLANNEL OF THE FUTURE,

being unshrinkable, light, and hygienic, lending itself with perfect facility to all purposes for which flannel could be employed.

In Cream, Pink, or Blue, and a variety of pretty Stripes.

SNOWY-WHITE LINENS.

Table-cloths, Sheetings, Towels, etc., made on the handloom. Perfect in workmanship, of splendid wearing quality, and sure to please. The coarser makes excellent for camping.

OUTING BLANKETS.

I can also supply wool blankets of natural brown colour, light, warm, and porous.

Write for particulars to . . .

JAMES WINTER, Linen
Manufacturer,
CORTACHY, KIRRIEMUIR, N.B.

Marlboro' House Health Home, CANVEY-ON-SEA.

VEGETARIAN CATERING.
GRAND BRACING AIR. FINE BATHING.
TENNIS, Etc. MODERATE TERMS.

Run in connection with the Health Food Stores,
High Street, Marylebone.

NEAREST SEA-SIDE TO LONDON.

Day return tickets to Benfleet, nearest station,
only 2/6, thence by wagonette.

Proprietress: Mrs. C. Harding.

To Cyclists who are fond of a comfortable ride.

There is nothing to equal

A BIRKBECK
PNEUMATIC
SADDLE
COVER.



Recommended by "Good Health." Send for free, illustrated booklet, for prices and sizes.

Sole Manufacturers: The Birkbeck Pneumatic Saddle Cover Co., Birkbeck Works, Birkbeck Road, Dalston, N.E.

PUBLISHERS' NOTES.

EMPIRE LINEN MESH UNDERWEAR is most grateful to a sensitive skin.

SHEARN'S Health Food Stores bid fair to be as great a success as the famous Fruitarian Restaurant carried on by the same firm a few doors away. We are glad to commend both enterprises to our readers, whom we strongly advise to call and see the new place. It is fully up-to-date and worth a visit.

We are pleased to note the removal to fine new quarters in the country of Mapleton's Nut Food Co., Ltd. The justly famous products of this firm have contributed not a little to enrich the table of the food reformer, and we have no doubt that from the vantage point of green fields and pure air, the energetic founder and proprietor will be sending out a still larger variety of good things to eat.

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ESTABLISHED 1861.

SOUTHAMPTON BLDGS., HIGH HOLBORN, W.C.

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

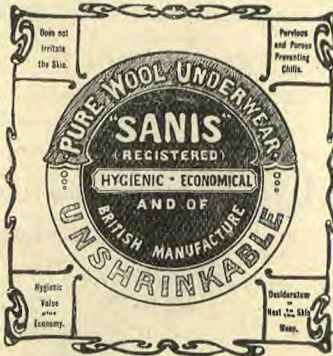
ALMANACK, with full particulars, POST FREE on application. C. F. RAVENSCROFT, Secretary.

"Sanis" Underwear.

[REGISTERED.]

The Perfectly Healthful Underwear.

Protective against chills.
Remember prevention is better than cure.



The fabric is of the purest fine Colonial Wool. Porous, Pervious, and non-conductive of heat, allowing the noxious vapours to escape from the skin. It gives a sense of **SAFETY** and **COMFORT** during and after violent perspiration. Unshrinkable. Descriptive pamphlet sent free on application to

G.H., THE MANAGER,
79 & 81 Fortress Road, London, N.W.

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.**

"GOOD HEALTH" STORES,

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Conducted by **MISS N. MUSSON.**

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

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Musson's Wholemeal Specialities.
All Health Magazines.

THE RESTAURANT

4 Furnal 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 circulars and prices to the Sole Agents: **Good Health Supply Dept., 451 Holloway Road, London, N.**

REYNOLDS'

Digestive

WHEATMEAL BREAD.

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

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

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

The 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.

Do you want to be rich?

HEALTH IS WEALTH! How many people unconsciously exchange health for money! How many violate the laws of nature in their efforts to gain a position in the world!



ARE YOU HEALTHY? If so, allow us to offer you a few suggestions on the maintenance of strength and vigour. Are you sick? We believe we can help you to get well.

We think you will agree with us when we say that there never was such a time when sickness and disease were as prevalent as they are to-day. But has it ever occurred to you that animals are sufferers as well as human beings? Have you ever thought that you are often taking into your system germs of disease when you are enjoying your good dinner of beef steak or roast pork? Perhaps so, and you are anxious to discard the use of flesh meats, but are at a loss to find a suitable substitute. We can remove this difficulty by offering you a Perfect Meat made from choice Wheat and Nuts, being therefore absolutely pure and wholesome. Our **PROTOSE** is the best substitute for flesh meats ever produced. It is thoroughly cooked, easily digested, and has already won popular favour. It is highly nutritive, its food value being about twenty-five per cent greater than that of meat. **PROTOSE** has the appearance and flavour of beef, and may be used in any way that flesh meat is used. **PROTOSE** is beneficial to the brain-worker, and will also impart strength and vigour to those engaged in manual labour.

Supplied in three varieties:

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

Price: 1½ lb., 1/4; 1 lb., 1/-; ½ lb., 8d.

Send six stamps for a sample tin. Health Food Booklet sent free on application.

International Health Ass'n, Ltd.,
Legge Street, Birmingham.

In answering advertisements kindly mention "GOOD HEALTH."

PUBLISHERS' NOTES.

A MEMBER of the GOOD HEALTH staff, walking along Bishopsgate Street Without the other day, was fairly enticed to enter the Health Food Stores of Fredk. Bax & Son, because there were so many attractive things in the window. Any readers of the magazine who wish to know about these good things should send for Bax & Son's new price list.

GOOD HEALTH is always thankful for help from its readers. If you enjoy the magazine yourself, you will do us a great favour by showing it to your friends and neighbours. Back copies will be furnished free of charge for distribution. A few stamps may be enclosed to cover carriage. Address GOOD HEALTH, 451 Holloway Road, London, N.

THE sultana scones turned out by the Wallace Bakery are certainly most excellent, and we believe the makers attribute a good share of their success to the fact that Artox flour is used. The booklet "Grains of Common Sense" sent out free by Appleyards, Ltd., Rotherham to readers who mention GOOD HEALTH, tells all about Artox flour.

For Sale. Health Food and Vegetarian Stores. Good, remunerative, and growing business. Apply, E.A., c/o GOOD HEALTH, 451 Holloway Road, London, N.

For Holiday or Health. At breezy, bracing Seacroft, near Skegness, 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

NUXO

**The New Nut Food; Different from Anything
Hitherto Produced. It Is All Nourishment.**

PRICE 1/- PER TIN. ASK YOUR STOREKEEPER
FOR IT, OR SEND 1/3 FOR POST PAID TIN TO

R. Winter, Pure Food Factory, Birmingham.

HOT WEATHER COOKERY.

THE "GEM" STEAM COOKER

Is a positive blessing to every home, and pays for itself more than twofold every year.

Saving of Time.—It requires no attention. Sewing, ironing, or other housework can be done while the dinner is cooking.

Saving of Labour.—Easy to manage and keep clean. No scouring of heavy pots or kettles. No concern about scorching or boiling dry.

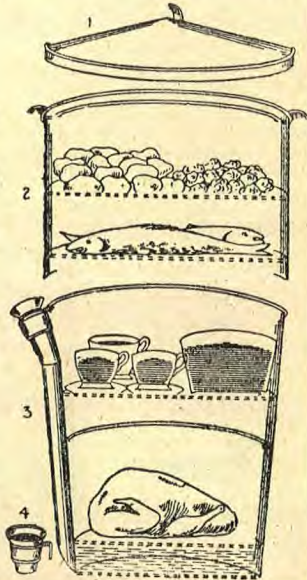
Saving of Food.—Nothing lost by evaporation. Juices of meat preserved. **NOTHING BURNED.**

Saving of Money.—The "Gem" Steam Cooker will enable you to do as much cooking over one burner on a Gas or Oil Stove as is usually done on three burners. In some houses it will SAVE A TON OF COAL in one season. No need to shut the kitchen door to prevent the steam and odour going through the house. The heat of the cooking stove can be utilized even for warming the sitting-room. **WARRANTED** to cook meat, puddings, and vegetables at the same time, without emitting any unpleasant odours, or mingling the flavours.

These Cookers are specially adapted for vegetarians. **From 15/6.** Please ask for Cooker Booklet—sent free.

The Housewife's Friend. Strongly recommended by Mrs. Wallace, Editor of "The Herald of Health."

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



GERM-FREE AND WATER-FREE MILK.



THE WEST SURREY CENTRAL DAIRY COMPANY, after an extended use of the Just-Hatmaker Process, whereby fresh liquid milk is instantaneously deprived of both its Water and its Germs, are satisfied that the **Sterile Dry Milk** thus obtained by them is superior for practically all purposes to Liquid Milk, and they have accordingly installed the said Process in their Dairies, and are prepared to supply **Germ-Free and Water-Free Fresh English Milk** in packages, by post or rail.

The Medical Profession, Health Officers, and all well-informed persons know that it is practically impossible to obtain perfectly safe liquid Milk in cities and large towns. Even the harmless germs which are always present in liquid milk, live in it and vitiate it, and reduce its nutritive value, whereas disease germs often render such milk positively dangerous. These facts have caused the West Surrey Central Dairy Company to adopt the new scientific process above mentioned, for by such process Milk is robbed of its dangers and inconveniences, and made a stable and perfectly safe food.

A sample box of these milks will be sent to any address, by post, upon receipt of 6d.

The different qualities are supplied, postage or rail paid with full particulars and recipe book, as follows:—

- A 10 lb. tin of **Full-Cream Dry Milk** (Cow and Gate Brand)—equivalent to about 32 quarts of liquid full-cream milk, **10/6** each. 5 lb. Tins, **5/10**. Packets, **1/6** and **10½d.** each.
- A 10 lb. tin of **Half-Cream Dry Milk** (Cow and Gate Brand)—equivalent to about 36 quarts of liquid half-cream milk, **8/6** each. 5 lb. Tins, **4/10**. Packets, **1/3** and **8½d.** each.
- A 10 lb. tin of **Dry Separated Milk** (Cow and Gate Brand)—equivalent to about 40 quarts of liquid separated milk, **4/6** each. 5 lb. Tins, **2/10**. Packets, **8d.** and **5½d.** each.

ADDRESS:

THE WEST SURREY CENTRAL DAIRY CO., GUILDFORD, SURREY.

Telegraphic Address: "GATES, GUILDFORD." Telephone No. 17.

Dr. Robert Hutchinson, in the last edition of his work on "Food and the Principles of Dietetics," 1905-6 (Arnold), speaks (page 119) of the Dry Milk produced by the Just-Hatmaker Process as follows:—

"The Just-Hatmaker Process consists in drying the milk by passing it in a thin layer between two heated rollers in such a way that it is immediately desiccated, and requires the addition of water to bring it back again to the condition of ordinary milk. The Powder so prepared contains all the solids of the original milk in a sterile and soluble form and is therefore of the highest nutritive value. There can be no doubt that desiccated milk will come into large use in the immediate future."

In answering advertisements kindly mention "GOOD HEALTH."

PUBLISHERS' NOTES.

ONE drawback hitherto in the use of pine kernels has been the difficulty in getting them perfectly clean. Mr. Ramsay Winter, proprietor of Winter's Stores, Birmingham, has hit upon a new method of cleaning this delicious nut, which does the work so thoroughly that it is a joy to behold the result. The taste is greatly improved as a natural consequence. Pine kernels are not only most delicious to the palate, but they are actually as cheap again as meat when considered from the point of nutritive value; so they need not be considered luxuries. They are also among the most digestible of nuts.

Dyspepsia CAN Be Cured.

Pure Food is the greatest of remedies for Dyspepsia, and thousands are finding health in the

IXION HEALTH FOODS.

They are suited for all ages and states of health, and are the most economical Foods on the market.

May be had at your Stores in small quantities, or order direct.

IXION SHORT BREAD BISCUITS.

Easy to masticate. Direct prices, 7 lb., 3/9, 14 lb., 6/6, 28 lb., 12/-, carriage paid.

IXION WHOLE WHEAT BISCUITS.

The finest for children, making good teeth, strong bones, healthy nerves and good digestion. 7 lb., 3/-, 14 lb., 5/-, 28 lb., 9/-, carriage paid.

IXION INFANT FOOD.

The best food for infants over 9 months. 1/- per sample tin, or 9/- per dozen, carriage paid.

IXION WHOLE WHEAT FLOUR.

Millstone ground. Delicious for all purposes. At Stores, 7 lb. bag, 1/-, 80 lb. bag, 4/-, 60 lb., 7/6, carriage paid.

KORNULES.

A grand breakfast and emergency food. At Stores, 6d. per packet, or 6/- per dozen pkts., carriage paid.

Send 4d. stamps for samples of above and full explanatory booklet (mention "Good Health") to

WRIGHT & CO., Vulcan St., LIVERPOOL.

NEWCASTLE On Tyne DEPOT.

"Good Health" Foods.

THE OLD, ESTABLISHED GROCERY,
26 CLOTH MARKET.

DELICIOUS SAVOURIES.

The Simple Life Food Co., Ltd., of 198 High Street, Camden Town, London, N., is making a feature of **COLD READY COOKED** Nut Rissoles, Egg Rissoles, Chestnut Olives, Tomato Cutlets, and other delicious Savouries. The price is 2d. each. Six will be sent to any address on receipt of 1/6. These savouries will keep good for several days, are purely vegetable, and fried in Coconut Butter. Write for full price list of Health Foods.

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 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.

A large section of the book is devoted to a consideration of the principles of **Hydrotherapy**, full instructions being given for the **home treatment** of a considerable number of common diseases. This part of the book is **very copiously illustrated** with a set of valuable cuts showing exactly how the different treatments are to be given.

There is also a well-illustrated chapter on **Accidents and Emergencies**.

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.

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

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.**

In answering advertisements kindly mention "**GOOD HEALTH.**"

THE HEALTH OF HIS MAJESTY THE BABY.

A baby's digestive powers are very limited, and it is one of the primary essentials of robust growth and development that the child should take food capable of easy assimilation.

Dr. Allinson's Natural Food for Infants

Is a front-rank baby-builder, and contains every element of nourishment; it builds up the system and produces sound flesh, bone, and muscle. It puts a child into a first-class condition, and, what is more, keeps it there. Dr. Allinson's Food is purchasable from all the leading Cash Chemists, Grocers, Bakers, and Co-operative Stores.

1/- Tins contain 22 ozs.;
2/6 " " " 4 lbs.

If unable to obtain locally, either size sent post free on receipt of remittance.

THE NATURAL FOOD CO., Ltd.,
Room No. 99, 305 Cambridge Road,
Bethnal Green, London, E.

Fastidious People!

CHAT 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.**

THAT'S WHAT YOU SHOULD WRITE FOR.

FREDK. BAX & SON'S NEW PRICE LIST

Contains 72 Pages,

and an Amazing Variety of New Foods,

 **FRUITS, NUTS, CEREALS, etc.,** 

Suitable for All Times of the Year.

We will send you one **Post Free** with pleasure on hearing from you.




Our position as **Health Food Specialists**, with a life-long experience, and ever-increasing trade, enables us to command the pick of the whole market. **Experts in Selection**, we offer goods of such sterling quality at their respective prices that they defy competition, and comparison with others proves their cheapness and confirms our judgment.

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

Hours of Business: 9 till 6; 4 on Saturdays.

In answering advertisements kindly mention 'GOOD HEALTH.'

"The Beauty Culture Question" will be the title of a leading article in next month's GOOD HEALTH, which lady readers will find instructive.

Dr. A. B. Olsen will have something further to say on "Children's Diseases." & 

Mr. Lemmoin-Cannon will write on "The Milk We Drink," and other subjects of timely interest will be considered.

A series of illustrated articles on Physical Culture will shortly be commenced.

A BOON FOR THE HOT WEATHER.

**"PITMAN" NEW CENTURY
PURE WATER STILL.**



**MAKES
IMPURE
WATER
PURE AND
DELICIOUS.**

Absolutely pure water is ensured by its use. In comparison with other Stills our motto is, "A third of the price and three times the water."

13/6 Price, Boxed complete, carriage paid to any station in the British Islands. **13/6**

Will also Boil or Steam a whole dinner without attention. Full particulars from

THE INVENTORS AND SOLE MANUFACTURERS,
"Pitman" Health Food Stores,
188-189 Corporation St. Birmingham.
The Largest Health Food Dealers in the World.

Illustrated catalogue of Health Foods and Labour-Saving Cooking Appliances, etc., 88 pages, with Diet Guide and copy of "Uncooked Foods and all about Them," post free, two stamps.

THE SOUTH SIDE

**Store for All Health
Foods Is At . . .**

Camp's Cafe

203 Borough High Street, S.E.

Five minutes from London Bridge. Price List free. Depot for Arpax Tooth Powder.



**CAMDEN TOWN
DAIRY AND HEALTH STORES,**
265 Great College Street, N.W.
Trams: Holborn to Hampstead Heath.

Agent for . . . From



NUT BUTTERS, NUT CAKES, Allinson Food Co.
FRUIT CAKES, BISCUITS, Wallace Bakery.
WHOLEMEAL BREAD, ETC., Hugh Mapleton.
VEGETARIAN LITERATURE, London Nut Food Co., International Health Association.

R. T. DAVIES, Proprietor.

VEGETARIAN SPECIALITIES. NUTS, CEREALS, AND ALL HEALTH FOODS.

To be obtained **WEST END DEPOT OF STALLWORTHY & CO.,**
at the
Agents for **WALLACE BREAD** and **MAPLETON'S BUTTERS, etc.**   **81 High Street, Marylebone.**

Look to Your Children's Feet!

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

Hall & Sons' Sandals and Sandal-Form Boots & Shoes
give freedom and comfort to the toes, and add to the health and happiness of the children. *They also wear longer.*

Stocked in Ladies' and Gentlemen's. Send outline of foot standing.

Children's Sandals in three shapes from 2/11 pair;
Ladies', 7/6; Gent's, 8/6. (Postage, 3d. extra).
Children's Shoes, size 4, 4/8, rising 8d. pair to size 1.
Children's Lace Boots, size 4, 6/2, ditto.
Youth's Stout Box Calf Lace Boots (a strong Boot for School wear) Sizes 2 to 5, 10/11.

SAMPLES SENT POST FREE

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