



"THE CHILD GREW AND WAXED STRONG IN SPIRIT."



Good Health

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

Entered at Stationers' Hall.

VOL. 6.

NOVEMBER, 1908.

NO. 11.

WHEN THE STOMACH GOES WRONG.

A LITTLE CHAT WITH DYSPEPTICS.

BY M. ELLSWORTH OLSEN.

THE practice of medicine, it has been well said, revolves about the stomach. If the food question could be satisfactorily settled, the doctors might have to bethink themselves of some other employment. But the food question is not the easiest one to settle. Furthermore, it cannot be settled for all alike, although certain general principles have a very wide application. When it comes to details, every man is something of a law unto himself. His real needs are governed to a large extent by what his former habits, followed perhaps for a period of years, have made him, and they may be quite different from those of another man. It is accordingly a dangerous thing to dogmatize in matters of diet.

If the medical profession generally had taken the interest in dietetics that its great importance deserves, and had made a scientific study of its relation to disease, then there would be no subject upon which an intelligent man could more properly consult his family doctor than that of his daily food. But our medical men have unfortunately concerned themselves more with drugs than with food. They can deal very skilfully with the results of disease, but they seldom get back to the causes, which are usually found to be unphysiological habits. Consequently the layman is left to himself very largely in this matter of selecting a proper diet, and what wonder if in the majority of cases he lets his appetite, usually a more or less perverted one, determine what he shall eat.

We are, then, confronted with a whole army of dyspeptics, some in the worst stages of the disease, which fortunately is

seldom fatal, others comparatively free from pain, but uncomfortably conscious of their digestive operations, and feeling more or less weak and ill-nourished. What shall be done for such? Are there any general rules that can be safely laid down? Let us consider a few.

First, the dyspeptic should take simple foods and very few kinds at a time. Sir Lauder Brunton has pointed out that in some cases it is even advisable not to take proteids and farinaceous foods at the same meal, but have a breakfast, for instance, of bread and butter and fruit, and a dinner of fish, eggs, or other proteids without starches, then an evening meal again of a farinaceous character. Probably in most cases such a rigid regime is not necessary, but attention should always be given to the making of reasonably good combinations, and simplicity should be the invariable rule. Dyspeptics may usually take a small quantity of vegetables and a piece of crisp toast along with proteids at dinner, but they will be well advised not to add fruit, which may form a part of the morning and evening meals. Highly-spiced and complicated made-dishes they should always avoid, as well as pork and pastry, oysters, fried foods, etc.

They will also do well to discard tea and coffee, partly because these beverages contain that which retards digestion, and partly because the taking of any liquids at mealtimes is likely to interfere with thorough mastication, and furthermore dilutes the digestive juices, thus causing them to act more slowly.

Dyspeptics will do well to avoid insufficiently cooked starchy foods. Oatmeal

porridge, for instance, which has been cooked only fifteen or twenty minutes, is likely to lie heavy on the stomach. Cereals are better baked than boiled. Ordinary yeast bread is often sticky and half raw on the inside. Well-baked biscuits and scones, made of a good quality of whole-meal, without the addition of yeast or chemicals, are an ideal food, which when thoroughly chewed will be found perfectly delicious. Unleavened breads are always more nutritious and digestible than those raised with yeast, and it is much easier to make sure of cooking them thoroughly throughout when in the form of scones, puffs, or wafers, than as large loaves.

Nuts and well-made nut foods will be found admirable substitutes for flesh meats, but should be used in moderation, because they are very rich in proteids, an excess of which in the system is decidedly detrimental to good digestion.

Slow eating is one of the arts dyspeptics need to learn. Start the food right in the mouth, and the chances are good that it will fare well in the stomach and intestines. A good quantity of saliva in the food calls forth a free flow of gastric juice, and this in turn provokes a flow of the pancreatic and intestinal juices. By slow eating, let it be understood, we do not mean languid, spiritless eating. The airs of a martyr do not become the dinner-table, where every one should be cheerful and happy. Food must be taken with a zest if it is to do the most good, and the eater should try to discern the flavours and enjoy them.

Taking meals too close together is one of the chief causes of poor appetite and

feeble digestion. Three meals per day are ample, and these should be reasonably far apart, preferably five and a half to six hours. In some cases, where the digestion is very slow, two meals are better than three. The idea that strength cannot be maintained unless the stomach is kept well filled pretty much all the time, is a great mistake.

Medicines may be left out of account in treating dyspepsia on rational lines. In some special cases, to be determined only by a qualified medical man, they may prove of some temporary use as palliatives,



FOMENTATION TO THE STOMACH.

In this case a piece of flannel is wrung out of warm water and laid over the stomach, after which a hot water bottle, partly filled with very hot water, is laid on top.

but the cure will have to go much deeper. There are thousands of persons who have ruined their digestive organs for life by the drugs they have taken for other maladies; but it would probably be hard to find a dozen persons who were cured of their dyspepsia by the use of drug remedies. This statement may not harmonize with the cunningly worded patent medicine advertisements, and the faked-up testimonials that occupy so much space in the press; nevertheless it is true.

Of natural palliative measures, the hot fomentation* or the hot water bottle ap-

*Full instructions for giving these treatments will be found in "School of Health," or "Health for the Million," to be obtained of the GOOD HEALTH Office.

plied to the stomach shortly after taking a meal, is about the best. Of course, a stay at a well-equipped sanitarium, with a carefully-regulated dietary and various tonic baths, is in many ways the ideal way to treat dyspepsia; but in the absence of such conveniences something can be done in the ordinary home. The abdominal compress* at night has also been found helpful as a means of giving tone to the digestive organs.

No rational treatment regime should confine itself, however, to the diet and local treatment of the stomach. The attempt must be to bring the whole system up to a higher level of health and well-being. To this end open-air exercise is most essential. Let the dyspeptic make a hobby of walking or cycling. Let him harden his muscles. Above all things, let him breathe deeply. Just as a feebly-burning fire is most of all stimulated by a draught, so a limp, feeble stomach is invigorated and strengthened by the practice of deep breathing. Oxygen is so necessary to good digestion that it could almost be called one of the digestive juices.

Finally, the dyspeptic needs to cultivate good sense and a reliable judgment. He must be able to say no to a perverted appetite. He must know how to control

himself when he occasionally sits down to one of the elaborate, unwholesome banquets that are such a disgrace to our twentieth century civilization. But he must also know when to humour his appetite a little. There is danger in a too liberal regime; there is equal danger in being too abstemious. Jefferson used to say that no man ever repented having eaten too little, but there are dyspeptics who drop off first one article, then another, till they finally get down to an exceedingly limited and consequently monotonous diet which taken more or less in a perfunctory way, does not properly nourish the system. Such persons would do well to try gradually to enlarge their range of permissible dishes, always making it a rule to give the preference to simple things, and to chew every morsel till the taste is fully extracted. In time they will be able to digest a goodly number of wholesome, palatable dishes, and their strength and weight will increase.

A closing word may be said in favour of hot water drinking, which has helped many a dyspeptic to get the stomach in a clean, wholesome condition. The best time to take the hot water is about half an hour before meals, and the last thing at night.

OUR CHRISTMAS NUMBER.

MANY readers of GOOD HEALTH send the Christmas number to friends instead of cards. This year the delightful cover, printed in two colours, will make the magazine unusually attractive. The price will be as usual, only 1d. Following are a few of the features of interest:—

"Bronchitis: Its Causes and Treatment." Some excellent instruction concerning the treatment of this very common malady.

"Winter Confidences." There are many persons, of delicate constitution who dread winter. The writer shows how it is possible even for such semi-invalids to derive a lot of benefit from the cold season.

"Natural Remedies for the Relief of Headaches." Who does not suffer from an occasional headache? Some lives are rendered miserable by almost constant pain in the head. This article tells how the pain may be relieved by natural means within the reach of every one, and without resort to the dangerous headache powders or other drugs.

"How Not to Take Cold." Colds and catarrh are widely prevalent, being due in large part to an inactive skin, sedentary habits, inju-

dicious feeding, and other easily avoided causes.

"Walking for Health and Physical Development." A well illustrated article showing some delightful ways of combining physical culture movements with walking.

"How to improve the Christmas Dinner." The doctors are always busy immediately following the Christmas festivities. Wrong feeding is a chief cause. Get a good hygienic cook or become one yourself, and you will want little medicine.

These are only a few of the interesting features, which include a story for the children, a women's page, and other good things.

We hope all our readers will wish to take extra copies of this number for their friends. It is well to order early. The paper will be on sale about the middle of November. Ask your agent to deliver you a dozen, and see what delightful Christmas-cards they will make.

Manchester Physical Health Culture Society.

Secretaries: Miss Agnes Whitaker, Mr H. Julius Lunt, Onward Buildings, Deansgate. Meetings on Tuesday evenings at 7.30 p.m. Lectures and discussions.

Come to the meetings or write for syllabus, enclosing stamped addressed envelope, to the secretary, 27 Brazen-nose Street, Manchester.

JAPAN: SOME FIRST IMPRESSIONS.—II.

BY MARION A. CLARK.

WHEN we had dismissed our jinrickshas, our guide with difficulty made us understand that she would take us to the house of a friend while she went ahead to prepare the teacher of flower arrangement for our visit. This is exactly what we wanted; for now we should be received by a Japanese household quite unexpectedly. Accordingly we pulled up suddenly at what seemed to be a blank wooden wall of a minute house, and our guide knocked. Immediately a sliding wooden panel was pushed back by the Oku Sama — or wife and mother of the little household — who instantly knelt before us, and slowly and gracefully bowed her head to the floor two or three times, muttering many polite and flattering expressions of welcome, accompanied by the most curious hissing sounds (made by drawing in the breath), an invariable accompaniment of a Japanese greeting. Another little woman at once appeared, and began the same evolutions. And much embarrassment did we feel, we tall, awkward foreigners.

I must confess I did not exactly feel called upon to prostrate myself upon the ground, and press my hat upon the floor, as, for one thing, my hat had to last me through my travels! And yet I felt

something ought to be done to acknowledge such graceful politeness. So we merely bowed and smiled, speaking friendly and grateful greetings, which were as unintelligible to them as theirs to us; and proceeded to take off our boots before mounting the three-foot-high platform, upon which the ground floor of the house is raised.

Never before had I felt so big and awkward and altogether cumbersome as when ushered into this minute and dainty home. Together we seemed to shake the house, as we passed from room to room through the pretty sliding panels for doors. I tremble to think of the breaches of etiquette we were committing by the score; for no well-mannered guest in a Japanese house arrives at the seat of honour, his appointed place, until repeated humble manoeuvres have been made, seating



AN OUTDOOR SALUTATION.

himself in several less important spots, and having to be entreated to "go up higher." I much fear that we arrived at the much coveted spot at one fell swoop, and having arrived there, our awkwardness, as we tried to dispose of our legs beneath our persons in our vain endeavours to sit gracefully, as did our hostesses, upon the little orange-coloured mats upon the spotless matted floor, makes me blush.



THE HIBACHI.

And still all this time our dainty little hostess was prostrating herself and muttering more welcomes, such as probably: "Humbly deign to demean your august and graceful personages to receive a welcome from my unworthy and ugly self in my vile house." For such is the exaggerated form of flattery of the guest and belittling of oneself which Japanese etiquette demands of a host or hostess. Having at last satisfied their honour in

the matter of bows and polite welcomes (and one could not help thinking that we in busy England should never have time to be so polite), our hostess left the room, but in a moment returned bearing a "hibachi," which they placed upon the floor before us.

This is the sole heating apparatus of a Japanese living room, and very inadequate it is to our ideas. It is sometimes a plain, square wooden box, a foot square and a

foot deep, but more often a round, deep metal vase, quaintly embossed. This is nearly filled with dead ash, upon the top of which are piled up six or eight sticks of glowing red-hot charcoal. A pair of metal sticks are stuck into the ash with which to stir the charcoal as it deadens. Leaving us with hands extended over this very welcome warmth, our hostess again retired, returning this time bearing the inevitable tea. Nothing can happen in Japan without first drinking tea; so if readers of GOOD HEALTH will bear with me for a minute



ARRIVING AT AN INN.



SALUTATIONS.

while I speak of this unhygienic habit, I will describe the awful beverage.

The tea is green, must be made with water which is not boiling, and is taken without sugar or milk. The only part which I could enjoy was the beauty of the kettle, the tea-pot, and the dainty, minute, handleless cups. Each of these was a joy to look at, for never does a Japanese use a vessel or cup without some beautiful little

bit of ornament or design upon it—generally very simple in form and colour, but just lovely to the eye. But the situation demanded that we should drink this very unpleasant green beverage! So we swallowed it with what grace we could, and also some absolutely tasteless little cakes, which looked quite fascinating, but being made of rice powder were most disappointing.

SUNSET AT SEA.

(Written the morning of August 13, 1908, on the Cunard Line Steamer "Ivernia," on the sunset of the previous evening, and read at an entertainment on board in behalf of the Seamen's Orphanage.)

The great, wide-stretching sea, as smooth as oil,
With not a sail in sight, nor rood of land, [boil,
Nor white-capped wave, nor place where eddies
Nor spot, nor space by frisky breezes fanned—
All held as in the hollow of His hand.

Thus was our sea, the same from east to west,
From north to south, a great broad sheet of blue
With gentle heaving swell, like mother's breast,
On which she lulls to sleep her baby new—
Our great, wide, restless sea, so calm, so blue.

A little speck upon the great, wide sea,
Our noble ship speeds proudly on her way;
So staunch and true and steady—tested she
In noontide glare, in cool of evening grey; [day.
Her course set eastward through the night and

The sun slow sinks toward the horizon's rim,
It lights the low-hung clouds with crimson glow,
And, lo, the deep blue sea, transformed by Him,
The King of beauty, swinging to and fro,
Reflects the colours of His covenant bow.

Like changing molten gold, mingled with blood,
Like changing satin's sheen of blue and brown,
With liquid amber flows the emerald flood—
Undreamed-of colours in the depths to drown.
As day grows dim, shades deeper settle down.

The great orb, like a living ball of fire,
Sinks slowly down to light the dying day;
It seems that one can hear the angel choir
Chant requiem low to soothe him on his way,
And rays of light in gorgeous robes array.

The purple deepens; redder glows the sun,
He sinks in browning gold beneath the sea;
The shadows darker turn; the day is done;
The day which never, never more shall be
Till all shall meet where there shall be no sea.

MILTON C. WILCOX.

DRINK AND THE AMERICAN LABOURING MAN.

BY D. H. KRESS, M.D.

A TEMPERANCE wave is sweeping over America. Fifty-five per cent of the area of the United States is now "dry territory." For years the temperance question has been agitated from the pulpit, the platform, and the press. Various organizations have been brought into existence whose purpose has been to make known the evils resulting from the use of alcohol, and to urge men and women to give up its use because of its demoralizing influence. Some responded to these earnest appeals, but the majority branded these faithful workers as alarmists, and kept on drinking as of old. Physicians then threw the weight of their influence against its use, thus placing the temperance movement on a scientific basis. Much good has been accomplished through these educational efforts.

Of late the temperance agitation is assuming still another phase; in other words, it is being transformed into a strictly business proposition. Officials of large corporations find that the drinking man is not as reliable or as safe as the man who abstains from drink. Accordingly some months ago, when the Burlington Railroad found it necessary to cut down its force of employes because of the financial depression, orders were given to lay off the drinking men regardless of the length of time they had been in the employ of the company.

A Cold Business Transaction.

This was a pitiless, cold, business transaction on the part of the company, but in their own interest and that of the traveling public it was deemed a necessity. Other large concerns have adopted similar measures; for instance, if an employe of the Western division of the American Express Company is found drinking when on duty, he is at once discharged. If he is found drinking when *off* duty, he is warned, and the second time he is discovered so doing, he is also discharged. The Superintendent said: "Our men must not drink even when off duty, for it leads to gambling and other bad habits, and the next thing is a defalcation. We find that

almost every defalcation has its beginning in drinking."

Drink and Lose Your Job.

The stern warning, "If you drink you lose your job," has been successful in awakening the labouring man to the need of temperance as nothing else ever has in the past. This decision cannot help but result in good. The labouring classes will see that there is something more to this question of drink than they had supposed, and many will no doubt study the subject now, and will be led to abstain from strong drink on principle.

Forty Thousand Pledges.

Some time ago employes of the North-Western Railroad presented the officials with a bound volume containing the names of forty thousand employes who had "sworn off" and agreed never to drink intoxicating liquor again. This pledge had not been asked of them by the officials, but the men, observing that drinkers were being discharged, and also that they were unable to get employment on other railroads, were desirous of having the officials understand where they stood on this question in order to hold their positions. Thus as individuals, as large corporations, as states, and as nations, we have been forced to recognize that which for years has been urged by temperance workers and physicians—that alcohol causes physical, intellectual, and moral degeneracy, and that men cannot afford to drink.

IF you want to be happy, if you want to live a contented life, if you want to live a life of genuine pleasure, do something for somebody else. When you feel unhappy, disagreeable, and miserable, go to some one else who is miserable and do that person an act of kindness, and you will find that you will be made happy. The miserable persons in this world are the ones whose hearts are narrow and hard; the happy ones are those who have great big hearts. Such persons are always happy.—Booker T. Washington.

MEASLES.

BY A. B. OLSEN, M.D.

FOUR thousand persons die of measles in London every year, ninety-five per cent or more of which are children. Of the common infectious diseases that affect children, measles and whooping-cough are the most prevalent.

Definition.

Measles is an acute contagious disease that begins with catarrh of the respiratory passages and fever. On the third or fourth day a dusky red rash appears on the forehead, and spreads over the body, generally disappearing with some peeling of the skin in the course of two or three days. The fever is moderate as a rule.

The disease may be mild, severe, or quite malignant, as many as thirty or thirty-five per cent dying. Usually the death-rate is low, from one to five per cent.

Some Causes.

Although the specific microbe has not yet been discovered, still it is generally believed that measles is a germ disease. The infection may be conveyed through the air or clothing, but not by water, milk, or food.

Generally speaking, lack of hygiene and sanitation is an important favouring cause, and particularly over-crowding, foul air, starvation, and filth.

Children are especially susceptible, and the vast majority appear to have measles at one time or another. Sixty per cent of all deaths from measles occur during the first two years, and ninety per cent under five.

Period of Incubation.

Measles does not manifest itself immediately on exposure to infection, but, as in similar diseases, a definite incubation period of from twelve to fourteen days elapses before the attack. Consequently, if one comes in contact with measles, it is not safe to assume an escape from the illness under a full fortnight.

The Symptoms.

Measles often begins, like a bad cold in the head, with chilliness, sneezing, acute nasal catarrh, running of nose and eyes,

cough, a moderate fever, and general discomfort. There may also be hoarseness, soreness of the throat, vomiting, or diarrhoea.

The characteristic eruption appears on the third or fourth day, in the form of small, slightly raised red spots, showing itself first on the forehead, and then spreading over the body even to the wrists and ankles. In a couple of days they begin to fade, and scaling starts by the third day.

Isolation.

It is of the greatest importance to isolate the patient at once; choosing a quiet, airy, cheerful room that faces towards the south, and opens, if possible, on to a balcony or veranda. Remove the carpet, draperies, ornamental things, indeed, anything that could not be disinfected or burned afterward. If convenient take two rooms, one for day and the other for night use.

See that the ventilation is good, but prevent draughts from reaching the patient. The light, too, should be so directed as not to annoy the patient. The temperature of the room should be kept at about 60° or 65° Fahrenheit.

The Treatment.

It is usually best to put the child to bed at once, even though he may not be very ill. Give a plain water enema to cleanse the bowels, and then a warm or tepid bath. Tepid or cold sponging will reduce the fever and also relieve the patient. It can be repeated every three or four hours if desirable. Wet sheet packs and tepid baths are also useful in allaying the fever.

While in a fever but little covering is required, a sheet and thin cover or counterpane often being sufficient. It is customary with some to darken the room, but this is not desirable as a rule, except at night time.

The Diet.

The usual diet consists of milk diluted with a little water, about one to three or four parts. Junket, unfermented koumiss, whey, barley water, albumen water, and

plain egg-nog, that is, a raw egg beaten up with two or three parts of milk, may also be given as indicated.

The fever brings on thirst which may be relieved by giving lemon water freely. Don't give beef-tea, beef extracts, broths, gravies, soups, etc. These flesh products are especially harmful because of the increased work they throw upon the kidneys.

Complications.

The characteristic catarrh usually involves the eyes, and may cause great mischief. To prevent trouble on this score, bathe the eyes with water several times a day, or better still, with a saturated solution of boracic acid.

The most serious complications are those which involve the respiratory organs. If there is neglect, pneumonia may develop and prove fatal. To minimize the risk, provide an abundance of fresh air at a temperature not lower than 60° Fahr., and moisten it by means of a so-called "bronchitis kettle." Some aromatic oil, such as eucalyptus or creosote, may be added to the water to advantage. Medicated steam will relieve a bad case of laryngitis or other form of sore throat.

Convalescence.

In mild cases convalescence begins soon after the rash fades, and, with care and attention, the child will be out of bed in a week, and very possibly out-of-doors in another week.

During convalescence the diet can be gradually and judiciously brought back to the ordinary. Reading and writing, indeed, anything that requires strain of the eyes, should be avoided until health is restored.

General Considerations.

Don't make the sad mistake of considering measles a slight, childish affair, that requires little or no attention. Too often, cases neglected in this way prove anything but trivial, and organic disease may result, even though death should not take place.

Water treatment is almost always more reliable and efficacious in the treatment of measles than drugs. And don't forget to provide all the fresh air possible. If a wheel-chair or bath-chair is available, take the patient outdoors daily during convales-

cence, even though he is unable to get about alone.

There is no objection to having plants and cut flowers in the room. But cut flowers must always be fresh, and they should also be removed from the sick-room at night.

Quarantine.

Three weeks are necessary in mild cases, and four or more in severe ones. The nurse or attendant must take every precaution to prevent spreading the contagion. Use an overall while in the sick-room. On leaving, wash the hands well and remove the overall. The same precautions should be taken in the case of visitors. Permit as few visitors as possible, for their presence is often tiresome, and they might carry away infection.

The Closing of Schools.

When measles breaks out in a school, it is sometimes necessary to close the establishment in order to stamp out the infection, but this would only apply to a public school. In the case of a private boarding-school, to close the school and send the students home would only magnify the mischief, and spread the infection far and wide. No one who has been exposed to the infection should be permitted to leave or go out under two weeks, the time of incubation. This is a very important consideration, not only for schools, but for all public and private institutions, and also for our homes.

~~*

A HEALTHY man needs no artificial excitants; the vital principle in its normal vigour is an all-sufficient stimulus; the inspiration bought at the rum shop is but a poor substitute for the spontaneous exaltations of a healthy mind in a healthy body.—*Felix Oswald.*

~~*

THE man who gives himself entirely to the service of his appetites makes them grow and multiply so well that they become stronger than he; once their slave, he loses his normal sense, loses his energy, and becomes incapable of discerning and practising the good. He has surrendered himself to the inner anarchy of desire, which in the end gives birth to outer anarchy.—*Chas. Wagner.*

WHAT THE WHITE RACE MAY LEARN FROM THE RED MAN.—III.*

BY GEORGE WHARTON JAMES.

MOST city men regard a shampoo as a city luxury of modern times, except, of course, for the rich, who could always have what they desired. Yet the shampoo is more common with some Indians than with us, and they enjoy it oftener than we do. The Indian's wife takes the root of the *amole*, macerates it, and then beats it up and down in a bowl of water until a most delicious and soft lather results, and then her liege lord stoops over the bowl and she shampoos his long hair and scalp with vigour, neatness, skill, and dispatch. I have been operated upon by the best adepts in London, Paris, and New York, and I truthfully affirm that a white man has much to learn in the way of skilful manipulation, effective rubbing of the scalp, and delicious silkiness of the hair, if he knows no other than such shampooing as I received.

Another so-called luxury of our civilization is an every-day matter with the Indians of the Southwest. That is the Russo-Turkish bath. The first time I enjoyed this luxury with the Indians was on one of my visits to the Havasupia tribe. I had been received into membership in the tribe several years before, but had always felt a delicacy about asking to be invited to participate in this function. But one day I said to the old Medicine Man, as he was going down to *toholwoh*: "How is it you have never invited me to go to *toholwoh* with you?" My question surprised him. He quickly answered: "Why should I invite you to your own? The sweat bath is as much yours as it is mine." "Then," said I, "I will go with you now."

The "bath-house" consisted of a small willow frame, some six or eight feet in diameter, which, at the time of using, is covered over with Navaho blankets, etc., to make it heat- and steam-proof. A bed of clean willows was spread out for the "sweaters" to sit upon, and a place left vacant for the red-hot rocks. As soon as all was prepared I was invited to take my seat; one Indian followed on one side and the Medicine Man on the other. Then one of the outer Indians handed in six or eight red-hot rocks and the flap of the



cover was let down and the bath was fairly "on." Directly the shaman began to sing a sacred song which recited the fact that *Toholwoh* was a gift of the great god, *Tochopa*, and was for the purpose of purifying the body from all evil.

As soon as the song ended, we were all sweating freely, but, when the flap was opened, it was not to let us out, but to receive more hot rocks. As we sang a second song the heat grew more penetrating, so that the words seemed to have real meaning. Our petition was that "the heat of *Toholwoh* might enter our eyes, our ears, our nostrils, our mouths," etc., each organ being named at the end of the line of petition. The song comprised a great long string of organs, some of which

*The first and second articles in the series appeared in the August and September numbers.

I had never heard of before. By this time sweat was pouring off from our bodies, but the flap was opened only to receive more rocks. At the third time a bowl of water was handed in to my companion, which I was reaching for in order to enjoy a drink, when, to my horror and surprise, he sprinkled the water over the red-hot rocks. The result was an instantaneous cloud of steam, which seemed to set my lips and nostrils on fire and absolutely to choke me and prevent my breathing. Yet the two Indians began another song, so I determined to stick it out and stand it as long as I could. Of course, in a few moments the intense heat of the steam was lost and then I was able to join in the song. At its close the same process of steaming was repeated and then I sprang out and dived headlong into the cool (not cold) waters of the flowing Havasu, where for a long time I swam

and enjoyed the delicious sensations with which my body was filled. Then, after a rub down with clean, clear, clayey mud, I lay in the sun on a bed of willows, listening to the Indians tell stories, and I can truthfully say I never felt so clean in my life.

This bath is taken by thousands of the Southwest Indians once a week as a matter of religion, so that, as a fact, while their clothes are ragged and dirty, and they themselves appear to be dirty, they are really clean. It must be confessed, on the other hand, that too many Americans value the appearance of cleanliness more than the reality. They would far rather appear clean even if they were not, than *be* clean and appear dirty. It is better to combine both reality and appearance, but, for my own sake, if I had to choose between the two, I believe I would rather *be* clean than only *appear* clean.

A BEAUTIFUL COMPLEXION.

How to Prevent and Cure Pimples, Blackheads, and Other Skin Blemishes.

BY WILLIAM M. SCOTT.

AT the outset of this brief article on the complexion, we would like our readers to understand our belief that *true* beauty of countenance is not wholly within the power of the individual. It is the mind, the heart, or some might wish to call it the "soul," that moulds this, the highest, most divine, type of beauty. It would be quite in place to apply the well-known lines of Robert Burns, as the basic principle of the soul's expression in the human face:—

"It's the hairt, aye, that's the pairt, aye, that maks us richt or wrang."

We do believe, however, that beauty of complexion is within the reach of everyone, and can be cultivated, the means being both simple and natural.

Pure Blood Essential.

Again we have to start with first principles. The one who would have a clear, healthy skin, which is to be desired above all else in the matter of facial beauty, even more than regularity of features, must see that the source of life, the blood, is pure

and good. This will necessitate his following all the health rules which refer to diet, and in this respect the first and most important rule to be observed is temperance in all things. Other necessities are, fresh air and lung training; muscular exercise, to bring about a free circulation of blood through all parts of the body and thus prevent local congestions (red nose and florid complexion); tonic and cleansing baths; good cheer.

The Relation of the Organs of Excretion.

In very intimate connexion with our subject of cultivating a clear complexion lies the consideration of those factors which affect the normal activity of all the organs of excretion, viz., the skin, kidneys, liver, lungs, and especially the bowels. If any of these are out of order, or working sluggishly, immediate means ought to be taken to restore them to the normal condition. It is encouraging to know, however, that when we start out with the intention of cultivating health, the various means employed work together for the

good of these very centres, but there are certain things which will directly aid in bringing about a sanitary condition of these centres.

Fresh Fruit—Tender Green Vegetables or Salads—Soft Water.

These should be freely partaken of, and where the water is hard, distilled water ought to be substituted, or the drinking water boiled. Most people affected with skin troubles and poor complexions, have been living upon a too concentrated diet, with very little vegetables or fruit. Many are almost total abstainers from water-drinking. Amongst other things, alcoholic drinks, tea, coffee, and other hot sweet drinks, confectionery, sugar, sweet cakes, pastry, and a too free use of butter, are harmful. By abstaining from these things and eating more freely of properly cooked vegetables and raw salads, as well as being temperate in the use of wholesome foods, even the most chronic cases can be cured.

Butter Milk or "Curdled" Milk and the Complexion.

Most of us have heard at one time or another of the softening and beautifying effects of butter-milk on the complexion, and have also had some vague notions of its beneficent effects when taken internally. It is only within recent years, however, that science and medicine have stepped in with a clue to the problem. We are now informed that the potent principle is the lactic acid, which gives the pleasant sour taste to fresh butter milk or to milk that is on the "turn." It has been demonstrated that this lactic acid is a powerful germicide and an active anti-putrefactive agent.

The disease germs which are found in great numbers in the digestive tract, and most abundantly in the intestines, are now recognized to be the cause of most of the skin diseases to which mankind is subject at the present time. Their technical nomenclature is legion, but they can, for our purposes, be classed under diseases which are caused by infection of the blood

stream by the poisons generated in the intestinal tract through the putrefaction of certain food elements. It has been found out by experiment that the putrefactive germs are most abundant in the excreta of those who eat flesh meat. Next in order come those foods which contain similar elements to meat, viz., cheese, eggs, legumes, nuts, and nut foods. It is here that the lactic acid forming germ, found in butter-milk and similar products, plays its beneficent rôle, by killing these putrefactive germs or putting them *hors de combat*.

It is very difficult to obtain butter-milk in our large towns and cities, and even when it can be obtained, it is quite unpalatable, owing to the methods generally



A FEW HEALTH ENTHUSIASTS.*

in use for extracting the butter. We must therefore look to some other source for our "friendly" germs, and this, we are glad to say, is at hand. "Curdled" milk can very easily be made by setting aside a vessel of new milk in a warm place, which in the course of from twelve to twenty-four hours, will "set." It is right when it has a mild acid taste. But there are objections to using milk prepared in this way, especially if we are not sure of its source. It may contain many other germs besides the "friendly" ones—even those of tuberculosis. This can be overcome by sterilizing the milk, then reducing

*Some members of the Birmingham Natural Health Society.

it to a temperature of 100° to 104° Fahr., and then adding a "culture" of the lactic acid forming germ, which can now be obtained in powder and tablet form under the name of "Yogurt" in this country. To those who object to drinking even "curdled" milk, we would recommend the tablets to be taken after meals, when similar results can be obtained.

Local Treatment for the Complexion.

Most ladies have a very erroneous idea about the care of their complexions. Instead of drying the face thoroughly by brisk rubbing with the towel after washing, they simply gently pat it with a very soft towel. This is one of the surest ways of spoiling a good complexion, for this reason: The cuticle is an active agent for removing from the skin the waste products which are constantly being excreted from the pores. These mix with the natural oil which is meant to lubricate and protect the skin, and dry upon the skin, causing irritation and leading to various skin diseases. The occasional use of a first-class toilet soap, thorough bathing, and as thorough drying and rubbing with the towel, and afterwards with the warm dry hand, are necessary to remove these products of perspiration, and get the skin into a healthy, active state. If this deposit is not removed, blackheads and pimples soon manifest themselves, or the complexion is cloudy and greasy. Blackheads are not, as they are often erroneously thought to be, worms, but are simply pores clogged up with this accumulated dirt. Pimples are tiny ulcers produced by germ invasion of the skin. But if the latter be kept clean by a healthy condition of life, there will be no chance of these pimple-producing germs gaining a foothold. It does often happen that a low degree of vitality opens the way for a regular crop of pimples and even boils, and in such cases, the general health ought to be the first thing to be attended to, before local treatment will be of any service.

Treatment for Blackheads and Pimples.

Where the means are available, steam the face for twenty minutes to half an hour, or simply bathe it in very hot soft

water for a like period; then thoroughly lather with a high-class toilet soap, kneading and massaging the skin between the balls of the fingers for three or four minutes; now thoroughly rinse off the soap in the hot water again; finish off by bathing the face in soft, cold water to which the juice of a lemon or some toilet vinegar has been added; finish by drying thoroughly with a rough Turkish towel, and afterwards with the warm, dry hands. A little reliable toilet cream (not of a thick, oily character) may be rubbed in to good advantage. It is advisable that one should not go out-of-doors into the cold air for an hour or so afterwards. Continue this treatment daily until all traces of the blemishes disappear, when soft cold water should be substituted, and always used for the face. If the blackheads are hoary with age and refuse to be ejected from their abodes, the gentle persuasion of a watch-key will have to be called in.

—♦♦—
 WHATEVER takes the mind out of itself, causes it to look up, interests it in the great truths, helps the body, too.—
J. Freeman Clark.

She—I see an average man needs 1,600 pounds of food yearly.

He—Yes; but he doesn't want it in one batch of biscuits, dear.—*Pick Me-Up.*

—♦♦—
 "THE cigarette-smoker is putting sand into his own eyes. In life's battle he is handicapped as much as if he hung half a dozen bricks around his neck just before entering a swimming race."

—♦♦—
 "GERMAN statistics show that total abstainers furnish one centenarian to every 2,272; drinkers, one to every 833,333. An abstainer's prospect of living 100 years is, therefore, 366 times as good as that of the drinker's."

—♦♦—
 "YOU'RE rather a young man to be left in charge of a drug shop," said the fussy old gentleman. "Have you any diploma?" "Why—er—no, sir," replied the shopman; "but we have a preparation of our own that's just as good."

LYING PASSIVE.

BY HELENA H. THOMAS.

THE sun never shone on a bride who more fearlessly and hopefully promised the words, "for better, for worse," than when Marie voiced them, for to her the untried future appeared all *couleur de rose*.

After a few short, blissful months, however, the young wife was thrown from a horse, and received such injuries that the physician, for a time, gave little hope of her recovery; but a wearisome wait resulted in the verdict, "She is on the road to recovery, but her hip is so injured that she will be a cripple for life."

This so relieved the overwrought husband that forgetting the caution of what seemed to him years, he rushed to the invalid's room, and, dropping on his knees by the side of her bed, wept uncontrollably before he could reply to her startled queries. Then he said, brokenly:—

"Oh, darling, forgive me for exciting you, but I am so happy I could not control my feelings!"

"Happy to think that you are to walk through life with a cripple, Roger! While I—I pray to die!"

The devoted husband endeavoured to assure the sweetheart of his boyhood that life with her, under any conditions, was all he desired. Still she shook her head, saying, in a tone of bitterness:—

"It is cruel! I never can feel reconciled to it. I had nothing to glory in except my graceful carriage, and now a horrid limp is my brightest outlook. And you, who know how sensitive I am, rejoice that I live!"

Consequently, the anniversary of her glad bridal day found Mrs. Forsythe slowly coming back to life that now seemed to her not worth the living, in spite of the fact that she was love sheltered as never before.

Roger Forsythe was indulgent to a fault, however, else he would have put forth greater efforts to arouse his dejected wife to self-forgetfulness. But, when urged by her physician to do so, he would make answer:—

"I haven't the courage! It breaks my heart to meet her pleadings to be let alone."

Marie had been active in church work, so-called, before her injury, and being an accomplished organist, her services were greatly missed, but her pastor's assurance that her return to preside over the organ was impatiently looked forward to was met—as were the pleadings of her physician to exert herself to ward off chronic invalidism—with apparent indifference. But when the former had left, she would sob in so anguished a tone that her husband wept in sympathy.

"Do they think that I, who, to use your own words, Roger, used to go to the organ with 'the carriage a queen might envy,' would so humiliate myself as to face the pity of old friends? Never! I will remain right here in self-defence, first."

This was the situation when Marie Forsythe's brother in an eastern city received a letter from his brother-in-law, who, after stating the case, wrote:—

"Can you make any suggestions? If so, I will carry them out, if possible."

The brother lost no time in suggesting a change of scene, and at the same time he wrote to his sister urging her to visit him. He wrote, too, that he understood how she would shrink from meeting people, in her nervous condition, and assured her that she would be more shielded in his home than elsewhere.

Greatly to the surprise and delight of her husband, the semi-invalid seemed anxious to be off, but on their way she said, in a bitter tone:—

"Thank fortune! Those about me will not be contrasting this hateful limp with my old-time carriage!"

At first Mrs. Forsythe shrank from going out or seeing people (after her husband had returned to his home duties), but soon her tactful brother so lifted her out of herself as to interest her in those less fortunate. So at last an interview was brought about.

"Now, Marie," urged he one morning, when he judged from the tear-stained face of his sister that her ever-present cross was still unbearable, "I want to introduce you to 'my sunbeam,' as I call her, for it is to her I look for fresh inspiration when

my hands hang heavy—a lady who was once the finest organist in our city.”

At first his sister urged that she was in no condition to meet strangers, but soon they were on their way to the home of the “sunbeam,” of whom she thought, “Her patience has doubtless never been tried as has mine!”

Her brother, however, did not explain the situation beyond the puzzling caution, “Avoid offering to shake hands,” just as they were ushered into the room where a sweet-faced woman, without moving head or hand, smilingly greeted them with—

“It is so kind of you to bring the much-talked-of sister to see me.”

“Why, it would have been selfish of me to deprive her of my sunbeam’s rays,” was the laughing rejoinder.

So the embarrassment of the meeting was bridged over by cheery chat until the thoughtful brother arose, saying: “I will leave you two musicians to talk of a much-loved theme, while I visit a very sick parishioner.”

“Then, when alone, Miss Heaton said, with a merry laugh, looking down at the poor, shapeless hands: “It must require a stretch of imagination to think they ever made music.” Then, glancing toward an organ, she queried: “Won’t you play for me, dear?”

Mrs. Forsythe could not refuse the pleading request, and, for the first time since what had seemingly wrecked her life, she seated herself before an organ, and soon she half forgot her surroundings.

“I will not urge you to play more to-day,” said Miss Heaton, tremulously, “but your playing touched so tender a chord that I could not keep back the tears, something I seldom indulge in.”

“Seldom!” exclaimed Mrs. Forsythe, impulsively, as her eyes once more tried to grasp the situation—abject helplessness. “Why, if I were so afflicted, I would weep continually!”

“No, you wouldn’t,” was the laughing reply, “for it is anything but a luxury to weep when one’s hands are powerless to wipe the tears away!”

Then, when she could sufficiently control herself, Mrs. Forsythe opened her heart as she had not to another, ending brokenly:—

“How do you bear your dreadful cross when I rebel so over mine, which is trifling in comparison?”

“Why, dear, I do not bear it!” was the earnest reply, “but let me tell you how it all came about. You say that your graceful carriage was once your pride. Just so these poor distorted hands were once mine; but one night after I had given a recital, I returned home much heated, and after thoughtlessly throwing myself on a sofa, I fell asleep and awakened in a chill.

“That was the beginning of what brought me to so helpless a condition that I now have control only of my eyes, tongue, and muscles of the face. But I did not rebel even when my lower limbs were well-nigh useless, for I was thankful so long as I could make music. However, when, little by little, my hands were drawn out of shape and my case was pronounced hopeless, I rebelled as no child of God has a right to.”

“But how could you help it!” cried the tearful listener. “It was surely beyond human endurance!”

“Yes, dear,” was the smiling rejoinder, “and my eyes were then too tear-blinded to see the Comforter, until one day my brother, who was lifting me, said: ‘Now, sister, if instead of trying to help yourself you would just lie passive in brother’s arms, it would save you much pain.’”

“Simple and natural words they were, but through them I was led to see that my rebellion, alone, had made my cross unbearably heavy. I saw, too, that my dear Elder Brother was able to lift me above it all if I would but lie passive in His hands.”

“Was that the end of your rebellion?” was the low query.

“No, it was not easy to lie passive at first, but each rebellious struggle so added to my misery that it ended in a fresh determination, until I gave up my will to His, and then all was rest, perfect rest. True, I am never free from torturing pain; still, I am scarcely conscious of it, so closely do the arms that will not let me go enfold me.”

This acquaintance was such an inspiration to Mrs. Forsythe that a little later she wrote to her pastor:—

“I shall be in the dear home church

next week, and if my place at the organ is still vacant, I shall be more than glad to occupy it. My cross has not outwardly

lessened, but I am learning to lie so passive in the Everlasting Arms that I scarcely heed it."

PHYSICAL CULTURE MADE EASY.—VI.*

BY ALAN RUSSELL.

Mental Influence.

NEARLY everybody nowadays has some conception of the power of the mind over the body. We know from experience the bad effect gloomy thoughts have on health. Professor Elmer Gates has proved chemically the injuriousness of such thoughts.

Many writers in books and magazines take pages to tell their readers what they already know—the evil effects of worrying; then these writers stop: they give no advice as to a method of breaking off this mischievous habit.

To cure worrying we must not merely know the evil effects; we must get at the causes.

Bad Health

is undoubtedly one of the causes of worrying, but as my previous articles give directions to put people on the road to health, we need not linger over this cause.

A Bad Conscience

also gives rise to much mental trouble. Speaking from experience, I may say that I have always repented of doing wrong, never of doing right. I think the reader's experience will coincide with mine. So, therefore, what is the good of being bad, of acting contrary to the promptings of conscience, of making ourselves miserable?

Generally speaking, a good conscience gives one a sense of security, a feeling that nothing else matters so long as one is doing right. Nevertheless, there are people who are conscientious and yet worry. Such people usually suffer from a

Lack of Humour,

of sympathy, and of observation. Which of the three is the chief cause of the trouble I am not quite certain; probably it is the lack of humour. These unfor-

tones somewhat resemble Bunyan's Mr. Fearing.

They should try to think less of themselves. When walking in the street they should observe the human drama being enacted before them instead of being absorbed in gloomy thoughts. They should learn to realize that great truth, "The way to be happy is to make others happy." They should associate with people different from themselves, those who are humorous, sympathetic, and observant. If such friends are rarely to be met with, the same cannot be said of the books of men who possess these characteristics, books which reveal and send off, as it were, the bright thoughts of their writers.

Short of Work.

Then again, unhealthy, unquiet thoughts are often the consequence of abundant leisure. No work to do! How blind you leisured people are. Whether you are young or old, strong or weak, clever or stupid, there is a task awaiting you somewhere. Arise and set to work.

Too Much Work.

On the other hand, there are those who worry because of too much work, especially if it is uncongenial. Well, it is a pity, but make the best of it. The harder your work, the greater your responsibility, the less you can afford to lose nerve force by worrying. And do try to have a hobby. Choose one which is as much unlike your work as possible.

To All.

Inspiring books, fine music, communion with the beauties and wonders of nature—these are influences often out of our reach, but not always. Come under these influences when you can, for they will help you to bear life's burdens with a tranquil mind.

*Previous articles in this series appeared in the March, May, July, and October issues.

SAVOURY SOUPS WITHOUT MEAT.

BY MRS. E. SISLEY-RICHARDS.

WHETHER or not soup should be served with dinner, depends largely upon the nature of the soup and the manner of its serving. A thin soup which makes up for its lack of nutrition by its excess of pepper would better be omitted from the meal; while a nutritious, wholesome soup may well be served in small amounts in connexion with the chief meal of the day. It is always contrary to the laws of good digestion to take a large quantity of any sort of liquid with the meal (except when an exclusive liquid diet is being taken), but a moderate amount of good soup acts as an appetizer, and stimulates the flow of the digestive fluids.

It is quite possible to produce most excellent and tasty soups without the use of meat stocks. The water in which macaroni is boiled makes a very good soup stock, as does also the broth from lentils or dried beans.

Following are a number of recipes which may be helpful:—

Lentil and Tomato Broth.—Thoroughly wash a pound of brown or of German lentils, and leave them soaking in cold water overnight. In the morning put them to boil, and allow them to simmer gently until they are quite tender. It may be necessary to add boiling water from time to time. When the lentils are done, there should be sufficient water covering them to constitute the chief part of the soup. Drain off the broth, adding to it from one to two cups of strained tomato juice. Re-heat, season with salt, a little onion juice, and herbs, if desired. The lentils which remain may be rubbed through a sieve, seasoned nicely, and served as a *purée* on the following day. These are inexpensive and at the same time very wholesome dishes. If preferred, some of the lentil pulp may be added to the broth, making a thicker soup.

Beans may be prepared and served in the same way as lentils. The broth from the brown beans, if thoroughly stewed, is wonderfully rich and savoury. In fact, any of the leguminous broths, if properly prepared, can scarcely be distinguished from meat broths. The intrinsic differ-

ence is this: The leguminous broths are rich in nutritive elements as well as flavour, while the meat broths are rich in flavouring extracts, but poor in food elements.

If it is desired to produce a soup which is highly nutritious, milk may be added to the pulp of the legumes, as in the following:—

Cream of Bean and Cream of Pea Soup.—Thoroughly wash one pound of either good beans or dried peas. Soak overnight in cold water, then put over the fire in the morning. They should be cooked in the same water in which they have been soaking, unless the flavour of the legume is considered too strong, in which case fresh water may be used for stewing. Simmer gently for several hours, or until the legumes are tender. Then pass the beans or peas through a colander to remove the tough skins. To this pulp, add enough sweet milk to make a soup of desired consistency; season with salt and celery; re-heat and serve. A bowl full of hot cream of bean soup, with bread-stuffs, would constitute a good luncheon for the boy or girl who returns home from school "as hungry as a bear."

Tomato Vermicelli Soup.—Strain one quart of stewed tomatoes through a colander to remove the skins and seeds. Take one-half cup of vermicelli, drop into one cup of hot, salted water; cook until done, which requires only a few minutes; then turn into the tomato, heat together, season with salt, add one-fourth cup of cream. When adding cream to tomato, care should be taken not to put the cold cream into the hot acid, for it will curdle it. Either beat the cream first, or add a little tomato slowly until the cream is all warmed; then it can be turned into the tomato without curdling. Serve at once.

Tomato Bisque Soup.—Take half a cup of nut butter, two cups of tomatoes, three cups of water, four teaspoonfuls of salt. Rub the nut butter smooth in the tomato, add the water, heat to boiling. Add salt enough to destroy the acid taste of the tomatoes. Serve hot.



Address communications for this department to GOOD HEALTH, Question Department, Caterham Valley. Stamp should be enclosed, as it often becomes necessary to reply by post. No attention is paid to anonymous communications.

Mucous Secretion—Brittle Nails.—L. S. :

"1. What is the cause of mucus at the back of the throat in the morning? 2. What is the cause of brittle nails that are constantly breaking off? 3. What should be done for them?"

Ans.—1. Catarrh of the throat, possibly very mild. Would recommend the daily use of the Globe Hand Nebulizer. One formamin tablet dissolved in the mouth every morning, might also prove helpful. 2. Malnutrition and general lowered vitality. 3. Follow such hygienic measures as will improve your health and strength. Adopt a wholesome dietary, excluding stimulants of all kinds, but including plenty of fruit, both fresh and stewed. Get out-of-doors as much as possible. Systematic physical culture should also prove helpful.

Cold Baths—Scurf—Sulphur Tablets—Preparing for Examination.—D.R.Q. :

"1. I take a cold bath every morning, but find little improvement in the tone of my skin. How can I make the bath more beneficial? 2. Is scurf on the head injurious to the health? 3. If so, what preventive measures do you suggest? 4. Do you recommend sulphur tablets or sulphur soap for clearing the skin. 5. I am going up for a Civil Service examination in the near future. Kindly give me a few health hints for observance now and during the examination week."

Ans.—1. Dissolve a pound or two of salt in your bath water; if a full bath, five or six pounds. 2. Not exactly. It may be symptomatic of indigestion. 3. Avoid sugar, sweetmeats, pickles, and indigestible foods generally, use butter sparingly. A mild lotion, such as the Sanitarium Hair Tonic, applied daily to the head, will assist in clearing the scalp. 4. No. The best soap that we know of for keeping the skin in a clean, healthy condition is McClinton's Colleen, a sample of which can be had for twopence by addressing D. Brown & Son, at Donaghmore, Ireland. 5. Avoid stimulants of all kinds, including tea and coffee. Follow a plain, wholesome diet, never eating to excess. Put in regular hours for sleep and exercise, and do not stint them. Walking is an excellent form of outdoor exercise.

Mastication—Aids to Sound Sleep.—B.M. :

"1. Can we thoroughly masticate sufficient food in half an hour to sustain the body till the next meal? 2. Is five hours too long a time to go without eating anything? 3. About how many hours apart should the meals be? 4. Are there any harmless aids to help poor sleepers to sleep better?"

Ans.—1. Yes; providing there is not too much conversation. We think it would be better to take a longer time, say three-quarters of an hour, so as to allow for cheerful conversation during meal time. 2. No; providing one has taken anything like a reasonable meal. 3. About five hours, since it takes nearly, if not quite, this amount of time for the digestion of an ordinary meal. 4. Yes, certainly. We would mention among others: (1) abundance of fresh air in the room; (2) deep breathing, that is, breathing in deeply, filling the lungs, and then breathing out slowly; (3) a warm, dry bed, and just sufficient covering to maintain a comfortable warmth; (4) a hot brick or hot bottle to the feet if the feet are cold or the head is flushed; (5) bathing the head in cold water for a few minutes just before retiring, or the application to the forehead of a suitable towel wrung out of cold water; (6) if the brain is active and keeps on working, endeavour to fix it upon one thing; for example, repeat verses or anything else that has been committed to memory; or count backwards, or engage in some other monotonous mental labour that will fix the mind.

Child's Diet.—"1. F.W. would like to know what diet would be suitable for a healthy child of two years. 2. How soon would it be necessary to change the diet? 3. What number of meals would you recommend?"

Ans.—1. We would recommend the following dietary: *Breakfast*—a well-cooked porridge with a biscuit or piece of zwieback, or better still, toasted granose flakes with cream or hot milk; prunes or prune puree, baked or stewed apples; white bread and butter. *Dinner*—a little soup with granose biscuits or zwieback; mealy baked potatoes served with cream; a milk pudding, such as rice, tapioca, bread, or sago; brown bread and butter. There would be no objection to a little tender minced spinach, or some other minced green that has been well cooked. *Supper*—toasted granose flakes with cream, or banana *purée*, or some other mild fruit. 2. As the child grows older you can gradually extend the diet, but it is desirable to avoid flesh foods of all kinds, indigestible foods, such as cheese and pickles, cakes, sweetmeats, and pastries, and greasy or fried foods. Haricots, lentils, and dried peas, are not, as a rule, wholesome for children. Usually, three meals are sufficient, and the first meal should be taken between 7.30 and 8 o'clock in the morning, dinner between 12.30 and one, and the third meal about 5 o'clock in the evening.

Butter your Bread

with

Mapleton's Pure Nut Butters

**Walnut,
Cashew,
Cocoanut,
at 1/- per lb.**

**Almond Nut
Margarine,
at 1/2 per lb.
Nut Margarine,
10d. lb.**

**Sold by
all Health
Food Stores.**

which are in daily use in the homes of thousands of food reformers. . . . Dairy butter frequently contains disease germs and other impurities, and consists of fat and water only, whereas Mapleton's Nut Butters are not only absolutely pure, but are water-free

Foods, not merely Fats,

since they are rich in the proteids of the choicest nuts. Mapleton's Nut Butters on wholemeal bread or biscuits (with fruit or salad) form a perfect all-round meal.

See special sample offer.

MAPLETON'S NUT FOOD CO., Ltd.,

WARDLE, Near ROCHDALE.

Please Mention "Good Health."

**Entirely
free from
animal fat.**

**Dainty
sample
any kind
(with cata-
logue) post
free for
2d. stamps.**

THE TURKISH BATH MAN MAKES YOU A SPECIAL OFFER.

In previous "talks" I have fully explained what my Gem Bath Cabinet is and what it does. Many people accepted my word, purchased cabinets, and have been grateful since for the benefit received. There are thousands, however, who are ailing but are sceptical of the value of thermal bathing, and afraid to risk the loss of their money. To these I make the following special offer.

You can have a 30s. Gem Turkish Bath Cabinet and thoroughly TEST IT FREE OF CHARGE.

All I ask is that you send me a post-dated money order—payable in ten days. I expect this, to prove your *bona fide* treatment of an offer that might be a heavy expense to me. I will then send you a Gem Turkish Bath Cabinet by return. You can try it once, twice, or three times yourself. Your wife can try it. Your sons and daughters can try it.

They can try it for rheumatism, kidney troubles, aches and pains of all kinds. They can try it as a luxury of cleanliness. They can try it as a pick-me-up after fatigue. Give the Cabinet a good trial. See if it is what I say. See if you get better health out of it—more pleasure out of life. If you do not, stop your money order and send the Cabinet back. No questions asked, no grumble from me.

I have all sorts of Cabinets from 30s. to £11 11s., but this offer refers only to my standard pattern, at 30s. This is the Cabinet I use myself, and the one on which I have built up a reputation.

This Cabinet is used and recommended by your Editor.

At least, don't put this aside without writing for a copy of my free 100-page book on thermal bathing. It may convince you. Cheques and postal orders should be made payable to the Gem Supplies Co., Ltd. (Dept. G.H.), 22 Pear-tree Street, Goswell Road, London, E.C.

Scientific Physical Culture

The Good Health School of Physical Culture, conducted by correspondence, offers at an extremely reasonable fee a very complete and satisfactory course of training.

The School is conducted under medical supervision. Every student receives personal attention.

Not big muscles, but grace, beauty, symmetrical development, soundness of the bodily organs, and energy for work—these are the objects aimed at and successfully attained.

Send post card for full particulars to—

**GOOD HEALTH SCHOOL,
Caterham Valley, Surrey.**

McDODDIES VEGETABLE BUTTER.

(For Cooking and Frying.)

**Guaranteed pure. Is easily digested.
Does not turn rancid. Is economical.
Makes splendid cakes, biscuits, pie-crusts, etc.
Unequalled for frying fish and potatoes.**

McDODDIE is sold by The Army and Navy, Junior Army and Navy, C.S.S.A., Harrods, Whiteleys, Barkers, Spiers and Ponds, Jones Bros. (Holloway), Clapham Stores, and many others at 8d. per lb. carton.

ASK YOUR GROCER FOR IT.

If unable to obtain, send P.O. for 2/- for 3 lbs. to
**McDODDIES, Sharsted Works, Sharsted St.,
Kennington, London.**

In answering advertisements kindly mention "Good Health."

A Page for Women.*

Conducted by Marie Blanche.

NOVEMBER cannot be said to be a cheerful month. It is not nowadays, however, so dreary as Thomas Hood found it in his time, when he penned the following witty lines:—

No sun—no moon!
 No morn—no noon—
 No dawn—no dusk—no proper time of day—
 No sky—no earthly view—
 No distance looking blue—
 No road—no street—no "t'other side the way"—
 No end to any row—
 No indication where the crescents go—
 No top to any steeple—
 No recognition of familiar people—
 No courtesies for showing 'em—
 No knowing 'em—
 No travelling at all—no locomotion—
 No inking of the way—no notion—
 "No go"—by land or ocean—
 No mail—no post—
 No news from any foreign coast—
 No park—no ring—no afternoon gentility—
 No company—no nobility—
 No warmth—no cheerfulness—no healthful ease—
 No comfortable feel in any member—
 No shade—no shine—no butterflies—no bees—
 No fruit—no flowers—no leaves—no birds—
 November!

Let us be thankful we are saved from the possibilities of such a November as that. But let us also remember that even with all the comforts of modern life this is a cold-catching and chilly season, and let us carefully inspect our wardrobes, and see that our stock of warm clothing is complete and in order. Many are the cosy little garments the nimble fingers of the home knitter can fashion. Socks and stockings can always be made at home; gloves, too, are simple enough to make if one exercises a little patience. All these things when made by hand are warmer and more lasting in wear. They may not cost any less, because it is advisable to use the best yarn, but when the lasting quality of either a pair of stockings or gloves is taken into consideration, the economy is great.

To knit a pair of gloves you will require only two or three ounces of wool, according to the length of arm you knit, and a nimble knitter could make a pair easily in two or three days. The cost would be about one shilling a pair, and they would last all the winter through.

Here are the instructions from which to work. I have made many pairs, and find this a very neat and comfortably fitting pattern. The size is equal to a six glove, and if required larger or smaller could be regulated either way by using different sized needles and finer or coarser wool.

Cast on sixty stitches, twenty on each needle. Knit welt for cuff to commencement of thumb.

After two plain rows, on ninth pearl and knit row, knit one stitch, raise one, knit two, raise one, then a pearl and knit row all round; then two plain rows all round. The stitches between the raised ones to be knitted, increasing two each time. When thumb is increased to twenty put them on three needles, eight on one, eight on second, and four on third, on the last needle cast five more, and join thumb. Knit round and round, narrowing for gusset till only twenty remain on thumb. When long enough to fit, decrease suddenly and finish off. Place rest of hand on three needles. Pick up stitches for gusset, narrow it again till only sixty stitches remain. Knit on to commencement of fingers. For first finger take twenty on three needles cast on six more and join. Continue finger same as thumb, narrowing gusset and shaping to fit finger. The other fingers are made the same, with less stitches and gussets between.

Answers to Correspondents.

L.R.S.—Read "Health for the Million," especially the chapters on the figure, corsets, and beauty culture. Of course, physical exercises will develop the figure. I believe there are things sold for the purpose of increasing the bust, but I should not dream of recommending them. Padding would retard development.

ELLEN B. (Sandgate).—To strengthen the eyes, practise opening and closing them in a small eyecup filled with fresh, cold water. Do this several times daily, and open the eyes as wide as possible in the cup, rolling the balls slowly from corner to corner.

EMILY B.—Yours is a case for medical advice, but you can do much yourself to overcome depression. Resolve to be bright and happy. Try to forget yourself, and do some service to others, helping to brighten their lives.

K.N.—Certainly I recommend you to go to the hospital. You need not go to a lady doctor. Speak frankly to the medical man. Remember you are simply a patient in his eyes, therefore you should not have any false modesty in the matter.

L.H.—If you had told me at first that your hair was oily I should not have recommended an ointment. You cannot wave the hair with silk, and the curler you sent me would be harmless, I think, if used with care. If rain water is not procurable, use distilled (4d. a gallon at the chemist). Send for a Good Health Boddice. To prevent its wrinkling, run a strip of whalebone up front seams. Wear also a Portia Suspender, which I can highly recommend.

MISS L. (Halifax).—The caustic pencil you are using is in all probability nitrate of silver. The removal of a cyst by this means would be a very long and tedious business. If the growth on the face is large enough to be at all disfiguring, I should recommend you to have it properly and permanently removed with the knife by a good surgeon. It would not, I think, be a very serious operation.

MRS. S. (Warrington).—You have not told me your age, and so it is a little difficult to understand the symptoms, but I don't think you can do better than continue the treatment your doctor is giving you, especially as you say the medicine he gave you did you good. I am not a doctor, you know, and cannot diagnose your case. Frequently a medical man refrains from telling a patient the exact name of the complaint from which she may be suffering, but that need not trouble you. It is very likely some little disorder of the kidneys you are suffering from, but follow your doctor's advice and remember that worrying over the matter will only hinder the cure.

*Correspondents should address Marie Blanche c/o Good Health, Caterham Valley, Surrey, enclosing stamp.



CATERHAM SANITARIUM AND SURREY HILLS HYDROPATHIC,

CATERHAM, SURREY.

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

BATHS OF EVERY DESCRIPTION, Including the Electric Light Bath.

MASSAGE AND MANUAL SWEDISH MOVEMENTS.

ELECTRICITY AND VIBRATORY MASSAGE.

DAILY DRILLS IN PHYSICAL CULTURE.

With a carefully regulated and classified dietary.

Sound health of body and mind is the fruit of obedience to natural laws. Health is largely the result of physical right-doing and correct training. Experience has demonstrated that chronic invalids of all classes, many of which are considered incurable, can be trained back into health by scientific regimen combined with suitable hyriatic measures, electrotherapy, phototherapy, massage, Swedish movements, Swedish medical gymnastics, and in short, by the use of what has been aptly called Physiological Therapeutics. Incurable and offensive patients are not received. The establishment affords facilities for quiet and rest, with skilled nursing and medical care and everything an invalid needs.

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

THE SANITARIUM, CATERHAM, SURREY.

In answering advertisements kindly mention "GOOD HEALTH."

GOOD HEALTH.

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

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

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

Address editorial correspondence to the Editor.
GOOD HEALTH may be ordered through any newsdealer. Yearly Subscription, post free, 1/6.

Indian Edition: Yearly subscription, post free, Rs. 2/5. 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, 2/5. Office: 56 Roeland St., Cape Town, S. Africa.

To feel comfortably warm yet not too warm, provide yourself with Sanis underclothing, which is at once light, strong, durable, perfectly porous, and able to keep out the cold.

THE managers of the Wallace P.R. Bakery have favoured us with samples of their Barley Malt Biscuits and Oatmeal Shortcakes, both of which we find most excellent. The products of the Wallace Bakery may always be relied upon, no chemicals or adulterations of any kind being used.

MR. SYDNEY BEARD is offering to the pupils of any school, "Comprehensive Guidebook to Natural, Hygienic, and Humane Diet," as a prize for the best essay on the subject: "Hygienic Diet in Relation to Health." This should awaken interest among hundreds of schoolchildren. The data of the essay will be found in the penny booklet entitled: *The Testimony of Science in Favour of a Natural and Humane Diet*. We hope the response will be generous. Surely, the more the principles of healthful living are talked over and discussed, the clearer will they become.

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, 2/1³, post free. Address, **Good Health Supply Dept., Stanborough Park, Watford, Herts.**

AN IDEAL FOOD BEVERAGE.

HYGIAMA.

Easy of digestion, pleasant to the taste, and perfectly adapted to the physiological needs of the body.

Excellent for invalids. A splendid substitute for tea and coffee. A natural stimulant and pick-me-up. Send for free sample, analysis, and further particulars to—

THEINHARDT'S FOOD COMPANY,
6 Catherine Court, Seething Lane, E.C.

The A.B.C. of Cake making

Make your cakes at home with "Paisley Flour."

Mixing the ingredients yourself, you know that they are clean, sound and wholesome. Using

"Paisley Flour"

(Trade Mark)

instead of baking powder, self-raising flour, or cake mixtures, you achieve light, wholesome and digestible cakes.

"Paisley Flour" the sure raising powder—is made by Brown & Polson and is to be mixed 1 part with 8 parts ordinary flour. Thus 1d. packet will raise a pound of flour.

7d., 3½d. and 1d. packets.



In answering advertisements kindly mention "Good Health."