



### A JUVENILE RAMBLER.

IF any of our young readers think that rambling in the country at this time of the year is dull and uninteresting I am sure it is because they have not had the opportunity lately. There is health and vigour and pleasure, too, in a brisk walk on a clear, frosty morning, when the sun, shining on the glistening fields and trees and hedges, reveals new beauties in everything; the common spider's web becomes an object of wonder, the birds are more active in their search for food, and their appetites sharpened by the frosty tonic, while their songs, breaking the stillness of the clear cold air, seem sweeter and more fascinating. Oh, yes; there's life in the air, and the blood is sent coursing through your veins in a way that invigorates the system, and imparts new life to the body. The girl in our picture could testify to the delights of the country in winter, for she has just come back from her morning walk, and was so full of spirits that it was with difficulty that she was prevailed upon to sit still while her picture was being taken.



# Good Health

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

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## Editorial Chat.

### Physicians and Tobacco.

DR. OSLER, in an address to the students of St. Mary's Hospital, London, warned physicians not to abuse their health. "If you don't work too hard," he said, "you smoke too much, and are indifferent about exercise." For the young man who has perfectly healthy tastes, any amount of tobacco-smoke is too much. The craving for narcotics, once created, is likely to grow.



### Food Reform in Italy.

ITALY is giving some attention to vegetarianism, says the "Lancet," and food reform restaurants are being started in the capital. At the opening of one of these, quite a number of practitioners and consultants attended, thus showing their interest in the "new departure." Of course, the ordinary diet of the average Italian, especially amongst the labouring classes, approaches pretty closely to the vegetarian regime.



### Victims of Bad Air.

THERE are in England and Wales to-day half a million persons suffering from tuberculosis in some form. Bad air is the chief cause of tuberculosis of the lungs. To sleep in a stuffy room is to invite this disease, as well as other chest affections, such as a cold on the lungs or bronchitis. The fires of life must have plenty of air if they are to burn briskly. An open bedroom window is one of the greatest needs of the working classes, and in fact, of all classes.

### The Cookery Exhibition.

THE Food and Cookery Exhibition held last November in the Royal Horticultural Hall, Westminster, was marked by no little enthusiasm. The exhibits were numerous and of high quality. One day was devoted to vegetarian cookery, thus giving the advocates of the bloodless diet an opportunity to show what delicious meals can be prepared from the "kindly fruits of the earth." The Association has done much good work already, and with the new discoveries which scientists are making with reference to nutrition, should have great possibilities in the future.



### The Doctor as Teacher.

IT is one of the most hopeful signs of the times that a number of our foremost medical men are giving more and more attention to teaching the principles of hygiene.

We have received from Messrs. Methuen and Co. (36 Essex St., London, W.C.), a copy of "The Care of the Body," by Francis Cavanagh, M.D. (Edin.). The book, which is a model of excellent printing, is one of a series of popular medical books entitled "The New Medical Library," edited by C. W. Saleeby, M.D., F.R.C.S. It is written in an interesting style, and contains a lot of reliable information concerning the care of the body. There are seventeen good-sized chapters and an excellent index. The chapters dealing with Sleep, the Skin, the Hair, the Teeth, the Eyes, the Ears, the Nose, and Position, are specially valuable. We shall probably refer to this work again.

The following are a few representative quotations:—

This is not the place to discuss the meaning of education or the means employed, but it may be said very decidedly that seven is the age at which a child may begin to learn its letters, and not before.

See that the children have occasional tooth-drill on such materials as apples, crisp or hard biscuits, radishes, and so forth, and see to it that the habit so acquired is maintained by the adult. Soft feeding is bad for the stamina of more than the individual as a whole. It is destructive to his teeth.

There is undoubtedly now a consensus of medical opinion that the allowance of sleep has recently been too little, particularly in the case of schoolboys, and that no growing lad should have less than nine hours.

Drugs I have no intention of recommending (for insomnia). For this purpose they are as truly edged tools as alcohol. One fact is left to the last; that two hours of every day should be devoted to the open air, and that these two hours will best be spent in walking.

The bed has already been disposed of, but it may be pointed out that those who lie submerged in feathers are bathed in a sea of objectionable vapour which, where the bed billows round them, has no opportunity of escape—ventilation is at a minimum, and this is bad for the skin and correspondingly bad for the bed, which cannot but become sodden, palpably or impalpably.

### "The Black Stain."

THE "Tribune" has again put lovers of the children under obligation. Mr. George R. Sims's articles on "The Black Stain" gave needful publicity to certain conditions well known previously to very few. Social evils of this deep-seated kind cannot be remedied off hand. They have to be handled wisely, with due regard to the accompanying conditions. But it is always helpful when a great organ of public opinion uses its powers to bring to the front questions which vitally concern the nation's health. The welfare of the child is in many ways the largest and most vital question with which a nation can concern itself, for in the child all its future possibilities are wrapped up.

### Railway Comfort.

"MORE light," the cry of the dying Goethe, is echoed in many a sorely tried traveller's heart these dreary winter days and nights. If the public were to petition the railway companies, they would ask for

three things—light, warmth, and fresh air. If we except the excellent through trains on the most enterprising lines, it must be admitted that these great natural wants are very inadequately catered for at present.

### More Light.

LIGHT is most conspicuous by its absence. This is the greatest hardship for many people. One could bear the cold if it were possible to forget oneself in an entertaining book or magazine; but comfortable reading is impossible in the wretched light supplied in the majority of railway compartments, and in the waiting-rooms as well. So there is nothing to do but to sit and think, and as the thoughts are usually coloured more or less by the surroundings, a settled gloom steals over the occupants of most railway carriages during these cheerless wintry evenings. How different when the train is well lighted. Everybody looks ten times happier, and one imagines any amount of pleasant thoughts go to the credit of the considerate railway company.

### Dismal Waiting-Rooms.

WHAT a transformation would be effected in the waiting-rooms if decently lighted up! At the present time nobody uses them unless absolutely obliged to, and a gloomier, more depressing mental atmosphere it would be hard to find, except in the equally dismal railway compartment. The accompanying rough sketch does not begin to do justice to the typical waiting-room—cold, cheerless, uninviting, studiously uncomfortable. A very decent table, but no chairs anywhere near it; the benches, where people must sit, as far away as possible from the light. Some passengers awkwardly leaning over the table where the light is dim enough; others straining their eyes to catch a few words from their positions on the benches. All uncomfortably cold.

### More Warmth.

MORE light! What a boon it would prove to the travelling public! Yes, and more warmth. Surely a man travelling

on an English railway ought not to feel as if he were on his way to the North Pole, only very inadequately dressed for the occasion. There can be no doubt that hundreds of bad colds and incipient consumptions date from being thoroughly chilled in one of these trying railway journeys. For the weak and aged, travelling under such conditions is fraught with

### What Can Be Done?

WHAT can be done? For better lighting and warming we shall have to look to the railway directors. It is to be hoped that they will give a matter which concerns the comfort of such a large portion of the travelling public their prompt attention. As for ventilation, it is no doubt



THE TYPICAL RAILWAY WAITING-ROOM.

great danger; to the young and strong it must be a very disagreeable necessity.

### More Fresh Air.

WITH carriages comfortably warmed there would be some fair prospect of having them properly ventilated, for there would not then be an almost universal tendency to keep windows and ventilators tightly closed. Under present conditions the atmosphere in a crowded compartment is fairly reeking with filth and germs—intolerable to sensitive nostrils, deadly to weak lungs, and a disgrace to our twentieth century civilization.

unpleasant to be singular; but there should be somebody in a crowded compartment who would have a sufficient development of the fresh air conscience to insist at least in having the ventilators open. Foul air is even more dangerous than cold, and the wholesale poisoning to which we are now subjected in crowded railway compartments, and to a less extent in public halls, is doubtless a chief cause of the prevalence of consumption.

NEXT month's GOOD HEALTH will contain articles on The Food Question, "Anæmia: Its Causes and Treatment," "The Nervous Dyspeptic," "Diet and Work," "Good Things to Eat," etc.

## HOW TO AVOID COLDS.

To avoid colds one must cultivate an active outdoor life and abstemious habits. Breathe plenty of fresh air, and breathe deeply. Avoid sedentary habits. Be active. Engage in manual labour or physical exercises daily. The woodman working out-of-doors in the coldest weather does not take colds. He is immune because of the pure, fresh air that he breathes and his muscular work.

Coddling is a sure means of inviting colds. Hovering over the fire-grate in the



Cold friction, given briskly with a bath mit repeatedly dipped in cold water, followed by drying with a towel, is an excellent means of improving the circulation, and thus warding off colds.

close, foul air of an ill-ventilated room is another means of bringing on a cold. One need not toast oneself over the fire in order to keep warm. A brisk walk will soon stir the sluggish blood stream and quicken the circulation, sending the warmth tingling into the very finger tips.

When cold, attend to the internal fires. What sort of fuel are you providing them? Is it rich in heat-producing properties? or will it merely tickle the palate?

The efficiency of a fire depends on the quality of the fuel and the draught. What we call food is the fuel of the human

engine, and breathing fresh air supplies the draught.

### Cold Hands.

If your hands and feet are cold most of the time, if you shiver with cold chills, if you have difficulty in keeping comfortably warm, it is because your internal fires are smothered, and so fail to supply you with sufficient heat. Poor food has been supplied, or you have failed to provide sufficient fresh air.

Therefore, the solution of the problem, is simple: Take only plain, wholesome, but nourishing food, food that will make good fuel, such as fruit of all kinds, both fresh and stewed, nuts and nut preparations, grains and breads, vegetables, and the dairy products; and exercise daily in the fresh air, have your rooms well ventilated, that is, supplied with fresh air day and night.

Dress equably, and sufficient to keep you warm. Wear warm boots with thick soles (ladies too). Avoid damp beds as you would the plague. Protect yourself in a reasonable way from cold and wet and storm. Shun overheated rooms. Be active, and live a simple, natural, wholesome life. Lastly, keep the skin active by some kind of a daily cold bath. A. B. O.

## THE WINTER WALK.

WINTER is really the best time of the year for walking. The colder temperature makes exertion delightful, and to the observant eye there is no lack of interest in the landscape. The deciduous trees show their beautiful branch arrangement, and the evergreens stand erect in their robes of deepest green; hillside and meadow and winding stream wear a different aspect than in summer, and their various attractions may be studied from a new point of view, while in sheltered places belated flowers may be found. The bramble always has some some green leaves, the furze will show a few bright golden blossoms almost any month, and the ivy is never prettier than in the soft, genial sunlight of a winter day.

When the weather is thoroughly cold, and earth has donned its snowy robes, a

walk in the crisp, clear air is a veritable fountain of health. There is nothing like it to paint roses on the cheeks. And how much more delightful are the joys of the fireside, after one has tasted the sweets of a brisk walk out-of-doors!

In wet weather walking is no less pleasant, providing one is properly dressed, which means in clothes that will not be injured by a good soaking. It is an ex-

... If one has been a lotus-eater all the summer he must turn gravel-eater in the fall and winter. Those who have tried it know that gravel possesses an equal though an opposite charm. It spurs to action. The foot tastes it and henceforth rests not. The joy of moving and surmounting, of attrition and progression, the thirst for space, for miles and leagues of distance, for sights and prospects, to cross moun-



A MORNING CONSTITUTIONAL.

cellent plan to keep a suit of old clothes for taking walks in the rain. O] 1122

At such times one usually finds it convenient to stick pretty closely to the road to avoid mud, but this need not spoil the walk. There is real joy in reeling off the miles along the open road. Says Burroughs: "I sing of the sweetness of gravel, good, sharp quartz-grit. It is the proper condiment for the sterner seasons, and many a human gizzard would be cured of half its ills by a suitable allowance daily of it.

tains and thread rivers, and defy frost, heat, snow, danger, difficulties, seizes it; and from that day forth its possessor is enrolled in the noble army of walkers."

—♦—

FROM toil he wins his spirits light,  
From busy day the peaceful night;  
Rich, from the very want of wealth,  
In heaven's best treasures, peace and health.

—Thomas Gray.

## IS VEGETARIANISM A MISTAKE?

BY M. ELLSWORTH OLSEN.

"Is Vegetarianism a Mistake?" asks one of the daily newspapers, and goes on to present some startling theories about "poison foods" set forth by an American physician. It is quite true that certain foods of vegetarian origin contain elements which make them disagree with some persons; but this is no sufficient reason for expressing grave doubts as to whether man can live on a natural dietary composed of the fruits of the earth.

Dr. Woods Hutchinson, the writer referred to, is careful to mention the vegetable foods which contain very slight traces of xanthian products, but he finds it convenient to ignore the fact that these products are present in very much larger proportion in flesh meats, which contain in addition other organic waste matters and impurities, and are furthermore subject to numerous disease conditions. Needless to say, if the Doctor were making a serious contribution to the subject of dietetics, he would not vitiate his argument by such unfair methods.

Generally recognized authorities on the subject of diet, such as the late Sir Henry Thompson, and Dr. Robert Hutchinson, the author of "Food and Dietetics," have very unanimously taken the ground that a natural diet is perfectly compatible with the full development and maintenance of the bodily powers, and have furthermore recognized that such foods as fruits, cereals, nuts, and vegetables are in general open to fewer objections on the score of impure and toxic products than are flesh foods.

It may be further said that if there were anything at all in Dr. Hutchinson's poison theory, some of the medical men and others who have been advocating the claims of a flesh diet in the newspapers during the last few months, would not have been slow to make the most of it, but they have

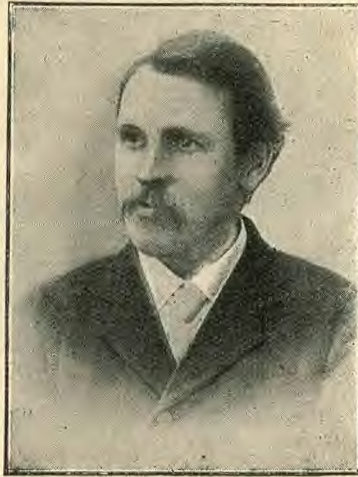
shown better judgment. They have for the most part followed the more serviceable but rather threadworn argument that inasmuch as our fathers and our grandfathers ate meat, *ergo* we ought to do the same; and old English beef and good beer are necessary if this nation is to continue to be the breeding place of men of genius.

Sir James Crichton-Browne, the most distinguished medical man who has taken part in the discussion of this subject, seems to have formed the idea that vegetarians uniformly starve themselves, and for fear lest this mania for empty stomachs should spread, he enters the lists in behalf of the roast beef and plum pudding without which England would not know how to celebrate Christmas.

It is passing strange that refraining from flesh meats should be regarded as such a deprivation when our markets teem with luscious fruits and vegetables galore, and bread, even after the recent rise in price, is still ever so much cheaper than meat. No, the advo-

cates of a rational diet do not believe in starvation; nothing of the kind. Vegetarians as such may eat as much and as many meals a day and as much at a meal as meat-eaters; but as a general rule, because the natural diet is so much more sustaining, they find three meals ample, and one of these is usually a light one. In thus reducing the number of meals, they are following the custom of the ancient Greeks, who ate but two regular meals daily at the time when they were developing those beautifully proportioned bodies which, perpetuated in their art, have been the admiration of the world ever since.

"The number of vegetarians is not likely to decrease," is the comment of a newspaper anent the recent meetings in Manchester celebrating the Diamond Ju-



ALBERT BROADBENT, F.S.S.



bilee of the Vegetarian Society. We think it is a safe prophecy. Indeed, judging from the experience of the last few years, the cult is very rapidly increasing, and it is coming to be almost a commonplace remark that we eat altogether too much meat.

We could wish that Sir James Crichton-Browne had been present at this Diamond Jubilee celebration. He would have seen some very fine specimens of English gentlemen whose fresh complexions and generally youthful appearance made it hard to believe that their ages ran from seventy to eighty-five. Professor E. B. Mayor, the venerable president, is in his eighty-fourth year, and has been doing without the sirloin ever since he came of age and had the opportunity to choose his own food. He certainly has not suffered from the privation. He looks well-fed, and his remarks from the chair were by no means lacking in vigour and animation. Dr. W. E. A. Axon, the honorary secretary, is a few years younger, and looks as if he also enjoyed good health, while Mr. William Harrison, the honorary treasurer, fairly bubbles over with boyish vigour, though he has exceeded by some four years the allotted three and ten. There were ladies present whose fine complexions had a very genuine look.

The delegates from abroad included Mr. A. Procharoff, a tall, broad-shouldered gentleman from Russia; Mr. D. deClercq, the genial and convincingly healthy-looking president of the Holland Vegetarian Society, and Mr. Fellenberg-Egli, proprietor of a large food-reform hydro in Switzerland, who has thrived on natural foods for twenty years, and is not longing to return to the flesh-pots.

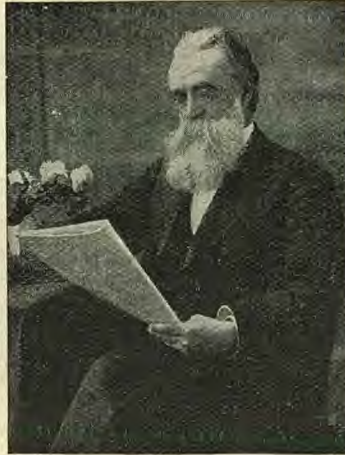
We should like to say more about this interesting gathering if space permitted. It was certainly shown that the oldest vegetarian society in the world is not in the least lacking in youthful vigour, and

we extend our hearty congratulations to the secretary, Mr. Albert Broadbent, whose untiring energy, no less than his healthy appearance, speaks well for the diet of whose virtues he is such an able exponent.

Judging by the experience of the veterans connected with this movement, we believe the question, "Is Vegetarianism A Mistake?" must be answered emphatically in the negative. This is also, we may add, the opinion of a large and growing number of GOOD HEALTH readers.

As Dr. Axon admirably put it in the closing paragraph of his report:—

The forces of the future are on the side of vegetarianism. Education is making steady progress, and is preparing the minds of the coming generations for the reception of the truths of science. Science endorses the claim of vegetarianism. This is a powerful agency on our side. The world is ready to listen to our teaching, and is more willing to test it in practice than ever it was before. In the advance of vegetarianism we see not a mere culinary change, but progress in health, in peace, in plenty, in kindly feeling. We see in it an aid to national prosperity and international peace. It is a part of the working of that spirit of love which is not hemmed in by city walls, or by the bulwarks of the nations; which knows no distinction of race or colour, and which has compassion on all innocent creatures on whom the gift of



W. E. A. AXON, LL.D.

life has been bestowed.

### Advice to Young Men.

YOUNG men, make of the fields and the "gym" your public-house, and stand at Nature's "bar" as long as you will, quaffing deep goblets of oxygen and delight. A day in Epping Forest or on the bleak uplands of Dartmoor is worth to your health and good spirits a thousand whiskies and sodas; and a cycle ride before breakfast, or a tramp through the Wordsworth country, or a splash in a County Council swimming bath, is equivalent in exhilaration to all the B. and S's. ever drunk, and a million times cheaper.—*Editor of the Young Man.*

## GOOD CIRCULATION THE KEystone OF HEALTH.

BY WILLIAM M. SCOTT.

IN order to have good health, we must have good blood and a full and unrestricted flow of the "life current" through every organ and tissue. Perfect health requires a perfect circulation. Without this, the metabolism, or that process of body-building, carrying off waste products, and repairing of tissue which is constantly going on in the body, cannot be carried out in a complete and perfect manner. The more perfect the circulation, the better will all the life functions be accomplished. Therefore, the aim of this department in "Good Health" will be to give instruction regarding means by which

a good, healthy circulation may be established, rather than to emulate those "systems" which set forth huge, ungainly muscles as an enticement to the unwary health-seeker. We do not require the development of a Sandow to make us

happier or to enable us to fulfil "the daily round, the common task." For the majority of people such development would be abnormal and in the way. Fitness and capacity for continuous application, in one word, endurance, is what we want to enable us to bear life's burdens with a smile. Besides exercise, in the restricted sense of bodily movements with the sole object of exercising the parts brought into action, we will endeavour to

deal with other factors and conditions which affect the circulation, such as *respiration*, showing the importance of good lung development, the call for a constant supply of pure air, etc; *bathing or cleanliness*, external and internal; *agility* versus *strength*; *correct bearing* at work or play;

*rest and relaxation*; *cheerfulness*, etc. We shall be glad to have the co-operation and help of our readers by their sending us suggestions or descriptive exercises which they may have found helpful to themselves. We hope you have found the special exercises for cold hands and

feet, given in the Christmas number, interesting and helpful, and are following them regularly.

By placing respiration in the first place, we would seek to impress its importance upon all who read this magazine. Some authorities on physical culture advise taking deep-breathing movements at the commencement of each drill, but we incline to differ. Let anyone who has just got up in the morning, or has otherwise been in an inactive state, try to take a few deep

**\*DIRECTIONS FOR EXERCISES.**—Bend the arms smartly at the elbows, until the finger tips touch the head of the humerus, forcing the elbows well downward and backward, close to the sides. Then shoot the arms straight over head, width of shoulders apart. Return to first position. Similarly thrust the arms forward, downward, and to the sides, each time returning to the first position. Should be done with vigour. Excellent for chest expansion.



FIRST POSITION.\*



SECOND POSITION.\*

respiratory movements. He will find it more or less of a strain, and difficult to perform in an easy, unrestricted fashion. Now stand before the well-opened window, and make a few movements with the arms, such as circling at the shoulder-joint (arms reaching straight out at each side, describing circles with finger tips, the movement being

a little more air while you hold the arms at full stretch overhead; now exhale slowly and completely as you bring them outwards and downwards to the sides. This is an excellent exercise for expanding the chest, developing the shoulder muscles, and purifying the blood. It should be taken ten or fifteen times every morning.



CORRECT.



INCORRECT.

Parents should instruct their children of school age as to the importance of maintaining an upright position while engaged in study. Many boys and girls acquire spinal curvature, or at least flat, poorly developed chests, because of wrong sitting positions while at school. Always keep a position which encourages full expansion of the chest.

from the shoulder), and note the difference—a call has been made for deep breathing, the body is hungry for air. We would therefore advise some light, easy motions of the arms, or a brisk walk out-of-doors or round the room, before commencing the first breathing exercise. Then try the following: take a deep, full inhalation, while raising the arms (straight at elbows) sidewise and upwards, reaching well out with the finger tips; endeavour to take in

### What the "Grip" Is.

ASKED what made him look so ill, an Irishman replied, "Faith, I had the grip last winter." To draw him out, the questioner asked, "What is the grip, Patrick?"

"The grip!" he says. "Don't you know what the grip is? It's a disease that makes you sick six months after you get well."—*Ladies' Home Journal*.

## Our Serial Story.

### A WEIGHTY CONSIDERATION.

BY JESSIE ROGERS.

THE fates are not perennially unkind, they seem to have gracious seasons, like flesh-and-blood mortals, during which they happily correlate day and desire in a most gratifying manner. And so it was that that intolerably hot day should also be a bank-holiday. Now why it should be that banks should be credited, and consequently blessed, for these holidays has never been clear to me, unless, as in the manner of most honours, it mostly falls where there is the most money! Anyway, it was a holiday, and it was hot, a happier coincidence hardly to be thought of. We who work in the banks and the offices and the multitude of counting houses in the breathless city know how to appreciate these "off-days," be assured.

Our boarding-house is a cosmopolitan affair, and we are, without doubt, a mixed multitude in the matter of crafts; but we have hung together, so to speak, through three consecutive years, the bond of union being strongly cemented by Mrs. Simmer's unequalled home-made bread, and untainted butter, for our landlady has learned from an unbelievable number of years' experience in feeding the public that the thing that holds "boarders," even when the extras fail, is the unquestionable moral character of these two commodities. So we stay, even though the bedrooms are diminutive, and the parlour has plush chairs!

The day before each holiday really stands for at least two days' effort, which leaves one in a sort of limp, unstarched condition, so that the quality of the subsequent holiday is really somewhat questionable. But there are compensations; there is freedom from the necessity of catching the eight o'clock train; there is the consequential feeling of luxury in taking our morning paper from the hand of the newsboy, instead of pulling its crumpled bulk from our door knob at night. Some crumbs of

news fall to one's lot during the day, of course. There are the lax periods when one sits with pen suspended, while one's employer, after the usual "Dear Sir:—Your's-of-recent-date-received" turns to find what it is all about. At such periods, I say, one may legitimately catch "an eyeful" of the news of the world from the out-spread page on the opposite desk. But the method is not wholly satisfactory. One has a yearning for one's own paper.

Teddy Ryan, the handsome Irishman who is a clerk at "The Standard," came back disconsolately that morning from the reconnoitering expedition on which he had been sent, and reported that "the parks are sweltering hot—absolutely insufferable, ditto the museums, ditto the libraries, ditto the—"

"But the sea, man, the beach, that's the natural element of mankind on a day like this," shouted Bert Ames, from the bathroom on the second floor, whence came the sound of such vigorous splashing that it was not far to find the source of his happy thought. "The sea, the sea," we all chanted in well-timed chorus, and we scurried hastily to higher planes of living to discard languorous wrappers and don stout boots and short skirts, broad hats and thick gloves, while each member of the party which presently gathered upon the veranda carried under a firmly gripping arm a small, compact bundle which might contain anything not larger than a bathing suit.

Just as we were starting, Mrs. Simmer came rushing through the hall to say that her husband's second cousin (by marriage, she explained) had just come over from Thirty-Second Street as the first relay of luncheon orders had poured into the kitchen. She said the lady was a perfect enthusiast about picnics and out-door life, and had

made instant request to be permitted to join our party.

We exchanged glances which might have meant many things, for the day was too hot to waste vitality in entertaining strangers, but Mrs. Simmer somehow seemed anxious about it, and she had claims upon us—we could each well remember carefully preserved late dinners, and motherly ministrations of hot water bags and ginger tea when we came home through unexpected storms. So we said with great fervency that we should be delighted to have the lady with us, and Sammy Thompson (night clerk at the "Royal") wittily remarked that "the more the merrier," though it is but fair to say that this trenchant and original thought was hazarded before he knew just how much more, for at that moment the lady herself loomed up behind tiny, attenuated Mrs. Simmer. I say "loomed," for I have noticed that that is the word tourists always use in describing serried mountain ranges, and in all truth, dear little Mrs. Simmer looked like nothing in the world so much as a modest, pleasant little foothill at the base of an imposing mountain.

"Six foot by three, rectangular measurement," muttered Tom Rowe, scaler at Warren's Lumber Yards.

"I am so glad I happened to come over to Lucinda's this morning," she gushed; "it happens that in all these years I've never had the pleasure of being over when her family were all at home," and she laughed immoderately at her wit. (Now we'd lived three consecutive summers with modest little Mrs. Simmer, without being made aware of her Christian name, nor had we at all suspected that we were her "family.") There is a certain reserve about this landlady which attracts those who care somewhat for privacy and freedom; perhaps this fact has made for stability of residence with most of us as much as the quality of her bread and butter.

"I'm a regular enthusiast about outdoor life, and the society of young people," she said, cordially, "and I do not mind in the least the frivolity and lamb-like exuberance of their movements. It keeps one young, fresh, and athletic to be oft in the society of the immature, a sort of

measure by which one may legitimately reckon one's—"

"Do you feel lamb-like?" whispered Katie Harding, solicitously. (Katie is first glove hand at Turner's.) "Well naturally *you* should, since you deal daily in kids" said I, grimly; "may I ask if you meet the requirement of being immature?" (Katie is twenty-five, and supports her father and his family because he was born tired.)—"And never do I seek to curb the spontaneity of their joyful spirits," the voice babbled on. Oh, clearly Mrs. Favro was not going to be hard to entertain. But the effort to talk and walk simultaneously, was hard upon her; however, the tram was only a block away from the door.

All went well while the course of travel kept to the tram lines, where by the dexterous and concerted labours of two conductors she was hoisted on or gently dragged off trams. But we were bound for the "open sea," and the region of such artificial things as trams was soon abandoned. Then our woes began. In some unaccountable manner she had acquired a heavy knitted shawl, a sunshade, two baskets and a handbag. One by one she was relieved of these impedimenta, but fretted unceasingly about the hardness of the way, when suddenly the guide of the party, he of the early bath-tub, took to a cross-cut path which led down to a path almost perpendicular to the beach, at the sight of which the lady promptly sat flat down, and lifted up her voice in most emphatic protest. (*Concluded next month.*)

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### SCIENTIFIC PHYSICAL CULTURE.

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

## NEW-FASHIONED GIRLS.

BY MRS. EULALIA S. RICHARDS, M.D.

THERE seems to be growing up about us a generation of new-fashioned girls—girls who are transformed from wee lassies into women almost "while you wait."

From their earliest days they are urged onward toward womanhood. Their mental education is pushed to the neglect of their physical training. It is no uncommon thing to see girls ranging from eleven to fourteen years of age poring over French grammar or Latin translations. They are burdened with "home studies" night after night. Then besides their regular education there are the accomplishments—the piano, or perhaps the violin, with several hours' practice daily. Yes, and social obligations. Little girls scarcely old enough to go to school attend parties, matinees, and other social gatherings, being dressed so elaborately on these occasions that they remind one more of fashion plate figures than of real, flesh and blood girls.

If the girl has any leisure time after meeting all the foregoing obligations, she usually spends it in reading. And what class of books does *she* (not her mother) select? Not simple, childish tales nor standard works of real worth, but most often cheap novels and romances which tend to give her false notions of life.

The girl is so absorbed in all of these things that she has little or no time for that domestic training once considered of more value to girls than book learning. The work in her home is either done by servants or by her longsuffering mother, who excuses her daughter's lack of interest in home affairs on the ground that her education demands all of her time and thought.

What is the result of this system of training?—Girls who are *educated*, but educated for what? For home-making with its domestic duties, for motherhood with its thousand cares?—No, certainly not. The result is girls (if they survive the process of training) who can play on the piano, sing, paint, speak French, but who could not if their lives depended on it bake a good loaf of bread, make a frock, or even neatly darn a sock.

There are many who openly admire



CHRISTMAS AT THE CATERHAM SANITARIUM.

these new-fashioned girls, but who, down deep in their hearts, cherish a longing for the return of the old-fashioned girls—the girls who, though perhaps not so brilliant as their sisters, always shed brightness in the home, the girls who, though not so well versed in Latin or French, are well versed in the simple arts of home-making. It is all a matter of education and training. Girls cannot be expected to make good wives and mothers unless from earliest childhood they are taught by precept and example the science and art of home-making. Sensible mothers will encourage their little daughters to share the responsibilities of the home. They will patiently and lovingly teach them all that is to be

known about the proper care of the house, the preparation of wholesome and palatable food, and the making of their own garments.

This instruction will all be given in such a way as to be a pleasure, not a burden, to the little housekeepers. They will be shown exactly how a thing should be done, then encouraged when they fail, or commended when they succeed. Proper recreation will be alternated with work, as "all work and no play" seems to result as unsatisfactorily for his sister as for Jack.

The writer is acquainted with a family of girls who are now in homes of their own, and real, old-fashioned housewives they are. Besides attending to the ordinary household duties, these young women do all of their own sewing, from the simplest undergarment to their smartest frocks. "How did you learn to cut and fit and finish so nicely?" was asked. "Oh, we learned it all through dressing our dolls,

when little girls at home," they replied. Their mother was one of those wise teachers who knew how to make her teaching attractive. Each little daughter was given a work-basket, completely furnished, also dainty materials which she was free to use as she wished. With their mother's help and suggestion, these girls learned to make all sorts of pretty things for their dolls. Then gradually, little by little, they were encouraged to make simple garments for themselves, and then the more complicated ones, until finally they were able to fashion all of their own clothing, and they gloried in it.

Every woman who is the mother of daughters should feel it a sacred responsibility to give them in addition to what is commonly called a "good education," such a training in domestic sciences as will fit them for the duties of wifehood and motherhood. Daughters thus trained will one day rise up and call their mothers blessed.

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

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

### Some Legal Regulations.

A PERSON suffering from any dangerous infectious disorder must not expose himself without proper precautions in any public place—street, public conveyance, shop, or hotel. If a public conveyance, such as a cab, has to be used by the sufferer, the driver must be duly informed, and if he agrees to carry the patient, he is entitled to be remunerated for the cost of disinfecting the vehicle and for the loss of time incurred.

Do not lend, sell, or in any way expose any of the bedding used in an infectious case, or any other thing which has been liable to infection, unless previously disinfected. The maximum penalty in each event is £5.

No one must knowingly let any house, room, or part of a house, in which there

has been an infectious case, without having the same and all things therein properly disinfected to the approval of a medical practitioner, who should give a certificate to that effect. If a case has existed within the previous six weeks, a false answer to a would-be tenant renders the delinquent liable to a fine of £20, or imprisonment for two months.

Officers of the local sanitary authority—usually the medical officer of health or sanitary inspector—must be admitted to the house where a sufferer lies. They will generally be found most willing to give advice in the matter.

If a patient succumbs to an infectious disease in a hospital, the body is only to be removed for immediate burial if the medical officer or a registered medical practitioner certifies that such action is desirable to prevent risk of communicating infection.

In many districts the local sanitary authority issues a printed pamphlet giving

\* Other articles dealing with this subject have appeared in the July, September, and November (1907) numbers of GOOD HEALTH.

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

useful information for the guidance of householders where a sufferer from an infectious disease is treated at home. This information is chiefly of a precautionary character.

All foods, including milk, should be stored in a proper larder, cellar, or safe, in a suitable situation. Cooked foods should be kept covered with wire covers as a protection against flies, which are at all times most dangerous as the carriers of many disease germs. Milk should be boiled for five or more minutes, or sterilized. One would do well always to remember it is a potent factor in the spread of typhoid fever, and may have caused the case in question; indeed, if there happen to be several in the immediate neighbourhood, particularly if the houses are served by the same milk dealer, it will be the duty of the sanitary officer to make stringent inquiries, with a view to prohibiting a supply of milk from that source.

Water, too, may be similarly dangerous, more especially in country districts; but towns are not necessarily immune, as witness the epidemics of typhoid fever at Maidstone, Gloucester, and Lincoln, all within recent years. Therefore it is well always to boil all drinking-water, or to distil it by means of a domestic still.

The patient ought not to come amongst other persons until after the expiration of the following periods, depending upon the nature of the complaint:—

Smallpox and chickenpox—when scabs have fallen off and the sores have healed.

Scarlet fever—six weeks from the breaking out of the rash, provided the peeling has stopped, and there is no sore throat.

Diphtheria—if there is no discharge from ears, nose, eyes, or throat, etc., three weeks after convalescence.

Measles and German measles—if the

cough and peeling have ceased, also discharge from ears, eyes, nose, or throat, etc., three weeks from the date of the rash in former, and two to three weeks in the latter complaint.

Whooping-cough—if the spasmodic cough and whoop have ceased, six weeks from the commencement of the whoop.

A mild case is as infectious as a serious one.

### A New Hydropathic in South Africa.

READERS of GOOD HEALTH in South Africa will be interested to learn of the starting of a new institution for the rational treatment of the sick at Bellair, near Durban. The hydropathic is housed in two buildings occupying a beautiful site in the environs of Bellair, and commanding very fine views of the surrounding country. The work is in the charge of Mr. and Mrs. Baumann, the latter having had a thorough course of training at the Caterham Sanitarium. The treatment facilities allow of the application of a fair number of the most important remedies which have been found useful, and will doubtless be enlarged as the institution grows. There is bedroom accommodation for a dozen in-patients.

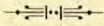
The accompanying illustrations will give some idea of the buildings, though not of the grounds, which cover several acres. Mr. and Mrs. Baumann expect to





conduct the institution in harmony with the principles advocated by GOOD HEALTH, and we wish them every success in the enterprise. A hydropathic run on these lines should do much not only to cure the sick, but to spread abroad a knowledge of health laws, obedience to which is the best of all safeguards against disease.

It is a pleasure to say in this connexion that the Plumstead Sanitarium, located at Claremont, Cape Colony, is enjoying a large patronage; in fact finds it difficult to provide accommodation for its guests. Evidently the Sanitarium method of treatment is winning favour in the Colonies as well as in Great Britain.



### Health Reform at Eighty-Five.

WHEN the principles of health reform are advocated, the objection is sometimes raised that old people cannot change their diet without running the risk of losing their health. This is undoubtedly a fallacy. I have myself observed a considerable number of persons past sixty years of age who have made the change to their great advantage.

A letter from a former patient at the Caterham Sanitarium contains the following interesting experience:—

I should like to tell you that I have made a convert to health reform of a lady eighty-five years of age. She is the mother-in-law of my landlady, and has been staying here on a visit.

About a fortnight ago she was taken ill with diarrhoea and vomiting, with severe pain. Of course, all the usual remedies were resorted to—brandy, tea, beef-tea, etc.—and, of course, she became worse; and in desperation my landlady asked me if there was anything I might suggest that would

relieve the old lady. I at once gave an enema, told them to give the sufferer nothing but hot water to drink, and as hot fomentations could not readily be obtained, I applied hot water bottles.

I was not quite sure if this was the right treatment, but anyway after a day or two the attack got milder, and when the patient could keep anything down, I gave her gluten gruel, made with water for a few days, and later with milk. She rapidly improved, and since the attack has touched no meat or animal food, and has given up tea and alcoholic drinks.

I wish you could see the old lady. She is quite a picture, and as lively and active as a young girl. She calls me her doctor, and says she is sure I was sent here to teach her how to live. But really, it is wonderful how such an old lady (for-



merly a very hearty eater) has gone in for the simplest diet, and what an immense amount of common sense and intelligence she has displayed in so doing. She says she feels better and sleeps better than ever before in her life.

She is leaving to-morrow, and has provided herself with supplies of health foods, for she declares she will never go back to the use of flesh foods.

We know of no better endorsement of the principles of healthful diet than that furnished in this case. It must be borne in mind that the writer was only a patient at the Sanitarium, and not a trained nurse.

We trust that all those who learn of the better system of living will make known its advantages to their friends and neighbours, and thus assist in spreading the gospel of health.

A. B. O.

## WHEN DICK SIGNED THE PLEDGE.

JOHN B. GOUGH, the famous temperance orator, could usually secure the undivided interest of his audience at the very start, and hold the people spell-bound till the close; but he once stood before an audience of 800 miners who seemed absolutely indifferent to his most earnest appeals. To use his own words, "You could not move them to laughter, or tears, or anything else. There they sat, as much as to say, what are you going to do next?"

As the speaker sat down disappointed the chairman said to him: "Mr. Gough, if you have no objection I should like to ask a man to come forward on this platform. You think these people have no enthusiasm; but you will see they have. There is a man here who cannot read or write, but who preaches wonderfully, and many go to hear him. If you have no objection, I will call him to the front."

Up he came, in fustian jacket and corduroy trousers, fresh from the mine, with but a hasty toilet, and looking every inch a working-man. This is how he began:—

"How do ye do, lads? The gentleman asked me to come on to the platform because he thought you would like to have a look at me, and I have come so that you may look at me. I have no objection; you may look at me. Don't you see how fat I am getting? I doesn't drink no beer either, like you. Look at me. I bean't ashamed. My elbows bean't sticking out of my jacket, and my toes bean't sticking out of my boots. And I will tell you, I have got a clean shirt on, and I gets one once a week; and by the looks of some of you, you don't get one once a week. You may look at me if you like. I bean't ashamed if you do. I say, lads, I have made a change. I have changed beer for bread, and brandy for beef, and I have changed gin for good clothes. They are pretty good ones though they be short-skirted, and I have changed rum for a happy wife and a comfortable home. My wife does not lie no longer on a lot of rotten rags, and my children don't run no more in the streets, learning devils' tricks.

"I have made a change. I will tell you what I did the first night, when I put my name on the Temperance pledge. I went

home and told my missis, and that brightened her up a bit. Then I took my children out of the gutter. Then I got out of the den I was living in and took a house—a two-roomed house. I am a house-keeper now. My children goes to school, and I pays a penny a week for each of them, and they are going to be better educated than their father was; and then I thought I was going to cut a dash, and I did; but I'll never do it again. I got a black pair of trousers, a canary-coloured waistcoat and a jacket to match, and then I got a stiff hat, and I'll be blowed if it wasn't a stiff'un; and then I strutted up and down, and when the people that knowed me afore seed me, blowed if they were not putrified every one of them.

"Now, look here, I don't want none of your hollering; I want to make this here speech—what some of the learned gentlemen call—a practical speech. There's Dick over there. Go it Dick. He bobbed his head down when I said Dick! Everybody knows Dick. He has just the hand of a man, and the heart of a woman. Dick! Everybody knows Dick. Why, he would share his last crust with a brother pitman, and lend his tools to his brother workman, if he knowed he'd pawn them the next day. Dick knows it. He is an honest, big-hearted man. But why did Dick bob his head down when I said Dick? Dick my lad, you knows me, and I knows you, I want to ask you a question. Do you remember that bitter November night, when the wind was driving the sleet through the thick clothes of a man, and you sent your little girl out, and she had but one garment, and that was hanging about her bare legs, and you sent her with a blacking-bottle, and she could hardly stand and put the blacking bottle on the counter, and you sent her with a silver sixpence for gin; and there was your half-starving wife lying on the floor, with a new-born babe wailing at her side? Ah Dick, that was bad. I say bad, was it Dick did it that night? No, it was the cursed drink. Down with the drink and up with the man! That's my motto.

"And there's Tom there, just like Dick. Tom bobbed his head down when I said

Tom. Ah Tom, he's just such another as Dick. Everybody knows him. I want to ask you a question, Tom, What did you promise the lassie, when you took her away from her mother's home? Did not you promise to love her, and cherish her, and protect her? Have you done it, Tom? Who gied her two black eyes three weeks since? Who thrust her down-stairs, and tore the flesh from wrist to elbow, and she covered the place over with her apron, and told people lies to shield you? Ah, that's bad lads. Was it Tom that struck a woman? Was it Tom that threw his wife

### A Conscientious Nurse-Maid.

I WITNESSED on the street, a few days ago, a little scene that set me thinking. A nurse-maid was wheeling a perambulator in which was a baby, perhaps a year old, when two ladies stopped her.

"Is this Mrs.—'s baby?" one asked; and then a second later:—

"You dear little thing! I must kiss you."

She was about to kiss the baby when the maid interfered.

"Mrs.—has given me orders that *no* one may kiss Baby Helen when she is out-of-doors," she said.

The lady drew back indignantly.

"You may be sure," she said with a stare of haughty surprise, "That I shall not fail to report your impertinence to Mrs.—," and she swept on. The little maid looked after her with a troubled face, and as I passed the perambulator, I could not help saying:—

"I am sure baby's mother will be glad to know how care-

fully you carry out her orders. It is very hurtful for baby to be kissed so much, and by strangers."

"Yes, ma'am," she replied. This cold weather it chaps her little lips, and that lady had a cold blister on her lip anyway, and Mrs.— wouldn't kiss baby herself if she had one."—*Selected.*

"HE who marries a slovenly, dressy girl, and hopes to make her a good wife, might as well buy a goose and expect it to turn out a milk cow."

WOMEN carry in their feeble hands the destinies of society.—*Vinet.*



SOME HAPPY BOYS.

down the stairs? No, it was the cursed drink that did it. Down with the drink; and up with the man! That's my doctrine. I say, lads, do you want to smooth the wrinkles out of your wife's face, like you smooth out the wrinkles in a sheet with a smoothing-iron? I have! Put your name on the pledge: that will do it. I say, Dick! Dick is coming. Dick is coming! Tom! Tom! Tom! look here! Ah, that's right Tom! Now lads, follow a good example!" And fifty-eight men came tramp, tramp, tramp on the platform. They seized the pen as if it were a pen of iron and they were gravely writing their names into stone. The homely appeal had touched their hearts.

# A Page for Women.\*

Edited by Marie Blanche.

I WONDER how many good resolutions my readers will be making for the New Year. Scores, no doubt! What an excellent resolution it would be now if every woman who subscribes to GOOD HEALTH would determine to do something this year to improve her own personal appearance. Every one may do something in this direction; many of us could do a great deal. Somebody has written: "Little things on little wings take little souls to heaven," and certain it is that little resolutions faithfully kept, and little details conscientiously attended to, will soon increase the little to a large amount of personal charm.

I should like the readers of this page, which I have promised to conduct monthly, to take me into their confidence in all those little matters of the toilet which should rightly be of much importance to both maids and matrons, and I shall at all times be pleased to reply to any questions on the subject which they may send in to me. No charge, of course, will be made, but if an answer is required privately by post, a stamped, addressed envelope must be enclosed with the questions.

I should also like it to be clearly understood that I have pledged myself to recommend no quackery and no so-called "beauty doctor," and, moreover, I shall not advise any reader to use any given preparation or toilet article that I have not already used myself, and found absolutely effectual and harmless. The radiant beauty that comes from robust health and hygienic habits of living is the beauty we should all cultivate, and no self-respecting woman should ever allow herself to lean upon such false aids as chalk and rouge, for all "make-up" is quite clearly seen through by any ordinarily observant person, and generally the comments made thereon are charged with ridicule and contempt. Next month I propose discussing the subject of the complexion, the effect of health upon it, and the local treatment for improving it. This month I make some general remarks from

\*Letters referring to matters on this page should be addressed to Marie Blanche, c/o GOOD HEALTH, Caterham Valley, Surrey.

which my readers may take hints, and form therefrom good resolutions for the New Year.

It is exceedingly bad to live either day or night in a room that is without an open window. It is destructive of all beauty of expression to give way to either worry, fretfulness, or bad temper. I strongly recommend regular outdoor exercise, not five miles one day and one mile the next, but regular, systematic exercise, rain or shine. Nothing but absolute illness should be allowed to interfere with this rule of spending a given portion of the day in the open air. It is a good thing to make a kind of daily survey of your face in the looking-glass, judging it as much as possible with an open mind, and trying to see yourself as others see you. In this way you will learn to know what points are yours, which your best features, and what are the shortcomings that you can remedy or at any rate lessen. The hair, the eyes, the teeth, and the contour of the face all need special care, and it is not too much to say that they should be treated as delicate flowers, and their beauty and freshness dearly guarded against harm. The hair should not be roughly handled, but it should be carefully and thoroughly well brushed morning and evening. The teeth should be cleansed after each meal if possible; periodical visits should be paid to a reliable dentist, and his advice followed. The eyes should never be unduly tired; special exercises used will keep them big and strong, and if regularly used, these "eye drills" will strengthen the muscles and prevent sinking and shrinking such as one sees in old people. Of course, we are all of us bound to grow older, but we need not show it much if we are painstaking in toilet matters.

## Answers to Correspondents.

A.G.F.—No; I cannot recommend the preparation you name. If you will write to me again and give me details of what you stand in need of, I shall be pleased to advise you. State the condition of your skin, and tell me as much as you can about your general health and habits of living. Meanwhile read what is written above on the subject, and use rain water for washing your face.

**THE OUTDOOR CLUB.**

THE Outdoor Club has been organized to bring lovers of the open air in touch with one another. There are branches and quite a number of isolated members. The following is a partial list of the honorary secretaries:—

- North London: Mr. H. J. Stone, Avondale, Fallow Court Avenue, N. Finchley.
- Gillingham: Mr. Stanley Andrews, 49 College Avenue, Gillingham, Kent.
- Croydon: Miss Elsie Cole, 69 Leslie Grove, Croydon.
- Sunderland: Mr. E. H. Walker, 85 Dinsdale Avenue, Roker, Sunderland.
- Southend-on-Sea: Miss Amy K. Osborn, "Llanberis," Westcliffe Avenue, Southend-on-Sea.
- Birmingham: Mr. J. A. Morris, 92 Denbig St., Bordsleigh Green, Birmingham.
- Manchester: Mr. H. Julius Lunt, 27 Brazennose St., Manchester.
- Bradford: Mr. Rennie Foster, 7 The Exchange, Bank Street, Bradford.

Full particulars of the Club may be had by addressing the general secretary, Sunny View, Caterham Valley, Surrey.

**Appointments for January. Manchester.**

The Physical Health Culture Society.

- Jan. 7th: Social evening, 7 p.m.
  - Jan. 11th: Walk, 2.30 p.m.
  - Jan. 21st: "Cereals: Their Healthfulness and Food Value." Mr. Albert Broadbent. 8 p.m.
- Meet at 207 Deansgate. Physical Drill Class on Thursday evenings at 8 o'clock. Monthly Journal, GOOD HEALTH. Library open daily at 27 Brazennose Street. Inclusive subscription, 2/6. Have you joined?

**Birmingham.**

Natural Health Society.

- Jan. 3rd: Monthly Good Health Night. Address by Dr. Bryce.
  - Jan. 15th: Debate.—"Does Environment Mould the Character?"
  - Jan. 22nd: Lecture.—"Moral Education for Children." By Mr. N. Caddick.
  - Jan. 29th: Social evening.
- For further particulars address Mr. Morris, in foregoing list of secretaries.

**HULL HEALTH FOOD STORES,**

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**POSTAL TUITION.**

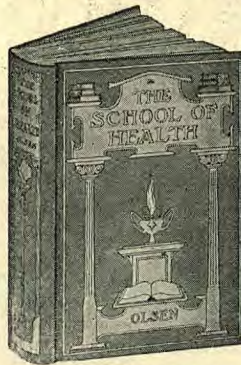
PROF. HARRIS-BICKFORD'S "Leading Lines."

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- Dept. VI.—**MENTAL DEVELOPMENT: What to Read.** Three months' systematic supervision and advice. **10s. 6d.** Send full particulars re mental inclinations, aims, present occupation, books already read, etc., together with Free Library (or other) Catalogue.

For full prospectus dealing with all departments, except Dept. VI, which is here complete in detail, address, enclosing stamped envelope, PROF. HARRIS-BICKFORD, REDRUTH. Mention "Good Health."  
\* \* \* Himself a writer, Prof. Harris-Bickford has contributed matter of various kinds to over a hundred journals, English, American, Australasian, etc.

**Common Diseases and Their Treatment.**



THE new book, "School of Health," by the editors of GOOD HEALTH, takes up in order all the most common diseases, gives their characteristic symptoms, and full instructions for treatment. Following are some of the diseases considered in this important section:—

**Respiratory Diseases.**

Common Cold,

Acute Sore Throat, Laryngitis, Influenza, Asthma, Pleurisy, Bronchitis, Winter Cough, Pneumonia, Pulmonary Tuberculosis.

**Diseases of the Heart and Circulatory System.**

Functional Disease of the Heart, Fatty Degeneration, Organic Heart Disease, Hardening of the Arteries, Apoplexy.

**Diseases of the Digestive Organs.**

Acute Gastric Catarrh, Nervous Dyspepsia, Atonic Dyspepsia, Dilatation and Prolapse of the Stomach, Ulcer of the Stomach, Cancer of the Stomach, Constipation, Diarrhoea, Hæmorrhoids, Worms, Jaundice, Hardening of the Liver.

**Diseases of the Kidneys.**

Inflammation of the Kidneys, Chronic Bright's Disease, Floating Kidney.

There is also a division dealing fully with the diseases of the Nervous System. Then we have **Constitutional Diseases**, such as Rheumatism of various kinds, Gout, and Obesity. **Diseases of the Skin** are considered fully; and under **Fevers** we have Measles, Whooping-Cough, Mumps, Scarlatina, Diphtheria, Typhoid Fever, Enteric Fever, Rheumatic Fever, etc.

Among **Diseases Peculiar to Children** we notice Rickets, False Croup, True Croup, Cholera Infantum, Convulsions.

There is also a fully illustrated section showing how to give a large variety of simple home treatments. The book is an excellent, all-round guide to have in any home. Being provided with a good index, one easily finds anything that is wanted.

Price, in fine cloth binding, post free, 5/-. With gilt edges, post free, 6/6.

The "School of Health" is sold by subscription, but if there is no agent in your district you may send the money direct to the undersigned, and the book will be forwarded without delay.

Address GOOD HEALTH SUPPLY DEPARTMENT, Sunny View, Caterham Valley, Surrey.

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

In answering advertisements kindly mention "Good Health."

# QUESTIONS & ANSWERS

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.

**Marriage Relations.**—A.B.: "What book giving reliable advice and directions on the marriage relations could you recommend?"

*Ans.*—A book entitled "Ladies' Guide," by Dr. J. H. Kellogg. This is a thoughtfully written book, and contains a large amount of most useful information concerning the delicate questions pertaining to the marriage relations. It can be obtained from the Good Health Supply Dept., Sunny View, Caterham Valley, Surrey.

**Falling Hair.**—D.G.: "For some time I have been suffering from irritation of the scalp and falling hair, and a greasy kind of scurf accumulates on the scalp. What can I do to allay the irritation and prevent the hair from falling out?"

*Ans.*—Keep the hair cut rather short, and give a vigorous finger massage to the scalp for ten minutes twice daily. Shampoo the scalp with soft water and McClinton's soap once or twice a week, taking care to wash away all the soap, and drying the hair well afterward. As a hair tonic we would recommend for your case one part of castor oil to two parts of methylated spirits. Shake the bottle, and then apply a small quantity in connexion with the massage of the scalp.

**Biliousness—Nervousness—Underclothing.**—"Manie": "1. I am very bilious and suffer with flatulence. What should I eat? 2. I am also in an exceedingly nervous state. What can I do to overcome this nervous condition? 3. I am suffering with a cold, and my nose is running, and yet I do not seem to have a cold of the ordinary kind. What treatment would you suggest? 4. Would you advise me to take medicine? 5. What underclothing would you recommend?"

*Ans.*—1. Plain food that you can easily digest, with a small variety at each meal. Go in for gluten porridge, toasted wheat flakes, bread and butter, and fresh and stewed fruit for breakfast. A plain nut roast or a slice of roasted protose with spinach or some other tender greens, bread and butter, and a plain rice pudding for dinner. The third meal should be very light, and should consist of granose biscuits and butter with a little fruit either fresh or stewed. 2. Get out of doors in the fresh air as much as possible, and that will divert your mind from yourself. Cultivate good cheer. As your digestive organs improve, the state of your nerves will also improve. 3. Take a daily hot foot bath, followed by a cold sponge over the entire body. Cleanse your nose with a mild solution of salt and water both morning and evening. Use the Globe Hand Nebulizer for ten minutes three or four times a day. 4. No. 5. Linen mesh in summer, and "Sanis" woollen in the winter time.

**Fasting—Fruit Diet.**—H.C.S.: "1. Is it advisable to use the drug mentioned in \_\_\_\_\_ to relieve the sensations of hunger while undergoing a short fast of from ten to twelve hours? 2. Would a strict diet of fruit and nuts be of greater advantage to a sedentary worker than a diet including grains as well?"

*Ans.*—1. No; anyone ought to be able to fast for ten or twelve hours without resorting to drugs, but if not, it would be better not to undergo the fast at all. 2. No; we consider the addition of thoroughly cooked grain preparations an advantage.

**Diet for Infants.**—T.A.: "1. What foods would you recommend for children of eighteen months to two years? 2. Would a soft-boiled egg be suitable? 3. Is it safe to give a child of eighteen months caramel cereal to drink? 4. Are nut foods too heavy for a young child? 5. Is fresh fish a good article of diet? 6. Is chicken soup nourishing?"

*Ans.*—1. Fruit, such as baked apples, scraped fresh apples, prune puree, banana puree, and fruit juices generally; gluten porridge and gruel, oatmeal gruel; granose flakes, granose biscuits, avenola, well-cooked rice; mealy baked potatoes, a little very tender spinach; stale bread and butter, and similar preparations. 2. Eggs are not necessary for young children as a rule. 3. Yes. 4. Bromose and malted nuts are wholesome; but nut foods as a rule are not so desirable. 5. No. 6. Chicken soup contains but a small amount of nourishment, but does contain the organic extractives of flesh, such as uric acid and similar bodies, which are not wholesome.

## The Good Health Adjustable Bodice



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

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

Send for circular and prices to the Sole Agents: **Good Health Supply Dept.**, Caterham Valley, Surrey.



## 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 hydropathic measures, electrotherapy, phototherapy, massage, Swedish movements, Swedish medical gymnastics, and in short, by the use of what has been aptly called Physiological Therapeutics. Incurable and offensive patients are not received. The establishment affords facilities for quiet and rest, with skilled nursing and medical care and everything an invalid needs.

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

**THE SANITARIUM, CATERHAM, SURREY.**

In answering advertisements kindly mention "GOOD HEALTH."

# GOOD HEALTH.

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

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, 39/1 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.

DR. MARTIN, of the Battle Creek Sanitarium, spent a few days at Caterham recently *en route* for the Continent.

THE editors of **GOOD HEALTH** wish their readers a very happy New Year, with abundance of health and vigour and the divine blessing.

VOLUME V, containing the numbers from June 1906 to December 1907 will shortly be ready. Price, 2/6, post free, strongly and attractively bound. Binders, 1/-, post free. The index may be had on application.

DR. AND MRS. H. J. WILLIAMS, of the American Medical Missionary College, have been spending some weeks at the Caterham Sanitarium, where their assistance has been highly valued. Dr. Williams has recently taken the British medical qualification in Edinburgh. Dr. and Mrs. Greaves, also from America, were with us for a few days, the former having taken up studies in London with a view to qualifying.

## 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.**



**Strengthens the Lungs  
Develops the Chest**

A wonderful discovery. Makes weak lungs strong. Increases chest from two to four inches. Simple in application. A few minutes each day devoted to breathing through the

**ALLEN  
Breathing Tube**

will do wonders towards making you healthy and robust. Used in time, prevents consumption; if the disease is developed, help to cure it. Mailed postpaid on receipt of Price. Post order to-day!

Best Polished Unbreakable Hard Rubber Tube, 2/6. Glass Tube, (fragile) 1/6. Foreign, 6d. extra. Dr. H. G. Allen, Highwater Laboratory, Exchange Bldg., Southwark, London.

## Bake for the Bairns.

Scones, cakes, buns, and such like are always favourites with the little ones, and if made with

# "Paisley Flour"

(Trade Mark)

--The Sure Raising  
Powder--

they will always be light and digestible, well raised, and inviting. So easily and quickly made, too.

The Children ask for more —they know the difference between shop-made and the kind mother bakes.

Buy a 7d. or 3½d. packet,  
and give them a treat.

In answering advertisements kindly mention "Good Health."



# NEAVE'S FOOD

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

BY ALL CHEMISTS, GROCERS, and  
STORES.

"An excellent Food, admirably adapted to the wants of infants and young persons."—**Sir Chas. A. Cameron, C.B., M.D., Professor of Chemistry, R.C.S.I., Medical Officer of Health for Dublin, City and County Analyst.**

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

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

**GOLD MEDALS,** LONDON,  
1900 and 1906.

Over 80 Years' Established Reputation.

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

# Nuts

and How to Use them



THE question is frequently asked—"How can Nuts be used in making simple, inexpensive dishes?" The answer is our unique Booklet, containing

## 36 Nut Recipes

by Mrs. Gillmour, of the Knock, Belfast, and interesting details ab ut many natural foods and beverages. We send it

**FREE**

together with samples both of "Cream 'o Nuts"—a delicious Nut Food—and of "Nu-Era" Cocoa-shell—a perfect health beverage—if you mention "Good Health."

**G. SAVAGE & SONS**

Nut Experts, Importers of Rica Varnicelli, and other Burmese Products,

53 Aldersgate Street, London, E.C.

## No Table is Complete without Granose Flakes and Granose Biscuits.

The daintiest and most delicately flavoured, and at the same time the most wholesome and health-giving foods under the sun.

They are made from entire kernels of choice wheat, pressed into thin, soluble flakes, rendered easy of digestion by various processes of scientific cooking, and have been proved to be far superior to any other cereal food yet produced.

Granose Flakes and Granose Biscuits are winning fresh laurels from month to month. The biscuits, when cut open and toasted in the oven for twenty or thirty minutes, make one of the daintiest foods imaginable to take at breakfast or tea. Poached eggs on granose biscuits are a most delicious dish. Delicate little children, invalids, and convalescents invariably find granose biscuits easy of digestion, and of incalculable value in nourishing the body and building up the health.—*Good Health.*

They are sold in large packets at 7½d. each at all Health Food Stores and many leading Grocers throughout the kingdom. A trial packet of each sent post free for 1/7. Address of nearest agent and booklet on Food free on application. Address the sole manufacturers:—

**THE INTERNATIONAL HEALTH ASSOCIATION, LTD.,**  
STANBOROUGH PARK, WATFORD, HERTS.

*In answering advertisements kindly mention "Good Health."*

**PUBLISHERS' NOTES.**

MESSRS. FREDK. BAX & SON make a large variety of excellent biscuits, which are at once palatable and very nutritious. Their catalogue contains full particulars of many other foods of special value during the winter season, because of their body-building and heat-producing properties. London readers of GOOD HEALTH should call at Mr. Bax's place, and look over his stock.

WE have received from Miss Nicholson, secretary of the London Vegetarian Society, Memorial Hall, Farringdon Street, London, E.C., a report of the Children's Dinner Fund for the year May, 1906, to April, 1907. The report makes interesting reading, and we hope many readers of GOOD HEALTH will send for it, and embrace the opportunity to make a gift towards a most meritorious work, which is entirely dependent on voluntary contributions.

**BIRKBECK BANK**

ESTABLISHED 1851.

SOUTHAMPTON BLDs., HIGH HOLBORN, W.C.

**2½ per cent. INTEREST**

allowed on Deposit Accounts payable on Demand.

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

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

**THE IDEAL CONDIMENT  
FOR VEGETARIANS.****MAGGI'S  
ESSENCE.**

A highly concentrated liquid preparation, entirely free from any animal substance, a very few drops of which give strength, body, and flavour to any dish—soup, sauce, gravy, vegetables, etc.

**Economical in Use!****A Stimulus to Appetite!****An Aid to Digestion!**

Sold by all grocers in bottles at

7d., 1/-, 1/6, 3/-,  
and 9/-.

Pamphlets with full particulars on application to—

**COSENZA & CO.,**  
95 Wigmore Street, London, W.**HOW TO SUCCEED WITH  
A VEGETARIAN DIET.**

FAILURE frequently results even with those who most earnestly desire to live on a fleshless diet simply because they select wrong foods to take the place of those they have given up. Failure never results if the proper foods are chosen, and there is not a man, woman, or child alive at this moment who would not be healthier, happier, and more in pocket for living on the simple fruits of the earth properly prepared. This is a matter of vital importance, and should be treated as such. The foods selected should be prepared with the most scrupulous care and cleanliness, and should have the nutrients properly balanced. Such are

**R. WINTER'S HEALTH FOODS.**

Every ingredient is cleaned and prepared in the most thorough manner: every food is compounded in such a way as to give the greatest possible amount of body- and brain-building properties. If you use these foods you will find the fleshless diet a success, and you will never again be art and part in the horrors of the slaughter-house. Here are the names of these foods:—

**NUTTON.**—The best nut meats—made in six varieties: try No. 8, it is perfection.

**BUTNUT.**—The best nut cream butters—made in six varieties; Almond, Walnut,

Cashew, Coco-nut, "Table," and also "Cooking" for kitchen use.

**BUTNUT SUET.**—A perfect vegetable suet for plum puddings, etc.

**PRUNUS, PRUNUS PERFECT FOOD, NUXO, NUTROGEN,** etc.

Ask your storekeeper for these foods, or write the sole manufacturer:—

**R. WINTER, Pure Food Factory, Birmingham.**

*In answering advertisements kindly mention "Good Health."*

# NOVEL AND NUTRITIOUS

## NEW YEAR GIFTS.

Earn the gratitude of your friends by sending them either

1. A box containing 6 lb. Almonds and Raisins, very choice and delicate in flavour. 5/- Carriage paid.
2. 8 lb. of Choice Assorted Nuts, carefully selected, and a pair of our celebrated Nutcracks—far superior to the ordinary article. 5/- Carriage paid.

Send to-day for a copy of our Booklet Price List. It contains menus, recipes, etc.

Mention "Good Health."

A GUIDE TO GOOD THINGS.

**Shearn's Health Food Stores,**

The Largest and Finest in London,

234 Tottenham Court Road, and Branches.

Phone: 6555 Gerrard.

# MAXWELL'S PURE FOOD STORES,

863 FOREST ROAD, 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 Oils.

Maxwell's Pure

## Vegetable Cocoanut 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.

*The Strong Tendency  
of the Times in  
Favour of a non-flesh  
Diet is Aided by*

# PROTOSE

## THE STANDARD NUT MEAT.

THIS valuable product is made from pure nuts and wheat scientifically combined, so as to produce a food almost absolutely identical with flesh meat in composition. It tastes good, promotes health and vigour and imparts great staying power, and has already found favour in thousands of homes.

Protose can be served as stewed meat; as cold meat, sliced or broken; in combination with potatoes, tomatoes, or other vegetables; as the basis for soups, or in any one of the numberless ways in which meats of various sorts are served. It is in use at all the leading Sanitariums and Vegetarian Restaurants in the Kingdom.

Supplied in three varieties in 1½ lb. tins, 1/4; 1 lb., 1/-; ½ lb., 8d. A ½ lb. tin sent post free for 11d., or three tins (one of each kind) for 2/4.

Full Price List of Health Foods Sent Post Free on Application.

Address the Sole Manufacturers:

## The International Health Association,

LTD.,

THE PIONEERS OF HEALTH FOODS,

STANBOROUGH PARK,

WATFORD, HERTS.

In answering advertisements kindly mention "Good Health."

**PUBLISHERS' NOTES.**

MANY persons are still looking for a substitute for tea. Some of these may wish to try the new drink, "Maltiko," which is sold by Camp's Health Food Stores, 203 Borough High Street, S.E. It makes a refreshing, warm drink, which is much liked by many who have given it a trial. Camp's restaurant supplies wholesome meals at very moderate cost.

It is encouraging to note the increasing demand for nuts, nut foods, dried fruits, and similar wholesome articles of diet. A representative of GOOD HEALTH happened to call the other day at Messrs. Savage & Sons, Aldersgate Street, and was pleased to find the place crowded with eager buyers. Messrs. Savage have a fine lot of nuts which should be useful at Christmas time.

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

Gold Medal awarded Health and Toilet Exhibition, London. Mothers should see that their children wear the



**PORTIA** Combined Shoulder Brace and 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/-. Mercerized Frilled Elastic, 2/6. Special! with Brace Ends for Knickers, 2/11. From all drapers, or direct from the **Portia Suspender Co., 182 Norwood Rd., West Norwood, London, S.E.**

**"GOOD HEALTH" STORES,**

19 Stroud Green Road, London, N.

Conducted by **MISS N. MUSSON.**

... AGENT FOR ...

The International Health Associations' foods, and all other health foods.

... ALSO FOR ...

Musson's Wholemeal Specialties. ALL HEALTH MAGAZINES.

# IXION

(REGISTERED)

## HEALTH FOODS

HEAL AND BUILD THE BODY.

THE BEST FOODS for ALL AGES.

**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 1 lb. sample tin, or 5/- 3/4 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.

**KORNULS.**  
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.**

**A Seaside Home**

Conducted on Food Reform principles. Delightful location, near the chimes, pleasure gardens, and town. Highest recommendations. Accommodations exceptional, including facilities for the electric light bath, Russian and shower baths, and skilled massage. Charges—moderate.

Write for terms, mentioning "Good Health."  
**Mrs. Hutteman-Hume, Loughtonhurst, West Cliff Gardens, Bournemouth.**

**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.

No Drains.

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."

# 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.  $\frac{1}{2}$  lb. sample, post free, 6d.; 5 lb., post free, 3/- From

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

The Oldest Health Food Stores  
in the United Kingdom.

## C. J. Bilson & Co.,

88 Gray's Inn Road, London, W.C.

Importers of and Dealers in

**Dried Fruits, Nuts, and Colonial  
Produce.**

NEW CALIFORNIAN DRIED  
APRICOTS, PEACHES, AND 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.

## CAMDEN TOWN DAIRY AND HEALTH STORES,

263 Great College Street, N.W.

Trams: Holborn to Hampstead Heath.

Agent for . . .	From
<b>NUT BUTTERS, NUT CAKES,</b>	Allinson Food Co.
<b>FRUIT CAKES, BISCUITS,</b>	Wallace Bakery.
<b>WHOLEMEAL BREAD, ETC.,</b>	Hugh Mapleton.
<b>VEGETARIAN LITERATURE,</b>	London Nut
Food Co., International Health Association.	

R. J. DAVIES, Proprietor.

# WINTER WISDOM

Nothing "lifts" a cold, or checks the chill that precedes influenza, like a Turkish Bath. The wisdom of having a Turkish Bath Cabinet *in the house* for use at the right time is therefore apparent.

The "Gem" Turkish Bath brings within the home all the advantages of the most delightful hot-air, vapour, and medicated baths.

The "Gem" Bath treatment, founded on accepted physiological facts, counteracts the tendency—so common in these days—to inactivity of the skin. It opens the millions of pores all over the body, draws out the impurities, cleanses and vivifies the blood, invigorates the internal organs, fortifies the skin against changes of temperature, promotes health in a wonderful way, and is a powerful preventative of disease.

As a hygienic and therapeutic agent the "Gem" Turkish Bath is steadily growing in popular favour; it is recommended by eminent physicians and health experts, as well as by thousands of other users, and it has yielded the most gratifying results in the treatment of rheumatism, gout, all kidney, liver, and skin diseases, and many others of kindred nature.



**No Treatment Is at Once  
So Safe, So Effective, So  
Pleasant, and So Cheap.**

Even the occasional use of the "Gem" Bath, at a critical time, may save your life by averting an attack of influenza, which is so often followed by other troubles that prove fatal. The regular use of the Bath will build up your system so as to make it invulnerable to disease. The "Gem" Bath Book (free) gives full particulars.

Recommended by Your Editor.

**THE GEM SUPPLIES Co., Ltd.,**  
Dept. G.H., 22 Peartree St., Goswell Rd.,  
LONDON, E.C.

In answering advertisements kindly mention "Good Health."

## PUBLISHERS' NOTES.

THE recent adverse report of a prominent medical officer in reference to a certain portion of the London Water Supply, raises a question which may well be taken into consideration in every home. The water used in a good many of our large cities is open to question. The ideal plan is to use distilled water, which is free from dangerous disease germs, and also from harmful mineral salts. The Domestic Still, manufactured by the Gem Supply Co., is an admirably constructed still, which should prove its value in every home. As a rule we drink too little water, and this is especially so during the cold season of the year. Free water-drinking is helpful in quickening the activity of the liver and other organs of the body, and building up the general health.

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

**"Good Health" Foods.**

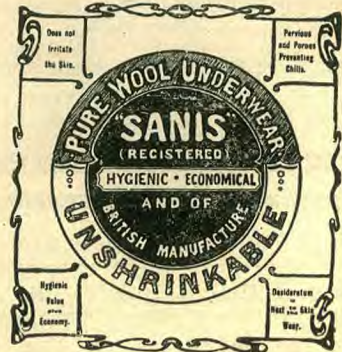
THE OLD ESTABLISHED GROCERY,  
26 CLOTH MARKET.

## "Sanis" Underwear.

(REGISTERED.)

*The Perfectly Healthful Underwear.*

Protective against chills.  
Remember prevention is better than cure.



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

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

**THAT'S WHAT YOU  
SHOULD WRITE FOR.** 

**FREDK. BAX & SON'S  
NEW PRICE LIST**

Contains 72 Pages,

and an Amazing Variety of New Foods,

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

Suitable for All Times of the Year.

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



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

**FREDK. BAX & SON, 35 Bishopsgate Street Without, LONDON, E.C.**  
Hours of Business: 9 till 8; 4 on Saturdays.

*In answering advertisements kindly mention "Good Health."*

## THE HEALTH OF HIS MAJESTY THE BABY.

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

### Dr. Allinson's Natural Food for Infants

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

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

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

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

## Have You Bought Your New Season's Fruit Yet?

We have a choice selection of New Figs; also New Currants, Sultanas, and Valencias. Try our wonderful line in Almonds at 1/- per lb. At 1/6 and 2/- we have exceptional value. Also Shelled Walnuts, Barcelonas, and Pine Nuts—all new crop. ❁ ❁ ❁

**COMPLETE LIST FREE.**

**SAVOY STORES,**  
Exchange Walk, Nottingham.

## The LEADING Health Foods.

We are continually receiving letters from our customers testifying to the nourishing qualities of our foods. Here is one:—

"I am keeping exclusively to your nut meat and other vegetable food compounds, and although an invalid, aged 62, I have found much ease and benefit from them. I am doing my best to impress all my friends here, where I am well known, with the nourishing qualities and digestibility of your foods."

### SUPER-COOKED CEREAL FOODS.

Granose Flakes, ... .. 7½d. pkt.  
Granose Biscuits, ... .. 7½d. "  
Toasted Wheat Flakes, ... 8d. "  
Avenola, ... .. 7d. "  
Gluten Meal, ... .. 10d. "

### NUT FOODS.

Nut Bromose, 30 tablets in box, 1/6.  
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The Original Protose, }  
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Nuttose, ... .. ½ " " 8d.  
Nuttolene, ... .. }

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Oatmeal, ... .. 6d. "  
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