



HEALTH AND INNOCENCE.



Good Health

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

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NO. 3.

BE honest with yourself.

Are your physical habits as good as they might be?

Are they rational?

Do you eat the food which is best calculated to make pure, healthy blood, and give mental clearness, energy, and stamina for the day's work?

Do you take regular outdoor exercise, and is your bedroom window always open?

If you were advising another man whose physical welfare you had greatly at heart, could you safely tell him to do as you are doing?

Are you setting the boys and girls a good example?

If not, then take yourself in hand. Do the right thing by your body. Obey the health conscience, and reap the sure reward in renewed pleasure in life and vastly increased all-round efficiency.

Do it now.

Editorial Chat.

Mr. Pearson and the Simple Life.

THE hard workers of the world are with hardly an exception simple livers. Mr. C. Arthur Pearson, whose push and enterprise have placed him at a comparatively early age in the front rank of publishers, has long exercised extreme self-control in the matter of diet. It is years since he ate any butcher's meat, and he is rather a spare feeder. A devotee of physical culture, he rises early for a course of Swedish gymnastics before breakfast, and keeps nerves and muscles in prime condition in spite of having an enormous amount of taxing mental labour to perform daily.

Old and Vigorous.

MRS. MARY RAMSEY WOOD, of Oregon, died last January aged 120 years and some odd months, the year of her birth being well authenticated. There is in the Elham workhouse, near Folkestone, a man by the name of George Keel, aged 108, and in full possession of all his faculties except that he is somewhat hard of hearing. Mr. Keel, who is an early riser, attributes his longevity to plenty of fresh air and plain food. Mr. Diamond, of California, whose portrait we had in our December '04 issue, is still hale and hearty, though past 110, and, as the doctors say his organs all appear to be in excellent condition, bids fair to outlive a good many of his far younger friends. Mr. Diamond, in addition to being devoted to fresh air and common sense physical culture, has for some years been a strict vegetarian.

More Air and More Light.

"THE Economics of the Household,"* by Louise Creighton, is one of the very best books on this subject that has ever come to our notice. No wonder that the teachers of domestic economy under the London County Council, before whom these lectures were given, requested that

*Published by Longmans, Green, & Co. Price 1/4.

they be given permanent form. Every page contains something of interest and value. The writer not only has an excellent grasp of the subject, but knows how to communicate her knowledge in a pleasing and effective way. We cull a few lines on the important subject of ventilation.

In the matter of ventilation all classes have a great deal to learn. Children are taught about the component parts of air, and the need for fresh air, in their lessons on hygiene; but practical lessons in the opening of windows will be far more useful than any theoretical teaching. We need to get rid of some of our terror of a draught. Dr. Eichholtz says: "I consider a draught of less importance than the constant inhalation of fetid, vitiated air." It is rare to see the windows of workingclass dwellings open, particularly at night; yet, where many sleep in a small bedroom with the windows closed, and probably the chimney stuffed up, the almost inevitable result is a heavy, unrefreshing sleep, which leads to waking with a headache and no appetite for breakfast. Not only more air, but more light is needed in most rooms. Sunshine is of great importance, to both health and spirits, and should be let in wherever possible, not excluded by curtains or plants.

This is a book which every woman in the land can read to profit.

Thorough Mastication as an Aid to Health.

THE following paragraphs culled from a dainty little New Year's brochure sent by Councillor Joseph Wilson, of Bradford, to his work-people, contain some excellent advice which we have pleasure in passing on to a still wider circle of readers. Thorough mastication is not emphasized one whit too much. Probably the greater number of all dyspeptics could be cured by this one expedient, if conscientiously carried out. The paragraphs read as follows:—

The conditions of the highest health, I am more and more convinced, are largely in our own keeping. To secure and maintain good health our diet should be simple and wholesome. Of course, from a personal experience of fifty-seven years, I can recommend a non-flesh diet as the best; but whether a mixed diet or exclusively vegetarian, it should be well masticated. The common practice of drinking at meals, whether it be tea or any other liquid, is not helpful to good digestion. The tea or other liquids may be taken at the finish of the meal if desired. I don't want to dogmatize, but I would earnestly suggest that you try

the plan of thorough mastication of every bite, and it will be found that the more you chew the food, the more toothsome it will become. Take all the time possible at your meals.

I have been much concerned at the practice of some of our men workers—hurrying a meal to have a pipe of tobacco. It is bad enough to hurry a meal, but to follow with a narcotic like tobacco is simply making haste to commit suicide. We speak about freedom, but the smoker is a bondman of his own creation, and a bigger slave than he would care to think. I am satisfied that a man who indulges in alcoholic liquors cannot be as good a workman as he would otherwise be; for a smoker is not at his best so long as he continues in that habit. He may not know that the stupefying, nerve-killing effect is handicapping him at every turn. I should be more than delighted if these remarks should lead any of the men who may be smokers to make up their minds no longer to be slaves to such a deteriorating and nerve-destroying habit.

School Medical Inspection in Japan.

JAPAN, according to "The Hospital," has had a system of medical inspection of schools since 1888. All children are medically examined on entering school, and at regular periods thereafter till the course of instruction has been completed. Moreover, there is given to each child a set of health rules, which he is required to learn and practise. Physical training, including gymnastics, fencing, outdoor sports, and long walks, is required of all students. It will be a happy day for the boys and girls of Britain when in all our educational institutions equal attention is paid to mind and body.

TOBACCO AND THE NERVES.

BY M. ELLSWORTH OLSEN.

ONE of the excuses offered for smoking is that it quiets the nerves. In what sense is this true? Does nicotine tend to increased steadiness of the nerves? Does it strengthen these most important organs, and increase their efficiency? Can we cure a case of nervous irritability by the use of this drug?

Tobacco as a Medicine.

When tobacco first came into use in this country and on the Continent, something like three centuries ago, great claims were put forth in behalf of its curative powers. Some medical men experimented with it in various ways, thinking by its use to effect beneficial changes in the bodily economy; but the results were either negative or distinctly unfavourable. Tobacco was accordingly labelled as a powerful narcotic poison, but refused a place in the category of useful remedies. Various reasons are given for the failure of this very popular plant to "make good" as a reliable medical agent. The uncertainty of its action is against it; moreover, its destructive powers, especially in the case of persons with a sensitive nervous system, are out of proportion to any good that it might be supposed to achieve. Then, again, it is a most fascinating drug, and used a few times becomes wellnigh indispensable.

Rejected by medical men as of no practical therapeutic value, tobacco has strangely enough been taken up by the male portion of the population of nearly all civilized countries, so that we have the striking spectacle of millions of men using large quantities of a drug which physicians find too uncertain and erratic in its effects to allow of being utilized as a medical agent. Indeed, we have men who are supposedly healthy prescribing this fascinating narcotic for themselves, and coming in time to regard it as indispensable to their comfort.

May Women Smoke?

So far the appetite for smoke has been almost entirely confined to men, but there are not wanting indications that it is destined in the near future to attract an increasing number of women. Indeed, the members of the fair sex have nerves as well as their husbands and brothers, and if tobacco-smoke affords a grateful solace, why should they not be equally entitled to this boon along with the men? It would be hard to find a man whose work entails greater nerve strain than that which daily confronts a young mother with two or three fretful children tugging continually at her skirts. And do not the women of the upper classes have social duties of a most exacting kind, not to mention trying

experiences in connexion with incompetent servants? When the fact is remembered that a woman's nervous system is more delicate than a man's, and therefore more likely to suffer under prolonged strain and anxiety, as for instance in nursing a sick child, it would seem evident that she has the greater claim to a harmless sedative, if tobacco is to be considered such.

But before granting the "fragrant weed" to the wives and mothers of the land, let us inquire more carefully into its effects so far merely as the nervous system is concerned. Take the case where a man excuses himself for smoking by urging that it quiets his nerves. Question him closely as to the condition of his nerves before he formed the nicotine habit; and if he is honest, he will admit that his nerves never troubled him at all until he began to annoy them with the poisonous fumes of tobacco. But once accustomed to the narcotic, the nerves became subject to abnormal cravings, so that when the influence of one cigar had passed away, they called for more. From being well-balanced and self-sufficient, the nervous system became erratic, querulous, hard to please, all because its natural balance had been interfered with.

Smoking to Relieve Indigestion.

Sometimes, however, it happens that a man begins smoking, perhaps at the advice of a friend, to allay some slight pain or discomfort. For instance, he smokes a cigar after dinner to relieve a feeling of distress in the region of the stomach. This one might think off-hand a legitimate use of tobacco; but let us consider the matter more carefully. If there is pain after eating, something is wrong, either with the stomach or with what is put into it. The rational cure for the discomfort would be to find out the cause and remove it. The nerves are not simply so many avenging furies to punish us for our wrong-doing; if they were, we might be justified in putting them to sleep with powerful narcotics, or even destroying them altogether. But they are really friendly watchmen; when they cause us pain, it is to remind us that something has gone wrong with the body, and reason would suggest inquiry. When

a man has discomfort after a meal, his diet is usually at fault. He may be eating poor food in bad combinations, perhaps also in too large quantities, and at too short intervals. Nature calls for reform; the nerves signal him that the course is not clear; but he ignores the signal, puts his faithful watchmen to sleep, and goes on in his wrong course. Is it strange that under such circumstances there should presently come nervous breakdown?

Smoking to relieve indigestion is seen, then, to be absolutely futile, in so far as it only silences the nerves. The actual condition of the digestive organs has not undergone the slightest change. The man still has indigestion, and his system may be clogged day after day with the toxic products of decay and fermentation, while he fondly thinks his digestion is normal. Anyone can see that the trouble is bound to break out again in a more aggravated form, and most likely with complications which make it very difficult to treat successfully.

Tobacco and Nerve Efficiency.

There is, moreover, another side to the matter. Not only does tobacco temporarily paralyse the nerves of digestion; but it throws its dangerous spell over the whole nervous system. A man who has smoked a single cigar is to a certain degree a poorer workman than before he indulged. He may feel better pleased with himself, but that will be because his critical faculties are not at their best. His work, whether mental or physical, will lack strength, delicacy, and precision. His mental processes will be slower. Touch, taste, and other sensations will be less keen. Mr. Burbank, the well-known Californian horticultural expert, discovered the other day on looking over the records that the men he was obliged to dismiss because they bungled in their work were with scarcely an exception the men who smoked or drank. Their nervous systems were in part incapacitated, they lacked that poise and perfect physical fitness which is necessary for the performance of a delicate piece of work.

The quick eye and alert, vigilant nerves required to excel in games and sports have made it necessary to deny tobacco to

athletes in training. And proprietors of great business establishments in this country and America are in many instances discriminating against cigarette-smokers, finding that the vast majority of the mistakes made are to be traced to the devotees of the weed. The young man who wishes to rise in the world will find smoking hardly a less handicap than drinking; for the severe competition in business and in the professions is such that moderately endowed men need all the nervous energy at their command in order to achieve success. Brilliant men, to be sure, may get along even with such a handicap as the smoking habit; but they will not do the best work of which they

are capable, and will thus stop short of that complete self-realization which is necessary to the happiest and usefulest life.

No man who has serious work to do can afford to tamper with his nervous system. If tobacco never caused the well-known tobacco heart, if it did not lay heavy burdens on the lungs, kidneys, liver, and skin, if it did not cause deterioration of the cells of the body, if it did not arrest growth and development—if it did nothing at all except temporarily interfere with the efficiency of the nerve centres—it would still be avoided by every man who wanted at all times to be his full self and do his best work.

DO WE EAT TOO MUCH?*

Some Remarkable Experiments Showing Decided Gains in Endurance as the Result of a Low-Proteid Diet.—*Concluded.*

BY PROFESSOR IRVING FISHER.

The Difference Between Strength and Endurance.

The subjects of Professor Chittenden's previous experiment had experienced an increase of strength, but no tests were made of their endurance. In last year's experiment, therefore, special attention was paid to endurance. Strength is measured by the utmost force which any muscle can exert *once*; endurance by the number of times a muscle can perform an exertion well within its strength. Seven endurance tests were used—rising on the toes, deep knee-bending, leg-raising, raising above the head 5 lb. dumb-bells, raising to the shoulders dumb-bells of 50, 25, 10, and 5 lb., holding the arms horizontal, and running on the gymnasium track. These tests were taken at the beginning, middle, and end of the four and a half months of the experiments. In the intervals the men led sedentary lives. Consequently exercise had no part in their increase in endurance. Nor can this increase be ascribed to any other factor than diet. Every known element except diet tended to diminish rather than to increase the endurance of the men. The men were, without exception, convinced

of the importance of diet as the cause of their increased endurance, and have tried to continue the habit of thorough mastication ever since. One states: "During the spring I have not felt that 'all-gone feeling' which usually has appeared in the past. The diet which we have had has relieved me of the sour stomach after meals, and I have felt better and worked harder on less exercise than ever before."

The experiment was one which caused great sacrifices on the part of the men who took part in it, for the tests were exhausting, and all were stiff and sore for days afterward. The general conclusion, both from the experiments of Professor Chittenden and the experiments last year, is that the claims of those who have advocated slow eating are not exaggerated. Most persons, and students perhaps especially, will probably never give up their hurry habit, even if they know that in the end it costs them far more time than it saves, and sows the seed of future dyspepsia; but those who wish to get the best results of which their minds and bodies are capable, and have the necessary self-control, are taking the hint which Mr. Fletcher has dropped. Athletes particularly are finding that a proper management of diet will add greatly to their efficiency.

*The first part of this article appeared in last month's issue. It was printed originally in the "Yale Courant."

THE NATURAL CURE OF CONSTIPATION.

BY A. B. OLSEN, M.D.

IT is generally agreed that for the maintenance of good health one full, free movement of the bowels per day is necessary. Anything short of this is evidence of more or less confinement of the bowels, and is known as constipation.

Constipation Defined.

Constipation is a sluggish state of the bowels in consequence of which the natural waste and debris from the food fails to be evacuated daily without resorting to artificial means of one kind or another, or, more briefly, constipation is an undue retention of feces in the alimentary canal. The bowels are also described as being costive or confined.

Constipation is a common symptom of numerous disorders, and must not be regarded as a disease in itself; nevertheless, it will be profitable to discuss its causation, and various means for preventing or curing it.

Anatomy of the Bowels.

Roughly speaking, the alimentary canal is composed of the œsophagus, stomach, small and large bowel, and rectum, in the order named, the total length of the tube being some thirty feet. The small bowel constitutes decidedly the bulk of the canal. The large bowel is called the colon. It is five or six feet in length, and is divided into an ascending portion on the right side of the abdomen, a transverse portion, a descending portion on the left side, and an irregular "s"-shaped portion, the sigmoid flexure, which lies just above the left groin.

Throughout its course, the alimentary canal is a muscular tube, lined internally by a mucous membrane containing secreting cells, and covered externally by a layer of the peritoneum. Both small bowel and colon have two layers of involuntary muscle, an internal circular coat, and an external longitudinal layer.

Peristalsis.

The presence of muscle presupposes motion, and there are two kinds of intestinal movement. Firstly, there is the true

peristaltic motion, a sort of wave of constriction which travels from above downward toward the rectum. Secondly, there is a pendular or worm-like motion which travels along the canal, also from above downward. What is known as peristalsis is really a combination of these two muscular movements. The normal passage of the bowel contents depends directly upon peristaltic action. If either or both movements are defective, the result is sluggish bowel action and more or less constipation.

Varieties of Constipation.

Dr. F. T. Roberts classifies three varieties of constipation as follows:—

1. Mechanical obstruction of some part of the bowel.
2. Impairment of intestinal muscular force and strength.
3. Deficiency of intestinal fluid.

Any of these may be due to organic disease, but, of course, in the vast majority of cases we have, fortunately, only to deal with functional disorders, and these are numerous.

Common Causes of Constipation.

It would seem wellnigh impossible to classify and name all the numerous causes which influence or encourage constipation, and our list is only a partial and incomplete one.

1. Neglect. Through overwork, or ignorance, or even carelessness, many fail to comply with the calls of nature, and in time those calls come no more. We believe this to be a common cause of constipation.
2. Irregular meals.
3. Rapid eating and incomplete mastication of food.
4. Concentrated food, containing little or no residue.
5. Astringent articles of diet.
6. The use of tea and coffee.
7. Drinking hard water.
8. Opium, morphine, and other drugs.
9. Use of tobacco.
10. Alcoholic beverages.
11. Aperients, laxatives, purges, etc.

12. Sleeping after meals.
13. Sedentary habits.
14. Much mental work.
15. General physical debility and weakness.
16. Stomach and liver disorders.
17. Anæmia, fevers, lead poisoning, etc.
18. Worry and mental depression.
19. Old age.
20. Heredity.

General Effects.

The train of disorders of body and mind introduced and propagated by chronic constipation is a long one. The keynote to the situation thus created can be summed up by one word, *auto-intoxication*, or self-poisoning.

There is no need of explaining that the fæces contain waste matter, which is not only no use to the body, but is positively harmful. But this is the least danger. The retained fæces do not remain unchanged while awaiting evacuation, but undergo decay and putrefaction, whereby various poisonous bodies are formed. These, being assimilated into the blood, are widely distributed over the body, and cause drowsiness, languor, giddiness, headache, backache, depression, palpitation of the heart, coughing, loss of appetite, gnawing and sinking sensations, fætor of the breath and sweat, catarrhal discharges, convulsions (especially in children), obstruction, dilatation or ulceration of the intestines, piles, and numerous other disturbances.

Effects on Brain and Nerves.

The effects of chronic constipation upon the mind and nerves are perhaps most disastrous. The nerves are exceedingly susceptible and sensitive, and consequently they are very quickly affected by the presence of irritating bodies in the blood. The usual effect is to cause a sense of ill-being, physical and mental irritation, feelings of discomfort, annoyance, mental depression. In short, it is likely to bring on an attack of "the blues," if nothing worse. But the constant and never-ceasing irritation of the self-poisoning arising from chronic constipation has more than a mere transitory or ephemeral effect upon the organs and tissues of the body, for after

a time constitutional effects of one kind or another arise, and as a consequence vitality and vital efficiency are more or less permanently impaired.

Preventive Measures.

Having thus briefly dealt with some of the more common causes and effects of constipation, let us turn our attention to the prevention and cure of the disorder. Obviously, prevention lies in avoiding the causes enumerated above. Every one should be faithful in giving the strictest attention to the calls of nature, and obeying them promptly. Indeed it is well to make a point of "soliciting" nature as one author has expressed it, providing there is a tendency to remissness. Further, never slight or hurry natural functions. Give thoughtful attention to diet, and see that it conforms to the requirements of the body rather than those of the palate. Take plain, wholesome, nutritious food, with plenty of fruit, which is nature's medicine. Take sufficient time for the meals, and make it a sacred duty to chew all your food well, and thus fit it for digestion.

The Treatment.

Constipation of a more or less chronic nature is so common now-a-days, that a natural cure which can be undertaken in almost any home or under any circumstances seems to be essential. As a rule, unless there is actual paralysis of the bowel, a rare thing, there is almost always a chance for improvement, if not a complete cure. But this will often require patience and perseverance with the natural means necessary for bringing about improvement, and oftentimes also more or less self-denial in the choice of food. But all such efforts are well worth while, even if they finally bring only relief, and not a full cure. (*To be concluded.*)

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PROFESSOR TYNDALL once concluded an address to the students of a London university thus: "Take care of your health. Imagine Hercules as an oarsman in a rotten boat. What can he do but by the very force of every stroke expedite the ruin of his craft? Take care of the timbers of your lifeboat!"

TONIC BATHS AND FRICTION.

BY WILLIAM M. SCOTT.

The Morning Bath.

THERE is no true beauty without health, and there cannot be good health without external and internal cleanliness. The clear complexion and sparkling eyes betoken a clean, healthy mind and a wholesome, well-kept body. "Cleanliness is next to godliness," is a proverb that is often quoted. We would say: "Without cleanliness there is no true godliness." Impurities are constantly being thrown off from the body through the pores, and these will become clogged unless kept clean by friction and frequent bathing.

The Cold Air and Friction Bath.

As this magazine will be read by those in different degrees of health, we will endeavour to give such suggestions as can be of help to all. For those who are lacking in animal heat and recuperative force, and cannot react well to the morning cold water bath, the cold air bath, accompanied by brisk friction with a strong Turkish towel, a friction strap, or a pair of friction gloves or flesh brushes, will prove a good tonic and cleanser. It is essential that the feet be warm if a quick and complete reaction is to be had. Before fully undressing, therefore, the feet ought to be warmed by means of a hot foot bath, or by rubbing with a rough towel, patting, etc., and then kept warm by slipping on soft, woollen slippers. Undress in a well-ventilated room, with plenty of light. If available, choose one that faces the east, so that the benefits of

a sun bath can be enjoyed occasionally. Strip to the waist at the commencement. Later on, when your skin is accustomed to the treatment, you will be able to undress fully. Begin with vigorous friction to the chest, then take the back, shoulders, abdomen, and arms in succession, and lastly the legs. Give a light, rapid friction to the whole surface of the skin until it glows

and tingles with warmth.

Exercise from the Friction Bath.

It is surprising the amount of exercise that can be obtained from a properly administered friction bath. A towel folded lengthwise, or a friction strap can be pulled back and forth so as to cover pretty much the whole of the back from the hips upwards; then it can be thrown over each shoulder in turn, and pulled up and down so as to apply friction to the chest, shoulders, and upper spine. By taking a shorter grip of the towel and



FIG. 1.

placing it across the abdomen, friction can be applied to that area, and in a similar manner to the legs.

The weak person can take this treatment in a cool room, and gradually increase its tonicity by more widely-opened windows and increased friction. To such it will also be sufficient, both as bath and exercise, as far as the morning is concerned, but it ought only to be the preliminary step leading up to the course of muscular exercise we are prescribing from month to month. Taken thus it will lead to increased pleasure and benefit, as the warm

glow resulting from the vigorous friction and light, quick exercise will remain for hours afterwards, and give a healthy appetite for breakfast. If the conditions are such that the friction bath can be taken in the sunshine of the early morning, one need not dress until after taking the exercise; otherwise, it is advisable to put on some loose, warm garment to conserve the heat of the body. In warmer weather the benefits will be greatly increased by the body's being left nude, exposed to both air and sunshine.

The Cold Water Friction Bath.

To secure increased tonic and cleansing effects one may resort to cold, damp friction. This is applied in much the same way as dry friction, the only difference being that the towel or other material is repeatedly wrung out of cold water before being used, and each part of the body is thoroughly dried immediately afterwards with a dry towel. A further step in the direction of greater intensity can be made by standing in a basin containing warm water while the rest of the body is quickly bathed with cold water, using a

large sponge, a towel, or a spray. Follow this with the dry friction as before described. Have several dry towels at hand, so that the whole of the body can be quickly and thoroughly dried and polished. This is one of the essentials to success in gaining and retaining the desired tonic reaction.

The Cold Immersion, or "Cold Plunge."

Only for the perfectly strong and healthy can this form of cold treatment be advised, and even for such it ought to be very brief.



FIG. 2.

without bending the knees. This may not be accomplished at first, but will be after a little practice. Rise to the first position, and repeat three or four times, exhaling as you bend, inhaling as you extend to the upright position. The second photograph shows the same exercise, but with twisting

Soap Shampoo.

To those who follow this system of friction and exercise daily, very little soap will be necessary, but a warm full bath once or twice a week, with a good soap shampoo (McClinton's soap is one of the best), and always followed by a brief, cold application, will be a luxury. Further grooming may be done by applying a little olive or coco-nut oil, with accompanying rubbing and kneading of the muscles.

Exercises Described.

The exercise this month is chiefly for the muscles of the loins, sides, and back, although other important muscles are also involved. Take a firm "stride-stretch-stand" position, feet nine inches apart at the heels, toes turned out, legs straight and kept so during the whole of the exercise, arms at full stretch overhead, palms of the hands facing. Bend forward from the hips, keeping the arms extended, and endeavour to touch the floor

of the trunk included. It is done as before, only that the trunk is twisted round as far as possible in being raised. During the whole of this exercise the head and arms

are held extended, the movements being executed in the region of the waist, sides, and back only. A good exercise to ward off the stiffness common in old age.

MILK: SOME SAFEGUARDS.*

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

PERHAPS no article of food is regarded with less suspicion than milk, whereas quite the opposite feeling should prevail. Not that there is any need for widespread alarm; but, bearing in mind the dangers which are known to lurk in milk, the exercise of such simple precautions as common sense seems to indicate is certainly desirable.

The Housewife's Precautions.

Milk should not be used if there is a sediment; sediment means dirt, and dirt the possible presence of disease-producing organisms. Sediments usually consist of minute particles of cow-dung, hair, dust picked up by the milk in transit, and other undesirable matters. Here is a very easy method of detecting a deposit in the milk if not at first perceptible: Gently turn most of it out from the vessel in which it is contained, leaving about a couple of tablespoonfuls at the bottom, empty this into a clean, white saucer, and any sediment will be apparent.

Milk should not be purchased from a "general shop"; no article of food is so easily contaminated, and the mixture of smells from the varied items sold in such a shop makes them undesirable companions. It should always be kept in a closed vessel, and in as cold a place as possible.

The present legal standard for milk, fixed by the Board of Agriculture, says it must contain at least three per cent of fat. This is, perhaps, a low amount, and many authorities would like to see it raised, feeling that it gives too great opportunities to dealers for adulteration by the addition of water; an animal, however, giving milk containing an even less percentage of fat was a prize-winner at an important agri-

cultural show a year ago. It is, therefore, a vexed question.

A very good and simple approximate guide for ascertaining the quality of milk is a testing burette, costing about 1/6.

The housewife can employ one or two simple means whereby the family may be in a large measure safeguarded: either by boiling the milk for at least five minutes, or, preferably, sterilizing it; and it is surprising how rarely either is done. Instead, a fluid frequently of the most filthy description, sometimes swarming with disease germs, is drunk raw by adults, and, worse still, given in large quantities to young children, especially infants. Can ignorance or apathy do them a much greater injury? It is true that by the processes mentioned milk is deprived somewhat of its nutritive properties, but this is preferable to running grave risks.

Difficulties in the Way.

Under the existing conditions of milk production it is very difficult indeed to suggest means whereby a pure home supply can be procured. Perhaps the nearest is to use hermetically sealed bottles, filled as soon after the milking as practicable, and sent direct from the dairy farm to the consumer. But here the animal needs to be thoroughly healthy, the conditions hygienic, including the use of milking machines, and the supervision strict. Of course the cost is increased.

What Is Being Done.

We cannot complain of the work, little appreciated though it be, which one or two societies are carrying on, with the object of securing a clean and wholesome milk supply. But unless their endeavours are well seconded by the general public, whose battles they are fighting, slow indeed will be the accomplishment of their aims.

*See further "The Milk We Drink," by the writer, in October (1907) GOOD HEALTH.

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

Some Suggestions.

The writer ventures to suggest the subject as a suitable one for a winter evening meeting of the various branches of the Good Health League and Outdoor Club, as an addition to the educative work now carried on. He would, for the same purpose, briefly indicate the points upon which future Parliamentary action is needed: General application of the Dairies, Cowsheds, and Milkshops Orders (outlined in previous article), strengthened by periodical inspection of all farms and places where milking-cows are kept, to ensure the prevalence of suitable sanitary condi-

tions; prohibition of milk supply from insanitary ones; veterinary examination of the animals, unsuitable ones to be treated, and destroyed if necessary (compensation being made to owners); cows to be groomed, but not in sheds; milking to be performed by machines, the workers having clean hands and overalls; the milk to be strained through a standard strainer and refrigerated; for transit, milk-cans to be provided with dustproof lids. Further, no person suffering from consumption to be concerned in the production, distribution, or sale of milk. If the influence of the local Member of Parliament could be obtained, it would be of great value.

HEALTH CULTURE MADE EASY.

A CHAT WITH THE YOUNG PEOPLE.

BY ALLAN RUSSELL.

INTRODUCTION.—Before telling you what scientific health culture is, I must briefly tell you what it is not. It is not the heart-disease-giving practice which timid people allege. Neither is it something invented by quacks wherewith to fleece cranks.

Again, it is not what the man in the street believes it to be after quickly reading certain publications supposed to be devoted to the subject. The man in the street comes to the conclusion that to follow the numerous and difficult directions set down in these publications would be to occupy every second of his spare time—that is if he intended to try, which he does not.

These directions might do for leisured persons like Government clerks, but all men are not Government clerks.

The scientific health culture is as different from the unscientific as astronomy is from astrology.

Scientific health culture teaches us how to save time as well as how to spend it. It shows us how to make the best of our unhealthy surroundings. It makes for "self-knowledge, self-reverence, and self-control." Now to business.

Dr. Caton, in his sensible little book, "How to Live," gives the needs of the human body in the following order: (1) Abundance of pure air; (2) pure water; (3) food; (4) light; (5) exercise; (6)

sleep; (7) cleanliness; (8) clothing. These needs will be separately considered in the forthcoming articles.

Abundance of Pure Air.

The importance of air may be judged from the fact that if we are deprived of it for two or three minutes death takes place.

A man can live a considerable time without food. Fasts of forty days have several times been accomplished. Similarly all the other needs of life are of less importance than this need of air.

Then air is necessary, but not any sort will do; we must have it pure.

More Taxes!

A friend of mine says the health of England would be improved by another tax—a tax on open windows. He explains it thus: a tax of a shilling per window per month would cause Mrs. Smith to open one of her windows to show she could afford a shilling. Mrs. Robinson, next door, would open two to show she could afford two shillings. Mrs. Brown, at the house opposite, would attempt to prove still greater wealth by opening three. Mrs. Smith and Mrs. Robinson would probably again enter into the contest. Some neighbours also. And

(Continued on page 80.)

A VISIT TO A CHINESE HOME.

BY EMMA A. LAIRD.

It must be understood that the description of a Chinese home on the coast differs considerably from one inland; also that homes of the upper and lower classes vary widely in different localities. This article refers to Chang Sha, Hunan. On arriving at the street gate or door of a wealthy Chinese residence, (or Kong Kuan), one sees nothing but a high wall of brick or mud bricks plastered and a large gate that is usually kept closed.

A visitor knocks the iron ring against the gate, and is admitted by the gatekeeper, who ushers him into the outer or first court. Just off from this, in the first house, is a large open space for the chairs to be placed. Passing through this the guest is directed into the guest hall, where he awaits the arrival of the host. The reception hall (or Hua T'ing) is the most elaborate room of all. It is quite large, with a very high ceiling from which are suspended lamps or fancy lanterns. The seat of honour is at the farther end of the hall, and there are chairs arranged on either side with small tea-tables between them. Long scrolls, usually of written characters, decorate the walls. Sometimes a painting of some distinguished ancestor is seen in the place of honour. On special occasions embroidered tapestries are

brought out and hung up to beautify the place, with bouquets of paper flowers or potted plants.

Soon the host arrives, and the guests stand to greet him, each bowing and clasping his own hands.

No word of greeting is exchanged till after all are seated. The servant brings a cup of tea and places it beside each guest on the small tea-table. Passing through another small court, the second house is entered. The central room consists of another guest hall, which is used more for the family. In it are seen the ancestral tablets in a gorgeous framework. These represent the religious faith of the inmates. Belief in the immortality of the soul is a chief doctrine of China's religion. The rooms on either



A CHINESE PRINCESS.

side of this hall are for the chief ladies of the household, the eldest one having the preference. Sometimes a third guest hall in the third house from the front is found. This the family uses as a dining-room.

At a feast the gentlemen guests eat at a table in one room, and the ladies in another room. The feast is served in courses; a large dish is placed in the centre of the table, out of which each guest helps himself with his chopsticks until it is finished or they have had sufficient. Then the



A CHINESE RECEPTION-ROOM.

dish is removed, and another dish is brought. The host raises his chopsticks, this being given as a signal for the guests to help themselves to the dish. As many as from twenty to thirty dishes, or even more, are served at a feast, each being very appetizing, seasoned with various sauces and flavourings. Plain boiled rice is served as the last course. After the meal is over tea or hot water is brought in, as one wishes.

When the guests have finished, clean napkins or hand towels, wrung out of very hot water, are given to each guest to wipe his hands and face.

The Chinese kitchen is very simple in its arrangement, and very few cooking utensils are used. The stoves in this city are made of bricks of mud with hard cement on the outside. There is a fire hole in the middle, with a place for

the draught, the ashes falling on the ground or the kitchen floor. A kettle on each side of the firehole is kept full of boiling water. A large, rounded iron basin is used for boiling or frying the food. The water for kitchen purposes is kept in large, earthen jars, which stand on the ground near the stove. One great reason why the Chinese are so free from such fevers as typhoid and dysentery, is that they rarely use water which has not been boiled.

Hard coal, ground into powder and made into cakes or balls, is burnt in

the stoves. This fire makes no smoke but plenty of gas, and as the fire is open, one side of the kitchen is open to permit the escape of the gas, thus giving plenty of ventilation to this part of the house, which stands by itself, separated from the rest by a small court. The houses are not built to keep out the wind; one can see through cracks in the upright board walls at the back and front of the house. In the



AN OPIUM DEN.

winter time the Chinese keep warm by adding extra clothing, padded with cotton, and often lined with warm furs. If heat is wished in the living-room, it is supplied by an open charcoal fire.

While a feast is in progress, entertainment is provided by various kinds of musical instruments, stringed and wind, with drums and gongs. Parts of the play are recited by those who play the instruments, in a loud, high-pitched voice. At times this music (?) is so loud as to prevent any attempt at conversation. After the feast is finished the guests can take leave as soon as they wish, the host and hostess accompanying them to the door, and bowing them out.

Health Culture Made Easy.

(Continued from page 77.)

so it would go on until all the windows were opened.

Now how many hours out of the twenty-four are you breathing fresh air? Impure air in your home and office; impure air in the trams or the trains; impure air at dinner in the restaurant—yes, you take in a good deal of vitiated air every day.

Hard Facts.

Perhaps a little science will enable you to see your folly more clearly. Pure air consists of nitrogen, oxygen, vapour of water, carbonic acid, plus small quantities of other substances. Of these we need now consider only oxygen and carbonic acid. Oxygen is good for us, carbonic acid bad.

The more people we have in a room, the more carbonic acid and the less oxygen there is in that room. This comes about because in breathing we take in pure air, containing only a mere trace of carbonic acid, and send out poisonous air, which contains more than four per cent of carbonic acid.

A number of people are breathing in a room with windows and doors shut. The supply of life-giving oxygen is all the time decreasing, while the supply of carbonic acid increases. Think what the room will be like at the end of several hours. The time is evening, so, to make matters worse, there are (to put it un-

scientifically) the gas flames burning up the oxygen and pouring into the air carbonic acid and other impurities.

Does not the fact that you are moderately strong while living under these conditions show you how strong you could become under healthier conditions?

Let oxygen into your rooms. Open the windows of your sitting-room, of your office, of your bedroom. You will find some of them pretty stiff from being so seldom opened, I dare say.

If the room is small, and a strong draught would result, it can be prevented in the following way: Open the window at the bottom. In the opening place a piece of wood the same width as the window, and two or three inches high, then close the window on top of this wood. Thus the air entering the room between the two sashes with an upward movement causes no draught.

The Child at Play.

BY MRS. E. E. KELLOGG.

PLAY is the natural prerogative of the young child. It serves an important part in his development. The normal child, allowed to follow Nature's promptings, will in play exercise every muscle of the body. Vigorous activity is a matter of first importance as a means of foundation laying for robust health for the entire lifetime. Let the child's environment be such that activity need not be unduly repressed. Provide a place for play and material for use. Do not expect him to spend his days indoors or even out-of-doors without making litter, creating disorder, or getting into mischief, unless he is furnished with absorbing occupation of his own, or allowed some corner, within range of your observation, where he can expend his energy without damage to your possessions. The little child lives in a world of his own. He can realize little of the value of things around him, or of the æsthetics of order and cleanliness. He is likely to be of an investigative turn of mind, as well as highly self-active, and must have lawful scope for the exercise of his powers, or they will assert themselves in unlawful ways.

The requisite activity of the child should not be hampered by clothing which must be kept spotless at the expense of health born of rollicking play. A play garb is an essential part of every child's wardrobe, made of material easily laundered, simple in design, and so arranged as to give the utmost freedom of movement. A knickerbocker suit of gingham or denim worn over light-weight or heavy under-garments (depends upon the weather) makes a very suitable play garb. If desired, a Russian dress or an apron may be added. In warm weather sandals which protect the soles of the feet afford the freedom from shoes and stockings in which most children delight. For creeping children and those just beginning to walk, "rompers" are invaluable, a boon to the little one and its mother.

Equipped in suitable attire, the child should spend the play hours as largely in the open air as the weather and season will permit.

The physical exercises of outdoor sports are wonderful promoters of health and strength. But because fresh air and exercise are essential, let not parents imagine their whole duty done when they say to their children: "Now run outdoors and play," as they are often tempted to do for the relief the indoor quiet will afford their tired nerves. Parents should know *where* their children are and *what* they are doing at all times. Never should they be allowed to make the street their play-

ground. From contact with evil in the world outside may result moral disease of the most serious nature. Fortunate, indeed, is the child whose home is situated in the country, with ample space and opportunity to play in Nature's own realm. Such is the ideal life which the Creator may have designed should be the privilege of all children. The glimpses of childhood life in Bible history are mostly rural pic-

tures; the loveliest, grandest characters of those times were brought up during their earliest years in close contact with Nature.



A PLAY GARB FOR THE BABY.

Our Dismal Waiting-Rooms.

WE English, with all our propensity to grumble, are often absurdly patient of needless inconveniences. There is the case of railway station waiting rooms, for instance, to which GOOD HEALTH this month very properly draws attention. Some are better than others, but how often, even at large and important stations, the waiting-rooms are dark, dismal, cheerless, "stuffy," and microby to the last

degree! To put one's nose within the door daunts many of us, and even in wintry weather we prefer the draughts and cold of the open platform for the sake of the fresh air. Often, too, the furniture—chairs, benches, etc.—show as little regard to the comfort of passengers as can be. And who has not tried in vain to warm himself at the black fire giving out little heat—and no poker available—or to read by the dim light of a single feeble gas-jet? Much unnecessary physical misery, and many colds and worse illnesses, would be avoided if railway managers only took care that waiting-rooms were decently comfortable and hygienic.—*Christian World.*

INTELLIGENT health culture brings larger returns than the same amount of effort spent in other directions. We get health by working for it.

FOOD & COOKERY

AN INDIVIDUAL MENU FOR ONE DAY.

SHOWING AMOUNT NEEDED AND FOOD UNITS FOR EACH ARTICLE.

BY ESTELLA F. RITTER.

MANY persons suffering from various forms of dyspepsia are at a loss to know how much food is required daily. According to excellent authorities, the person of average weight and fairly active habits requires about 2,000 calories. The following may therefore be taken as representative menus:—

BREAKFAST.

	Calories.
Sliced Oranges,.....	5 oz. 74
Cream Rolls,.....	2 " 264
Poached Eggs on Toast,.....	2 " 191
Caramel Cereal,.....	6 " 112

Total Calories for Breakfast, 641

DINNER.

Lentil and Tomato Soup, 5 oz.	179
Nut Fillets,.....	6 " 142
Green Peas,.....	2 " 68
Whole-Wheat Bread,.....	2 " 143
Butter,.....	$\frac{1}{2}$ " 113
Date Fanchonnettes,.....	6 " 419

Total Calories for Dinner, 1,064

SUPPER.

Granuto, Almond Cream, 4 oz.	205
Canned Strawberries,.....	3 " 34
Coco-nut Crisps,.....	$\frac{1}{2}$ " 62
Apple Juice,.....	6 " 102

Total Calories for Supper, 403

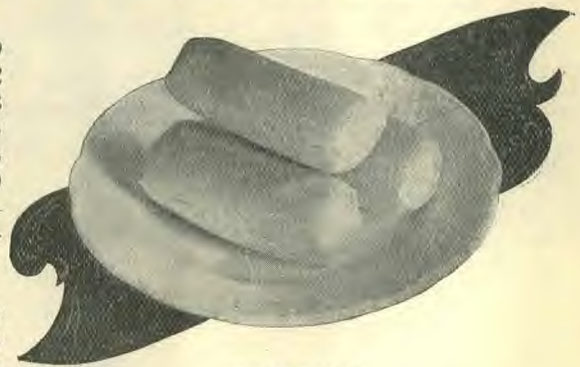
Calories for Breakfast,.....	641
Calories for Dinner,.....	1,064
Calories for Supper,.....	403

Total Calories for One Day, 2,108

Cream Rolls.—Sift two ounces or one-third cup of white flour into a bowl,

and into it stir slowly one ounce or one-eighth cup of cream. Then knead thoroughly for five minutes until perfectly smooth and elastic. Roll the dough over and over with the hands, until a long roll about one inch in diameter is formed; cut this into two-inch lengths, prick with a fork, and place in perforated tins. Each roll should be as smooth and perfect as possible, and with no dry flour adhering. Bake at once in a moderate oven from thirty to forty minutes.

Poached Eggs on Toast.—Cut a piece of bread (one day old is best) one-half inch thick, and bake or toast in a moderate oven for half an hour or until the



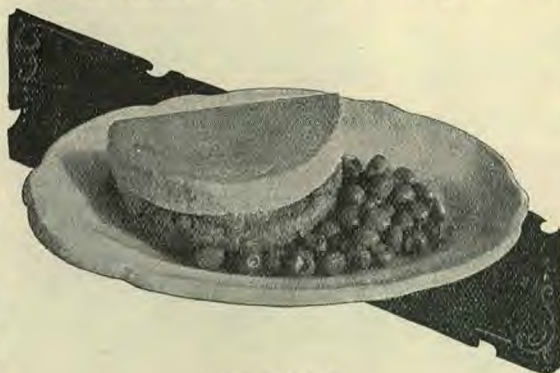
CREAM ROLLS.

slice is nicely browned and thoroughly dextrinized throughout. Heat slightly salted water to boiling and drop into it the egg; take the saucepan away from the heat, and let the egg remain in the water for five minutes. Take the egg from the water and serve on toast.

Caramel Cereal.—Take two teaspoonfuls of caramel cereal, tie in a coffee bag or cheesecloth, and put to boil in

eight ounces of cold water. Boil slowly from five to eight minutes. Serve with cream.

Lentil and Tomato Soup.—Soak one-half ounce or one tablespoonful of lentils in cold water over night. In the morning drain off the water and put to cook in one-half cup of hot water. Cook slowly for one hour. Then press through a colander to remove the hulls, and add to the pulp two ounces or one-fourth cup strained, stewed tomato and two ounces or one-fourth cup of cream. Salt to taste. Heat all together and serve.



NUT FILLETS.

Nut Fillets.—Slice protose and nuttolene each one half inch thick, or one ounce slice each. Place a slice of onion between the protose and nuttolene, the protose on top. Make a dressing of seven ounces or one-half cup of strained tomatoes which have been stewed down, and seasoned with bay leaves, thyme, and salt. Put the dressing over the fillets. Bake in a moderate oven for an hour.

Date Fanchonnettes.—Make a piecrust, using one-half ounce or one tablespoonful of flour and one-fourth ounce or two teaspoonfuls of nut meal. Mix together. Moisten with sufficient cream to stick it together. Handle as little as possible. Roll the dough out thin, place in an oiled cup, and bake until slightly browned.

Make a filling using two ounces or one-eighth cup of dates, three ounces or one-third cup of milk, and half of an egg. Seed the dates, and steam them until tender in a double boiler. Then rub them through a colander. Heat the milk to boiling. Beat the egg and add to the dates, then add the hot milk and mix thoroughly. Fill into the crust and bake in a slow oven until set. Beat the white of half an egg to a stiff froth, add one-

fourth teaspoonful of sugar, and meringue the top. Brown slightly and serve.

What is a Calory?

It will help to make the preceding article intelligible to have a good practical understanding of what a calory is. For the following simple explanation we are indebted to the American "Good Health":—

A calory is the amount of any particular food which if burned would produce heat enough to raise a pound of water four degrees in temperature, or four pounds of water one degree. Thus we have a standard by which the nutritive values of various foods may be judged. The calory differs for all kinds of food; differs according to the amount of water mixed with the food. For instance, an ounce of starch has 116 calories in it. An ounce of bread has not so many, because there is about forty per cent of water in bread. An ounce of butter has about 235 calories in it, or somewhere about 230 calories. An ounce of malt honey has 85 or 86 calories in it. An ounce of milk has 21 calories; an ounce of grape-juice, 24 calories. An ounce of pecans contains 207 calories; an ounce of buttermilk, 11 calories; an ounce of oysters, 11 calories—half as much as milk. Oysters are not worth half as much as milk. An ounce of beef juice, the very best beef juice, concentrated beef juice, not beef extract or beef essence or beef-tea, but beef juice, has 7 calories to the ounce, while an ounce of starch has 116 calories, and bread 64 calories, about. An ounce of bouillon or beef-tea has only 3 calories. An ounce of pecans, therefore, has more than sixty-five times as much food value, as many calories, as the same quantity of beef-tea, the very best kind of beef-tea or bouillon.

A Page for Women.*

Edited by Marie Blanche.

Correspondents are requested to enclose a stamped envelope with their questions, as it is often necessary to answer by post.

THE keynote of my song this month shall be Dress, how to combine comfort with style, and economy with both, the whole trio of characteristics being subservient to that which is healthful and strictly hygienic. By the word "style" I do not mean excessive fashion, bizarre effects, and outlandish extravagances, but merely that indefinable and elusive something which we all recognize as opposed to dowdiness.

The comfort of one's clothing depends largely upon the cut of one's garments, their warmth or coolness, their fit, and suitable material. Upon these things also depend a great deal the health and wellbeing of the wearer. All a woman's underclothing, with the exception of woven woollen combinations, which it is impossible to dispense with in this climate, at any rate during winter, can and should be made by hand. No corsets are necessary, but an adjustable bodice with elastic lacings should take their place. The Good Health Adjustable Bodice I can recommend both for comfort and support. It has fastenings in front, and straps over the shoulders; buttons, too, are provided, from which an underskirt may be suspended. This arrangement is not, however, adopted by all who wear the adjustable bodice, and I strongly recommend another combination of underskirt and petticoat bodice made all in one, thus avoiding a band around the waist, and doing away with that weary, dragging-down weight that the waist-banded underwear so often has. Remember also that every extra band adds to the thickness around the waist, and so enlarges its appearance. In winter this combination garment of skirt and underbodice worn over the woven combinations and adjustable corsage should be made of good flannel. No further underclothing should be necessary, and as all these three garments are washable, weekly changes can be made, and therefore health and hygiene well considered. Stockings should be hand knit, well-fitting, and long in the leg; they should be held up by suspenders and not garters, which seriously impede the circulation.

To keep one's wardrobe in good condition it is most advisable not to have too many clothes, for dresses do not improve by hanging by, and they only get crushed and out-of-date. It is an excellent plan

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

to turn out for inspection all dresses, blouses, coats, and skirts once every week, repairing, brushing, shaking out creases, and re-hanging afresh. Do not get into the way of thinking it a waste of time to study the shopwindows occasionally, for it is by this means one learns the best market and the prettiest and latest modes. Never buy clothes in a hurry, and never without due consideration of what colours you have already in your wardrobe, for it is just this indiscriminate acquiring of odd shades and ill-chosen mixtures of stripes and variegated designs that makes one look so scrappy and badly dressed. A smart, well-turned-out woman never looks scrappy or mixed; the very secret of her smartness lies in the fact that everything, from the crown of her well-dressed head to the polished toe of her trim footgear, is chosen with a view to harmony and completion.

From the standpoint of economy, as well as for many other reasons, home dressmaking has a great deal to be said for it, and with good patterns, care, common sense, and a little patience any woman or girl of taste ought to be able to make her own frocks. Her coats she cannot so successfully accomplish, for they need a tailor, and his heavy irons and machine. If I can help any of my readers in this matter of home dressmaking, I shall be only too pleased if they will write and tell me their difficulties. I have always had a fancy for making my own frocks, and can remember helping to hem my own pinafores as soon as I had learned to dress my dolls, and now I find the matter of blouse-making and hat-trimming a most fascinating hobby, and indeed, were it not for the fear of that black word extravagance, I should thoroughly enjoy the business of making a new gown and a new hat regularly every week. Some women naturally feel afraid of failure and its consequent waste of material when launching out into the world of amateur dressmaking, therefore it is best to commence with something simple and something cheap. I am quite certain of this, the woman who has acquired the art of dressmaking can dress herself much more economically, and at the same time much more smartly, than if she bought cheap, ready-made clothes of inferior cut and poor material, or employed the services of a second-rate dressmaker. The woman who has an unlimited purse needs no advice, of course. She can buy the best of everything and at the best shops, but there are many women I know who have to dress, and dress well, on less than ten pounds a year, and they do it wonderfully, too, because they have made needlework one of their pet hobbies, and have learned to spend their dress allowance judiciously, not frittering it away on bits of this and bits of that, bought haphazard at sales and third-rate shops.

Appointments for March.

Birmingham Natural Health Society.

Headquarters: Ruskin Hall, 191 Corporation Street.

March 4th: Monthly "Good Health" Meeting. Address by Dr. Bryce.

March 11th: Discussion: "The Life We Live."

March 18th: Lecture (announced later).

March 25th: Quarterly Social.

Annual subscription, 5/-; entrance fee, 1/-. Exercise drill from 7.30 to 8.15 p.m.

Manchester Physical Health Society.

March 3rd: Discussion Evening. Opener: Mr. James Vickers. (Short papers). 7.30 p.m.

March 14th: Walk, Dunham. Meet as below. Leader: Mr. H. J. Lunt.

March 17th: 7.30 p.m., Discussion: "Conventionality and Reform." 8.30 p.m.: "The Use and Abuse of Medicines." Address by Dr. A. C. Magian.

April 11th: Annual Meeting and Social.

The above meetings will be held at Onward Buildings, 207 Deansgate (near Peter Street), where the Library is open during the daytime as a reading-room for the use of members. Write NOW for Summer Outdoor Club List.

Bradford Health Association.

Headquarters: 4 Brearton Street, off Manningham Lane.

March 4th: "The Key to Health and Happiness." R. E. O Callaghan, Esq. (official lecturer to the Vegetarian Association).

March 11th: Subject to be announced later.

March 18th: "Vaccination Scientifically Considered." J. K. Musgrave, Esq.

March 25th: "The Prevention of Consumption." R. H. Crowley, Esq., M.D., M.R.C.P.

MR. EUSTACE MILES's new book, "The Power of Concentration: How to Acquire It," which was noticed in last month's issue, is published by Methuen & Co., 36 Essex Road, London. The price is 3/6 net. It can be had from the GOOD HEALTH Office.

"Man the Masterpiece" and "Ladies' Guide," intended respectively for men and women, are books worth their weight in gold. For full particulars address the Good Health Supply Dept., Caterham Valley, Surrey.

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If you have been thinking of taking a first-class course in physical culture, now is a good time to begin. The Good Health School does not aim to develop big, bulging muscles, but to give symmetry, grace, beauty, and genuine working ability. Every student is under personal supervision. Among those who can be greatly helped are such as suffer from poor circulation, indigestion, nervous exhaustion, the "tired feeling"; also those poorly developed, with round shoulders, and weak lungs. The school is conducted by correspondence only. Interested persons are invited to send a post card for particulars to the GOOD HEALTH SCHOOL, Caterham Valley, Surrey.

OUR best thanks are extended to the persons who have favoured us with copies of newspapers, clippings, etc. We are always pleased to get such things.

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A REPRESENTATIVE of GOOD HEALTH had pleasure recently in calling at Mr. Train's Health Food Store, in Beverley Road, Hull. He was pleased to find an excellent assortment of all the standard foods, with a few specialities which Mr. Train makes himself for a growing number of customers. Our readers in Hull and vicinity should give this place a call.

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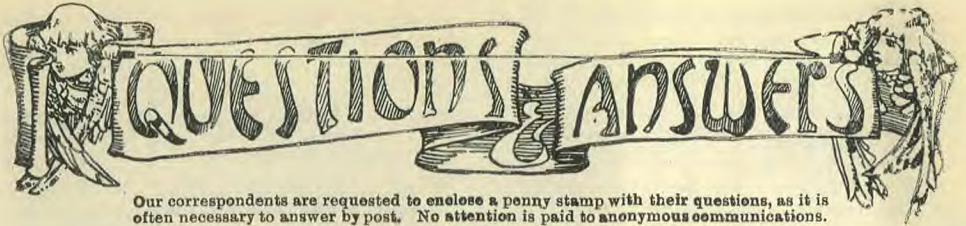
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QUESTIONS & ANSWERS

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.

Superfluous Hair.—A.H.: "Kindly pass on a recipe for superfluous hair, and greatly oblige."

Ans.—The only sure and safe means for removing superfluous hair is electrolysis. The various pastes, etc., recommended for this purpose are never effectual except temporarily, nor are they safe.

Predisposing Causes of Paralysis.—"Bedford": "1. Seeing that so many persons are subject to paralysis at a very early age, I would like to know if there are any predisposing causes or habits, and what they are. 2. Is it wrong habitually to evacuate the bowels twice daily?"

Ans.—The predisposing causes are those that are associated with the use of tobacco and alcohol, and what is known as a fast life. Secret vice and indulgence of the passions oftentimes produce diseases which bring in their train paralysis and other grave forms of disease. To maintain good physical health one must not only be moderate in diet and cultivate hygienic conditions, but must also live a pure, moral life, and study temperance in all things. 2. No.

Dark Rings under Eyes—Indigestion—Flushing—Blackheads.—W.D.S.: "1. What is the cause of dark rings under the eyes? 2. How can I get rid of them? 3. I suffer with indigestion, and have pimples all over the face. What is the best remedy for these? 4. What is the best thing to do when the face flushes and the nose reddens? 5. How can I get rid of blackheads? 6. Would a systematic course of exercises improve my health?"

Ans.—1. The causes are numerous—loss of sleep, worry, some wasting disease, indigestion, malnutrition, lack of exercise and an outdoor life, etc. 2. You must build up your general health by adopting a plain, wholesome dietary, as advocated by GOOD HEALTH, and by getting plenty of sleep and being out in the fresh air as much as possible, breathing deeply. 3. To relieve indigestion, apply fomentations to the stomach for ten to fifteen minutes at a time, and then bathe the part with cold water. But the real cure lies in the diet, which should consist of food that can be easily digested. Avoid tea, coffee, spices, condiments, pastries, sweets, alcoholic drinks, tobacco, and all foods rich in fats, or fried in fat. 4. Flushing of the face is often due to a super-sensitive condition of the nerves. As your general health improves, and you get into a better state of nourishment, you ought to overcome this sensitiveness permanently. Ignore the flushing entirely as far as possible. 5. Use a watchkey to remove the

blackheads, after softening the skin by steaming or bathing with warm water. 6. Yes.

Iron for Anæmia—Diet to Gain Strength.—L.F.: "I have had anæmia for nine months, brought on by trying the fasting cure for nervous dyspepsia. 1. Would you recommend iron in any form? 2. Is it possible to regain strength without eating flesh foods?"

Ans.—1. No, not in the form of drugs, but we do recommend iron as found in ordinary wholesome food. Most greens, such as spinach, sprouts, cabbage, lettuce, asparagus, and most fruits, especially strawberries and apples, contain a fair amount of iron. 2. Yes. For breakfast have gluten porridge with cream, a soft-poached egg on toast, bread and butter, a dish of stewed fruit or baked apples, and a few nuts, such as pine kernels. For dinner take a plain vegetable soup, a nut roast or broiled protose with mealy baked potatoes, and spinach or other tender greens. Also have a plain rice pudding. For supper, which should be early, take granose biscuits with a little butter, and fresh or stewed fruit.

Disordered Nerves.—"I am suffering from nervous dyspepsia, with all its attendant ills—palpitations, lack of mind concentration, mental instability, nervous heart, etc.—and I am extremely anxious to get well. My occupation is a sedentary one, and I am therefore doubly handicapped. 1. Do you think some system of exercise would be good for me? 2. If so, could you suggest a good one for my case? 3. What kind of diet would be most suitable? 4. What is your opinion with regard to the regular use of enemas for constipation?"

Ans.—1. Yes, a course of systematic exercises would suit you, and you also require an outdoor life. Your sedentary habits are against your recovery. 2. The Good Health School of Physical Culture, which is conducted by correspondence, gives special attention to such cases as yours. 3. A plain diet of wholesome food that is easily digested, consisting largely of fruit, both fresh and stewed, nuts, and nut foods, greens, and breads, with vegetables, and also the dairy products. Granose biscuits make an excellent bread for persons suffering from constipation. You ought to give special attention to your diet, but do not worry about it. Try to cultivate a cheerful disposition. 4. The enema is superior to medicine, in our opinion, but careful dieting is the natural treatment. Take steamed dates and figs, stewed prunes and raisins, baked apples, bananas, oranges, and coarse brown breads and porridges; also greens, such as spinach, sprouts, etc.



CATERHAM SANITARIUM AND SURREY HILLS HYDROPATHIC.

CATERHAM, SURREY.

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

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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.

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In answering advertisements kindly mention "GOOD HEALTH."

GOOD HEALTH.

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

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

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

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

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

Indian Edition: Yearly subscription, post free, Rs. 2/8. **Indian Office:** **GOOD HEALTH, 89/1 Free School St., Calcutta.**

West Indian Edition: Price, 8 cents per copy. **West Indian Office:** International Tract Society, Port-of-Spain, Trinidad; and Kingston, Jamaica.

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

DR. AND MRS. J. J. BELL, of the Rostrevor Hills Hydro, are taking a well-earned vacation, their places being filled by Dr. and Mrs. H. J. Williams. We are pleased to learn that this charmingly located institution is enjoying a very fair patronage for the time of year. It would be hard to find anywhere more beautiful scenery than among the Mourne Mountains, and the mild climate combines with the excellent treatment facilities and home atmosphere of the place to create an especially favourable atmosphere for the weary health-seeker.

We are always pleased to supply sample copies of **GOOD HEALTH** to interested persons who are willing to do something to extend the circulation of the magazine. We also give some valuable premiums for work of this kind, particulars of which will be furnished promptly on request. Subscriptions through newsdealers are recognized the same as through the post. All that we require is a statement from the newsdealer to the effect that he has received a shilling from his customer with orders to deliver **GOOD HEALTH** regularly for one year. In such cases the subscriber must, however, be one who has not previously been taking the magazine. A few hours' work on the part of any of our readers should suffice to earn a premium worth from five to ten shillings. We shall be glad to give full particulars.



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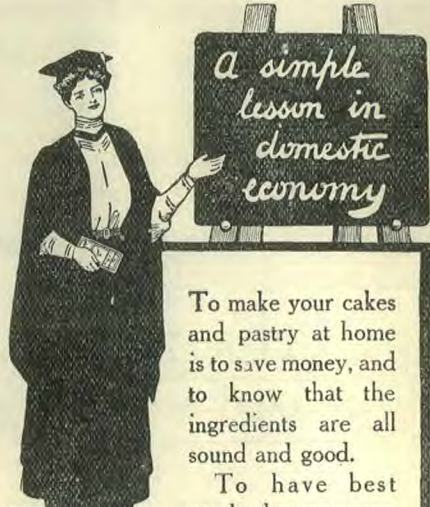
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Best Polished Unbreakable Hard Rubber Tube, 2/6. Glass Tube, (fragile), 1/6. Foreign, 6d. extra. Dr. H. G. Allen, Highwater Laboratory, Exchange Bldgs, Southwark, London.

WE want in every important city and town at least one newsdealer who will make something of a speciality of **GOOD HEALTH**, and we shall be thankful to any of our readers who will put us in touch with such men.

READERS of **GOOD HEALTH** living in Macclesfield and the vicinity will be pleased to know that Mr. M. E. Scott has a full stock of health foods, including granose biscuits, protose, bromose, and other valuable commodities. Mr. Scott will send his list to all interested parties. We hope that he will receive a generous patronage.

NURSE DEACOCK, disengaged, maternity or sick. Good references. 53 Broughton Road, Thornton Heath, Surrey.



A simple lesson in domestic economy

To make your cakes and pastry at home is to save money, and to know that the ingredients are all sound and good.

To have best results, however, use

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mixed one part to eight of ordinary flour. This makes the most reliable and the cheapest cake mixture.

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Only Brown & Polson make Paisley Flour.

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SOLD IN 1/- & 2/6 TINS,
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"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.

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Adjustable Bodice.

The only really satisfactory substitute for the corset.

Strongly and daintily made, affording satisfactory support, and yet yielding readily to the natural movements of the body.

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The Oldest Health Food Stores
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APRICOTS, PEACHES, AND PEARS.

All kinds of DATES, FIGS, etc.

Nuts of every description, Shelled, and
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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.

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Gold Medal awarded, Health and Toilet Exhibition, London.

Mothers should see that their children wear the



PORTIA Combined Shoulder
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SUSPENDER,

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**Canned and Dried Fruits,
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SEND FOR LIST OF PRICES.

BENGER'S
Food
Assists Nature.

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

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

For Breakfast, Dinner, and Tea

**Eat Avenola
and Enjoy Life.**

To dine judiciously and reasonably is to be well and live well. To live well is to enjoy life and health.

Not a pasty, singed, or insipid mixture, but a tasty, delicious, and well prepared cereal food. Makes wholesome and digestible porridge in one minute. For puddings, combined with milk or fruit, it makes a nourishing and sustaining dish. Suitable for the athlete, the invalid, or the baby.

Sold at all Health Food Stores, 7d. per lb. packet. Price list of Health Foods post free.

The International Health Association, Ltd.,
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PUBLISHERS' NOTES.

THE cold winds of March often prove trying to the hands. Use McClinton's Soap, and they will not be so likely to chape.

IXION biscuits give the teeth something to do, and their flavour is of that delightful nutty quality which makes it a pleasure to chew them thoroughly. They are an admirable food for growing boys and girls.

THE Magic Pocket Vapourizer, at 4/- post free, is a convenient instrument for applying antiseptic vapours to the mucous surfaces of the nose and throat. It can be carried in the pocket, and does not get out of order. To be had of the **GOOD HEALTH SUPPLY DEPT.**, Caterham Valley, Surrey.

Shop, Lunch, and Dine at Shearn's.

Our Health Food Stores are a big success, and contain all you need. Our Fruit Saloon and Luncheon-Rooms are the talk of London. Everything of the best, and everything moderate. **Dinners are now served every evening** from 6 to 7.30.

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Largest Health Food Stores in London. Phone: 6555 Gerrard.

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

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

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

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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, 3/8; 14 lb. tin, 5/6; 28 lb. tin, 10/-, carriage paid.

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The best food for infants over nine months. 1/ per sample tin, or 5/- per half-dozen tins, carriage paid.

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Millstone ground. Delicious for all purposes. At Stores in 7 lb. bags, or 30 lb. bag, 4/6; 60 lb. bag, 8/6; 120 lb. bag, 16/-, carriage paid.

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

**WRIGHT & CO., Vulcan St. Mills,
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R. WINTER'S Pure Vegetarian Foods

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by the **INCORPORATED INSTITUTE OF HYGIENE, LONDON,** for
PURITY AND QUALITY.

These foods are guaranteed to be pure and to comply with all the requirements of vegetarianism. They are made under the personal supervision of the founder of the business, R. Winter, M.I.H., who is a strict and enthusiastic vegetarian.

Do not be without these foods, especially **Butnut, Nutton, Prunus, and Nuxo.** Write for Catalogue and Price List, which will be sent free with name of nearest agent.

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R. Winter, Ltd., Pure Food Factory, Birmingham.

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Delightful location, near the chimes, pleasure gardens,
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Highest recommendations.
Accommodations exceptional, including facilities for
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Charges—moderate.

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AGENT FOR . . .
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ALSO FOR . . .
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For valuable information regarding diet and a selection of choice
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Agrees with dyspeptics.
Cooking Oils, Pure Olive Oils, Vegetable Oils.

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for the breakfast-table, for pastry, and for
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Distilled water is a great adjunct in
the process of recovery. Your still is
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GEO. BLACK, M.B., Edinburgh.

Germs of Typhoid, Cholera, etc., Mineral Impuri-
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THE GEM PURE- WATER STILL.

When you are "not quite
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supply.

PARTICULARS FREE.

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On an average an ordinary Turkish Bath costs, including bus fares, etc.	0 2 6
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The "GEM"
Bath also saves your
time; you enjoy the
bath at home, just
when it suits you
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to do you most good.

And the good it
does you is beyond
computation.
Above all, it enables
you to take a bath



Price, 30/-.

IN THE NICK OF TIME,

as when you are conscious of having taken a chill. It
thus averts colds, influenza, and other troubles, not-
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other serious and often fatal maladies that follow
influenza.

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giving particulars and the testimony of eminent doc-
tors, health experts, and other users.

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G.H.,
22 Peartree St., Goswell Rd., London, E.C.

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PUBLISHERS' NOTES.

ARFAX TOOTH POWDER is a valuable preparation, which those who wish pearly white teeth will do well to use regularly. To be obtained of Camp's Health Food Stores, 203 Borough High Street, London, S.E.

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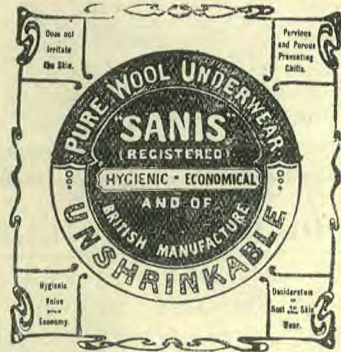
A WEARER of a pair of "Good Health" boots took quite a long walk into the country the other day, trudging through wet meadows and over muddy roads. Nevertheless, when he returned his feet were quite dry, the strong leather uppers with the strip of cork set in the sole, keeping the damp out perfectly. The secret of the success of the "Good Health" boot is that it combines the style and cut of a fashionable boot with the comfort and serviceableness of the footwear made solely for comfort. A perfect fit guaranteed. See Messrs. Hall & Sons' advertisement for further particulars.

"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.

BAX'S CEREALS.

LOOK AT THIS
SPECIAL OFFER.

We want you to try our Foods, and to prove how easy it is for you to obtain really Choice Goods cheaply and quickly, and with very little trouble.

FOR 5/-

We will deliver to any part of London within Pickford's radius 10 2-lb. parcels, or 7 3-lb., or 6 3½-lb., or 5 4-lb., of any of the following articles, all of which are guaranteed new season's goods and absolutely pure.

Giant White Beans.	Finest Rolled Oats.	Butter Beans.	Brown Haricots.
Medium Haricots.	Scotch Barley.	Finest Semolina.	Golden Maizemeal.
Finest Split Lentils.	Finest Split Peas.	Unpolished Rice.	Naples Macaroni.
Scotch Pea Flour.	" Scotch Oatmeal.	Crushed Wheat.	Finest Corn Flour.

To country customers we will deliver 5/- worth up to fifty miles for 6d. extra, or 10/- worth entirely free of cost up to fifty miles, and 20/- worth free to any station in England.

We also send with all first orders one of our 2d. Cookery Books, telling you how to cook all our cereals, besides many other useful recipes.

Our full address is—
FREDK. BAX & SON, 35 Bishopsgate Street Without, LONDON, E.C.

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"GOOD HEALTH" CAN BE OBTAINED THROUGH ALL NEWSAGENTS.

VEGETARIANISM

Is not only possible, but is essentially agreeable and healthful, when regular use is made of the original Health Foods,

which are the result of long-continued and extensive experiments in a well-equipped laboratory of hygiene, and have stood the test of many years' experience and trial. They are palatable, nutritious, and digestible, and, by reason of merit, are the most popular.

Better health, mental capacity, and increased physical strength are experienced by all who adopt their use. Study the following list. Every word has weight.

SUPERCOOKED CEREAL FOODS.

Granose. The ideal cereal food, in thin, crisp flakes of perfectly cooked wheat. Its use cures indigestion. A delicate food which contains all the nutriment of the wheat, but so prepared that children and invalids digest it with ease. Recommended by numerous physicians. Many a sickly child owes its life to this food, and in many cases delicate people are living almost entirely upon it. Being a natural food, and not a medicine, it is just as good for the healthy as for the feeble.

Granose is supplied in three forms:—
In loose flakes, known as **Granose Flakes**, per packet, 7½d.
The flakes pressed into biscuit shape, known as **Granose Biscuits**, per packet, 7½d.
In loose flakes, sweetened with Malt Honey, known as **Toasted Wheat Flakes**, per packet, 8d.

Avenola. A combination of choice grains rightly proportioned to provide the best strength-giving materials in digestible form. The nutritive value of one pound is equal to three pounds of beef. Can be made ready for use, hot, in one minute. It can be cooked for any length of time, in puddings, with milk or fruit, and is excellent as a basis for vegetable roasts. In 1 lb. canister, 7d.

Gluten Meal (Wheat Extract). A highly nourishing product in which the life element of wheat is concentrated. Very nourishing, appetizing, and easy of digestion; a luxury for the well, a necessity for the sick. Gives to children radiant robustness. Makes a superfine gruel porridge in one minute. In 1 lb. packets, 30% strength, 10d.; 60%, 1/8.

Caramel Cereal. The original and best substitute for tea and coffee. Made from choice cereals so blended as to produce a fragrant, healthful, and refreshing beverage, resembling coffee in flavour, but free from all injurious effects. In 1 lb. canister, 10½d.

Biscuits (pure, digestible). Nut Rolls, 5d. lb. pkt.; Wheatmeal Biscuits, 5d. lb. pkt.; Oatmeal Biscuits, 6d. lb. pkt.; Fruit Waters, 8d. lb. pkt.

NUT FOODS.

Protose. The standard nut meat, the nearest to flesh meat ever produced, prepared entirely from nuts and wheat; more nourishing than beef, and free from all its disadvantages. Makes excellent sandwiches, or can be prepared in any way that flesh meats are used. Ready for use, in sealed tins, ½ lb., 8d.; 1 lb., 1/-. 1½ lb., 1/4.
No. 1. The Original Protose. No. 2. Pine-Nut Protose. No. 3. Hazel-Nut Protose.

Nuttose. Another perfect substitute for meat, being somewhat similar in appearance and consistency, but more nutritious. Excellent for stews and roasts. Let it take the place of your morning rasher, you will find it equally as tasty and more wholesome. Same prices as Protose.

Nuttolene. A delicate food, in appearance and flavour somewhat similar to chicken. Makes palatable sandwiches cold, and can be made up in a large variety of tasty dishes. Same prices as Protose, except ½ lb. tin, which is... .. 7d.

Nut Bromose. An invaluable food to those suffering from anæmia, and persons in an emaciated condition from consumption or other causes. Makes good blood very quickly. Has a sweet nutty taste. No food like it for athletes, travellers by rail or road, and all who desire the best physical condition. 30 tablets in box, 1/6.

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