

CHRISTMAS MORNING.



Good Health

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

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CHILD TRAINING.

BY MRS. E. G. WHITE.

Too much importance cannot be placed upon the early training of children. The lessons learned, the habits formed, during the years of infancy and childhood, have more to do with the formation of the character and the direction of the life than have all the instruction and training of after years.

Most of the evils that are bringing misery and ruin to the race might be prevented, and the power to deal with them rests to a great degree with parents. It is not a "mysterious providence" that removes the little children. God does not desire their death. He gives them to the parents to be trained for usefulness here, and for heaven hereafter. Did fathers and mothers do what they might to give their children a good inheritance, and then by right management endeavour to remedy any wrong conditions of their birth, what a change for the better the world might see!

*A "Good Health" child. Has never been ill. Aged 3 years.

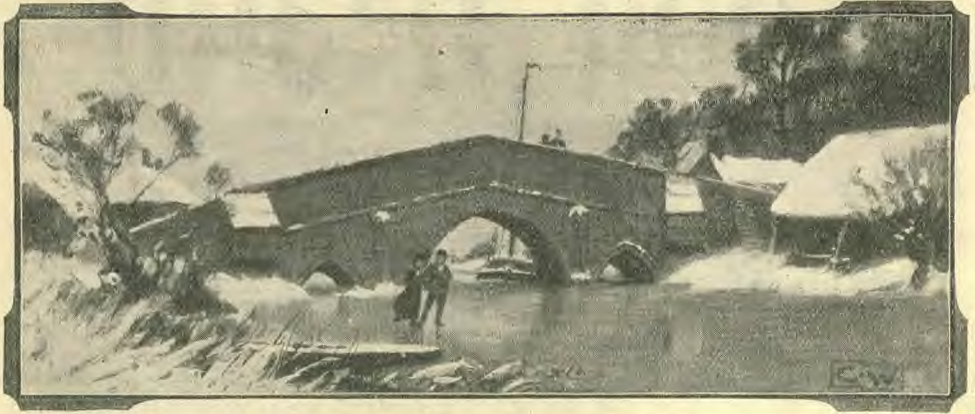
The more quiet and simple the life of the child, the more favourable it will be to both physical and mental development. At all times the mother should endeavour to be quiet, calm, and self-possessed. Many infants are extremely susceptible to nervous excitement, and the mother's gentle, unhurried manner will have a soothing influence that will be of untold benefit to the child.

Babies require warmth, and should be shielded from violent changes of temperature, but an error is often committed in keeping them in overheated rooms, deprived to a great degree of fresh air. The practice of covering the infant's face while sleeping is harmful, since it prevents free respiration.

Mothers who desire their boys and girls to possess the vigour of health, should dress them properly, and encourage them in all reasonable weather to be much in the open air. It may require effort to break away from the chains of custom, and dress and educate the children with reference to health; but the result will amply repay the effort.



GRACE CLARKE.*



WINTER CONFIDENCES.

BY M. ELLSWORTH OLSEN.

WINTER has a bad name with the feeble and ailing, most of whom, if circumstances permitted, would probably follow the birds to the sunny south when the first cold winds began to blow.

Let me whisper a word of encouragement to these unwilling guests of our jolly winter. It is this. The people who go south have only one real advantage over those who remain. They have more fresh air; they are out-of-doors a good deal during the day, and they sleep with open windows at night.

Give an invalid plenty of fresh air, keep him out-of-doors in all weathers—properly clothed, of course—and the sharp frosts and wintry winds, yes, even the cold, rainy days and occasional fogs, will harden and invigorate the constitution, and make for prolonged life.

In other words, cold rightly used is a valuable tonic, a natural stimulant, a pick-me-up. It gives an edge to the appetite, quickens the circulation, improves digestion and assimilation, wakes up every sluggish organ, and puts the whole body on the *qui vive*.

What is required of the invalid if he would profit most fully by the benefits which burly,

blustering winter is able to confer?

First, he must get rid of the foolish notion that winter will do him any harm. Rather let him cultivate the delight in cold and snow and ice that is felt by all healthy children and youth.

Secondly, he must learn to breathe. The average invalid has a very lazy pair of lungs. They do as little work as possible, and they themselves as well as all the other organs of the body suffer from lack of oxygen. Bronchitis, colds, sore throats, coughs of all kinds, and consumption are largely due to the unfortunate but extremely prevalent habit of shallow breathing. Let the invalid, then, set apart three periods of say fifteen minutes each when he will make it his business to take long, deep breaths of life-giving oxygen. However, he must not stop here. These



special exercises are intended chiefly to get him into the habit of breathing deeply pretty much all the time, and always, of course, through the nose.

Moreover, as deep breathing is encouraged by exercise, the invalid, if able, must get out-of-doors and do some brisk walking—uphill if possible. Skating is also very good. Should he be too weak for such exercises, let him sit or lie out-of-doors and practise taking long, deep breaths, endeavouring to expand his lungs to the utmost.

Then when night comes, that is an opportunity which should be made the very most of. Night air, being comparatively free from dust and soot, and other impurities, is particularly good for the invalid. The bedroom should be arranged with a view to getting the largest amount of fresh air. Let the bed be warm and comfortable. Woollen blankets are at once lighter and warmer than quilts. A good hair mattress with springs makes the best thing to lie on. Feathers should be avoided; it is extremely difficult to keep them in a wholesome condition, and they are also too heating. The bedroom should be flooded with fresh air day and night. Open windows are the all-important thing, for the air of a place where a person sleeps should resemble as nearly as possible the air outside.

Although it is not ordinarily necessary to have a fire in the bedroom even during the day, great pains should be taken to ensure a perfectly dry, warm bed. The invalid may also have a hot water bottle to the feet. He must by all means sleep

warm and comfortable, but the room should be cold, and the air from the outside must have free access. If the head is sensitive, it may be lightly covered, but on no account should the windows be closed.

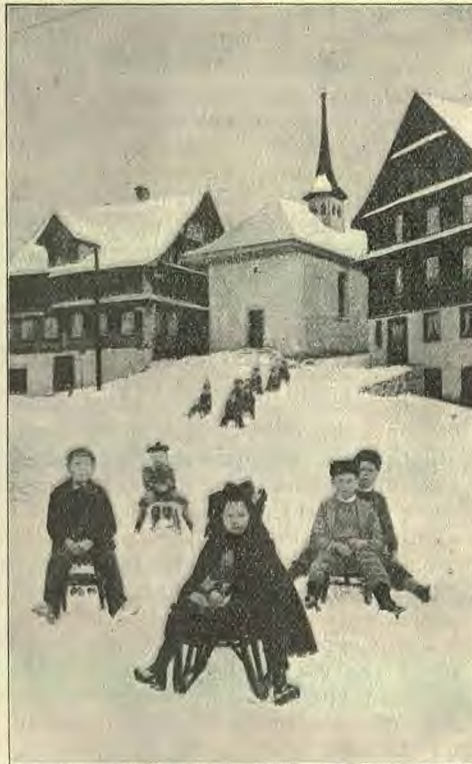
The next most important thing after deep breathing is judicious eating. What sort of food will best supply the natural needs? A considerable part of the food eaten is used to supply heat. Fats and starches and natural sugars are best adapted to this purpose. Hence sweet fruits and farinaceous foods should be increased in cold weather. Good, wholemeal bread is an admirable form of nourishment, rich in all the essential elements.

Well-baked breads and biscuits are the most digestible. Malt preparations are also excellent as heat producers. A cup of hot malted nuts or malted milk is a food-drink of great value on a cold morning. The natural sugars in dates, raisins, sultanas, figs, prunes, etc., are valuable sources of heat and energy. They are especially so to the

invalid because they require practically no digestion, being ready for immediate assimilation.

Among the most wholesome fats are nuts and the various nut butters. Dairy butter and cream of the best quality may also be used, though they are by no means germ-free foods. The yolk of an egg is very rich in fat.

Proteid foods being required chiefly for repairs, and being inferior for heat-producing purposes, need not be sensibly increased. There is accordingly no good



reason why flesh meats should be taken freely in cold weather. In fact they may be entirely discarded with advantage when care is taken to substitute natural foods containing the same nourishment.

One very important consideration in endeavouring to get the most strength out of food is to chew it thoroughly—this means about three or four times as long as ordinarily. The great truth that digestion begins in the mouth should be impressed upon the invalid in season and out. He should make it one of his first duties to masticate thoroughly.

Then the invalid must dress warmly, but not to excess. Light, porous woollens, such as the Sanis, will give a maximum protection from cold with the minimum weight. In most cases they will be worn next the skin, as they are not irritating. Where coarser woollens are used, or where the skin is unusually sensitive, a thin cotton or linen mesh may be worn

under the wool. If the outer clothing is soft and warm, a single suit of medium weight underwear is usually sufficient.

Warm, thick-soled boots are in order, and the overcoat is not to be disdained. In walking the latter may be removed when a good circulation has been worked up, and carried on the arm. There is no advantage to be gained from going insufficiently clad. The body is not strengthened and invigorated in this way. On the other hand, one must avoid undue coddling. We may heap on clothing till our poor bodies are fairly oppressed beneath their weight, and the skin becomes relaxed and crippled, so that it cannot perform its duties properly.

Moderately light clothing will be the more easy if the skin is kept active by dry friction in the evening and some kind of cold bath (wet towel, wet hand rub, or spray) in the morning. A salt glow followed by an oil rub will also prove helpful.

BRONCHITIS: ITS CAUSES AND TREATMENT.

BY ALFRED B. OLSEN, M.D.

BRONCHITIS is one of the numerous catarrhal inflammations that attack the respiratory organs. Like other inflammations, it may be either acute or chronic, the latter usually following a more or less prolonged acute inflammation.

Acute bronchitis is a catarrhal inflammation that affects the windpipe and larger bronchial tubes. The symptoms are slight fever, soreness of the chest, cough, and expectoration. Rattling and wheezing sounds in the chest may also be distinguished as a rule, and the breathing is sometimes short or difficult.

The patient complains of feeling chilly, indeed, sometimes has a distinct chill. There is a feeling of tightness and soreness about the chest which is aggravated by the coughing. The fever is rarely high, varying from 100° to 102° Fahrenheit. At first the cough is dry, and causes a good deal of pain; later it is free and easy, and considerable quantities of yellowish, slimy mucus and pus are expectorated. The appetite is poor, the tongue coated, and there is a general feeling of lassitude and ill-being.

Most of the symptoms above mentioned are readily accounted for by changes taking place in the mucous membrane lining the bronchial tubes and the windpipe. This membrane swells up and has an angry red colour, and the vessels are dilated and full of blood. The normal mucus secretion is greatly increased in quantity, and takes on a yellowish hue because it is tinged with blood. Usually only the large tubes are inflamed, but sometimes the small bronchi are included in the inflammation, and then it is known as capillary bronchitis.

The Treatment.

If taken in the earliest stage, it is often possible to abort the attack by giving an enema to cleanse the bowels, a hot foot bath, hot drinks, and then going to bed for a day on a light diet, or at least remaining indoors. An equally good treatment is a hot vapour bath, with the feet in a tub of hot water. The Gem Supplies offer an excellent folding cabinet bath which is convenient and safe to use, substantial, and very reasonable in price.

Give hot water or lemonade to drink during the bath, and follow it with a cold sponge and friction. After hot treatments of this kind, it would not do for the patient to go out into the cold.

Other useful measures to utilize are the ordinary hot full bath, the hot sheet or blanket pack, the Turkish bath, and the electric light bath. Fomentations to the chest often give great relief and are most useful in combating the soreness and sense of constriction. They also relieve the cough and favour healing.

For diet, give warm fluids such as barley water, oatmeal or gluten gruel, milk, junket, plain egg-nog, custards, fruit juices, etc.

Atomizers and Steam Inhalation.

One of the simplest and at the same time most efficient remedies in the early stages, when the breathing is difficult, and the cough is dry and painful, and the expectoration is scant, is the breathing of hot vapour. There are numerous simple instruments on the market that serve the purpose admirably. A satisfactory apparatus, however, can be quickly improvised by making a roll-tube of a newspaper, and attaching it to the spout of a kettle, taking care not to get burned by the hot steam. The steam is easily medicated by the addition of oil of eucalyptus, creosote, or some similar preparation.

A small nebulizer or atomizer with a rubber bulb often proves valuable.

The temperature of the sick-room ought to be about 65° Fahr., and never less than 60°. It should be well ventilated and always supplied with an abundance of pure, fresh air. The air should be moist as well as warm, and this is easily accomplished by keeping a steaming kettle on the grate.

The Prognosis.

○Bronchitis is a comparatively mild disease in the majority of cases. It plays greatest havoc among the feeble and aged, and in all such cases the greatest precaution should be taken from the first onset of the inflammation. Children, and especially infants, are also very susceptible, and require the best of nursing.

The most likely as well as the most dangerous complication is pneumonia, and

everything possible should be done to guard against it by keeping the patient warm and free from exposure to inclement weather.

Causation.

Cold, damp climates with changeable weather are most favourable to the development of bronchitis. The breathing of irritating or poisonous gases, vapours, and dust is a prolific source of attack. Sedentary employment, and particularly the breathing of foul air favour an attack.

People with a gouty or rheumatic tendency are more liable to attack than others.

The weak and debilitated as well as the aged are also prone to bronchitis.

Prevention.

In conclusion just a word or two about prevention.

The clothing is an important matter. All persons who have the slightest tendency to bronchitis, and especially those who have already suffered one or more attacks, should dress carefully, using soft, woollen clothing, and distributing it equably over the body. Soft, woollen underclothing, such as the Sanis garments, is most satisfactory. Sometimes it is desirable to wear an extra woollen jacket, preferably knitted so as to be soft, light, and porous, to protect the chest.

On the other hand, it is a mistake to coddle oneself and overdress and hover about the fire-grate.

It is a good practice to bathe the neck and chest each morning with tepid or cold water, and then apply vigorous friction.

Deep breathing and other chest exercises taken in the fresh air or before an open window serve to strengthen the chest and ward off colds and inflammations.

Avoid undue exposure to wet and cold. This applies especially to the weak and aged.

If your feet get wet or you are out in the rain without adequate protection, take a hot foot or full bath, take hot drinks, and put on dry, warm clothing. This simple precaution will ward off many an attack of bronchitis as well as other inflammatory disorders.

Next month we will deal with Chronic Bronchitis and Winter Cough.

NATURAL REMEDIES FOR THE RELIEF OF HEADACHE.

BY LINDA M. ROTH, M.D.

IN order to make an intelligent application of any remedy for the relief of physical suffering, it is necessary to have as good an understanding of the conditions present as it is possible to obtain, and this is just as true if one treats himself as it is if a physician is called in. The majority think only of immediate relief, no matter how secured, and it is largely due to this fact that such vast numbers of people are becoming slaves to drugs of all descriptions. Few realize the terrible thralldom entailed by the use of these unnatural remedies.

Headache, like many other pains, is only a symptom, and not a disease. Back of it there is always a cause, and measures should be directed toward its removal, as far as possible. However, the course pursued by the majority of those suffering from headache is far from this rational one. Instead of endeavouring to treat the cause, their efforts are directed only to the removal of the pain, and that in the quickest possible way. This leads to the use of "headache powders" which are pernicious

in the extreme, as their effect is due to their benumbing action upon the nerves. But the great danger lies in the fact that the chief ingredient of these "powders" is nearly always acetanilid. Warnings against overdose are rarely placed upon the labels, as this would alarm the public, and diminish sales. But overdoses of this drug produce very serious, sometimes fatal, results. The chief symptoms of acetanilid poisoning are collapse and circulatory depression, coldness and blueness of the skin, superficial breathing, dullness of intellect or total unconsciousness, followed by persistent muscular weakness. In addition there is a most disastrous effect upon the red blood corpuscles, which so changes their composition that they are rendered incapable of carrying oxygen. As "the blood is the life," this drug attacks the very foundation of the vital forces. How unreasonable it is, then, to seek relief for one form of illness only to subject oneself to the danger of falling into a worse condition.

All headache powders do not contain acetanilid, but they do contain drugs which, while perhaps not so dangerous, may be decidedly injurious, and should never be employed without the advice of a physician.

There are many kinds of headaches, arising from various causes, but we will consider only the most frequent and suggest some remedies which are not only rational, but also so simple as to be successfully used in the home.

The Congestive Headache.

We will first consider the congestive headache, characterized by a flushed face, throbbing vessels, and a sensation of fullness in the head. It is due to an abnormal amount of blood in the brain, and anything which will diminish this quantity will be helpful. As all the blood in the head has to enter through vessels passing up the neck, by contracting these vessels, less blood will enter the head. This is readily done by the application of a very cold compress around the neck, or by ice-bags to the back and sides of the neck, and to the top



LEG BATH.

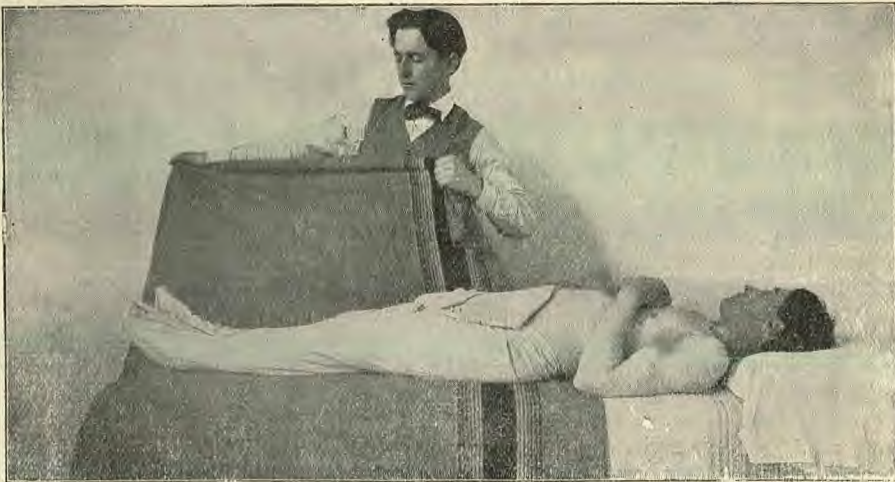
of the head. In many cases this will be sufficient to give relief, but in more severe cases the amount of blood entering the brain can be still further diminished by hot compresses to the face, thus diverting the blood into an area where it does no harm. Both the hot and cold compresses should be continued for twenty to thirty minutes.

We can still further relieve the congestion of the head by diverting a large amount of blood into the lower extremities by applications of heat. A hot foot bath, or, still better, a foot and leg bath extending to the knees, may be taken at

At the end of twenty minutes remove the hot blanket and cool the surface by spreading over it a linen towel wrung from cold water, rubbing vigorously to secure good reaction. The front of each leg should be treated, then the back. These measures will seldom fail to secure immediate relief.

The Toxic Headache.

The toxic headache is due to poisoning from various sources, but the most common is probably the alimentary canal either from stomach or intestinal constipation. The first thing to do for this is to cleanse the bowels by a thorough enema.



LEG PACK

the same time as the application to the head. The bath should be finished by a dash of cold water over the heated surfaces to prolong the effect of the treatment.

A still more efficient treatment is the hip and leg pack, applied as follows: On a bed or cot, place a blanket in such a position that when the patient is lying down, it will extend from the waist to beyond the feet. Wring another blanket from very hot water, place it over the first one, have the patient lie down upon it, and wrap it about the hips and legs. Cover snugly with the dry blanket, and cover the patient to keep the rest of the body warm. The heat of the pack may be intensified when desired by a hot bag to the abdomen and another to the feet.

Then the patient should be given some sort of sweating procedure, either a cabinet bath for twenty minutes, or a hot full bath for five to ten minutes, then wrapped in blankets and allowed to sweat for twenty to thirty minutes. Or the patient can be given a hot foot bath, then wrapped in a sheet wrung from cold water, and covered very warmly with several blankets, remaining in this till profuse perspiration is produced. The patient should drink freely during and after these treatments; and cold compresses frequently changed must be kept around the head and neck.

On removing the patient from any of these sweating procedures, the skin should be cooled either by a cool sponge bath, a rub with a towel wrung from cold water,



COOLING THE SURFACE AFTER LEG PACK.

or by some other cooling measure. The patient should abstain from solid food for twenty-four hours, drinking freely of water and fruit juices. An abundance of fresh air and deep breathing are also essential.

The Neurasthenic Headache.

The neurasthenic headache is coming to be very frequent among those suffering from the strain and nerve exhaustion of modern life. This is frequently a sensation of pressure in the back of the neck or top of the head, or sometimes of a band around the head. The improvement of the circulation in the brain will often afford immediate relief. This can be accomplished by the alternate application of heat and cold to the head. Apply a hot fomentation or a hot bag to the back of the neck, and at the same time cold compresses to the face, changed every half-minute for three minutes. Then reverse, applying frequently changed compresses or an ice-bag to the back of the neck, and a hot fomentation to the face, for three minutes. Several alterations can be made, ending, however, with the cold to the back of the neck. Following the fomentation a cold compress may be applied to the face for half a minute. A hot foot bath given at the same time is also very helpful. Complete mental and physical repose is necessary.

The Bilious Headache.

Migraine, or bilious headache, though largely of nervous origin, is frequently precipitated by fatigue, errors of diet, lack of fresh air and exercise, so that attention to these points will often prevent the attack. For relief, cold compresses to the head, the hip and leg pack previously described, liquid diet for twenty-four hours, and rest, with plenty of fresh air, are usually successful in aborting these

headaches. Frequently they are brought on by poisoning from the retention of faecal matters in the colon. This is, in fact, the most frequent of all causes of headache and so-called biliousness. Constipation is nearly always present at the beginning of a bilious attack. This fact points unmistakably to the need of colon cleansing by an enema of soap suds at the very outset of treatment. In many cases lavage of the stomach by means of the stomach tube is also necessary.

To some it may not seem worth while to take the trouble to treat headaches in the ways mentioned, when it is so much easier to swallow a powder. But to those who respect their bodies and wish to preserve them in the best possible condition, the taking of poisons such as are found in headache powders will be out of the question.



SWEATING PACK.



SOME NEW ARRIVALS AT THE HOMES.

A Chance to Help the Children.

"HE who helps a child," said the late Dr. Phillips Brooks, "helps humanity with a distinctness, with an immediateness, which no other help given to human creatures in any other stage of their human life can possibly give again."

We are nearing the Christmas holidays, when a good deal of money is spent, some of it foolishly, and perhaps most of it quite unnecessarily. The custom of giving gifts at Christmas is in itself innocent and beautiful. But the distribution is at fault. We bestow our gifts upon those who are already abundantly blessed with goods and miss the real joy of giving to the needy.

Christmas is kept in commemoration of the birth of the Christ-child. It is in a special sense a children's festival. Could anything be more appropriate on such an occasion than to remember the poor and destitute children in our midst?

The Barnardo Homes are seeking these little ones out in the dark corners of our great cities; they are rescuing them from the haunts of vice and infamy, and giving them an opportunity to begin life anew amidst pure, wholesome surroundings. The little boys and girls taken up by this noble charity are loved as well as cared for. The

tender buds, chilled by neglect and dwarfed by cruelty and privation, expand amid the gracious influences of this Christian home into fair blossoms, and the children old before their day, taste for the first time the innocent joys of childhood.

The late founder had a positive genius for understanding the wants of little children, and the magnificent work begun by him is being carried forward in exactly the same way under the direction of men of the highest character.

Such an institution, carefully managed on the most economical lines, should not have its usefulness curtailed for lack of funds. It is worthy of State support; but it depends entirely on the gifts of philanthropic men and women whose hearts have been drawn out to these needy children, some 75,000 of whom have already come under its fostering care.

GOOD HEALTH readers may not be able to do much; but surely every home entered by this magazine might well remember these dear little ones at the Christmastide, and send to the institution which is doing so much for them a portion, let us hope a liberal portion, of the money usually spent for presents to bestow on those who do not need them. Such gifts may be sent direct to the Treasurer, Barnardo Homes, Stepney, London, E.



SOME RESULTS OF THE BARNARDO HOMES.

WALKING FOR HEALTH AND PHYSICAL DEVELOPMENT.

BY WILLIAM M. SCOTT.

To enjoy the full benefits and pleasure of walking, we believe the walker ought to have the companionship of at least one kindred spirit. Endeavour to get such an one who is willing to take walking exercise with you, and then settle upon some hour that is mutually convenient. Get out at that hour every day, wet or shine, making up your minds to get all the recreation and pleasure possible. Look upon it as an essential, and let nothing come in the way.

Suitable Clothing.

See that there is no belt, band, or collar to impede movement or militate against the healthful action of every organ and function of the body. Leave off your waistcoat, if you like. It is a non-essential at any time, but more so now. Wear a loose-fitting jacket, preferably of the Norfolk type, and exchange your hard linen collar for a soft one. The footwear is important. A pair of good, strong, well-fitting boots, with low heels and thick soles, ought to be selected. Wear a light cap or hat, or none at all.

How to Walk.

Everyone knows how to use his legs for the purpose of locomotion, but there are few who know how to walk with ease and grace, and some brief suggestions may here prove helpful. Hold the body erect, chin in, chest well up and forward—it ought to be the most forward point of the body—abdomen drawn in. The weight should be well disposed on the legs, and the hips not held too far back. This is a mistake some walkers make, which makes them look not only ridiculous and ungainly, but prevents swift and graceful walking and is very tiring. Lean the whole body forward from head to foot, hips included. Each step should really save you from a fall, and the forward inclination of the body eases to a very great degree the work of the muscles of locomotion. Start out at an easy gait, but aim at increasing speed as the milestones pass. As the pace increases, so ought the body to be leaned

farther forward. Allow the arms to swing easily from the shoulders in natural rhythm with the movements of the legs. Walk from the hips.

Always Walk with Health Intent.

Although this article is meant for a country walk, the health-seeker ought to make *all* his walking, to business or otherwise, purposeful and objective. We are afraid, however, that few, if any, will care to carry out the accompanying exercises except when "far from the madding throng" of the town.

The Exercises.

The exercises illustrated on the opposite page are such as can be taken to advantage by the health-seeker when out in the open country for his evening walk. At this season of the year there are often charming evenings, when the moon is full and the roads are hard and crisp with frost. As we leave the town behind, there comes over us the desire to stand still and expand our chests, drawing into our lungs great gulps of the fresh, vivifying air of the country; or we may feel that we want to exercise, and loosen out the chest, take some of our favourite trunk movements, or even to leap over a ditch or vault a fence. Who, with our best interests at heart, would say us nay? We believe this is really the very best time to take exercises, when our inclinations are all towards it. It is more or less artificial and often enforced duty to go through a "course" in one's bedroom day after day, but the exhilaration of a brisk walk in the cool of the evening in the summer-time or on a frosty moonlight night calls forth the old desires for untrammelled freedom we experienced in our boyhood days. Let us cultivate this "play spirit" as an offset against the hardening influences of modern business life.

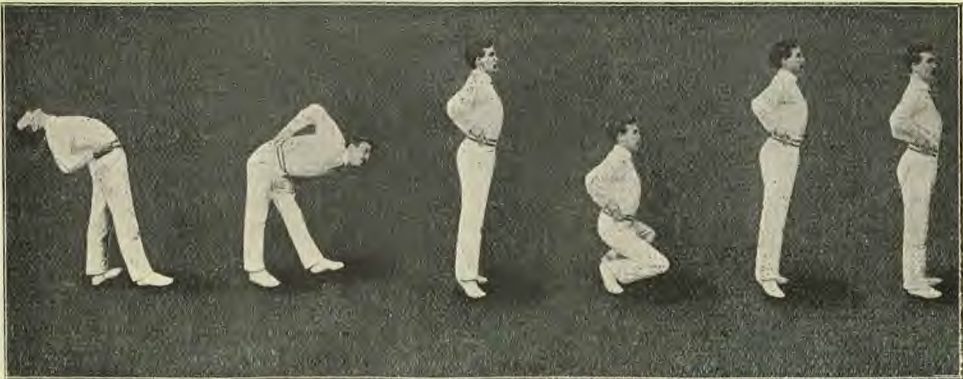
To keep lemons fresh, put them in a jar of clean water. Change the water every two or three days.



EXERCISE No. I.—Leaning well forward, and while walking with good swinging strides, carry the arms—straight at the elbows—forward, backward, and downward.



EXERCISE No. II.—Place finger tips on occipital bones just back of ears, elbows held well backward. Swing right leg—straight at knee—forward, touching the ground with the balls of the toes, then carry it far behind, bending the left knee to an acute angle; now carry it forward again to first position, at same time flinging the arms backward and inhaling a deep breath; cross right leg over left, right arm under left, bend forward and exhale quickly through open mouth simultaneously.



EXERCISE No. III.—Hands on hips. Take a short step forward with the right foot, and arch the trunk backwards, then while recovering upright position, carry other foot forward, and then bend forward from the hips. Recover, rise on the toes, inhaling; lower trunk to position shown, holding the breath; extend, taking in a little more breath; sink the heels, and exhale as slowly as possible with a whistling sound through the puckered lips.

Singing in the Rain.

LAST night I heard a robin singing in the rain,
And the raindrops' patter made a sweet refrain,
Making all the sweeter the music of the strain.

So, I thought, when trouble comes, as trouble will,
Why should I stop singing? Just beyond the hill
It may be that sunshine floods the green world still.

He who faces trouble with a heart of cheer
Makes the burden lighter. If there falls a tear,
Sweeter is the cadence in the song we hear.

I have learned your lesson, bird of dappled wing,
Listening to your music with its lilt of spring—
When the storm-cloud darkens, then's the time to
sing. —*Eben E. Rexford.*

THE PREVENTION OF COLD-TAKING.

BY H. J. WILLIAMS.

UNDOUBTEDLY the most important branch of all modern medicine is preventive medicine, or that which deals with the science of the prevention rather than the cure of disease, or prophylactic treatment.

All have heard the old saying about an ounce of prevention being worth more than a pound of cure, and this is true. Prevention of disease is of far more value than all attempts to remedy it, and taking heed is worth more than hearing only.

Science is coming to appreciate more and more the close relationship existing between cause and effect. "Whatsoever a man soweth, that shall he also reap," is just as true physically as it is spiritually. As the wise man said many centuries ago: "The curse causeless shall not come."

Since modern science declares that the vast majority of diseases are preventable, the pertinent question arises, "Why are they not prevented?" A great many of the fatalities, and much of the suffering which we see all around us, is the result of ignorance or neglect, principally the latter. In such cases, the common verdict, a "mysterious dispensation of Providence," is altogether a misrepresentation of Him Who wills that all should have life and health.

Robert Ingersoll, the well-known infidel, only displayed his ignorance when he said that if he had had the ordering of things in this world, he would have made health contagious rather than disease. As a matter of fact, health is contagious; it is usually only after years of insult, injury, and abuse that the defences and resistance of the body are so battered down that disease is "caught." Even then, give the body half a chance, and every cell will reach out after health, and lay hold of it.

Deal kindly with the body Nature has entrusted to your care, and in ninety-nine cases out of a hundred you will escape catching cold and catching a host of other diseases. With proper care even the baleful consequences of an unwholesome heredity will be escaped.

Plenty of fresh air day and night, with an abundance of sunlight, is now known to be the most successful treatment of consumption, and these conditions are also the most efficient preventives of the dread malady; in fact, a large number of ailments are being most successfully treated and prevented in this same way. This, of course, includes the common "cold," which is so often the precursor of the more serious disorder above mentioned. One of the most important ways to keep from catching cold is to live in the fresh air day and night as far as possible, to allow all the "outdoors" you can to get indoors. Those who have done and are doing this seldom take cold. Moderate outdoor exercise, such as walking and deep breathing, is very essential in the prevention of cold-taking, also in the maintenance of good health. Sedentary habits are especially conducive to the contracting of colds.

Pure, simple food, thoroughly masticated and free from an excess of proteid and animal extractives, which practically means the food reformer's diet, certainly plays an important part in maintaining the defensive mechanism of the body in a condition to ward off colds and all similar invaders.

Alcohol, tobacco, tea, and coffee are natural enemies of the white blood cells, which have been well termed "the standing army of the interior." These cells constitute the principal defence of the body against sickness, hence he who would

escape colds and other evils will do well to avoid the above-mentioned injurious substances.

The habitual morning cold bath has been found by many to be an excellent measure to prevent cold-taking. The reaction following the bath does much to increase the appetite, and the powers of digestion and assimilation. It also acts as a sort of gymnastic exercise for the blood-vessels, increasing the actual number of the blood cells, and making the body accustomed to sudden changes of temperature. All of these results are very helpful in avoiding colds.

The morning cold bath should be taken very rapidly, and in a warm room, and the bather should rub himself down well with a coarse towel until a warm, ruddy glow is produced.

Strength Through Mastication.

A YEAR and a half ago, I came here to school from Chicago, where I had worked in an office for five years, and was in bad shape physically. After studying some weeks I grew worse, and was a fine-looking dyspeptic. Doctors and pills seemed to do no good.

I happily struck a man who knew about Fletcherism and about the latest in dietetics. We procured two of Fletcher's books, and started to board ourselves in November a year ago. We began to chew our food very thoroughly, almost to a liquid, and found we could get along nicely with less food. Two meals a day were sufficient. Meat in any form and shape was omitted entirely. Since that time I have

not eaten two pounds of any kind of meat altogether.

Our food consists of bread, milk, butter, dates, apples, potatoes, eggs, oatmeal, wheat, and rice. But a very few times have we gone beyond this list. My health improved immediately, and I became a new man; I didn't have to bundle up as I had to before that. I went through the first winter with a slight cold in the head but once, whereas in previous winters it was cold upon cold right through the winter. My complexion is clear, the face more full, and there is a sense of increased

general well-being. Endurance has increased, both physical and mental. Now I can sit up until eleven every evening and get up at six, and very seldom get tired out.

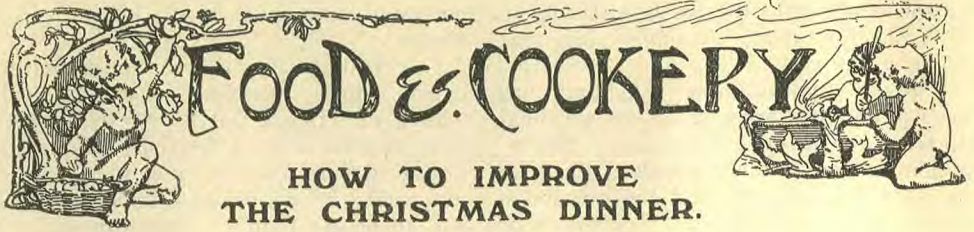
Besides, this way is a saving financially. I kept an exact account of all we ate for the thirty-one weeks of last school year, and it amounted to

an average of ninety cents ($\frac{3}{9}$) a week for each. We are doing as well this year. —*Life Boat.*



A KNIGHT OF THE BATH.

IT is an excellent thing to keep a bottle of picric acid and some old, soft, clean cloths in readiness in case of burns. Cloths saturated with a five-per-cent solution of picric acid should be wrapped about the injured part. These dressings must be kept moist with the solution. Picric acid is preferable to carron oil or other oily substances, as it is antiseptic and at the same time greatly relieves the pain caused by burns.



FOOD & COOKERY

HOW TO IMPROVE THE CHRISTMAS DINNER.

BY A. COOKE.

WITH many people the Christmas Dinner is one of the most important events of the year, and it must therefore be spoken of with becoming respect. Comparatively few will admit that it can be improved, or changed in any way, without undermining the British constitution. However, as any suggestions we may make will only be in the direction of developing the nobler qualities of the Christmas Dinner, its admirers will perhaps give us a hearing.

The old-fashioned Christmas Dinner is a weighty matter, both before it is eaten and after. It disturbs the course of business for days beforehand, and the course of digestion for an equal subsequent period. It reaches its climax not so much on Christmas day as in the night following. The Christmas Dinner refuses to be lightly dismissed like an ordinary feast. For days it leaves its lingering taste, now no longer appetizing, in the mouth of its victim, and seldom quits the scene without chemical assistance.

Yet all the peculiar delights of typical Christmas fare may be enjoyed with comparatively little preparatory labour on the part of the housewife, and no ill effects on the rest of the family. The rich and savoury odours associated with crisply-

roasted turkey, and all the subtle delights of the stuffing, the delicious combination of juicy sweetness and nutty aroma characteristic of the ideal Christmas pudding, all are easily reproduced by the use of simple, wholesome materials, prepared in digestible ways. If the disciples of

the GOOD HEALTH system of living sometimes seem indifferent to Christmas dinners, it is because these have become matters of everyday experience with them.

Delicate, appetizing, savoury dishes which contain, weight for weight, more nutriment than flesh foods provide, are easily made from protose, brown haricot beans, and German lentils. Any one of these, combined with well-cooked macaroni, breadcrumbs, and similar ingredi-

ents, selected according to individual taste, will make a dish fit to set before a king, or, what is vastly more to the point, before your own husband and children. Such dishes provide all the nutriment a man can need, while a child can digest them. By varying the proportions of the different ingredients, and the methods of cooking, an unlimited range of choice is before the mother. She can be continually pleasing her family with new dishes, and it is next

MENU.

White Soup with Croutons.

Good Health Turkey with Brown Gravy.

Brussels Sprouts.
Mashed Potatoes.

Christmas Pudding (New Style)
with Baked Custard.

Oranges. Grapes.

to impossible to spoil such a roast, for all its ingredients are cooked beforehand. Here is an excellent and pleasing way of using remnants.

The popularity of the Christmas pudding is due to the fact that its chief ingredients, fruit and nuts, form a perfect combination, appealing strongly to the palate. Bearing this fact in mind, the mother can prepare many nice and wholesome dishes. Do not, in such puddings, use flour, but bread-crumbs or zwieback crumbs. This will make the pudding far more light and digestible.

The accompanying menu and recipes are only suggestive. Cookery books can be procured from the publishers of *GOOD Health*, which contain large numbers of such recipes, and every intelligent cook will soon make her own.

There is one considerable advantage about a home-made turkey. It is not liable to be tough, and the choicer portions are not confined to a limited part of its anatomy; all of it is equally good. There is no danger of the disillusionment which too often attends the laborious consumption of the turkey of commerce, whose age has perhaps been wrongly stated, or whose sinewy, athletic condition has been artfully concealed. Yet even the hardy veteran of the tribe may be preferable to a tenderer bird whose yielding tissues really bespeak the invalid and hint at artificially-induced infirmities. All such unpleasant possibilities are avoided by the use of a home-made turkey.

In a great many homes the enjoyment of the Christmas festivities is marred by the fact that mother is so much confined to the kitchen that she is unable to join the rest of the family either in the morning walk or in the parlour games. Any reform that reduces her arduous labours in the hot kitchen and sets her free for a larger share of the general rejoicing would be a distinct improvement.

It is just as necessary for health, comfort, and good digestion on Christmas Day as at other times that there be no eating between meals. There is a more excellent way of taking in the fresh fruits, figs, and other delicacies that abound at the Christmas season. Instead of the usual tea, quite unnecessary after a somewhat

later and heavier dinner than usual, have a fruit tea. The children will enjoy this, and it will leave them fit for games and romps afterwards, and in due time for sound sleep. If the children, after a good dinner, are permitted to eat fruit, nuts, etc., and then at tea-time to eat rich cake and other foods, they will be tormented with thirst, and will distend their already overladen stomachs with drink, making themselves uncomfortable, and ensuring a bad night.

One more suggestion. Look around you to see if you cannot save some one from the misery and temptation of a lonely Christmas. Invite such to share your innocent enjoyment. It will improve the Christmas Dinner.

RECIPES.

White Soup.—*Required:* one quart water, one pint milk, one tablespoonful cornflour, one good head celery, two small English onions, one small turnip, salt to taste.

Method: Set water on to boil. Well wash vegetables, chop very fine, and add to boiling water. When cooked press through fine colander, return to saucepan; thicken with the cornflour and add hot milk.

Good Health Turkey.—*Required:* one large tin of protose ($1\frac{1}{2}$ lb.), one small onion, one cup tomato juice, two teaspoonfuls mixed herbs, bread or zwieback crumbs, 1 oz. coco-nut butter, two eggs.

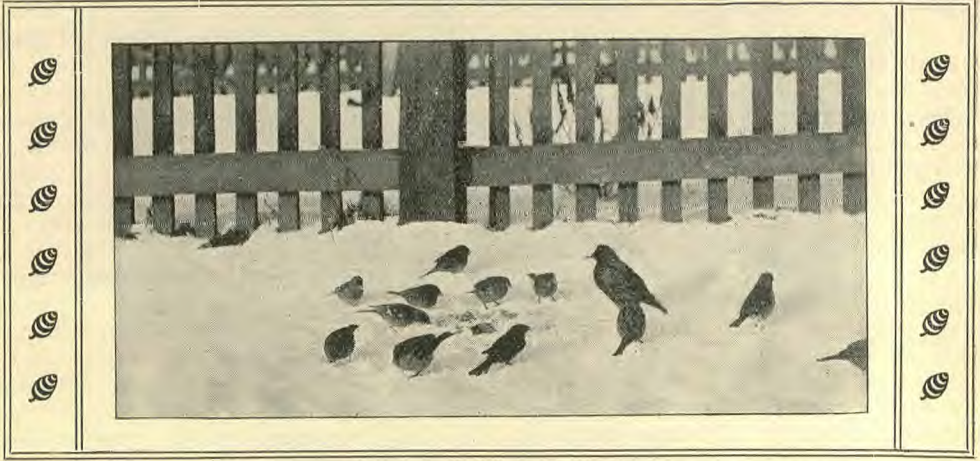
Method: Mince the protose, add the tomato juice, and the eggs well beaten, and the seasoning, then sufficient breadcrumbs to make the mixture easy to handle. Mould to shape of turkey (a failure in this respect is of secondary importance), sprinkle with gluten meal or granose crumbs, put a few small pieces of coco-nut butter on the top, and bake about one and a half hours, basting occasionally.

Christmas Pudding.—*Required:* 1 lb. raisins, $\frac{1}{2}$ lb. sultanas, $\frac{1}{4}$ lb. currants, $\frac{1}{4}$ lb. almonds, $\frac{1}{2}$ lb. pine kernels, $\frac{1}{4}$ lb. sugar, 2 lb. breadcrumbs, $\frac{1}{2}$ lb. mixed peel, six eggs, milk.

Method: Prepare fruit and chop nuts as usual, mix ingredients well, and boil for eight hours, and one hour more when warming up.

“Now,” said the physician, “you will have to eat plain food, and not stay out late at night.”

“Yes,” replied the patient, “that is what I have been thinking ever since you sent in your bill.”—*The Catholic News.*



A REAL SANTA CLAUS.

MRS. HINTON stood at the window watching her precious little quartette as they trotted down the street. In front were Gwennie and Mavis, the seven-year-old twins, the eager bobbing of their curly heads showing that something unusual was to take place. Behind them walked Annie, whose additional two years of life had made her six inches taller and a few degrees less excitable than the little red-cloaked people in front. Besides, she had been entrusted with the care of fair-haired Queenie, the baby, who made up in excitability for the self-control of her guardian.

It was the afternoon of the twenty-fourth of December, and mamma had given the little ones permission to go to meet their father, and to look at the shops on the way. They had heard stories of windows full of dollies, some of which could even walk and say mamma, and of many other wonderful things in the toy line. But what had interested them most was the report that outside the largest toy-shop was a real, live Santa Claus.

The accounts which they had heard were more than fulfilled, and against every windowful of Christmas toys

four eager little faces were pressed. Each changing view brought forth a chorus of admiration from the quartette. But there was one thing they were ever on the lookout for—the live Santa Claus.

Ah, there was a burly figure topped by a white hat visible in the distance, could that be he? The twins started off eagerly, dolls, clock-work toys, and cotton-wool snowstorms no longer able to hold their attention, and Annie followed as fast as the dignity of her nine years and the limited range of Queenie's fat little legs would allow.



When they reached their goal, they found a crowd of children gazing in wonder at big Santa Claus, with his long, red cloak edged with fur, and white fur cap all sparkling with frost. But the long white beard and the cheery face above it were even more attractive.

The twins pushed to the front, and encouraged by the kind face, they asked: "Please are you Santa Claus?"

"To be sure I am, my dears," he replied, his grey eyes twinkling merrily.

"And are you going to bring us some presents to-night? 'cause both of our dol-

lies are broken, and we haven't any tea-set or chairs or tables," the twins went on, naming a whole list of Christmas wants.

"Hello, chicks, what are you doing here?" cried a well-known voice; and the children turned to find papa standing behind them. "Come along, it's time for little girls to go home," he continued.

On the way all the adventures of the afternoon were related, the children dancing around their father as with sparkling eyes they told him of their fortunate discovery of Santa Claus, and his promise of a whole family of dolls and other presents.

"Do you think he will bring us all we asked?" they questioned.

"Well, you've given him rather a large order, but perhaps he will if you are good children."

At eight o'clock four night-gowned little figures gathered about the bedroom door. There had been some discussion as to the best places to hang the stockings, but at last it was decided to get mamma's hatpins, and fasten them to the door.

Some time later, Mr. and Mrs. Hinton went into the town, and after calling at several shops they entered the large toy-shop outside which Santa Claus had been pacing slowly up and down all day. They soon came out again looking very well satisfied.

Late that night a big man with kind-looking grey eyes called at their house and

delivered a number of parcels. "Merry Christmas, sir," he said as he turned to go. "Same to you, Santa Claus," replied Mr. Hinton, laughing.

On the door when the children awoke on Christmas morning were four very



bulgy stockings with dolly's heads poking out at the top, and various presents pinned on to the outside. Each one had just the thing she had been hoping for, and when tousel little Queenie reached hers, she found a shiny black dolly's shoe poking through the hole in the toe. Santa Claus had fulfilled his promise.

E. B.



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.

Sore Throat.—X. wishes directions for treating sore throat. Is very sensitive to cold, and suffers much with throat during winter.

Ans.—For immediate relief, gargling the throat with water as hot as can be borne is a good remedy. Wearing a cold compress over night is also excellent, likewise the application of fomentations. Euthymol (one part to three or four of water) is a very good gargle. The regular use of the Globe Nebulizer would be a great help. Build up the general health by careful regime, and get the skin active by cold bathing and friction.

Rheumatic Pains — Galvanic Rings.—H.G.: "I have a friend who has suffered a long time with rheumatic pains, and has been recommended to get a galvanic ring. Do you think it would be of any use? What treatment would you recommend?"

Ans.—We think that what your friend most needs is a short stay at a good sanitarium, where electric light, hot water baths, massage, and other physiological treatments could be obtained. If it is impossible for him to go to such an institution, he could get a Gem bath cabinet, and take two or three hot vapour baths weekly. Hot fomentations could also be applied to allay local pains. We cannot recommend the galvanic ring; in fact, we do not think it is of any use whatever.

Bedwetting.—T.E.J.: "Kindly inform me how to treat a girl of six years who is in the habit of wetting the bed in her sleep."

Ans.—There are three things to do in such a case: First, no liquids or juicy fruits should be taken after three o'clock in the afternoon. Second, the child should sleep on a hard bed in a well-ventilated bedroom, and should not have too many coverings. Third, she should be awakened about eleven or twelve o'clock at night and put on the chamber, this on the assumption that she goes to bed about seven. It is necessary, furthermore, to impress upon the child, gently but firmly, that she must endeavour to control herself. Of course the child should also be watched to see if she has formed any bad habits which might provoke such a condition.

Aneurism.—W.B.: "I have an aneurism in the chest which I believe has been caused by blows which I received in that spot about three years ago. I always have pain, and at times feel a rawness and tenderness in one certain spot."

Ans.—Aneurism is a state of an artery in which it becomes swollen and enlarged. It is not likely to be caused by a blow. We would recommend you to consult a competent physician at your earliest opportunity, who will give you proper instructions.

Shaky Hand.—A.T.: "Can you give me any advice concerning my hand? When writing it is shaky, and sometimes sticks altogether. It is also at times sore down the back and around the wrist."

Ans.—We think the best thing would be scientifically-applied massage. If you could go to a first-class sanitarium you could have this massage administered, and at the same time be benefiting your general health by tonic treatments. If you cannot do this, you may be able to get a local skilled masseur to give you the treatment at home. Of course, ordinary rubbing might give some relief, and we should say that resting the hand is absolutely necessary.

Stricture.—E.L.S.: "1. Will you kindly let me know what stricture is, what brings it on, and the best cure. 2. Is sitting all day long bad for it? 3. Would you advise plenty of walking?"

Ans.—1. Stricture is a narrowing of some orifice or canal in the body, such as the gullet, rectum, and so forth. It may be caused by local injury, such as swallowing some corrosive poison, or by some foreign object. It may result after an operation for hæmorrhoids, although this ought not to be if the operation is done skilfully. Stricture of the rectum may also be caused by an abscess. Local treatment in the way of dilatation may prove helpful. At other times an operation may be required. 2. Sedentary life is not desirable for the general health, although it may not have any direct effect upon the stricture. 3. Yes, providing it does not cause any pain or injury.

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The Food Question comes in for considerable attention. There are a number of excellent food recipes, with special chapters on preparing food for the sick, the feeding of schoolchildren, and the place of fruits and nuts in a healthful dietary.

The department on Children's Diseases is another valuable feature. The most common diseases from which adults suffer are also taken up, and the proper treatments indicated.

Physical Culture forms the topic of a fully illustrated chapter, complete instructions being given for the all-round development of the body.

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I SELL Gem Turkish Baths. I sell them to make a living. I cannot live on air, but my business results from my enthusiasm for Turkish Bathing, and the benefits I derived therefrom ten years ago, long before I started to sell Bath Cabinets. I have never needed a doctor since. I use the Gem Turkish Bath Cabinet, and thus find it easy to keep well.

But it is not easy for every one. I know many people who are like barometers—set fair one day, cloudy and depressed the next. If they would lead an active outdoor life they would be better. But the average man cannot hunt or golf three or four days a week, or follow cricket, yachting, or mountaineering. He is lucky if he gets two or three hours' cycling a week, and even then it must be mild exercise.

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My Gem Turkish Bath will do the same for you and for your family. It assists nature in a reasonable, logical, practical way. Want of space prevents me from giving you full particulars of this Bath, but a descriptive pamphlet (post free) will be sent if you apply to my company: The Gem Supplies Company (Dept. G.H.), 22 Peartree Street (near Gas Company's Office), Goswell Road, London, E.C.

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A Page for Women.*

Conducted by Marie Blanche.

Singing a Healthy Exercise.

THERE IS no more health-giving exercise than that which is engendered by the correct and natural use of the singing voice. To sing is natural, exhilarating, tonic, and those who take up the study of voice culture not only benefit themselves physically, but their friends also profit artistically. The art of singing is one of the few exercises that cannot be said to be entirely selfish, because both singer and listener alike share its benefits in different ways. However, while strongly maintaining that singing is in itself healthy, it must be remembered that robust health greatly favours the condition of the voice, and it is a well-known fact amongst singing people that the richness and volume as well as the roundness and sympathetic quality of a voice, to say nothing of its steadiness, become seriously impaired if the general health is neglected. My point, therefore, is that singing improves the health, and sound health improves the singing; the two things hang together, and are inseparable. The moral, you see, is obvious.

To sing so that the exercise shall be physically beneficial, it is of the first importance that the production of the voice shall be quite easy and natural. An unconscious throat is the great thing to aim at; it is a cardinal virtue in the singer's moral code. Children and birds have this unconscious throat naturally, and it is only as one grows older that false methods, bad habits, and tricks creep in, and then comes the troublesome throat and the broken voice. There should be no tightening of any of the muscles of the mouth or jaw; on the contrary, all should be loose and relaxed, the jaw should drop unconsciously, the tongue lie flat in the mouth, while the back of the throat remains open and well raised. The vocal cords, it is true, are pressed tightly together during the production of sound, but this takes place without any conscious effort on the part of the singer, and unless there is disease in the region of the voice box there is no feeling whatever in that part of the throat where the sound is actually produced.

Again, to sing properly we must breathe properly, and to breathe correctly, of course, we must clothe ourselves rationally. A great professor, noted the world over for his methods of voice culture, and with whom I was privileged to study singing, would send his pupil into the next room to remove her corsets when he suspected tight-lacing, and would decline to give a lesson until this hindrance to deep breathing had been disposed of. Do we not all know the painful sight of a singer performing pulmonary gymnastics while her body is encased in something like a nineteen inch waist corset? Her shoulders rise with every fresh intake of air, the neck gets stiff

and rigid, the voice becomes hard and strained. In such a case the singer's corsets prevent her holding the breath in the diaphragm, and she is obliged to retain it by an effort of the muscles of the neck and shoulders. It is on record that a well-known concert-singer of the past dislocated her shoulder-blade while practising this unnatural method. In correct breathing the chest rises very slightly and very imperceptibly, and the shoulders not at all; they, together with the neck, throat, and jaw, lie in repose.

In singing, the opening of the mouth should be similar to the position in the very first stage of yawning, when the production will come naturally and tones be sweet, clear, and resonant. In normal health the voice is steady, but if the flow of breath is badly controlled the tones will be tremulous and pulsating, so that breathing exercises should be seriously considered and practised daily. To regulate an even, steady outlet of air from the lungs, it is a good plan to practise, not singing, but simply letting the breath out, without sound, a few inches, say eight or nine, from a lighted candle. If you are controlling the breath very evenly, which is not by any means an easy feat to begin with, the flame will not waver at all. This is what you should aim at. To produce sound, that is to say to sing, at the same distance from the flame without causing it to stir is comparatively easy, and there is not much need to congratulate oneself upon such a simple accomplishment. But if you can emit breath without sound as I have said, a few inches from a flickering candle without disturbing it, you are on the high road to perfection in lung exercises and steady breathing.

As a late student at the Royal Academy of Music, and taking up the subject of voice culture as a special study, I am keenly interested in all that pertains to musical matters, and if I can help any of my readers to the better cultivation of one of Nature's most valuable gifts—a beautiful voice—it will afford me every satisfaction. We cannot all be Jenny Linds, I know, but we none of us know how much we can do until we try.

Answers to Correspondents.

M.W. (South Africa).—For your skin use fresh cream from the dairy. Obesity is best cured by dieting and exercise under medical advice. A weak stomach is of different kinds, and it would depend, therefore, upon what the symptoms are, what food would be best; but I think you would be safe on milk, eggs (lightly cooked), and any of the various cereals recommended in this magazine. By "insufficient perspiration" I take it that you mean to say the skin does not act with sufficient energy. A Turkish bath is a good cure, but do not take one without a doctor's consent, for they do not suit all, and there is some risk if the heart is weak.

Mrs. A.L.O. (Hull).—Malnutrition seems to be what is troubling you. Have you tried Theinhardt's Hygiama? This would nourish you perfectly, and if you give it a fair trial I'm sure you will benefit. It is a food well known in the world of doctors, and is very largely prescribed by them. Pray leave off drinking beer and spirits. If you continue these drinks you will certainly not get much better. Fruit beverages are infinitely superior.

*Correspondents are requested to enclose a stamped envelope with the questions, as it is often necessary to answer by post. Address Marie Blanche, Sunny View, Caterham.



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LOOKING FORWARD.

CANCER is a deadly disease which, from all that we can learn, is far more common to-day than it was say fifty years ago, and is steadily growing. In recent years some of our foremost medical men have devoted themselves to the study of cancer, with a view to ascertaining what are the chief causes, and what the most hopeful methods of treatment. Dr. H. N. Greaves will contribute an article for the January number of **GOOD HEALTH**, entitled, **What We Know about Cancer**. This article will bring our readers' knowledge of the subject up-to-date.

Miss A. Marian Clark will resume in that number her interesting, chatty articles on **Japan, Its Customs and People**, and Mr. Wharton James will have something more to say about the **American Indians**.

Should Fruit Be Used in Winter will be the title of an editorial, in which some reasons will be offered why fruits are an especially valuable part of a rational winter diet.

Chronic Bronchitis is to be taken up in another editorial, instructions being given for the home treatment of this very common disease.

Mr. W. M. Scott will continue his series of illustrated articles on **Physical Culture**, and Marie Blanche will have a lot of interesting and helpful things to tell the ladies.

We expect to make **GOOD HEALTH** better during the coming year than ever in the past, and to this end we invite the kind co-operation of all our readers, whose criticisms and suggestions we are always happy to receive, and whose help in circulating the magazine amongst acquaintances is very highly valued.

It is one of the unworthy features of Christmas observance that so much alcohol is consumed at that time. An enormous sum of money is expended in purchasing various degrees of stupor and idiocy, under the delusion that this is enjoyment. Many a child gets its first taste of strong drink at Christmas.

If a man feels that custom requires him to lay in a few bottles of wine, in order to be able to offer his friends a glass, let him try Welch's Grape Juice for a change. That is pure wine, the unspoiled juice of the grape, with no poison lying beneath its ruddy glow.

In answering advertisements kindly mention "Good Health."

A welcome Winter Pudding

A Corn Flour Custard Pudding served hot. It is one of the simple homely dishes that go well with any meal.

It is good served alone, and also delicious with stewed fruit.

It is quickly made, costs little, and whether baked or boiled is equally enjoyed by young and old.

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The Corn Flour for wholesome puddings.

Make a point of getting it.



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The food that is
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Nuts are one of Nature's finest foods, but many people find them difficult of digestion.

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Bromose is a scientific combination of pre-digested nuts and malted cereals, and is a splendid ready-to-eat, all-round food.

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which are delicious sprinkled over Granose, Avenola, etc., or stirred into hot water or milk. Price, $\frac{1}{2}$ lb. tin, 1/-; 1 lb. tin, 2/-.

We offer you

{ Sample BROMOSE,
Sample MALTED NUTS,
Sample GRANOSE, and
Handsome Illustrated Catalogue,

with useful hints on health,
and many valuable recipes,

Post Free
for
2d.
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International Health Ass'n, Ltd.,

Stanborough
Park,
WATFORD.

In answering advertisements kindly mention "Good Health."

A NEW edition of "Fact and Fiction" is being issued by Mr. F. Wilson, 60 Ludgate Hill, E.C. Price, 1/-. The "fiction" deals with the imaginary circulation of newspapers seeking to entice advertisers.

To make food attractive and appetizing is to secure one of the first essentials for good digestion. The housewife who takes pains to provide palatable and wholesome dishes for her family will find Brown & Polson's celebrated food-stuffs a great help in her work.

WE notice as we visit different parts of the country that the Gem Bath Cabinet is finding its way into a great many homes, and everywhere it seems to be highly appreciated. It furnishes a simple and rapid means of treatment for many common complaints.

Now that the cold, wet weather is coming on, it is well to see that the feet are properly clothed. Messrs. Hall & Son's Good Health Boot, with its special cork layer, affords unique protection. One can walk for miles on wet pavements and still sit down to one's work with feet perfectly dry and warm. This is impossible with the ordinary boot. For full particulars consult the advertisement in another column.

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NATURE CURE with excellent nursing and medical and surgical care. Delightful house close to the waves. Splendid morning sea dip. Special for dyspeptic, rheumatic, nerve, and wasting cases. Miss Eileen Edwards, Lawn House, Broadstairs.

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Cure can easily be taken along with **Swiss Tour.**

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NUTTON

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" 8 (Pine Kernel), ..	7d.	1/-.	1/5.	3/8.
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A delicious imitation of flesh meat made from peanuts.
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 Delightful location, near the chin-s, pleasure gardens,
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 Highest recommendations.
 Accommodations exceptional, including facilities for
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 Charges—moderate.

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

FOR valuable information regarding diet and a selection of choice recipes, get a copy of "One Hundred Hygienic Food Recipes," the best booklet of its kind. 24d., post free. Address, Good Health Supplies, Stanborough Park, Watford, Herts.

"GOOD HEALTH" STORES,

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Conducted by **MISS N. MUSSON.**

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are absolutely pure, and contain
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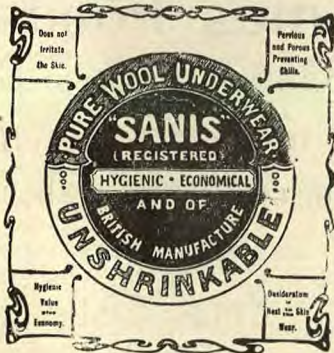
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This perfectly healthful underwear is of the
 finest colonial wool, soft to the skin, pervi-
 ous and porous, allows the noxious vapours
 to escape, yet conserves the natural heat of
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THE ALLINSON WHOLEMEAL

Is a pure meal, made from carefully-
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 of wheat is a perfect food IN ITSELF. It
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 have the full benefit of the wheat,

NATURE'S BEST FOOD.

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Should be used by all who would be well;
 it is a NECESSITY, not a luxury. Those
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It makes delicious bread, cakes, scones,
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SCIENTIFIC dieting will undoubtedly cure most of the digestive and, nutritional disorders from which so many are suffering. A gentleman in the Isle of Man has derived much benefit from granose, one of the best known products of the International Health Association. He writes:—

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BEAUTY-CUP MASSAGE
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An effective home treatment for wrinkles and blackheads. The simplicity of this scientific system of self-applied massage, and the speed with which it clears the complexion, are almost beyond belief. A single soothing application of the little Beauty-Cup will often produce remarkable results. Blackheads in many cases are banished in sixty seconds. It removes impurities by atmospheric pressure, helps to round out the cheeks, arms, and neck, and to make the waste places in the body plump and healthy. Acts directly on the circulation, and feeds fresh blood to the tissues, thus making the flesh firm and fair, and the skin soft and satiny. Sent by mail in plain wrapper, with our Beauty Book, for 2/1 P.O. (abroad) 2/6 M.O.

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

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

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MARVEL WHIRLING SPRAY.

The new Syringe. Best—Safest—Most Convenient.

It Cleanses Instantly.



Ask your Chemist for it. If he cannot supply the Marvel accept no other, but send stamp for book giving full particulars and directions invaluable to ladies.

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You are no longer needed. Sensible people don't want you: they know too much about you and the way you've been fattened.

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Xmas Foods.

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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—

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Pitman Cakes for Xmas Time.

All Made without Animal Fat.

PITMAN CELEBRATED MINCEMEAT.

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PITMAN DELICIOUS PLUM PUDDINGS.

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Made with Pitman Mincemeat, and white or brown paste. Per box of 12 Pies, 6d; per box of 27 Pies, 1/-.

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MANUFACTURED BY THE PROPRIETORS OF "NEAVE'S FOOD FOR INFANTS."

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Quickly and easily made

Sold in 1/3 tins by Chemists & Grocers. On receipt of two penny stamps a sample will be sent by the Manufacturers, **JOSIAH R. NEAVE & CO.,** Fordingbridge, via Salisbury.

A Food. A Medicine. A Tonic.

DO YOU WANT PURE OLIVE OIL?

George Clayton's "MEDE-LOIS" Brand is absolutely pure, and comes direct from the growers (Nice) to the consumer.

Expert's Opinion: "I've never tasted finer Olive Oil."

Bottles, 2/- and 3/4, carriage paid anywhere (B. Isles). Terms: Cash with order.

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Note.—The "M.L." Olive Oil, being of the highest quality and flavour, does not compete with the mixed and Italian Olive Oils now being sold.

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(A Pure Vegetable Extract.)

To enrich all Soups,
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In answering advertisements kindly mention "Good Health."

Science in the Kitchen, by Ella Eaton Kellogg, is the best and most complete health cookery book that we know of. We are pleased to note that a revised and enlarged edition has been recently published. The book deals with the principles of healthful cookery, and contains more than a thousand wholesome and tasty recipes. Among some of the subjects considered in this book are the various foods, their properties and proper combination, the digestibility of foods, wholesome methods of cookery. There are separate chapters dealing with cereals, breads, fruits, legumes, soups, desserts, etc., etc. Food for the sick receives special attention, and the chapter dealing with this subject contains most valuable information.

We would especially call attention to the appendix, which not only gives a large number of additional new recipes, but also a long list of the common foods as they are prepared for the table, giving their full food value. By means of this unique table it is possible to ascertain the exact amount of the various foods required by the body. For example, the table shows us that one ounce of ordinary wholemeal bread contains 72 calories, or heat units, while an ounce of celery only contains $5\frac{1}{2}$ calories. An ounce of orange jelly contains $36\frac{1}{2}$ calories, one ounce steamed figs 79 calories, while one ounce of walnuts contains the enormous amount of $207\frac{1}{2}$ calories. The amount of nourishment contained in one ounce of clear tomato soup is 19 calories, while one ounce of strawberries, although these are valuable for their salts, is shown to contain only 11 calories.

We believe this table will greatly enhance the value and usefulness of a book which has already gone through several large editions, and has met with a most favourable reception not only in Great Britain, but also in the States.

The book contains over 500 pages, and is handsomely and durably bound in buckram, with a gold title. There are numerous illustrations, which add largely to its attractiveness.

The book is published by the Modern Medicine Co., 74 Leadenhall Street, London, E.C., and can be had from them or from this office for 8/6, post free.

CITY men in the neighbourhood of London Bridge will find Camp's Vegetarian Restaurant, 203 Borough High Street, S.E. (near London Bridge), convenient. The meals are good and prices moderate.

Christmas Fare without a Care—

All kinds of tasty dishes can be made with F.R. Nutmeat, Nutmeatose, or Vejola. These contain none of the poisons present in Goose, Turkey, Fowl, etc., and are most nutritious and palatable. They are sold by all Health Food Stores.

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Cereals, Pulses,

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Sugars,

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Butters.

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Special Terms to Traders,
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Only address:

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Established nearly 100 years.

Instead of Lard

which is produced by boiling down all the unusable parts of the pig, use . . .

Mapleton's Cooking Nutter,

which is an absolutely pure, tasteless, vegetable fat, manufactured in the open country from fresh, sweet nuts only. Use it in place of lard, cooking butter, and dripping; it goes farther and produces better results. It is in daily use in the homes of thousands of food reformers. Sold by all Health Food Stores. Cartons: 1½ lb., 11d.; 3 lb., 1/9. Tins: 1½ lb., 1/-; 3 lb., 1/11; 6 lb., 3/6.

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which is always liable to contain disease germs and other poisonous wastes, use . . .

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which is the same as Nutter (see above) only *hard*. Use it for your puddings and note how light they will turn out. It goes farther than beef suet, and is cheaper. Christmas puddings should always be made with Nutter Suet. It is in daily use in the homes of thousands of food reformers. Sold by all Health Food Stores: 1 lb., 7½d.

FREE.—Complete Descriptive Catalogue of Nut Foods (with many recipes,) post free if you mention "Good Health."

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Science in the Kitchen.

BY ELLA EATON KELLOGG.

New edition just off the press, containing over 500 pages, 80 illustrations, of which 46 are full-page plates. Beautifully bound.

A Scientific Treatise on Food Substances and their Dietetic Properties, together with a Practical Explanation of the Principles of Healthful Cookery.

This work is not a compilation; it contains very few old recipes; nearly all are original, having been developed by the author and her pupils in the Battle Creek Sanitarium Training School of Cookery.

It embodies and accords with the latest scientific facts relating to the chemistry of foods, and contains not a single recipe which a conscientious physician could not recommend as wholesome.

It is scientific, comprehensive, sensible, and thoroughly reliable. No recipe is admitted but what has been tested repeatedly.

PRICE, 8/6, POST PAID.

Healthful Cookery.

BY ELLA EATON KELLOGG.

It has been the purpose in the preparation of this book to furnish a reliable reform cookery book at a low price. While it is not so comprehensive as "Science in the Kitchen," it presents a splendid selection of well-tested recipes, and gives directions for a variety of ways in which the always palatable and appetizing Sanitarium Health Foods may be prepared and combined with other food material upon the everyday bill of fare. 318 pages, beautifully printed.

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THE name of Bax & Son is a guarantee of high quality for all vegetarian foods. You had better send for their price list.

"BROMOSE" has become an honoured name in many a household during the last ten years. If any of our readers are still unacquainted with its merits, the International Health Association, Ltd., would like to hear from them.

A BAZAAR in aid of the "Children's Dinner Fund" will be held by the London Vegetarian Association on December 5th, at the Memorial Hall. The secretary, Miss Florence Nicholson, will be glad of any gifts suitable for sale at the Bazaar.

THE Benger's Food Co. have got out a useful little booklet, telling how their food should be used for infants and invalids, and giving in addition some valuable information concerning the feeding of children. We notice some very practical and sensible suggestions. Any of our readers can obtain a copy of the booklet, post free, by sending a card to Benger's Food, Ltd., Otter Works, Manchester, mentioning "Good Health."

Watch the Label.

SUBSCRIBERS to GOOD HEALTH should consult their address labels in order to know when to send in renewal. Failure to do this has resulted in some copies of the magazine being missed, the renewal blank which is slipped into the last number having been unnoticed.

When in the City visit the



FOOD REFORM RESTAURANT,
4 FURNIVAL STREET, HOLBORN, E.C.
(Opposite Prudential Assurance Building.)

The Largest First-Class Vegetarian Restaurant in the City.

Exceptional value offered for teas after 3.30.
Quiet, restful rooms. Moderate prices.
Fruits, salads, and a variety of summer dishes.

Rooms to Let for Evening Meetings.

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8 Tavistock Road.

Thoroughly up-to-date stock of Health Foods. Sole Agents for International Health Foods, Pitman Specialities, etc.

Visitors should not fail to call. Ladies should ask to see the Health Boticers.

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AS the cold weather approaches, colds and catarrhal difficulties are bound to increase. Many persons suffer more or less all through the autumn and winter. Such will be interested to learn that the Good Health Supply Company can furnish a complete outfit for the

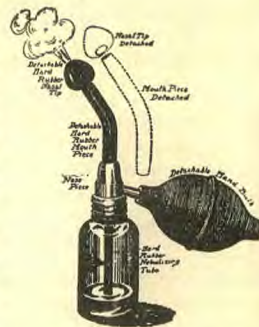
HOME TREATMENT

of catarrh. The difficulty with most appliances hitherto placed on the market has been that they merely supply medicated vapour to the nose and throat passages, but are not capable of thoroughly cleansing these parts. The outfit that we are able to furnish supplies this lack completely. It contains, first, **A Percussion Nasal Douche** and medicine to go with the same, by means of which every part of the nasal passages can be thoroughly and quickly cleansed from mucus, dust, and other impurities. Then there is

another instrument, known as the **Globe Hand Nebulizer**, also supplied with medicine, that will introduce

a fine nebula of medicated air into every remote part of these organs. Thus the diseased portions are first thoroughly cleansed, and then treated with healing vapours.

The outfit complete, with full directions, and medicine for both instruments to last for a considerable time, is furnished at **7s. 6d., post free.** Here is an opportunity to apply scientific methods in treating a very common and distressing malady.



GOOD HEALTH SUPPLY CO., Stanborough Park, Watford.

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	PAGE.		PAGE.
Mouth Wash.....	118	Peanuts.....	54
Mucous Secretion.....	356	Physicians and Tobacco.....	3
My Little "Sanatorium".....	296	Physical Culture Made Easy 207, 328, 354	
Nasal Catarrh.....	309	Play Spirit in Relation to Physical	
Natural Cure of Constipation, The 72,	108	Culture, The.....	138
Natural Remedies for the Relief of		Pleasant Summer Holidays.....	254
Headache.....	368	Pleasures of the Scullery, The.....	176
Nature of Disease and Its Cure, The	241	Poor Appetite.....	309
Nature's Spring Tonic.....	102	Popular Resort, A.....	196
Nervous Dyspeptic, The.....	38	Predisposing Causes of Paralysis.....	86
Nervousness.....	22	Preparing for Examination.....	356
New-Fashioned Girls.....	14	Prevention of Cold-Taking, The.....	374
New Hydropathic in South Africa, A	16	Progress in the Use of Rational	
No-Hat Cure for Falling Hair, The..	212	Methods.....	320
Noises in the Ear.....	212	Protose.....	118
Noises in the Head.....	54	Psoriasis.....	180
No Organ so Ill-Treated.....	291	Pure Food Movement, The.....	46
"Nut Butters" not "Margarine".....	331	Railway Comfort.....	4
Nut Mill.....	54	Raw Eggs.....	54
Nuts.....	54	Real Battle of Life, The.....	132
Nuts: Their Qualities and Uses.....	316	Remedy for Stammering, A.....	173
Old and Vigorous.....	68	Rheumatic Pains.....	380
Our Beds.....	326	Rhubarb.....	212
Our Dismal Waiting-Rooms.....	81	Safe Advice.....	100
Our Enemies, the Germs.....	167	Sanitariums.....	54
Outdoor Club.....	315	Sanitarium Summer School, The.....	178
Outlived Its Usefulness.....	99	Save your Kidneys.....	291
Page for Women, A:—		Savoury Soups without Meat.....	355
Beauty Culture.....	214	School Medical Inspection in Japan..	69
Comfortable and Stylish Dress.....	84	Sciatica.....	212
Comfortable Clothing for November	358	Scurf.....	356
General Rules for Health and		Scurf on the Scalp.....	180
Beauty.....	20	Sea-Bathing and Grey Hair.....	180
House Furnishing.....	334	Sensible Clothing in Summer.....	202
Hygienic Dress.....	150	Shaky Hand.....	380
Milk for the Nursery.....	310	Should the Teapot Be Abolished?....	163
Rational Summer Habits for		Sidelights on the Food Question.....	35
Promoting Health and Beauty... 272		Simple Food Recipes.....	114
Singing a Healthy Exercise.....	382	Some Delicious Sandwiches.....	147
Spring-Cleaning.....	116	Something about Butter.....	208
True and False Beauty, How		Sore Throat.....	380
Acquired.....	52	Special Diet.....	54
Word to the Over-Worked Mother	182	Stomach Troubles.....	309
Palpitation of the Heart.....	148	Straighten Up and Be Well.....	131
		Stricture.....	380

	PAGE.		PAGE.
Sulphur Tablets.....	356	Visit to a Chinese Home, A.....	78
Summer Health Hints.....	204	Walking for Health and Physical Development.....	372
Summer School, A.....	100, 197	Walks in the Rain.....	142
Sunset at Sea.— <i>Poetry</i>	344	“Wastage of Child Life”.....	292
Superfluous Hair.....	86	Water-Drinking.....	332
Swimming for Health and Pleasure..	250	Weighty Consideration, A.— <i>Short Serial</i>	12, 44
Tea and Coffee.....	118	What Can Be Done?.....	5
Tea and Disease.....	163	What I Found in the Garden.— <i>Poetry</i>	141
Tendency to Colds, To Overcome a..	212	What Is a Calory?.....	83
Thin Hair.....	332	What the “Grip” Is.....	11
Thin Vegetarians.....	212	What the White Race May Learn from the Red Man.....	246, 300, 348
Thorough Mastication as an Aid to Health.....	68	What to Do for Influenza.....	100
Tired Men and Women.....	105	What We Know about Tuberculosis	239
Tobacco and the Nerves.....	69	When Dick Signed the Pledge.....	18
Tonic Baths and Friction.....	74	When the Stomach Goes Wrong.....	339
Training the Child for Health.....	330	Why Not Camp Out?.....	292
Tuberculosis in Paris.....	265	Wind, The.— <i>Poetry</i>	98
Ubiquitous Germ, The.....	131	Winter Confidences.....	364
Ulcerated Stomach.....	148, 332	Winter Walk, The.....	6
Underclothing.....	22	Workingman’s Weekly Bill of Fare, The.....	268
Useful Notes on Infectious Dis- eases and Disinfection.....	15	Worry, the Disease of the Age. — <i>Poetry</i>	50
Varicose Veins.....	212		
Victims of Bad Air.....	3		