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# Good Health

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

Entered at Stationers' Hall.

VOL. 5.

NOVEMBER, 1907.

NO. 18.

## Patent Medicines Banned.

THE "White Ribbon," a bright little monthly that hails from New Zealand, the happy country of many reforms, says in a recent issue: "We must state clearly that advertisements in connexion with patent medicines can have no place in our W.C.T.U. paper." This is consistent. We hope such a good example will be followed by other periodicals.



## Don't Coddle the Children.

DON'T keep the children in the house because the weather is growing colder. Let them be out-of-doors as much as possible. And when they are inside, keep the windows open, or by some means make sure of a proper supply of fresh air. The cold season is a very healthy time of the year, and with proper protection against undue exposure, especially following exhausting effort, and a sufficient supply of pure air, it should prove a delightful tonic to every one.



## Who Are the Faddists?

IT is not uncommon to apply the term "faddist" to a person whose physical habits differ from those of his associates; but the reason is not evident. Why, for instance, should we reckon as a faddist a man who prefers to get his energy at first hand from the pure fruits of the earth rather than be dependent on the products of the slaughter-house? Why, again, should we look on non-smoking as a fad? Is it at all strange that a healthy man should prefer fresh air to tobacco-smoke? And need it surprise us that some people have the hardihood even to prefer a glass of pure, cold water to a cup of tea?

Our civilization is at its weakest in some

of these matters which concern the daily health. Not only have we become addicted to unnatural habits, but we expect others to fall in line with us, and think there must be something wrong with a person who refuses to conform to well-established customs. What we need to do is to look at all habits dispassionately, in the light of their possible utility and effect upon the body. As we do this we shall come to regard as faddists not the men who avoid narcotics, but those who feel more or less dependent on them.



## The Supposed Food Value of Oysters.

A GOOD deal of loose talk on health topics is going the rounds of the newspapers, and it would seem that the food question comes in for rather more than its share. As a typical instance, a Harley Street physician is represented by a London daily as making the following assertions regarding oysters:—

"Oysters are extremely good for persons suffering from nervous complaints.

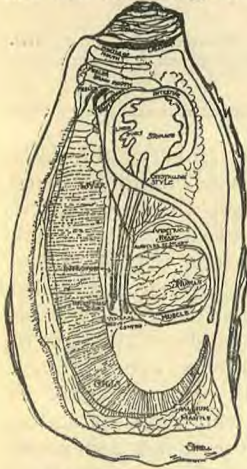
"Generally speaking, six to eight oysters will equal a chop in sustaining qualities, for they are very nutritious. . . . The nutriment of oysters is remarkable, and often could not be conveyed to a person in such a small compass.

"They make an ideal meal for persons who are run down, but it should be remembered that from six to nine oysters give as much benefit as a larger number. To get the most out of oysters, never more than nine should be taken at one time."

There is a *naïveté* about these *ex cathedra* utterances which would be positively refreshing if one did not know that thousands of uninformed persons will receive them as gospel truth.

**The Truth about Oysters.**

WHAT are the facts? Dr. Robert Hutchison, in his monumental and authoritative work, "Food and Dietetics," has the following to say on the subject of oysters:—



"The proportion of solid nutriment is not large, three dozen moderate-sized oysters having only from  $2\frac{3}{4}$  up to  $5\frac{1}{3}$  ounces of solids. It is probable, too, that the nitrogenous matter which they contain is not all in the form of proteid, but is partly present as other compounds of lower nutritive value."

And again: "The nutritive value of oysters is not high. A dozen Ostend oysters contain about five grammes of digestible proteid, and  $1\frac{1}{2}$  grammes of fat. *It would take fourteen of them to contain as much nourishment as one egg, and 223 to equal a pound of beef.*" (Italics ours.)

Dr. Hutchison also gives the average composition of oysters as ascertained by Langworthy. It is as follows:—

Water, ... ..	88'3.
Nitrogenous substances, ...	6'1.
Fat, ... ..	1'4.
Carbohydrates, ... ..	3'3.
Salts, ... ..	1'9.

**Oysters v. Nuts and Vegetables.**

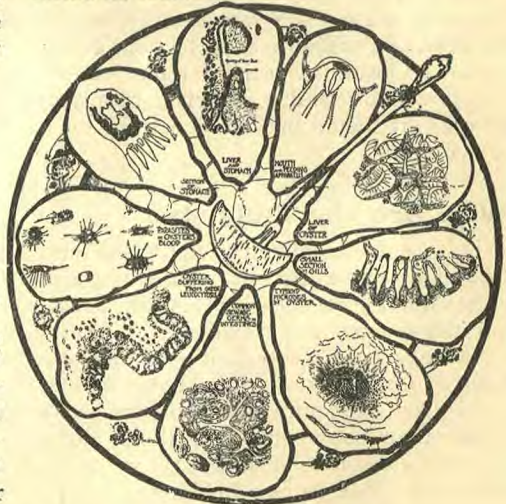
THE total nutriment, it will be noticed, is only about twelve per cent. In view of the supposed statement of the Harley Street physician as to the concentrated nourishment of oysters, it may be interesting to know that lentils contain about 83 per cent nutriment, butter beans 87 per cent, peas 89 per cent, walnuts 88 per cent, and almonds over 90 per cent, all of which is pure food.

As a matter of fact, oysters are particularly lacking in nourishment. Even such watery vegetables as carrots, beet-roots,

parsnips, and artichokes contain less water than oysters, while the potato and the sweet potato offer us, bulk for bulk, twice the amount of nourishment yielded by the juicy bivalve. So much for the nutritive value of oysters. Perhaps a word may be said as to the anatomy and life habits of this very interesting animal.

**The Oyster's Liver.**

WAS it Charles Lamb who said, after gulping down a particularly large oyster: "I feel as if I had swallowed a small baby"? Perhaps he was not so far from right. The oyster really has a very complete anatomy, including heart, lungs, liver, stomach, and intestines. (See accompanying cut.) Oyster devotees are particularly fond of the juicy brown end of the animal, which consists of the liver and kidneys combined. The liver is very large, an anatomical arrangement which is necessary as a means of self-preservation, for the oyster thrives amid sewage, and has the instincts of a scavenger. Without a well-developed liver it would not be able to hold its own against the microbes which infest the decaying animal matter which forms its food.



**Oysters and Typhoid.**

OYSTERS have so often brought on a virulent form of typhoid fever that it is hardly necessary to mention the fact. No doubt the medical officers of health are

doing their best to ensure that the most important sources of supply shall be uncontaminated with sewage, but under existing circumstances this is very difficult of accomplishment. Soaking in salt water for a couple of days is supposed to minimize the risk; cooking is a still surer way, but it renders the oyster less digestible. Fortunately this very popular article of diet contains no food element which cannot be obtained in purer form, and at far less cost, in other less unsafe foods.

Mussels, clams, periwinkles, and other molluscs are, as articles of food, open to all the objections offered against oysters, and are even more likely than oysters to develop poisons peculiar to them, and of a deadly character.

### "A Much Needed Institution."

WE get cheering letters from the secretaries and members of the Outdoor Club. Mr. Herbert J. Eason, secretary pro tem. of the Gillingham (Kent) Branch, writes:

I have to report progress. The interest taken by the members in the Club has in no way abated. We still have rambles and frequent "boil-ups" in a wood, far removed from "the rush and toil of life." We also boil up every Friday evening, when little lecturettes are given, or we indulge in happy conversation, always enjoying ourselves. Really the Outdoor Club was a badly needed institution, and I must testify that to me it has been the means of bringing much joy into my life. I used to be a solitary rambler, liking nobody's company, and perhaps being liked by nobody. Now that is quite changed; I have made some splendid friends, and there is never a happier party than we of the Outdoor Club returning home at night along country roads.

There must be a great many young men and young women who would enjoy outdoor companionship of this kind. Young people of healthy instincts love to be out under the open heavens at all seasons of the year. Our clubs have had some of the finest rambles during the winter. The lecturettes on practical botany, health culture, and other phases of outdoor life, have also been very popular features.

By the time this number of GOOD HEALTH reaches our readers the headquarters of the central Outdoor Club will have been moved to one of the prettiest parts of Surrey. Henceforth the Outdoor Club will accordingly breathe country air

all the time, and will doubtless take on fresh life and vigour as a natural consequence. The general secretary should in future be addressed, Care of the Hydro, Caterham Valley, Surrey. He will be pleased to receive a post card from anyone interested in the movement.

### Sir James and the Sirloin.

WE are sure we voice the sentiments of all food reformers when we tender hearty thanks to Sir James Crichton-Browne for his recent utterances anent the virtues of the sirloin. We also thank the "Tribune," "Telegraph," "Daily News," "Chronicle," "Daily Mail," "Express," and other great London dailies which have opened their hospitable columns to a consideration of the question, "What Shall We Eat?" No doubt the discussion has set many people thinking. This in itself is a good thing. If people generally gave the rational thought to the food problem which they give to many matters of much less importance, we should not have thousands of children going hungry to school on the one hand, and on the other perhaps a larger number who take medicine and "cures" of every imaginable kind to get rid of the results of overfeeding. We need not go into the merits of the question here. Mr. Eustace Miles, Dr. Josiah Oldfield, Mr. C. P. Newcombe, Dr. Allinson and others have done themselves credit in the letters they have sent to the public Press.

### Rheumatism and Vapour Baths.

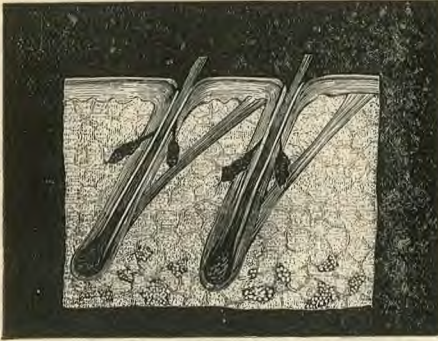
WITH the approach of cold, damp weather there will be a general increase of rheumatic disorders. Following a uric-acid-free diet will do much to keep such tendencies in abeyance. Warm baths are also very helpful. The vapour bath is especially good, and has this advantage, that it can be taken in any home. The Gem Bath Cabinet\* is provided with an excellent stove, which makes it absolutely safe, and is withal a very well-made and convenient piece of furniture. It should prove a blessing in any home.

\*Gem Supplies Co., 22 Peartree St., Goswell Rd., London, E.C.

## THE HYGIENE OF THE HAIR.

BY M. ELLSWORTH OLSEN.

THE hair, like the teeth, is a growth of the scarf or outer skin. An examination of the accompanying illustrations will give some general idea of its structure. The scalp as viewed under the microscope is seen to dip inward at regular intervals, forming narrow vessels known as the hair



Section of Skin of the Head with Hair Follicles; Sebaceous Glands Showing at the Side.

follicles, of which the average scalp contains about 100,000. At the bottom of each of these vessels lie the hair papilla, bulb, and root, all three closely grouped together and invested with the hair sheath. As one writer has put it, we have here "a seed, bulb, root, and containing vessel, all vitally combining for the production of a single plant—a hair."

### Falling Hair.

The papilla is the most vital organ. As long as it remains intact, there cannot be real baldness. But once it is destroyed, a further growth of hair is absolutely impossible. In the ordinary cases of falling hair, the papilla is intact, and begins forthwith to start a new hair in the place of the old one. Sometimes the new hair is inferior in strength to its predecessor, the one which follows becomes still more so, and so the growth becomes successively feebler till falling hair passes over to incipient baldness.

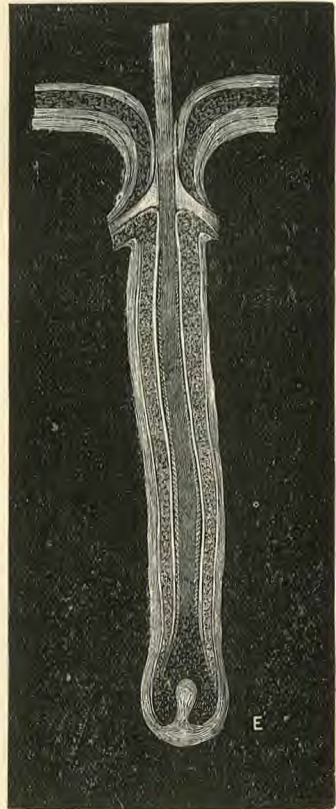
Hair culture depends mainly on improving the circulation of the scalp, and incidentally improving the character of the blood itself. The tissues of the body, in-

cluding the hair, are nourished by the blood, and if, owing to poor or insufficient food, or digestive disturbances interfering with the proper preparation of the food for nourishing the body, the blood is in an impoverished state, the hair, as one of the less important tissues (especially in the case of men, who wear such close, warm head coverings), is naturally the first to suffer.

It is well known that the hair falls off in a bad case of typhoid fever. The immediate cause is doubtless lack of nourishment. But with the return of health, the hair grows again, and is soon as vigorous as before.

### The Treatment.

Falling hair in ordinary cases, that is when not induced by some special disease,



HAIR AND HAIR FOLLICLE.  
(Magnified fifty times.)

is very likely if not stopped to lead up to some form of baldness. Therefore it should be taken in hand at once. The treatment is a healthy all-round regime, including early hours, as much outdoor exercise as possible, a wholesome diet devoid of narcotics, and relief from anything leading to brain exhaustion.

The local treatment most effective will consist of shampooing once or twice a week with soft water and some mild soap, such as McClinton's or Packer's tar soap. The white of an egg is also excellent for cleansing the hair. If soft water is not to be had, it can be made by adding about a dessertspoonful of ammonia to the gallon of water.

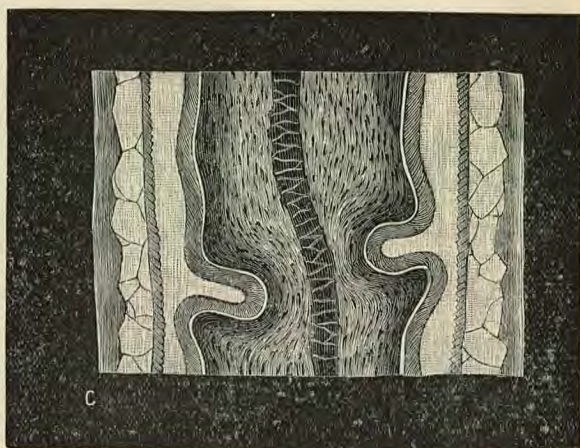
Besides these weekly or semi-weekly cleansings, which should be done in a leisurely and thorough-going way, the scalp should be massaged morning and evening with the tips of the fingers dipped repeatedly into cold water. If this treatment is properly applied, it should leave the scalp red and glowing. The brisk rubbing with the fingers may be alternated with pressing the scalp firmly and moving it back and forth over the cranium. The massage may be followed by brushing with a flexible brush. It should be one in which the bristles are of unequal lengths, and not stiff enough to cause irritation.

#### Popular Hair Lotions.

The most widely advertised hair lotions consist of petroleum vaseline in some form combined with alcohol. Crude petroleum and alcohol make a very good application, only the petroleum has rather a disagreeable odour. Equal parts of castor oil and alcohol make a good lotion where there is much scurf or dandruff. It is not necessary to apply these lotions in quantity. A very little thoroughly rubbed into the scalp will be sufficient. The most favourable time to introduce a lotion is immediately following a shampoo. Listerine is a very good general antiseptic lotion for the scalp, and leaves a cooling, pleasant effect. Occasional singeing of the hair is conducive to its growth.

#### Baldness and Unhygienic Hats.

A great deal of the baldness met with in men is doubtless due to the fact that for generations back men have worn unhygienic head coverings. The hair is simply useless, and nature seldom cares to keep things going just for the sake of appearance. In general, early baldness is much more common among brain workers than among those who work with their hands. Probably late hours and continuous nervous strain have much to do with it. Whatever will help to build up bodily vigour and give tone to the nervous system, will



PART OF ROOT OF DARK HAIR. (Magnified 250 times.)

usually stimulate the growth of the hair.

Falling hair in women is a comparatively rare thing, and is usually more symptomatic of a low condition of health than in the case of men, who for the most part inherit some tendency to baldness. The measures to be taken are about the same, but of course shampooing is much more difficult, and it is usually not best to do it more than once a week. Gentle brushing morning and evening is helpful. The brush should be cleansed every other day or so. Faradic electricity is excellent. Tonic water treatments are also in order. Plenty of pure, fresh air day and night, and daily exercise out in the open, must be regarded as highly essential.

What is known as patchy baldness is a disease by itself which is moreover likely to be catching. The patient should there-

fore not use any but his own towels, comb, and brush. The patches often spread till almost the whole scalp is affected. Aside from endeavouring to build up the general health, which is usually run down in such cases, it is well to shave round the bald patch for a half an inch. Then rub the scalp with soap and water, followed by turpentine, and finally apply an ointment containing sulphur. It may take a couple of months to effect a cure; so the treatment must be persisted in faithfully.

Dandruff is hardly a disease, consisting simply in an unusually free shedding of the scales of the superficial skin of the scalp. Sometimes it is caused by the excessive use of fats. It is not seldom present in cases of inactivity of the liver and other slight digestive disturbances. The diet should always be carefully regulated. This with regular shampooing will

usually reduce any excess of dandruff. The scalp being part of the skin surface, whatever tends to give tone to the skin reacts favourably on the scalp. Some form of the cold morning bath is usually found to be an excellent thing. The cold douche applied to the head is also helpful in stimulating the growth of hair in the case of men of vigour and good all-round vitality. This should not be applied indiscriminately, however. Whenever the natural oil of the head is removed by soap and water, it is well to rub in a very little fine oil unless some lotion is used containing oil.

Hair dyes are very bad things, and should never be resorted to. Grey hair is not particularly unbecoming, and white hair is regarded as beautiful. It was so popular in the time of our great-great-grandfathers that everybody powdered his hair.

#### The Good Health League.

THE Good Health League exists for the purpose of spreading the principles of healthful living. Members of the organization show their interest in various ways. Some are engaged in the circulation of GOOD HEALTH. Most of the members take at least a few extra copies of the magazine and introduce them to their neighbours and friends. The carrying on of cottage health meetings and cooking-schools, and the giving of health talks in connexion with temperance organizations, are other lines of activity in which members are engaged. Some write letters for the local press, and endeavour in this way to make the principles known. Members of the League sign the following declaration:—

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

The minimum annual fee is 1/-. Persons desiring to join should write for a preliminary membership blank enclosing 1/-, when the regular membership card will be sent them together with badge.

Branches have also been formed in quite a number of the leading cities. The following is but a partial list of secretaries, as some of the Leagues have not at the present writing elected their officers for the coming year:—

- Caterham. Mr. J. A. Mather, Hydro.  
 Leicester. Mr. W. A. Scott, 82 Regent Road.  
 Plymouth. Mrs. Borrowdale, 2 Morley Villas, Marshmills.  
 Leeds. Mr. E. Ellis, 21 Moorfield Avenue, Armley.  
 Nottingham. Miss Parks, 13 Burford Street.  
 Birmingham. Mr. J. Belling, 103 Vivian Road, Harborne.  
 Cardiff. Miss Edith Chapman, "Llandydd"  
 77 Tewkesbury St., Cathays, Cardiff.

## .. Our .. Xmas Number.

This year's Christmas Number, which comes out next month, will be better than any one that we have yet issued, and we hope with our friends' help to circulate not less than 80,000 copies. Following are some of the subjects that will be dealt with:—

#### "The Cure of Incurables."

Some account of the practical results achieved by the rational treatment of disease, as illustrated by the methods of an up-to-date Sanitarium.

#### "Winter Coughs."

#### "Is Vegetarianism a Mistake?"

A résumé of the food question in the light of the latest authorities.

#### "The Winter Walk."

#### "Cold Hands and Feet."

#### "Inflammatory Rheumatism."

#### "Chronic Constipation."

#### "Beauty and the Corset."

#### "How Not to Take Cold."

#### "Ideal Christmas Dining."

In this article we shall give the menus and recipes that win first and second prizes in the competition announced in the October issue.

#### "The Care of Delicate Children in Winter."

The price will be only one penny. The magazine is to have a beautiful cover design, and will be lavishly illustrated. We invite our readers to help give this number of GOOD HEALTH the widest possible circulation.



## PAIN IN THE BACK.

BY A. B. OLSEN, M.D.

A PAIN in the small of the back is not by any means a certain indication of kidney disease. Very likely it simply means muscular fatigue and extreme weariness. Backache is a very common ailment in persons who have acquired some form of spinal curvature through wrong postures or lack of exercise. The muscles become weak and enervated, the ligaments lose their normal tension and become slack and feeble, and the nerves also lose tone. Suppose a person in this condition gets about more than usual, or has to stand on the feet for some time, or engage in some other exercise that is unusual, the result will be backache and more or less general weakness and prostration. Rest and then physical culture training of the proper kind will permanently cure these cases.

In the case of women, stays are often the cause of backache. Discard them promptly, and by exercise develop the muscles of the back sufficiently to maintain the erect posture without aching.

Gymnastic training of the right kind, and not the bottle or the pill-box, is the only sure and safe and rational cure. But the exercises must be suitable and fit each individual case. It is well to join a school of physical culture and do the exercises systematically. Indiscriminate movements may do more harm than good.

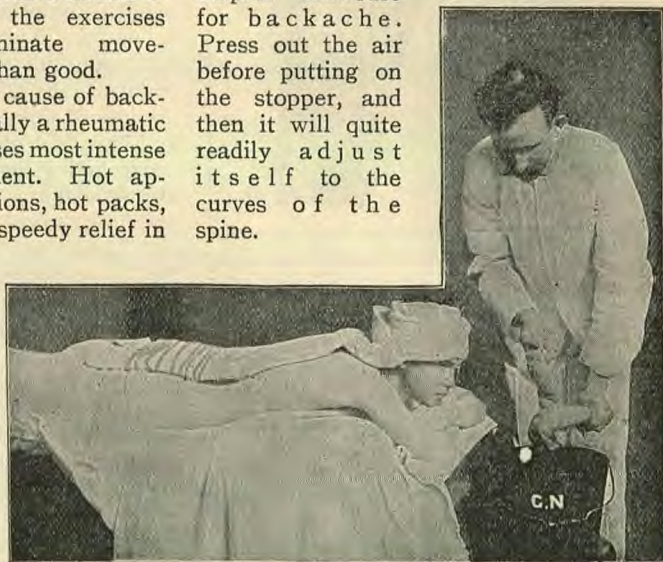
Rheumatism is a prolific cause of backache. Lumbago is essentially a rheumatic disorder, and very often causes most intense pain, especially on movement. Hot applications, such as fomentations, hot packs, and hot water bottles, yield speedy relief in ordinary cases. To bring about a permanent cure a course of baths and electrical treatment with careful dieting and warm woollen underclothing are required.

Backache may result from various digestive disorders, which must be treated to produce a cure. But even in these cases hot applications often ameliorate the pain.

Nervous people, and especially those inclined to hysteria or neurasthenia, frequently suffer from backache. Some of the ache is undoubtedly imaginary, but there is enough of the genuine to require treatment.

Backache which is due to a recent or old injury should always receive prompt medical attention. If one or both kidneys are at fault there is often some change in the urine. Whenever such is noted the family physician should be promptly notified, and an analysis made.

A neutral or warm bath proves very comforting in most cases of backache. Another simple remedy is a hot fomentation to the spine. Several may be applied for five minutes each, after which bathe with cold water and dry well. The fomentation consists of a flannel cloth of generous dimensions wrung out of very hot water, which is then applied over the seat of the pain. An old blanket cut into four pieces makes that many fomentation cloths. To prevent burning, a dry cloth may be laid on the bare skin, over which the hot fomentation is applied. A rubber spine-bag half filled with hot water is another helpful measure for backache. Press out the air before putting on the stopper, and then it will quite readily adjust itself to the curves of the spine.



FOMENTATION TO THE SPINE.

## EXERCISE AND THE BLOOD.—(Concluded.)

## HOW BODILY ACTIVITY AND SYSTEMATIC TRAINING ASSIST IN FORWARDING THE IMPORTANT FUNCTIONS OF THE CIRCULATORY SYSTEM.

BY BENTON N. COLVER, M.D.

WHAT can be done for the man with poor blood and a poor circulation? To the rescue of such a man should be called every possible natural resource within or without the body. But from muscular exercise alone,

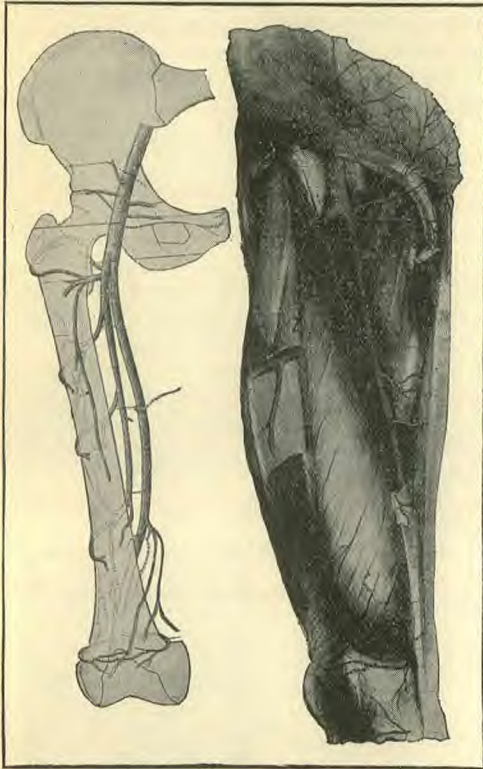


Diagram of thigh bones and blood-vessels, showing the relation of the superficial, deep, and bone branches.

Great muscle masses of the thigh, showing the large blood-vessels entering the thigh and giving off superficial and deep branches.

what may be expected? The bone marrow is the blood factory. Therefore it is self-evident that a free circulation through the bones must be induced to supply the raw material to the factory. Now the same blood channels that supply any bone also supply the overlying muscles. So if the blood current flowing to a muscle is at low ebb, that to the associated bone is feeble. Conversely, an increase of the

blood supply to the overlying muscle will increase that to the bone. It has been shown that muscular activity increases the blood flow through that muscle six times. Here, then, is the first hope for new blood: exercise will supply the blood-producing bone marrow with six times as much raw material to make new blood, at the same time this six-fold flood will wash out of the crevices of the bone and muscle the stored-up poisons. For these purposes the exercises which move the large muscle masses are best—such as (a) heel-raising, knee-bending, stretching, and heel-sinking; (b) lying with the weight supported by toes and hands, with body lowering; (2) raising by the arms, (c) walking (vigorous stride), (d) running, (e) swimming.

From the factory, turn to the seat of destruction—the spleen, liver, and portal system of veins. To recall, it is here that normally the exhausted blood is broken up and cast off. But in the sedentary life it is here that a great volume of blood settles and is prematurely put out of use. By proper exercise the great tank of stagnant blood is emptied as easily as a sponge is squeezed. This passive blood, supplying as it does all the organs of digestion, accounts for the inferior juices, the indigestion, the loss of appetite, the catarrh of stomach and bowels. Once it is pumped on to the heart and lungs, other blood rushes in. By persistently keeping up this emptying and filling the old cinders are washed away, new juices are formed, and the digestive tone is improved. Thus the conservation of blood and the proper elaboration of foodstuffs eaten are assured. For such purpose take exercises like (a) trunk-bending forward, backward, and sideward; (b) trunk-rotation (performed by bending forward and then describing as large a circle as possible with the head turning first to the right, and then to the left); (c) lying on the back and raising first the head, second the feet, with bent knees, and third the feet with straight legs.

With these exercises are associated a

## FOOD AND ENDURANCE.

O.F.M., REFERRING to the the articles on "The Influence of Food on Endurance," raises the query whether the tests made by Professor Irving Fisher were really satisfactory. "Does the ability to hold your arms horizontally for a long period necessarily show that you have great endurance, or only a certain sort of endurance?" he asks; "why not see how long you could walk without stopping, how long you could go without sleep, how long you could fast?"

It is quite true that the test mentioned is a direct trial of endurance of a certain kind only, but it may perhaps be something of an index to endurance in general; furthermore, the other tests made by Professor Fisher, given in the September number of the magazine, show the active as well as the passive phase of endurance. Some other questions aroused by O.F.M. are fully covered in the second instalment of Dr. Fisher's article.

The results of these tests are certainly as far as they go a striking vindication of vegetarianism. It should be remembered that the advocates of a flesh diet usually take the position that flesh-eating is necessary to health and endurance. All that food reformers need to prove on their side is that strength can be maintained without the use of slaughter-house products. If they can go further, and prove that such a diet is more conducive to health and strength, that is indeed doing a great deal. GOOD HEALTH wishes to place the whole matter on a scientific basis, and will cordially welcome any facts throwing light on the subject, even if they may apparently be against a vegetarian diet.

J.T.P. writes: "I am stone deaf, but gradually under the natural diet I am finding life worth living. Most Sundays I have long walks out into the country, sometimes walking eight hours without a rest, and with no ill results. I took walks on the mixed diet, but had not then the energy to thoroughly enjoy walking. On the mixed diet you easily get over-heated; on the natural foods you keep much cooler. I have had better results in summer than in winter on the natural diet."

The body is dependent for warmth chiefly on carbonaceous food; hence there should not be any difficulty in adapting a natural diet to the needs of the system in winter as well as in summer. Nuts and nut foods, which contain supplies of fat, proteids and starch, should have a regular place on the menu during the cold season.—ED.

THE Manager, Good Health Supply Dept.

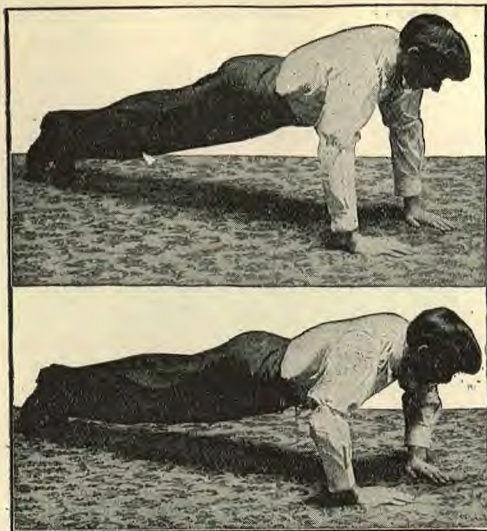
Sept 5, 1907.

Dear sir,

I enclose P.O. for 7/- for an Adjustable Bodice. I had a Bodice four years ago from you, and that is what I paid for it. I have worn it practically every day since, and cannot speak too highly of the comfort it affords and how well it has worn. No one will ever persuade me to wear corsets again after wearing a Good Health Bodice. Kindly mention if I have sent the right amount, if it is more I will gladly send it on. Yours faithfully,

Eastbourne.

[Mrs.] H. K.



ARM AND BACK EXERCISE.

Body supported on toes and hands.  
Body straight from shoulders to heels.

Body lowered (with straight back) by arm-bending.  
Return to first position and repeat.

series of chest exercises to increase heart action and deep breathing. This ensures a free supply of oxygen to the blood and thus to the tissues. It also will produce more heat in the active tissues, and by the bounding blood current scatter this heat to the most distant parts. This renewal of the "heating system" is evidenced by the "sweat of the brow." By the skin and lung activity the accumulated wastes which are being limited out by the revitalized blood are easily thrown off. The breathing exercises are like food. They should be taken only when the body is hungry. A few moments of the arm, trunk, and leg exercises will set up such a cry for air that the chest must expand to its utmost to satisfy the air hunger of the tissues. The chest movements must be free, with no tight clothing to interfere. Some simple effective exercises are (a) hands-raising upward, forward, downward, sideward (inhale on the uplift, exhale on sinking), (b) arm extension forward, deep breathing with arms carried sideward, backward, at shoulder height.

"WHO is discontented if not the man who thinks only of himself."

## CAN WE LIVE WITHOUT COOKS?\*

We may live without poetry, music, and art,  
 We may live without conscience, and live without heart ;  
 We may live without friends, we may live without books,  
 And civilized man *can live* without cooks.

—Mr. Christian's Version.



THE world moves in these days. Old established opinions are undergoing overhauling and revision. Some of us are finding out that we can live without

slaughter-houses. Mr. Christian confidently tells us that we can live without cooks—nay, more, that we are better off without them; for “the best foods require the least preparation.” He says it is “amazing to think of the kind of food that alleged civilized people subsist upon when Nature spreads before them its vast fields and stores of fruits and nuts that have waved to and fro in the pure air and sunshine, that have drawn their substances from old Mother Earth, and filtered them through a hundred feet of pure, white wood—life-giving substances that have responded to the warm embraces of summer and spring—substances that have fed the swelling bud, burst it into bloom, and filled it with fragrance and honey, sweet as Araby's fabled rose.”

“According to the most authentic history of man, fruits were undoubtedly his first and primitive diet. Primitive man was active, nimble, and agile. Fruits left no deposits in his veins and arteries to age and stiffen them. Fruits made for him pure blood, and breathing the open air kept it pure. His surplus energy demanded activity, which kept the pure blood surging through his veins. Long life, superior power and endurance were the results.”

Mr. Christian thinks temperance people would do well to go into their laboratories and study causes instead of spending so much force in dealing with effects. “No

man or woman who will live for six months on pure, clean, uncooked foods can possibly keep alive an appetite for stimulants or narcotics.” This is a phase of temperance work that food reformers have urged for years, and with the best of reasons.

The diet of the average man is not at all to Mr. Christian's liking; it savours too much of the cook-stove and the slaughter-house. “Man,” he says, “seems to have appropriated for food everything he could lay his hands on. His chief study and delight seems to have been the mixing and stirring together of all sorts of things, the combinations of which go on to infinity.”

The author draws a doleful picture of the culinary operations as carried on in some homes:—

When the house is provided, and the woman who has dreamed of a true home is settled therein, it gradually dawns upon her that instead of being a queen she is an imprisoned vassal. She finds that she must stand over a miniature furnace for an hour in the morning and breathe the poisonous odour of broiling flesh, and spend another hour among the grease and slime of pots and dishes, instead of occupying that time walking in the life-giving sunlight and drinking in Nature's purifying air.

She soon realizes that the fires of the morning are hardly out until those for noon are kindled, and the labours from luncheon often lap over into the evening, and those of evening far into the night. The throne over which she dreamed of wielding the queenly sceptre has been transformed into a fiery furnace, gilded with greasy pots and plates, blood and bones, over which she has unfurled the dish-rag, and by the common custom of her country, it waves over her helpless head as an ensign of her rank and profession, under which she is really a slave.

This seems to us decidedly overdrawn. Perhaps the criticism would apply with greater truth to Americans, for whom the book was in the first place written. Nevertheless, even in this country we do not make nearly as large use as we might of the delicious fruits and nuts which Nature has supplied to us at first hand, ready for immediate consumption.

\*“Uncooked Foods,” by Eugene Christian.

As for the merits of a raw diet, this is hardly the place to go fully into the subject. Mr. Christian is doubtless right in thinking that primitive man made use of cereals in the soft, milky stage, when they contain considerable quantities of natural sugar; but it is not practicable to use grains in that form to-day, and raw starch is certainly very difficult of digestion, being known to produce amylaceous dyspepsia. It seems quite natural under the circumstances to use cook-stove energy to prepare the starchy foods for easy digestion, more especially as we are able by prolonged cooking to reduce the starch to dextrine, a form of sugar which is equivalent to that found in sweet fruits.

But, however we may differ with the author on some points, the book has real value as setting forth in an attractive and readable form the claims of a natural

dietary, and it should have a large sale. Mr. Christian writes under a deep conviction of the anomalies of the system of diet generally in vogue; he also writes from the vantage point of personal experience and observation extending over some years. It may be accepted as proved that the raw diet is possible; Mr. Christian and his followers have maintained health and strength on it for years; it has not been proved that the system is adapted to every one. The chief value of the book lies in its suggestiveness. We often learn most from the reformers with whom we cannot entirely agree.

For ourselves, we are by no means ready to throw our cooks overboard; but we would like to see the average cook experience something of a change of heart—rise to a new sense of the importance of scientific methods in food preparation, and of the relation of diet to health.

## A CABIN, GOAT, AND FOWLS.

### How One Man Got Back to the Land.

IT is said that nothing succeeds like success, and "The Simple Life on Four Acres,"\* by Fred. A. Morton, is the plain, unvarnished, but nevertheless thoroughly interesting account of how one man has succeeded in breaking away from the trammels of the pent-up city life, and has found rest and satisfaction on the land.

"Four years ago," writes Mr. A. C. Fifield, the publisher, "my friend, the author of this little book—a young London clerk—bought four acres of derelict clay land in Essex, and started to build himself a little cabin and to live the simple life. His capital was £117 10s. £60 of this went in the purchase of the freehold, £30 in the materials for his cottage and fowlhouse, £12 10s. in live stock, fruit trees, and tools, and £15 in living expenses till he began to get returns. At the present time he is the possessor of great strength and magnificent health and high spirits; of about 200 fine fowls with numerous fowlhouses, etc., seventeen stocks of bees in frame hives with appliances and honey extractors, over an acre of dug land, two and a half acres of greatly improved grass land under the fowls; the cabin, a greenhouse, and frames; while he draws a net profit of about £48 a year, less £3 10s. rates and tithes."

This is not bad. The money point of view is, of course, the least important.

The opportunity of living an independent, outdoor life is worth everything.

The author's account of his garden, poultry, goat, and bees is by no means lacking in interest; details are given where desirable, and everything is told in the simple, matter-of-fact way which makes the strongest appeal to persons of discernment. There is very much that is quotable, but we shall be obliged to confine ourselves to one or two extracts from the chapter on "House-Building and House-Keeping." Here is something on bread-making:—

"Though as a rule I neglected the many opportunities I had of becoming an experienced cook, I discovered a remarkable facility in bread-making. The time it took me to mix up and prepare for baking a weekly supply of unleavened bread would stagger the average baker, experienced as he might be, by its brevity. There were no fancy strokes in my method—the mass of flour, sprinkled with a few raisins, would rapidly change by a judicious admixture of water to a mass of dough ready for the oven, after having been divided into slabs, each weighing less than four ounces. The results seldom failed to satisfy me; the ordinary baker's bread was poor, unsatisfying, ethereal stuff compared with it, and the wonder is that it was not more generally appreciated by my friends..

\*Published by Mr. A. C. Fifield, 44 Fleet Street, London, E. C. Price, 6d. nett, also in quarter cloth, gilt, 1/- nett.

When I have stated that it required one's whole-hearted efforts for mastication, and could not be done justice to whilst talking or reading, I think I have enumerated its only drawbacks. It was a wonderful jaw exercise, if treated properly and

opinion that I thrive in body amidst the dim, smoky atmosphere. I discovered that the desire for more clothing in the winter would mean, if indulged, but the beginning of a gradual growth from a healthy man to a contemptible mummy.



By courtesy of

MR. MORTON ON HIS FARM.

Mr. A. C. Field.

not shirked. I had to emphasize this when pressing it on my friends, for they, bound down by iron custom, never fully appreciated this article of diet so foreign to their usual bill of fare. In their eyes these shapeless masses of hard tack were extremely uncouth, and perhaps I might have done well to have produced the bread before them in a more orthodox form."

Probably Mr. Morton's "hard tack" was unnecessarily flinty; the "slabs" should have been thinner. Nevertheless, a certain degree of hardness is certainly an advantage. If more bread requiring chewing were in use in England, it would mean better digestion and better teeth.

The cabin in which the author lives was not luxurious in its make-up and appointments, but its philosophical occupant thinks he felt the same satisfaction in sitting by the smoky fire as other people do in an elegantly appointed drawing-room.

"As night came on as a finish to a raw January day, I would ensconce myself next the fire with my book, a cup, and a plate, with a really epicurean sigh of satisfaction; perhaps, indeed, I might reserve a thought for those who lacked the comforts I was about to indulge in. I even hazard the

Certainly a healthy blood circulation is a more warming possession than a heap of clothes. I do not think the wearing of clothes has any tendency to improve the circulation, rather the reverse. Of course a slight modicum of clothes seems necessary for our climate and enfeebled constitutions. The luxury of bodily inaction during a cold, piercing wind requires the addition of other items of comfort, and so we go on donning our grave-clothes."

These are excellent hints for

persons who are inclined to coddle themselves during the cold season. The book is altogether a delightful production, and should do much good in convincing sensible people that it is possible even in England at the beginning of the twentieth century to live a wholesome, outdoor life.

#### The Leicester Sanitarium.

A CORRESPONDENT writes: "I should like your readers to know of this excellent Sanitarium, which is carried on under the direction of Dr. Olsen, of Caterham, on Dr. J. H. Kellogg's methods. Mr. W. M. Scott is the Superintendent, and under his able management the Sanitarium is becoming more successful than ever before. The establishment is splendidly equipped. Scientific hydrotherapy is put in force, the method used comprising more than a thousand different combinations of tonic, sedative, and eliminative treatments, which are skilfully graduated and adapted to the needs of the individual patient. The Sanitarium has commodious, well-lighted, comfortably heated, and perfectly ventilated bath-rooms, with tiled walls, marble screens, mosaic floors, and the best of plumbing work. On all hands there is neatness and order. The installation of modern appliances is wonderful, and in addition to the baths ordinarily employed, Nauheim, hydro-electric, radiant heat, and other special baths

are given in special compartments. There is an electric light bath, and the 'light cure' is an alternative system to hydrotherapy. Under the influence of the chemical and heat rays of the electric light the skin and inactive muscles become filled with blood, thus relieving congestions of the liver and other internal parts. Other means are taken to render this relief permanent until the blood distribution is equalized and normal conditions gradually restored. The photophore is invaluable in the treatment of gouty and rheumatic joints and neuralgia and other painful affections, and it has received the recognition of the King and others. The Sanitarium is quite near the Midland Railway Station, and close to a beautiful park."—*The Vegetarian Messenger*.

### A New Sanitarium.

FRIENDS of the "Good Health" movement will be interested to learn that a new sanitarium has just been opened up in Takoma Park, a suburb of Washington, D.C. The institution, which has a very thorough equipment for giving treatments along natural lines, is under the charge of Dr. D. H. Kress and Dr. Laurretta Kress. Doubtless a number of our readers will remember the excellent work done by these physicians in England some years

ago. They have since then successfully founded a large sanitarium at Wahroonga, near Sidney, Australia, which is at present under the charge of the Drs. Richards, formerly of Leicester. The exceptionally broad experience of the Drs. Kress seemed to make it advisable that they should be asked to take charge of this most important institution, and we have no doubt they will make it a thorough-going success.

The institution offers accommodation for something like seventy-five patients, it is in the midst of a fine forest, and overlooks a beautiful stream. The Sanitarium grounds, comprising nearly forty acres, are situated 300 feet above the city of Washington, and the temperature ranges from five to ten degrees cooler than that of near-by cities. The institution is lighted by electricity, and is in every respect modern, its wide verandas, spacious corridors, cosy parlours, and thoroughly equipped treatment-rooms, as well as its light, airy guest-chambers, making it an ideal place for the invalid. Full particulars may be obtained by applying to the secretary.



THE WASHINGTON SANITARIUM.

## USEFUL NOTES ON INFECTIOUS DISEASES AND DISINFECTION.—III\*

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

### Who Disinfects ?

THE local sanitary authorities may give written notice to the householder, requesting him to carry out the necessary disinfection and cleansing of the patient's room, bedding, etc.; or they may themselves undertake it, by their medical officer of health or sanitary inspector. The occupier can, if he prefer, desire the authorities to do so, in which case he will, unless too poor, be charged with the cost. It may be well to remark that this is the most satisfactory thing for the householder to do, as he has then to satisfy no one that it has been efficiently carried out.

With regard to the patient's bedding and clothing, and all other articles which have been exposed to infection, it is in the discretion of the local authority's officer to order their destruction or remove the same to the local disinfecting station for treatment, afterwards returning them to the house. The authority bears the cost, and must compensate the owner for unnecessary damage.

### Scientific Disinfection of Bedding, Clothing, etc.

The brief remarks previously offered as to the disinfection of the sick-room and its contents show that they are quite simple compared with the up-to-date methods employed at public disinfecting stations. Such premises are controlled by the local sanitary authority, and contain special apparatus for the satisfactory treatment of bedding (mattresses, pillows, bolsters, blankets, etc.), carpets, curtains, articles of clothing, and similar items, most of which, owing to their bulky nature or the texture of the materials employed in the making, cannot be considered to have been dealt with in a sufficiently satisfactory manner in the room-disinfection. It may be interesting to say a few words on one of the most up-to-date methods employed.

### Heat and Steam.

Very few spores of bacteria can withstand the temperature of boiling water—212° Fahr.—and these only for a limited time. If the heat is moist, it is more powerful in its action than when dry; hence steam, with its powers of rapid penetration, is considered most suitable.

Steam, in the absence of air, is more certain and quicker in its disinfecting properties than any other known agent, and if used at a pressure above that of the atmosphere (which is not quite 15 lb. to the square inch) corresponding to a temperature of some 240° Fahr., twenty minutes have proved sufficient to kill all known spores exposed to its action.

### The Disinfecting Apparatus.

The disinfector itself is a large circular, oval, or elliptical-shaped chamber, stoutly made of iron or other suitable metal, to stand the strain and pressure to which it is subjected, and of sufficient size to take conveniently a bulky bed or mattress. Such heavy articles are usually placed upon what is known as a "cradle," which is constructed to draw in and out of the machine to load and unload the goods. There are pegs in the sides of the chamber for the purpose of hanging clothing and light articles.

When the infected items have been properly placed in the chamber of the apparatus, the heavy iron door, which runs on a rail in the floor, is tightly shut, the air present in the chamber and the articles extracted by mechanical means—for its presence would interfere with the action of the steam, as we have noticed—and the steam is supplied for the requisite period.

### Using the Steam.

The steam is supplied to the disinfecting chamber from a special boiler connected with the apparatus, or from an existing one used for other purposes as well. A first-class disinfector should be provided with two doors, one at each end of the chamber, so that the articles to be treated

\*The first and second articles in this series appeared in the July and September numbers of GOOD HEALTH.

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



may be introduced at one end and taken out at the other. The reason for this will be given later.

#### Drying.

It might occur to the reader that articles disinfected by the application of steam would be rendered damp. Of course, they are damp at the completion of the treatment, and where some kinds of steam disinfectors are used, they have to undergo some drying process. But, with the most recent machines, on the termination of the disinfecting process, the steam is drawn from the chamber and hot air mechanically

applied to effectually dry the goods before removal.

Where there is an excess of moisture present in the steam in the chamber during the treatment, it may cause injury to some of the articles; in coloured ones, for instance, the colour may "run."

#### Furs and Leathers.

Steam disinfection must not be used for these, or they will be completely spoiled. Hot air is generally employed for such articles, though, as has been noticed, this is admittedly an unsatisfactory method of disinfection.

## BREAKFAST, DINNER, AND SUPPER.

VARIETY is said to be the spice of life, and we believe that in many homes where flesh meats are used an occasional days' menu like the following, kindly furnished by Mrs. John Gillatt, would be a pleasing change:—

#### Breakfast.

Pine Kernels. Zwieback.  
Sweet Omelette. Stewed or Baked Apples.  
Brown and White Bread. Fresh Fruit.  
Dairy or Nut Butter.



#### Dinner.

Egg Soup. Carrot Puree.  
Kidney Beans and Potatoes.  
Fruit Trifle. Cottage Cheese and Lettuce.  
Zwieback. Brown Bread.



#### Supper.

Fruit Jelly. Stewed Tomatoes.  
Banana Tart. Bread and Butter.  
Caramel Cereal.

#### RECIPES.

**Sweet Omelette.**—*Ingredients:* 3 eggs, 3 tablespoonfuls fine ground rice, one spoonful sugar.

*Method:* Whisk the eggs, stirring in rice and sugar, then bake in omelette pan for about fifteen minutes.

**Egg Soup.**—*Ingredients:*  $\frac{1}{2}$  lb. peas, 3 pints mixed stock, yolks of 3 hard-boiled eggs, one tomato.

*Method:* Boil the peas until tender, then rub through a sieve, add to the stock, and boil for ten or fifteen minutes. Cut each yolk into four pieces, and the tomato into slices, and add to the soup.

**Carrot Puree.**—*Ingredients:* 2 lb. young carrots, browned flour,  $\frac{1}{2}$  pint milk and a little parsley.

*Method:* Cut the carrots into slices and boil until tender. Mix the flour smooth with the milk, add the parsley chopped very fine, then pour this dressing over the carrots, and serve.

**Fruit Trifle.**—*Ingredients:* 4 oz. flour, one tablespoonful icing sugar, 1 egg, stewed fruit,  $\frac{1}{2}$  pint cream.

*Method:* Beat the egg to a froth, add the flour and sugar and a little water to make a stiff batter. Bake in a sandwich tin for twenty minutes, then cut open, and cover the surface with stewed fruit, adding a little of the fruit juice. Whisk the half-pint of cream until quite thick, then pour over the cake.

**Banana Tart.**—*Ingredients:* 4 large bananas,  $1\frac{1}{2}$  cupfuls avenola, the juice of two oranges, and the white of two eggs.

*Method:* Crush the bananas to a pulp. Place a layer of avenola in a dish, then a layer of banana, and repeat the layers until the dish is full, then pour the orange juice over the whole. Beat the whites of the eggs to a froth, spread over the top, and bake for ten or fifteen minutes in a slow oven.

"The School of Health" is a wonderfully complete and satisfactory household manual of health and hygiene, giving complete instructions for the rational treatment of all the most common diseases, and containing valuable chapters on "The Feeding of Infants," "Accidents and Emergencies," "Hydrotherapy at Home," "Physical Deterioration," "Muscle Training," and many other subjects. It is needed in every home. Beautifully bound, fully illustrated, thoroughly reliable. For full particulars send postcard to Good Health Supplies, Caterham Valley, Surrey.



## THE REARING OF HEALTHY CHILDREN.\*

BY MRS. BRAMWELL BOOTH.

FOR the child's dinner, all kinds of vegetables, with fruit and puddings as a second course, can be used. The most tasty dishes and the greatest variety, with very little expense or trouble, can easily be arranged by anyone who will take an interest in the matter. The work involved is considerably lightened by the fact that the vessels used in cooking, and the plates, forks, etc., to be washed up after such diet, are much more easily cleansed than when meat is used, as there is no grease to deal with. It is most important also to bear in mind that a certain portion of the food should be hard, and require the use of the teeth. Teeth, like any other member, if not used, fall into decay, and the best preventive to bad teeth and toothache is to keep the teeth thoroughly well employed. Supply the children with Spratt's table biscuits to eat with their porridge and soft food, and let them have as many nuts as possible, allowing them to crack the monkey and Spanish nuts with their teeth.

### No Bites Between Meals.

Children should not be given more than three meals at the outside, and personally, I am very doubtful as to whether they would not be better upon two. Let them on these occasions have of such food as I have mentioned, as much as they can eat, and never allow bits and bites between times. Always supply them with as much pure, cold water as they like to drink. Very little liquid at meal times will be found necessary, and it should never consist of tea or coffee. Let these articles be banished entirely from the children's table. Milk and cocoa are the most suitable beverages for the winter, and in

summer-time a very nourishing drink can be made from fresh, clean bran, well boiled in water, and flavoured with lemon-juice. This is most refreshing and nourishing.

### The Sweet Habit.

It will be found that with a diet of this kind children will not hanker after sweets and things to suck between times. The custom of allowing children to buy and eat sweets continually is bad physically and morally. The baby that is continually given that abomination called a "comforter," or "tantalizer," to suck, will, when older, want to suck sweets all day, and in the next stage will be ripe to form the habit of continually taking "a little drop," and buying tobacco or cigars, spending upon these evil things the spare money that they should be trained to devote to some useful and beneficial purpose.

### Clean Air.

Perhaps all are prepared to acknowledge that neglect of cleanliness is the cause of a great deal of disease and sickness amongst the very poor. But few would be willing to allow that the same remark might be made about many in better circumstances. I think that the consideration of cleanliness of the body does not usually receive the attention its importance requires. Many are exercised, for instance, about the cleanliness of the furniture in their room, or rooms, but seldom give much thought about the cleanliness or otherwise of the air they breathe, so that the window is often shut to exclude smuts, without an idea that a foulness far more hurtful remains within.

\*Reprinted by permission from "All the World."

**Bathing the Child.**

Most mothers seem to realize the importance of keeping the children clean while they are babies. The infant in arms is often thoroughly bathed twice in the day; but as soon as it grows older, this attention seems to be no longer thought necessary.

Constant bathing, I acknowledge, entails a great deal of work upon the mother or nurse, but no mother who realizes how important it is that the skin should be kept in thoroughly good working order would not be willing for that work. It is not necessary to use a great deal of water or soap to ensure a thorough cleansing of the body. Of course, where there is room, the use of a bath is the most convenient, and, perhaps, enjoyable way of

cleansing the body, and as a rule, all can enjoy a cold or tepid bath in the morning, and a hot bath two or three times a week. But where this would be inconvenient or difficult, a piece of coarse towelling dipped in water and briskly rubbed over the body answers quite as well, and, indeed, for delicate children, is better than a cold bath. If at all possible the rubbing should be done in a sunny room.

When possible, an occasional Turkish bath will abundantly repay the expense

and trouble it involves, and where the children are living in a town and are not able to get thorough exercise, causing the skin to act freely, it is most beneficial. A very good substitute is the sweating bath, which can be taken at home, and for which several convenient baths are now sold, and with which full directions are sent. I have personal knowledge of that called the "Gem Cabinet Bath," and find it most satisfactory.

Concerning the feeding of infants I have already written; but I like to remind mothers that pain ought to have no place in a healthy baby's life—that stomach-ache, and constipation, and wind, and other troubles are not inevitable as so many seem to think, and that when they occur, the mistake that their existence

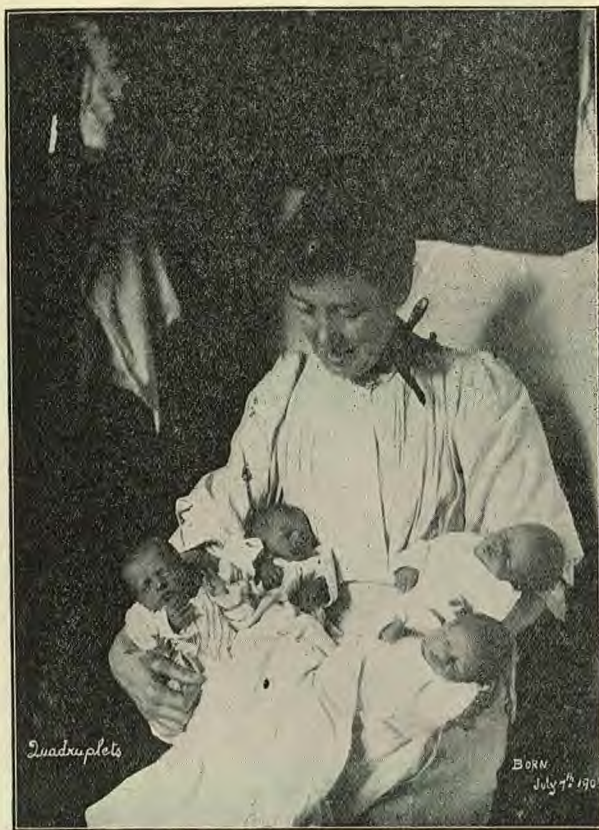


Photo by

QUADRUPLETS.\*

Mr. Bert Storer.

points out ought to be diligently sought for and rectified.

\*WE are indebted to the editor of "Nursing Notes" for the accompanying picture of quadruplets, three girls and one boy, the healthy children of Mrs. Muncott, of 32 Queen Street, Long Eaton. Mother and children were doing nicely at last accounts. Mrs. Muncott is thirty-seven years of age, and has had six children before, all of them living. The father, we believe, only earns 22/- a week, but, says "Nursing Notes," "People have been most kind, and presents of money and baby clothes have arrived from all parts."

# \* THE OUTDOOR CLUB. \*

## Birmingham.

THE Birmingham Natural Health Association has issued a most interesting and attractive programme for the autumn and the early winter. On October 2nd the first monthly meeting of the Good Health League will be held, Dr. Alexander Bryce, the president, giving the inaugural address. On October 16th Mr. and Mrs. James Henry Cooke will give a demonstration in scientific cookery, and on the 23rd of that month the Hygienic Dress League holds its quarterly meeting, Miss G. Alcock giving a paper on "Difficulties in Clothing and Their Remedy." On the 30th of October there will be a discussion: "Is the Race Degenerating?" On the 6th of November Mr. William Scott, of the Leicester Sanitarium, will give a lecture entitled "Hints on Health." "The Rights of Man and the Rights of Animals" will be discussed on November 13th, and on the 27th of November Miss Edith Green, honorary secretary of the Birmingham branch of the National Anti-Vivisection Society, will present a paper.

We shall give in our next issue the appointments for December. Further particulars of the above meetings can be obtained from the honorary secretary, Mr. J. Belling, 103 Vivian Road, Harborne, Birmingham.

The Outdoor Club, which is connected with this Society, conducts weekly afternoon rambles, full particulars of which may be had by addressing the honorary secretary, Mr. A. J. Morris, 32 Denbigh Street, Bordesley Green, Birmingham. In addition to the weekly rambles the Outdoor Club conducts holiday camps, has a recreation field in the suburbs of Birmingham, and in general provides a large amount of wholesome outdoor recreation for all members.

There is also a hockey section, with teams for both ladies and gentlemen. Particulars of this may be obtained from the honorary secretary, Mr. E. Osborne, 140 Somerville Road, Small Heath, Birmingham.

## New Branch.

THE Outdoor Club has pleasure in admitting a new branch into membership, namely the Bradford Health Association, which will henceforth represent the Club in that city. Mr. Rennie J. Foster, the honorary secretary of this enterprising society (6 Eldon Place, Manningham Lane, Bradford), will be glad to hear from any Bradford readers of GOOD HEALTH who desire to join the movement. Weekly physical culture classes, health lectures, week-end camps in summer, and a supply of health culture books and magazines, are some of the attractions offered by this branch of the Outdoor Club, which has quite a large membership already, and will doubtless continue to make steady growth in numbers and interest. R. H. Crowley, M.A., M.D., will lecture before this club the 9th, 16th, and 23rd October on different phases of the diet question.

## Manchester.

THE Manchester Physical Health Culture Society (Branch of the Outdoor Club) will have the following programme for November:—

Nov. 5. Discussion Evening. Papers by members.

" 9. Walk. Meet at Onward Buildings at 2.30.

" 19. "The Use of Fruit and Nuts as Food."

Lecture by Mr. R. E. O'Callaghan.

Physical Drill Class on Thursday evenings at 8 o'clock; Library; Monthly Journal, GOOD HEALTH. Subscription, 2/6. Library open daily at the secretary's office, 27 Brazennose Street. Meetings: Onward Buildings, 207 Deansgate.

For further information in reference to the Outdoor Club, address the general secretary, Hydro, Caterham Valley, Surrey.

"**The Beauties of Nature,**" by Lord Avebury, is a delightful book which should be in the hands of all the members of the Outdoor Club. It is of convenient size to slip into one's pocket when going out for a walk, and contains a tempting array of contents. Published by MacMillan & Co. Price 1/6.

LOVERS of fresh air are indebted to Mr. Michael Hayes for his Patent Ventilator and Draught Preventer. This useful device provides for opening the lower part of the window in such a way that the current of fresh air is thrown upward and diffused throughout the room, thus preventing draughts. In connexion with the Ventilator one may use a mild but effective disinfectant or deodorizer, thus giving our living-rooms an agreeable odour, balsamic and resinous as out of a pine forest. The price of the ventilator fully fitted up is only 5/6, as mentioned in our advertising columns. Special quotations are given on quantities to wholesale house furnishers, builders, etc. We trust the instrument will have a large sale.

## Good Things from Sunny Climes.



Our unique Booklet, which contains many simple and original Nut Recipes by Mrs. J. W. Gilmour, of Belfast, also gives food value of each kind of nut, beside full details of all the natural foods we supply.

¶ We send you this valuable little book

### Free,

together with samples of "Cream o' Nuts" (a pure and delicious Nut Food, ready to eat), if you mention "Good Health."

**GEO. SAVAGE & SONS,**  
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53 Aldersgate St., London, E.C.

*N.B. We pay carriage on orders value 5/- and upwards to any part of the United Kingdom.*

## Fastidious People!

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

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

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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.

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Mention "Good Health." **IRELAND.**

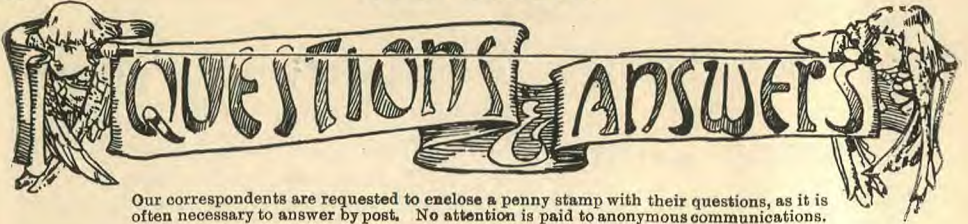
# Flesh Meat is No Substitute for Nutton,

because Nutton contains 50% more nourishment, and does not produce uric acid or other poisons as is the case with the former. R. Winter's NUTTON (registered) is a triumph in the scientific preparation of pure food products. Send 10d. stamps, and a sample tin with name of nearest agent will be sent from—

**R. WINTER'S Pure Food Factory,**  
11b New Street, BIRMINGHAM.

Maker of "PRUNUS," "NUXO," "BUTNUT," etc.

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.

**Constipation—Olive Oil—Temperature of Water Enema.**—J.R.: "1. About what temperature should the water be for an enema? 2. Could olive oil be injected by the same instrument as is used for a water enema? 3. In either case, how far in would it be safe to insert the nozzle of the instrument? What quantity of olive oil should be taken for internal use at one time?"

*Ans.*—1. From 80° to 90° Fahr. 2. Yes. 3. A hard, rubber nozzle could be inserted three or four inches without any damage, and a soft, pliable nozzle from six to eight inches. 4. For one dose of olive oil, we would recommend from one dessertspoonful to one tablespoonful, but to start with, one or two teaspoonfuls may be taken. The oil should be taken at breakfast-time.

**Weak Lungs.**—L.L.: "I have been told that I have weak lungs, but that there is no actual disease. I get out of breath easily, especially when I hurry or climb the stairs. What would you recommend?"

*Ans.*—What you need most of all is a systematic course of physical training, which you could obtain by joining the Good Health School of Physical Culture. You ought also to get out-of-doors in the fresh air as much as possible, and go in for deep breathing. Have your windows open both day and night, and so get an abundance of fresh air. Sponging the chest with cool or cold water every morning, followed by vigorous friction, is a great preventive against chest disease. Adopt a plain, wholesome, but liberal diet, and avoid stimulants of all kinds. Bromose, toasted granose biscuits, cream, good brown bread, and sub-acid fruits will be good for you. Have a warm bath two or three times weekly, and retire not later than half-past nine or ten o'clock. Be careful to avoid over-clothing. A suit of medium-weight Sanis underwear will afford necessary protection against the cold, and be at the same time light and porous.

**Tooth Lotion—Hygienic Soap.**—A.F.B.: "1. My teeth are very yellow. What preparation would you recommend for cleaning them? 2. Do you recommend having the hair brushed by a machine used by the hairdresser? 3. What soap do you recommend for the bath and toilet? 4. What is the best remedy for sore feet?"

*Ans.*—1. "Arpax." [To be obtained of Camp & Co., 203 Borough High St., London, E.C.] 2. Yes. 3. McClinton's Colleen soap. A liberal sample box can be obtained by sending 1/- to D. Brown & Son, Ltd., Donaghmore, Co. Tyrone, Ireland. Alternate hot and cold bathing of the feet, followed by an oil-rub, for ten to fifteen minutes daily. Dusting the feet with talcum powder is also recommended.

**Warmth-Giving Food—Nuts.**—P.: "1. Kindly tell me what kind of diet would be suitable for warmth-giving. 2. Are nuts suitable?"

*Ans.*—1. All bread preparations, and porridges such as oatmeal and rolled oats; plain puddings, particularly rice, tapioca, sago, and arrowroot; also such fruits as dates, figs, raisins, prunes, sultanas, and bananas, either fresh or dried. 2. Yes.

**Excessive Perspiration.**—E.D.: "I am troubled with excessive perspiration under the armpits, which makes me feel very uncomfortable as the sweat comes through my clothes. Otherwise I am well. I should be thankful if you could help me in this matter."

*Ans.*—Wear a porous pad under each armpit, changing it daily. A sponge bath every morning, and sponging the armpits with a solution of two parts alcohol and one part of water would be helpful. Adopt a simple, wholesome diet, composed mainly of fruits, cereals, and nuts.

**Piles.**—M.T.: "What remedy would you recommend to cure piles? They do not bleed, but are very irritable at night, and keep me awake."

*Ans.*—The only sure remedy in certain cases is an operation to remove the diseased tissue. You might obtain relief from the use of tepid or cool sitz baths for from three to five minutes each, and to be taken about four times a day. After each bath apply a little wch-hazel ointment.

#### FOR SLOW DIGESTION.

Persons suffering from slow digestion, fermentation, flatulence, and other similar digestive disorders, often obtain considerable relief from the use of **Antiseptic Charcoal Tablets**. These can be obtained either with or without sulphur. A sample box will be sent post free on receipt of 1/1. Full-size box, 2/1½, post free. Address, **Good Health Supply Dept.**, Sunny View, Caterham Valley, Surrey.

### THE GOOD HEALTH SCHOOL OF PHYSICAL CULTURE.

[By correspondence only.]

Have you a weak back?

Are you afflicted with backache?

Pills and draughts will not cure.

You require scientific physical training, and this we provide. Many disease conditions yield to the right kind of body training. Full particulars for stamp.

**Good Health School, Sunny View, Caterham Valley, Surrey.**

### HAYES'S PATENT VENTILATOR

Air purifier and draught preventer guarantees—

**Perfect Ventilation. No Draughts. No Dust Laden with Poisonous Microbes. No Flies or Wasps. Immunity from Contagious Diseases. Health without Discomfort.** Further particulars from patentee, Michael Hayes, 22 Thomas St., Limerick.



## CATERHAM SANITARIUM AND SURREY HILLS HYDROPATHIC.

CATERHAM, SURREY.

**T**HE location is delightful, being about 450 feet above sea level, in the beautiful valley of Caterham, surrounded by the picturesque hills of Surrey; the air is pure and bracing, and the water excellent. Situated within five minutes' walk of the Caterham Station, on the S. E. Railway, with an hourly service of trains from Charing Cross, Waterloo, Cannon Street, and London Bridge, the Institution is remarkably easy of access, while it is sufficiently far from London to be out of range of the fogs and smoke of the metropolis. The treatments consist of

BATHS OF EVERY DESCRIPTION, Including the  
Electric Light Bath.

MASSAGE AND MANUAL SWEDISH MOVEMENTS.

ELECTRICITY AND VIBRATORY MASSAGE.

DAILY DRILLS IN PHYSICAL CULTURE.

With a carefully regulated and classified Dietary.

Sound health of body and mind is the fruit of obedience to natural laws. Health is largely the result of physical right-doing and correct training. Experience has demonstrated that chronic invalids of all classes, many of which are considered incurable, can be trained back into health by scientific regimen combined with suitable 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.

Editor: **M. ELLSWORTH OLSEN, M.A.**  
Associate Editor: **ALFRED B. OLSEN, M.D.**

Address business communications to  
**GOOD HEALTH, Stanborough Park, Watford, Herts.**  
Telegraphic Address: "Hygiene, Garston, Herts."

Address editorial correspondence to the Editor, **Sunny View, Caterham Valley, Surrey.** Telegraphic address, "Hydro, Caterham Valley."

**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, 89/1 Free School St., Calcutta.**

**West Indian Edition:** Price, 8 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.

## "Ladies' Guide in Health and Disease,"

by J. H. Kellogg, M.D., is an invaluable book for women. Many thousands have been sold, and the demand continues to increase, because the book has unique value, the author's high reputation as a specialist in the diseases of women giving authority to his written works. Full particulars may be had on application to Good Health Supplies, Caterham Valley, Surrey.



THOSE of our readers who do not have a price list of Winter's Stores, City Arcades, Birmingham, should apply for it, enclosing penny stamp. It is most artistically got up, and contains a very complete list of valuable foods and publications on health lines. Among the specialities that we might mention are Winter's Fruitarian Cheese, Maltweat Bread, Nutton, which is a fine proteid food, Prunus (excellent for putting on flesh), and the Mainstay Biscuits, put up in dainty half-pound packets, which will be found admirable for use at any meal, especially at breakfast and tea. Mr. Winter also carries on in connexion with his place fruitarian luncheon- and tea-rooms, which any readers of **GOOD HEALTH** happening to be in Birmingham would do well to visit.

**WANTED.**—10,000 readers of "Cycling: Its Scientific Principles Explained," with copious footnotes. Price 3½d. W. K. Fulleylove, Broadgate, Coventry.

## MAPLETON'S NUT FOODS

Are Now Manufactured in the Country, away from the grime and disease germs of towns.

**Our Sample Offer.**—Those who have not tried our Nut Butters should send a postcard for a free sample, and those who have should send the name of a friend they think would be interested. Say what kind you would like — WALNUT, ALMOND, COCONUT, OR CASHEW. 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.,**  
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# "Paisley Flour."

Trade  
Mark.

The  
*Sure Raising Powder.*

Mixed one part with eight parts of ordinary flour makes the *most economical* scone or cake flour, because a 1d. packet of "Paisley Flour" is sufficient for a pound of ordinary flour, giving 18 oz. for under 2½d.

Also the mixing of the "Paisley Flour" with the ordinary flour is very easily done: just stir round with a spoon till the lighter coloured "Paisley Flour" disappears.

In answering advertisements kindly mention "GOOD HEALTH."



# IXION

(REGISTERED)

## HEALTH FOODS

THE BEST FOODS for ALL AGES.

**HEAL AND BUILD THE BODY.**

**IXION SHORT BREAD BISCUITS.**  
Easy to masticate. Direct prices, 7 lb. tin, 4/-; 14 lb. tin, 7/-; 28 lb. tin, 13/-, carriage paid.

**IXION WHOLE WHEAT BISCUITS.**  
The finest for children, making good teeth, strong bones, healthy nerves, and good digestion. 7 lb. tin, 3/3; 14 lb. tin, 5/6; 28 lb. tin, 10/-, carriage paid.

**IXION INFANT FOOD.**  
The best food for infants over 9 months. 1/- per sample tin, or 5/- per 1/2 dozen tins, carriage paid.

**IXION WHOLE WHEAT FLOUR.**  
Millstone ground. Delicious for all purposes. At Stores, in 7 lb. bags, or 80 lb. bag, 4/6; 60 lb. bag, 8/6; 120 lb. bag, 16/-, carriage paid.

**KORNULES.**  
A grand breakfast and emergency food. At Stores, in 1 1/2 lb. pkts., 3/6 per 1/2 dozen pkts., carriage paid.  
*Send 4d. stamps for samples of above and full explanatory booklet (mention "Good Health") to*

**WRIGHT & CO.,** Vulcan St. Mills, LIVERPOOL.

## COOKING WITHOUT FIRE.

The most wonderful money, food, time and labour saving invention of the twentieth century. More than pays for itself in a few weeks. Five to thirty minutes of actual fire cooking is all that is necessary to thoroughly cook fish, flesh, fowl, stews, vegetables, soups, cereals, legumes, puddings, fruits, etc. Then transfer to one of the

### "PITMAN"

## FIRELESS COOKERS



for one to eighteen hours, and you have the richest, the most easily digested, and the most delicious food you ever ate. You will say you never knew what delicious flavours they possessed before. Saves 75 per cent to 95 per cent of fuel. **NO HEAT—NO DIRT—NO ODOUR.** Nothing to watch, no fear of burning, no over-cooking, no under-done food, no Sunday labour, no loss of flavour, nutriment or goodness in cooking. You can set your dinner to cook on Saturday night, and find it steaming hot, done to perfection, ready to eat, on Sunday dinner-time.

With 10 pt. Food Container, 8 1/2 by 5 1/2, each, 18/6.  
" 6 " " " 7 " 5 " 14/6.

Carriage paid, with full instructions, from the inventors and sole manufacturers:—  
**"PITMAN" HEALTH FOOD STORES,**  
185 & 193 Corporation Street, Birmingham.  
Illustrated Catalogue of labour-saving cooking appliances, etc., with copy of "Scientific Cooking and Aids to Its Adoption," post free, two stamps.

# A GUIDE TO GOOD THINGS.

HAVE YOU HAD A COPY of our booklet with the above title? If not, send a P.O. for 1/6, and we will send you, carriage paid, 1 lb. Hand Picked Brazils, bright and large, a pair of our celebrated NUTCRACKS, specially designed to crack same, and a presentation copy of the booklet containing so much useful information. Write today, mentioning "Good Health."

**Shearn's Health Food Stores,**  
234 Tottenham Court Road, and Branches.  
The largest Health Stores in London.

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CLARK'S PATENT HYGIENIC "SYPHON" STOVES



PRODUCE PURE HEAT WITHOUT SMOKE OR SMELL.

The heat generated by the "SYPHON" STOVE is ABSOLUTELY PURE, and NO FUMES or SMELL can pass into the apartment.

Supplied to H.M. the King.

Of all Ironmongers, Stores, Gas Co's, or of S. CLARK & Co., Makers, Compton Works, Canonbury Rd., Highbury, London, N.


Send postcard for Descriptive Booklet No. 90 FREE.

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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.

IF you find GOOD HEALTH helpful, introduce it to your friends.

IF Mr. Ernest Zerlin will send us his address, we shall be pleased to reply to his letter, which came to hand some time ago.

THE "Pitman" Stores have favoured us with a copy of their catalogue of new and helpful cooking utensils, labour-saving kitchen appliances, etc. We believe every housewife in the Good Health family would find this catalogue extremely interesting. Among other novel and useful implements is the "Pitman" Fireless Cooker, by means of which, in the words of the circular, "you can set your dinner to cook on Saturday night, and find it steaming hot, done to perfection, ready to eat, on Sunday at dinner-time."

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[REGISTERED.]

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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

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Gold Medal awarded Health and Toilet Exhibition, London.

Mothers should see that their children wear the



## PORTIA Combined Shoulder Brace &amp; Stocking SUSPENDER,

which allows freest movement without pressure on the waist or leg arteries. Holds the stockings firmly and does not tear them. Approved by physicians and health culturists. Made in three sizes: Adult's, Maid's, Children's. Pink, Blue, or White. Rushed Silk Elastic, 4/- Mercerised 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.

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

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[Opposite Prudential Buildings.]

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**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.

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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.

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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.,  
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## The Oldest Health Food Stores in the United Kingdom. ❧ ❧

### C. J. Bilson & Co.,

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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.

## 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.
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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."

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## PUBLISHERS' NOTES.

ALL interested in vegetarianism and food reform in the county of Northampton are requested to communicate with either Miss B. Stamp, 7 Woodford Street, Northampton, or Mr. P. S. Barber, Baker Street, Irthlingborough, in view of forming a vegetarian society.

NOBLE'S Health Food Stores, centrally located at 14 John Street, Bradford, have an admirable assortment of all kinds of health foods, also some very wholesome and delicate bakery goods, which are made on the premises. Mr. Noble is doing a most excellent work in popularizing the standard health preparations, and we have no doubt his business will continue to increase month by month. We wish him the best of success.

THE first, second, third, and fourth bound volumes of GOOD HEALTH may be had at 2/6 each, post free. They may be ordered through any GOOD HEALTH agent, or be obtained direct from the Good Health Supply Department, Caterham Valley, Surrey. They are attractive health books, full of timely instruction.

**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.

### 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.

### Moule's Patent Earth Closet Co., Ltd.

Established Nearly 50 Years.

The Original Inventors of Sanitary Earth Closets.

GOLD AND SILVER MEDALLISTS.

No Fouled Water. No Cesspits.

No Pernicious Gases.

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No Water Wasted  
in Flushing.

The Garden  
Enriched.

**Moule's Earth Closets.**  
1905 PATENT.

The Perfection of  
Sanitation for Hospitals,  
the Sick-Room, and  
Dwelling-House.

Moule's Earth System follows  
Nature's method of dealing with  
putrescible matter.

Perfect in Principle. Simple in Action.  
Altogether Reliable.

All Moule's Closets are tested and guaranteed.  
See that Moule's name is on them.

Send for particulars, or call and see them.

MOULE'S PATENT EARTH CLOSET CO., LTD.,  
5a Garrick Street, Covent Garden, London, W.C.

In answering advertisements kindly mention "GOOD HEALTH."

## "Sipit."

A WHOLESOME AND  
DELIGHTFUL BEVERAGE,  
taking the place of Tea or Coffee.  
Pleasant aroma and flavour, and  
economical in use. Of all Health  
Food Stores.  $\frac{1}{2}$  lb. 6d.; 1 lb. 10d.  
Send for Free Illustrated Price List  
of all our manufactures.

The London Nut Food Co.,  
Dept. G., 465 Battersea Pk.  
Road, London, S.W.



## 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 it-  
self with perfect facility to all purposes for which  
flannel could be employed.

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

Write for patterns to . . .

**JAMES WINTER, Linen Manufacturer,**  
Cortachy, Kirriemuir, N.B.

## A Seaside Home

Conducted on Food Reform principles.

Delightful location, near the chimes, pleasure gardens,  
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Highest recommendations.

Accommodations exceptional, including facilities for  
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baths and skilled massage.

Charges—moderate.

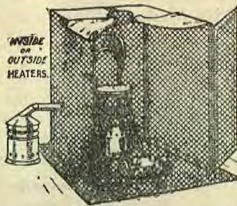
Write for terms, mentioning GOOD HEALTH.

**Mrs. Huttman-Hume, Loughtonhurst,**  
West Cliff Gardens, Bournemouth.

## The Most Potent Remedy

for making the skin active, cleansing the system, vivifying the blood, strengthening the body, and driving out disease, is the hot air and vapour bath. This bath establishes the most perfect system of sewerage of the body, and in the gentlest manner causes the skin of the bather to discharge the refuse of his system. The whole system is vivified by the purified blood stream. Half-active lungs regain full action, the cloudy brain becomes clear, and its pristine activity reinstated. Every organ is quickened, and secretion and excretion are more thorough and complete.

Consider these weighty words, then apply for free particulars of the Gem 30s. Home Turkish Bath Cabinet, the simplest and most effective method of obtaining these baths at home.



Used and recommended by leading health authorities.

## Your Editor Recommends

the use of pure (distilled) water as greatly beneficial to health.

### THE "GEM" PURE-WATER STILL.

The Gem Still is no new experiment, but a well-tried, highly recommended apparatus, specially designed and contrived for the sole purpose of distilling water in the household.

### MADE OF COPPER THROUGHOUT.

with brass handles and brass taps or faucets, improved at every point as the result of years of experience. It is strong, compact, convenient, effective; it takes up but little space, and is easily handled. Like all really good and high-class productions it is at all times more satisfactory, and in the end infinitely cheaper, than any "cheap" substitute. Our standard still,

### The "GEM" STILL, costs 41/-, post free.

but for those who, not being fully aware of the immense value of distilled water, wish to make trial of it, we supply a cheaper tin still. Full particulars free on application to—

**THE PURE-WATER PIONEERS.**

The Gem Supplies Co., Ltd., Dept. G.H., 22 Peartree Street, Goswell Road, LONDON, E.C.

## 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.

## MALTIKO.

THE BEST DRINK FOR BREAKFAST AND SUPPER FOR RICH AND POOR, WHOLE AND AILING.

Nutritious, Digestive, Refreshing.

The best "nightcap." Prepared, under letters patent, from the husk of the cocoa bean and malted barley. ½-lb sample, post free, 6d.; 5 lb., post free, 3/- From

CAMP'S HEALTH FOOD STORES, 205 Borough High Street, S.E., and all Health Food Stores.

## 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. J. DAVIES, Proprietor.

In answering advertisements kindly mention "GOOD HEALTH."

## PUBLISHERS' NOTES.

WE have received from the publishers of the First Garden City, Ltd., 326a High Holborn, W.C., a copy of a most interesting book entitled, "Where Shall I Live?" The first section contains a number of articles on the land and housing question, written by prominent experts. The second section gives an illustrated description of the Garden City estate at Letchworth, and the last section, in many respects the most valuable of all, contains plans, specifications, and details as to cost and construction of about sixty model cottages recently erected at Letchworth. The price is only 6d., post free 9d. The Garden City movement is one of the most important and far-reaching movements of the present day, and we heartily congratulate the managers on the appearance of this most practical and helpful book, which throws so much light on the general subject of housing.

## WORTHING—SUNNY WORTHING.

PORTLAND HOUSE, 46 Marine Parade, Worthing.

A high-class boarding establishment, situated in the best position of the Marine Parade. Vegetarian diet when required. Terms, 80/- to 25 s. per Week. Address the Manager.

## PARIS HYGIENIC RESTAURANT.

ON FOOD REFORM PRINCIPLES.

Reasonable Prices. English Spoken.

Proprietress:

MISS WARREN, 4 Rue Desrenaudes, Ternes, Paris.

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.**

## A Move Into the Country.

The International Health Association's New  
Headquarters.

It is with pleasure that we announce our removal from Birmingham, where we have for some time been working under the disadvantages of limited facilities, a smoke-laden atmosphere, and the general unhealthful conditions which appertain to large cities, into a beautiful country location, where we shall be able to manufacture Health Foods under genuinely healthful conditions.

The property consists of 55 acres of well-timbered park-land, situated one mile beyond the limits of the town, at an elevation of 300 feet above sea level.

We have built the factory to suit all our requirements, and have fitted it throughout with electricity for power and lighting purposes.

Our increased facilities and improved conditions warrant us to invite your continued and increased patronage, and make us feel confident of giving entire satisfaction to all. Price list free on application.

**The International Health Association, Limited,**  
Stanborough Park, Watford, Herts.

In answering advertisements kindly mention "GOOD HEALTH."

# THE DIET QUESTION.

## The Natural Food Products of the Earth

when properly prepared are undoubtedly best adapted to the development of a clear mind and a healthy body, the possession of which is essential to real success in life.

**WHEAT** takes the first place because it contains an almost perfect proportion of the various food elements required by the body. Raw wheat, however, is not digestible; the more thoroughly it is cooked the more easy it is of digestion and assimilation. For this reason, such foods as Granose Flakes, Granose Biscuits, and Toasted Wheat Flakes have been produced. They consist of super-cooked kernels of choice wheat in the form of delicate, crisp flakes, and constitute the ideal foods for all. The weakest infant and the feeblest invalid, as well as robust people, thrive better on Granose Flakes and Biscuits than on any other cereal food extant. Toasted Wheat Flakes, which are sweetened with Malt Honey, make a delicious and nutritious breakfast dish.

**GLUTEN MEAL** is another wheat food of great value. It is sometimes described as "Wheat Extract" because the gluten, which is the life element of wheat, has been extracted from the grain. Gluten Meal is practically a necessity for invalids (it ought to be in every sick-room), is a luxury for the well and an excellent food for young and growing children.

**AVENOLA** consists of wheat and several other grains combined in the proper proportion to secure perfect nourishment. It is in the form of "nuts," but is a better food in point of nutriment and digestibility than any of the much-advertised breakfast "nuts." It is the best concentrated cereal food. Try it.

Under this heading Caramel Cereal, though not actually a food, ought to be mentioned because it is made from wheat and other grains so blended as to produce a fragrant, healthful, and refreshing beverage designed to take the place of tea and coffee, which are injurious to the nerves on account of the poisonous principles they contain.

**NUTS** are of very high nutritive value. Bulk for bulk, indeed, dry nuts are amongst the most nutritious foods which nature provides. They are more nutritious than meat, containing the same elements, proteid and fat, but in larger proportion, and are now being largely substituted for meat in the every-day diet.

A close resemblance to meat is obtained in the following prepared nut meats:—Protose, Nuttose, Nuttolene, the former, which is made in three varieties, being especially remarkable for its similarity. These nut meats are packed in tins in three sizes, the tins being lined with grease-proof paper. They may be eaten cold, as taken from the tin, or cooked and served in any way like flesh meats.

**MALTED NUTS** are in the form of a fine, granular powder, and are very digestible and nourishing. May be served dry, sprinkled over Granose Flakes or stewed fruit, or taken as a liquid with the addition of hot water or milk. In this form they are far superior to any meat extract on the market.

A similar food to the above is Bromose, but this is packed in tablet form, 30 tablets to the box. It is a concentrated nut food especially valuable to those suffering from anæmia, and persons in an emaciated condition from consumption or other causes, and is also highly advantageous to cyclists, athletes, and brain workers.

All of the foods mentioned above are manufactured by the International Health Association, Ltd., of Stanborough Park, Watford, Herts, who for many years have been giving careful scientific study to the diet question. They will send you a package of assorted samples, price list, and cookery book for 1/., or a price list post free on application.

In answering advertisements kindly mention "GOOD HEALTH."

THE Health and Strength Publishing Company, 27 and 28 Fetter Lane, London, E.C., are issuing this autumn the following books, which will be bound in cloth and illustrated:—

1. "Ten Rules of Health," by Eustace Miles, M.A. 1/-.
2. "The Text-Book of Wrestling," by Ernest Grhun. 1/-.
3. "The Text-Book of Club-Swinging," by Tom Borrowes.
4. "Curative Exercises for Indigestion, Flatulence, and Gastritis," by Thomas Chesterton. 1/-.
5. "Correct Breathing for Health, Chest, and Lung Development," by Thomas Chesterton. 1/-.
6. "The Eustace Miles System of Physical Culture." 2/6.
7. "Curative Exercises for Constipation and Intestinal Weaknesses," by Thomas Chesterton.

**DELICIOUS SAVOURIES.** The Simple Life Food Co., Ltd., of 198 High Street, Camden Town, London, N.W., is making a feature of cold, ready-cooked Vegetarian Savouries and Sweets, such as are supplied daily in the Simple Life Restaurant. These include Nut Rissoles, Egg Croquettes, Cheese and Tomato Outlets, Melton Mowbray Pies, Fruit Jellies, etc. Six will be sent as a trial order, carriage paid and post free for P.O. 1/6 (assorted if desired).

Write for Full List of HEALTH FOODS.

**NEWCASTLE** On Tyne  
**DEPOT.**

"Good Health" Foods.

THE OLD, ESTABLISHED GROCERY,  
26 CLOTH MARKET.

**HULL HEALTH FOOD STORES,**  
106 BEVERLEY ROAD.

Fresh supply of all the best foods. Call or send for price list. J. W. Train, Proprietor.

8. "The Muscles of the Body, Their Names and Development," by the Editor of "Health and Strength."

**3/9** **BEAUTY IN THE BATH.**  
Post Free.  **SOAP** Dr. Harlan's Hygienic Bath and Flesh Massage Brush

**Brings New Life to the Skin, Beauty and Health to the Body.**

It tones up the facial and body muscles, and thus prevents flabby skin and dreaded wrinkles. The Brush fits the Hand, and carries its own soap. To bring the soap into use, you simply press the handle. Dr. Harlan's Massage Brushes are made from special anti-septic Rubber, and unlike wash-gloves, sponges, or bristly brushes—that absorb the filth from the bath and body—are always sweet, clean, and perfectly sanitary, and last indefinitely. Bath Brush mailed post paid for 3/9 P.O. Special soft velvety Beauty Complexion Brush 4/9; Manicure Brush, 2/3; Tooth Brush, 2/3. If set of four brushes is ordered, a Waterproof Toilet Bag to hold same, value 1/6, sent gratis. Post Free with every order: a supply of vegetable soap—any soap can be used. Copyright book on Hygienic Bathing and Massage, and signed guarantee. Dr. H. G. Harlan's Highwater Laboratory, 9/11 Exchange Bldgs, Southwark, L.D'n.

**Chronic Catarrh**  
Its Home Treatment.

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

**GOOD HEALTH SUPPLY Dept.,**  
Sunny View, Caterham Valley, Surrey.

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

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

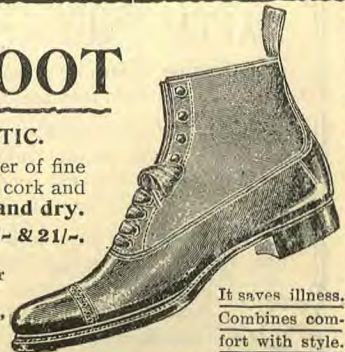
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**GOOD HEALTH BOOT**

IS COMFORTABLE, HEALTHFUL, ARTISTIC.

It fits the foot and looks well. The sole contains an inner layer of fine cork which makes it **entirely impervious to the wet.** This cork and the special hygienic linings keep the feet comfortably **warm and dry.**  
**A Great Boon to People Troubled with Cold Feet.** Prices, 18/- & 21/-.

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

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



It saves illness.  
Combines comfort with style.

In answering advertisements kindly mention "GOOD HEALTH."