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GOOD HEALTH



January, 1909.

Editorial Chat :

"The Reign of the Adenoid," The Student's Worst Enemy, Alarming Growth of Trade in Quack Medicines, "A Monstrous Imposition," Highly-Spiced Food and Throat Troubles.

Should Fruit Be Eaten in Winter?—*Illustrated.*

Chronic Bronchitis.

Japan: Some First Impressions.—*Illus.*

What We Know about Cancer.—*Illus.*

Exercise for the Invalid.

To What End?—*Illustrated.*

The Vegetarian Snare.

Questions and Answers.

A Page for W

vol. 7.

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Good Health

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JANUARY, 1909.

NO. 1.

Editorial Chat.

"The Reign of the Adenoid." THE reign of the adenoid has been long," runs an editorial in the "British Medical Journal," "but its throne is now tottering." It would seem that the operation for adenoids came into sudden popularity about twenty years ago, and ever since then it has been customary with the majority of physicians to advise the removal of post-pharyngeal tissue, regardless of whether it is the real cause of any morbid symptom or not. In future, thinks the "Journal," if it seems right to advise the removal of such tissue, parents will be told not to expect too much from the operation.

The Student's Worst Enemy.

VIC-TOR C. VAUGHAN, M.D.,
Dean of the Medical

Department of Michigan State University, speaking to a large body of students the other day, said that so far as his experience went, cases of broken down health had never been rightly attributed

to over-study. Brain work never interfered with health. He had had occasion to inquire into the lives of some four hundred of the greatest men in ancient and modern history. These men were all men of brains. He found that their average life was seventy-eight years—more than that of the average farmer, twice that of the average athlete. "Most of the ill health of college students," said the Dean, "is due to alcohol—the student's worst enemy. The American saloon [public-house] is the nation's greatest curse."

Total Abstinence in America.

IN some parts of the United States local option is such an absorbing topic that everything else must give way. Radical temperance sentiment, which re-

cently developed in the South, is, say the papers, taking a strong hold in the North. In Chicago we have the spectacle of 10,000 children parading the streets with banners that denounce the liquor traffic. In a

THE Editor of "Good Health" wishes all his friends, among whom he hopes that every reader will reckon himself, a happy, healthy, and prosperous New Year. "Good Health" has no greater ambition than to promote the health and happiness of all whom it can benefit, and to this end it will devote itself with renewed energy during the coming year. It asks no better recognition from its friends than that they will endeavour to extend the circle of its usefulness.

little town in Indiana, where two unfortunates died of alcoholism, the public schools are closed to give the pupils an opportunity to view their remains. A ghastly piece of business, one must admit, and yet more effective possibly than a good many temperance sermons. Certainly the people of that Indiana town must be in grim earnest about putting down the drink traffic.

* *

Alarming Growth of the Trade in Quack Medicines. AT the recent meeting of the British Pharmaceutical Conference, Mr. Robert Wright, F.C.S., the president, in the course of his address, referred to the enormous sales of quack nostrums. Statistics showed the annual value of stamped medicines sold to be increasing at a rapid rate. The sales were given approximately as follows:—

1860	£350,000	1890	£1,740,000
1870	£580,000	1900	£2,310,000
1880	£1,080,000	1907	£2,620,000

The speaker went on to say that if the population of the British Isles were reckoned at twenty-three millions in 1860, and thirty-nine millions in 1906, it followed that the amount spent in patent medicines *per capita* was now about five times as great as it was half a century ago. "After making full allowance for the increased spending power of the masses, these figures proved conclusively that notwithstanding the wide diffusion of knowledge, the spread of education, and the raising of the standard of intelligence among the people, the appeal of the quack and the charlatan to the credulity of the public met with a readier response than ever."

* *

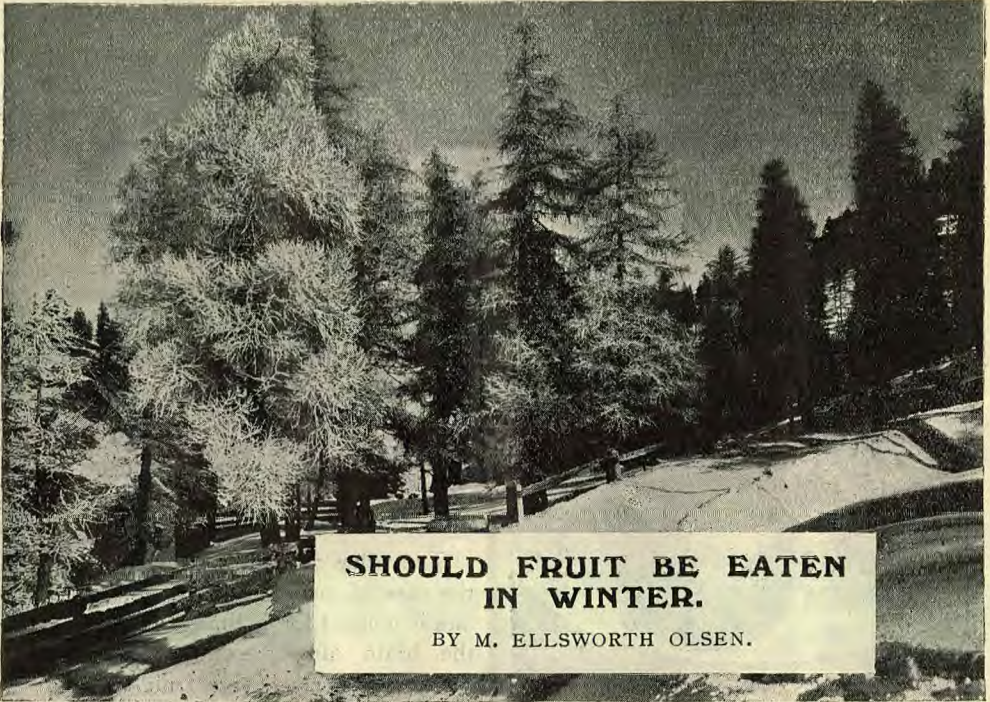
"A Monstrous Imposture." THE main object, said the speaker, in almost all quack advertisements, is to produce in the mind of the reader, either by suggestion or by means of a highly exaggerated description of the symptoms supposed to charac-

terize a certain disease or combination of diseases, the idea that he was suffering from the particular ailment of which the remarkable remedy advertised was an absolutely certain cure. The entire system was nothing more or less than a gigantic and most monstrous imposture from beginning to end. We agree with Mr. Wright; but we fear that quackery will never depart while the average man puts his faith in a bottle. The surest means of doing away with quackery is educating the people in reference to the rational care of the body in health and disease.

* *

Highly-Spiced Food and Throat Troubles. DIET and general regimen must always be considered in dealing with coughs, colds, and nose and throat diseases generally. Dr. P. McBride, consulting surgeon of the Ear and Throat Department of the Royal Infirmary, Edinburgh, in a recent paper on "Chronic Pharyngitis," given before the British Medical Association, says: "In many cases—I may almost say in most cases—the patient will be a man who, in the slang term of to-day, 'does himself well.' It may be that he smokes a great deal, and is otherwise temperate. Again, we may on investigation find that he adds alcoholic excess to tobacco, or that he rejoices in highly-spiced foods. He may be a large eater, and usually takes too little exercise. Without absolutely committing myself to the term 'gout,' I would suggest that this form of pharyngitis yields chiefly to restrictions as to diet and regimen. . . . In most instances it will be found that either greatly restricting or prohibiting the tobacco of the smoker, the alcohol of the free liver, and the rich food of the *bon vivant* is essential to success."

It is encouraging to see physicians thus giving increased attention to the underlying causes of disease. "Highly-spiced foods" and smoking, as well as drinking, are undoubtedly the real causes of many a stubborn affection of the nose and throat, and an effective cure is impossible without wholesome, abstemious habits.



SHOULD FRUIT BE EATEN IN WINTER.

BY M. ELLSWORTH OLSEN.

"BUT of all manner of meate," wrote one of our old chroniclers, "the most dangerous is that whiche is of *fruites*". So much for our forefathers' opinion of one of the most wholesome and valuable of foods. Needless to say, we of to-day look with far kindlier eye upon cherries, strawberries, plums, grapes, apples, oranges, bananas, and all the other luscious things that ripen for us in the sunshine. And yet there is with many a lingering prejudice against fruit which causes it to be among the first things to be cut off when for any reason it becomes necessary to restrict the diet.

A Common Fallacy.

That fruit should be taken very sparingly, if at all, in the cold season is very generally held, and yet it is hard to extract anything at all adequate in the way of a reason. To be sure, most fresh fruits contain a good deal of water, and this fact makes them especially grateful in

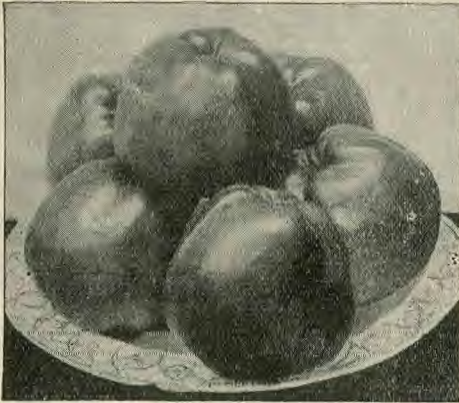
warm weather, when the system requires an unusually large amount of liquid. It is also true that very acid fruits taken along with starchy foods will slightly delay their digestion; and in some forms of stomach trouble these same acid fruits may aggravate the difficulty.

But if fruits are valuable in summer for the water they contain, they are valuable at all seasons for their nourishing qualities, and for the tonic effect of their acids and salts. The fact that highly acid fruits disagree in certain disease conditions should by no means discourage the use of fruit by those who do not suffer from such conditions; especially as in most of these cases it is the excessive amounts of sugar taken with the fruit which are the real difficulty.

Fruit an Admirable Heat Producer.

It must not be forgotten that fruits are natural foods, and for the most part can be eaten without any special preparation in the

way of cooking. They contain, moreover, varying amounts of natural sugar,* chemically known as *levulose*, and some of them a little cane sugar. Well-ripened fruit contains practically no starch, very little proteid, and with the exception of the olive, almost no fat. Its chief function, then, is to supply heat and



"LIVER PILLS."

energy—the very things we require in the cold season. A better winter food could not possibly be found.

If there were some proper way of supplying fruit to the Eskimos, and of teaching these unfortunate exiles to like a food which figured largely in the diet of their remote ancestors of warmer climes, there is every reason for believing that the Eskimos might yet become a strong, healthy, long-lived people. It is a mistake to think that the stunted natives of Greenland and Labrador really require the enormous quantities of whale-blubber that they manage to dispose of when food is plentiful, and that they have no need of the fruits and vegetables that are available in our temperate zones. They would do far better on a varied diet; but they must live on meat because they have nothing else.

*The amount of sugar in some of the most common fruits is given by Dr. Hutchison in "Food and Dietetics":—Raisins (dried), 74.7; Prunes (dried), 66.2; Dates (dried), 65.7; Figs (dried), 62.8; Hothouse Grapes, 17.26; Pine-apples, 13.31; Cherries, 10; Oranges, 8.68.

Oranges Instead of Liver Pills.

Evidently, then, cold weather, so far from cutting out fruit, rather calls for it; and in Great Britain, where the winters are comparatively mild, and there is a good deal of thick, foggy weather, when the organs of the body tend to grow sluggish, there is so much the greater reason for using fruit freely. If there is a good supply of oranges and apples in the house, there will be no need of liver pills, laxatives, and diuretics. Nature evidently intended us to depend upon fruits rather than medicines in case of any slight disorder, and a liberal infusion of fruit in the diet is in itself an excellent prophylactic.

Fruit for Sedentary Workers.

The value of fruit is especially great in the case of sedentary workers, and when one is obliged for a limited time to work the brain almost continually, there is nothing like good, ripe fruit to keep the mind fresh and clear and ward off physical stagnation.

Not Too Sweet.

While fruit will do all this, and more too, if used in a natural form, let no one think that rich preserves or jams will accomplish anything of the kind. The fruit that enters into the composition of these sweets loses its characteristic qualities; canesugar, a clogging and irritating food when taken in concentrated form, gives its chief characteristic to jam, and the fruit acts merely as so much flavour-



ing. Even apart from jam and preserves, dessert fruit is too often served in such a rich syrup as to interfere decidedly with the good effects it should produce.

Stewed fruit, while not quite so effective as the fresh, will nevertheless do much to keep the body in good trim if only it is not spoiled by the addition of much sugar. The use of sugar is largely a habit, and a little self-discipline will enable anyone to relish most fruits either entirely without sugar or with very little. Combining sweet with sour fruits is a good way of doing without cane sugar.

The smaller fruits, such as cherries, currants, and gooseberries, can be preserved in glass jars* or bottles, with little or no sugar, and make an important and pleasing part of the winter bill of fare. Plums and greengages likewise lend themselves readily to such treatment. It is

*These may be obtained from the Pitman Health Food Stores, Birmingham.

safe to say that this plan, once adopted, will be persisted in from year to year, because it adds so much to the wholesomeness and attractiveness of the daily

menus during that part of the year when fresh fruits and vegetables are comparatively scarce. Apples, oranges, and bananas can be had the year round, and are ideal fruits. Apples eaten raw should be mellow and juicy. Baked, they make an excellent breakfast or supper dish. Bananas baked in their skins form an easily prepared morning dish, requiring only about ten minutes in a hot oven. They are also very delicious sliced and served with whipped cream.



NUTTING.

**Dried Fruits
not to Be
Despised.**

Dried fruits are not to be despised, however, and fortunately in England they may be had in large variety and at very reasonable prices. Dates are a complete food in themselves, and form the chief stand-by of the lithe, active Arabs. Half

a pound of dates and a pint of milk form a well-rounded meal with no mean staying powers. The food value of the half-pound of dates, it may be said in passing, is more than equal to that of a full pound of the best beef-steak.

Raisins and sultanas are not valued as highly as they deserve. Grape juice is coming to be recognized as an excellent tonic and nerve food: but we forget that raisins are simply dried grapes, and long and gentle stewing will extract the juice, which will then be a species of unfermented wine, and, to the natural palate, a delicious food drink.

Hot Fruit Drinks.

Especially in the winter season are hot fruit drinks in order. The system does not require proteids in order to keep warm, it calls for carbonaceous foods, and these latter are found in great abundance in raisins. How far superior, then, when one is hungry and tired, and perhaps cold, to take a cup of hot raisin juice or grape wine rather than depend on meat extracts, which at best contain very little real nourishment, and are taken chiefly for their supposed stimulating qualities! But hot raisin juice is a natural stimulant, and being ready for immediate assimilation, furnishes strength and warmth just when needed. It is to be hoped that some progressive caterers will add this delicious food drink to their menus in the near

future. For persons who find it a little too sweet, a couple of thin slices of lemon may be added.

How to Cook Prunes.

Prunes are a very excellent winter food. Unfortunately it is difficult to get them cooked properly. They should be soaked over night in cold water, and then gently stewed in plenty of water for two or three hours till they are perfectly tender and have a rich, tasty juice. The good varieties require no sugar.

A very little lemon juice may be added if desired, and a few thin pieces of the peel. Prunes are excellent for persons suffering with constipation. The skins, if rather tough and stringy, should not be swallowed.

All fruits should be eaten slowly and thoroughly masticated. This is especially important where the digestive organs are weak. Many



ORNAMENTAL AND USEFUL.

persons who have supposed they could not take fruits at all have found that prolonged mastication renders them quite innocuous. Even such fruits as oranges, the juice only of which is taken, profit by thorough chewing and mixing with the saliva, the latter apparently neutralizing the acid of the juice, and rendering it less irritating to a sensitive stomach.

When to Take Fruits.

There is some difference of opinion as to the best time to take fruits, some advo-

cating their use in connexion with the meals, and others between times. Doubtless this is a matter for individuals to settle for themselves, but in the majority of cases fruit may be eaten freely at the morning and evening meals. A couple of oranges taken before breakfast are often found very refreshing, and if there is a desire for any food just before going to bed, oranges, or grapes, or a well-chewed mellow apple make the best "night-cap." If the digestion is weak, it is just as well not to take fruit at dinner, where vegetables

will form a considerable part of the meal, but fruit juices are not likely to give trouble.

Attention may be called in closing to the generally held belief of medical men that to maintain the best health, a certain amount of raw food is necessary, and well-ripened fruits would seem to be the most attractive and in every way desirable means of satisfying this natural want. Children, especially, need plenty of fruit. Cut off the sweets, but give them oranges, apples, and bananas if you would see them grow big and strong.

CHRONIC BRONCHITIS AND WINTER COUGHS.

BY A. B. OLSEN, M.D.

IN its mildest form, chronic bronchitis is simply a more or less irritating winter cough, which is accompanied by a varying amount of expectoration. It comes with the cold and damp weather of winter, and leaves more or less completely in the late spring or early summer. But the intervals of relief gradually grow shorter until the cough persists throughout the entire year, and other symptoms of chronic bronchitis manifest themselves.

The Cause.

Chronic bronchitis is usually the sequel to more or less numerous attacks of acute bronchitis. Each succeeding attack of the acute disorder becomes more persistent, and the recovery is less complete, until finally the cough and expectoration are always present. More rarely it may develop from a single acute attack which has been neglected, and from which recovery does not take place.

The Chief Symptoms.

The most common and most characteristic symptom is the habitual cough which accompanies chronic bronchitis, and in very mild, recent cases this may be the only apparent symptom. The cough is accompanied by expectoration, which is usually profuse. It may consist of mucus

alone or contain purulent matter as well. Sometimes the cough is comparatively dry, irritating, and very exhausting and trying to the patient.

The Breathing.

After a time there are symptoms of shortness of breath and laboured breathing, which may become very pronounced. The constant coughing has a pernicious effect upon the smaller bronchial tubes, and leads to their gradual dilatation. This condition is known as emphysema, and the general effect is to increase the size of the chest, and, at the same time, diminish its efficiency for breathing purposes.

Soon the heart, too, begins to suffer from overwork, and it may become enlarged. With the increasing weakness of the heart, the blood circulates with greater difficulty through the lungs, and as a consequence it receives less oxygen, which causes the breathing to become more laboured.

All these symptoms naturally conduce to general weakness and debility, which gradually increase, and expose the body to the onslaught of more fatal diseases.

Nature of the Disease.

From the foregoing symptoms it will be obvious that the real condition of a

patient suffering from chronic bronchitis is one of starvation from oxygen. The swollen membrane lining the air passages, and the copious secretion of mucus with more or less pus, interfere seriously with the breathing functions. Further, the ensuing dilatation of the tubules in emphysema renders them less elastic and proportionately retards breathing, thus aggravating the starvation for oxygen. The entire body suffers in consequence, and general feebleness and debility follow as a matter of course.

The Outcome.

Chronic bronchitis does not usually cause death of itself, but it so weakens the system and reduces the vitality as to favour the invasion of some other disease, hence the complications that intervene as a rule to produce fatal results.

The disease is an exceedingly obstinate one to deal with, particularly in the aged or when it has been long neglected, and in practice is often incurable. This is especially true of the later stages, when it has become thoroughly chronic and deep-seated. About all that one can expect to do under such circumstances is to alleviate the symptoms and make the patient more comfortable.

The Treatment.

Many things must be considered if the treatment is to prove successful, or even partially so.

First, there is the question of fresh air and warmth of the room. Bronchitic patients do badly in a close, over-crowded room. They need an abundance of pure, fresh air. And yet the air of the room should be comfortably warm, and free from excessive moisture. It is very trying to go from an over-heated, close room to the fresh air. Outer wraps should be freely used for protection as the weather demands.

Second, we have the clothing. Soft, light, pure woollen garments should be

worn next to the skin, unless it is very sensitive, and then silk may be substituted. Wear woollen undergarments all the year round in this climate. It is safest.

Third, the diet, which ought to be plain, nourishing, wholesome, but unstimulating. Alcoholic beverages are not desirable. Tea and coffee, too, are better discarded. A liberal diet, consisting of fresh and stewed fruit, nuts and nut foods, cereals, breads, potatoes, greens, and a few other vegetables, together with the various dairy products, would meet the requirements of most cases.

Water Treatments.

Fourth, come the various baths, packs, fomentations, etc., that furnish the best and surest means of giving relief and furthering healing.

Fomentations to the chest or a hot chest pack are efficient remedies for relieving the cough. Hot foot or leg baths, or leg packs, followed by a cold mitten friction, a tepid or cold sponge, or wet-hand rub, or a wet sheet rub, and then an oil rub, also give relief and promote healing.

The use of the electric light bath, hot air and vapour baths, and water electric baths is also recommended.

Steam Inhalation.

The inhalation of hot, moist air is one of the most efficient of local applications. Apparatus for giving the steam inhalation can be obtained through the chemist, but this, although convenient, is hardly necessary. A roll of paper attached to the spout of a boiling teakettle will suffice. Proper caution is necessary to prevent burning with the hot steam. The warm, moist air is all that is required.

The steam can be medicated easily by the addition of oil of eucalyptus, creosote, or tincture of benzoin, say about one drachm to a pint of water.

The use of a nebulizer or atomizer, giving a fine, nebulous spray of some mild,

antiseptic balsam or oil, such as eucalyptus, often relieves an irritating cough. The copious drinking of hot water is also useful.

Climatic Conditions.

Patients suffering from chronic bronchitis require a comparatively mild climate and dry air. It is desirable that they should live out-of-doors in the fresh air the greater part of the time, but that is only possible where the weather conditions are favourable.

The south of France, Italy, and especially the Italian Riviera, Sicily, and Algeria, are places that are frequently recommended for bronchitics, but there are doubtless others equally favourable.

Still one must bear in mind the numerous annoyances of travel and the great difficulty of obtaining home comforts and conveniences in a foreign land. These disadvantages often overbalance the benefit derived from the climate.

The Use of Drugs.

It is not wise as a rule to resort to drugs in the treatment of bronchitis, and this is emphatically true of the almost infinite number of bronchitis cures of one kind or another that flood the market. Let them severely alone. Any medicinal treatment really required will be provided by your family physician. But the natural remedies mentioned above usually prove the most efficient and satisfactory.

Suggestions for Prevention.

After all, prevention is the best and surest cure. Avoid close, foul air as you would a pestilence.

Dress in woollens warmly, but not heavy enough to produce perspiration.

Be cautious in changing suddenly from a warm to a cold room or going out in the cold.

Keep the liver active and the bowels open. Constipation and a torpid liver both favour bronchitis.

Dress according to the weather.

A little honey or a fruit lozenge makes a good expectorant. Drinking hot water also encourages the raising of phlegm.

Encourage coughing when there is purulent matter to get rid of.

A respirator, although not a very sightly object, is, none the less, a very useful thing, and, if worn on going out or going into cold rooms, would often prevent much mischief and distress.

Acrostic.

THE following acrostic has been sent us by a patient at the Caterham Sanitarium, and those of our readers who know the institution will perhaps be interested in attempting to read the riddle. The solution will be published in our next number.

Within a vale of that fine upland ground

Whose chalky cliffs along the sea have giv'n

An ancient name to England, there is found

A rest for those who by misfortune driv'n

From their own course, for help and healing seek,

In pain or stress of body, heart, or mind ;

And sheltered from the world or winter bleak

Within that kindly home they comfort find.

The place has been by various titles known

And now in sport another name we give :

In earnest too, and not in sport alone,

And long in grateful memory may it live :—

A name of gracious cadence in our ears,

As th' sound of evening bell : a familiar form

Our fathers used from long forgotten years,

That tells of rest and quiet shelter from the storm.

1. Good Health: s fight the thing, without a truce,

Yet keep the name in honoured daily use.

2. How strange ! 'tis partly living, partly dead,
By day decorous, often wild in bed.

3. It comes from what must ever from it spring,
And which came first's a very puzzling thing.

4. The crooked wretch, on Bosworth's fatal field,
For this his kingdom offered twice to yield

5. To men from there—the brooding spirit's home—
Have heavenly light and wisdom ever come.

6. The deepest symbol of the life divine,
Where all is one, and there's no mine or thine ;
From this the emblem comes of sacrifice
That ope's again the gates of paradise.

7. The "darling seat" of England's ancient foe,
Yet built on English might as th' name doth show.

8. In this, two letters make a word of four,
And time is reckoned after and before.

JAPAN: SOME FIRST IMPRESSIONS.—III.*

BY A. MARION CLARK.

ARRIVING at the house of the teacher of flower arrangement, we were received with the usual courteous display of welcome, and then were ushered by the wife into the presence of her lord and master, who was seated upon the floor, with his flowers and vases beside him. He had a bundle of long sprigs of delicate fruit blossom, and a bunch of some shorter herbaceous flower, yellow in colour. Having first selected his vase—in this case a beautiful basket containing a vessel for water—he took up each spray in turn, and holding it with the flowers pointing down towards the floor, he surveyed the sprig, carefully looking down it lengthwise, and trimmed off here a leaf and there a spray, and gave a twist to the line of its growth, and so on, until he had each piece exactly ready to fit into the arrangement he had in mind. As he finished each piece he fixed it into the vase in its own exact place by means of bamboo wedges; and when the whole arrangement was complete, the stems sprang from the vase side by side in one long line across the centre (thus making a kind of partition wall across the vase).

The reader will think the arrangement of the flowers must have looked formal and stiff; but, on the contrary, they were just exquisitely disposed, and the whole thing was a delight of beauty. Apparently these professional flower-arrangers think much more of the beauty of form and line in the design than of colour. And their arrangements are all symbolic. For instance, I was told that an arrangement in which the chief lines of the composition would be three branching sprays would typify heaven, earth, and man.

All this time the little wife was waiting hand and foot upon her lord and master,

patiently squatting upon the floor behind him ready to do his slightest behest.* And we were also squatting with aching limbs, sipping the inevitable tea.

The floor of a Japanese room is covered with mats, six feet long and three feet wide, and about an inch deep. These fit into grooves in the floor, and can be removed for cleaning purposes. The size of the room is always stated by the number of mats: thus they speak of a twenty mat room, or a ten mat room, ranging down to a four and a half mat room, which is, I believe, the regulation size for a room in which the curious rite called *Cha-no-yu*, or "Tea Ceremony," is performed.

The origin of this curious custom is obscure. Some say it had a religious origin. It is now a mere form of entertainment, but a very different one from our social ideas of entertaining guests; for one of the chief features is that the hostess receives her guests in silence, and no one is expected to speak from beginning to end. The guests gather in the garden (and our lady readers will be glad, I think, to know that while there a little friendly chat is permitted). But having once entered the room dedicated to "*Cha-no-yu*," all must be discreetly silent. Then the graceful hostess appears, and after the performance of the more elaborate greetings—bowing with the head upon the floor time after time (see the description of our reception in the November issue)—she proceeds with the utmost grace of slow and dignified movement, to produce from an outer room all the vessels to be used in dispensing the "honourable tea." This title "honourable tea" is a good illustration of another exceedingly elaborate point of etiquette. The Japanese words for even such ordinary and

*The first and second articles in the series appeared in the October and November numbers of last year.

*The attendant wife is well seen in the picture entitled "The Hibachi," in the November issue.

everyday things as "tea" and "hot water" must contain the syllable "o" which means "honourable"—such is their polite diction!

And now the hostess quietly washes and daintily dries each utensil before use, and proceeds to make the honourable beverage for each guest separately in turn. For the "tea ceremony" a powdered green tea is used, and, the water being added, it

most unpardonable breach of etiquette to the polite Japanese mind. I expect he only thought to himself: "Another of the proud English who think so much of themselves, and yet are ruder and more unmannerly than our veriest peasant."

I must describe a Japanese room. Perhaps a reader will say: "How can you describe it? for I thought that the essence of a Japanese room is that it contains



THE "TEA CEREMONY."

is whisked up with a little bamboo whisk, until it becomes a vivid green froth, when it is handed by the hostess to the guest, who is expected to swallow it in three gulps. I can only say that when this nauseous mixture was handed to me on one occasion, my courage utterly failed at the task; one sip was all I could manage. I hope the courteous old priest, who was entertainer, found it in his heart to forgive the utter boorishness of his English guest; for I suppose my not drinking it was a

nothing!" Yes, this is practically so; and yet to my mind it contains something of a spirit of rest and quiet which our crowded rooms cannot afford. How fatiguing to the spirit is the modern crowded drawing-room and best parlour! The workers of the family return at night tired, and they must sit down in a room crowded with knick-knacks, photographs, pieces of drapery, and ornaments of every description, oppressed by the feeling that they hardly dare move for fear of upset-

ting something. There is no rest to the eye anywhere; there is a painful anxiousness concerning the dirt which must everywhere be collecting. Much, too, of the precious time is unnecessarily spent by the already over-burdened mother or the busy housemaid in a vain attempt to keep these hosts of things fresh and clean! Surely we may take a hint from the Japanese, who set up three or four objects of beauty in a room, and so dispose them that the

full value of their beauty can be appreciated. These they will leave for a few days or weeks; then they will be carefully stored away and a few other treasures take their place. In this way real enjoyment may be obtained from one's beautiful possessions, and a feeling of rest and airiness be preserved around one.

The further description of a Japanese house and its inhabitants, their dress and customs, I will leave for my next paper.

WHAT WE KNOW ABOUT CANCER.

BY, H. N. GREAVES, M.D.

THE question often arises to-day whether or not cancer is curable. If by "curable" is meant a complete and permanent removal from the body of the growth and its effects, we may, without fear of contradiction, say, "No."

While the knowledge of the cause of any disease is not absolutely necessary, *sine quâ non*, to its cure, it nevertheless can be said, with as much truth, that there are but few diseases whose cure, and, what is more important, whose prevention, has been arrived at until the cause of that disease has been discovered.

Vital statistics show that, as a cause of death, cancer is on the increase, and it is the object of this paper to consider what the factors are which make for this increase. There are certain factors whose relation to this disease are so constant that they may well be considered as being more than accidental. Of these, by far the most important is long-continued irritation. Such irritation may be either *mechanical* or *chemical*.

As examples of various forms of *mechanical irritation*, one may mention cancer of the lip and tongue, diseases which are rarely seen in women, but commonly seen in men who constantly carry a pipe between the lips. Various parts of the skin subject to continuous irritation suffer

in the same way; sharp edges of teeth give rise to growths in the mouth; some authorities even show that breast cancers are more frequent in those who wear stays. The narrow openings of the body, as, for example, where the gullet enters the stomach, and where pressure is exerted, are a frequent site. Many other examples could be given, but we must pass on to a form of irritation which is not quite so obvious, but probably more important, that is, *chemical irritation*.

It has long been known that chronic ulcers give rise at times to cancers. In this case it is the irritating secretions of the sore which provoke the growth. A common form of cancer due to this cause is the chimney-sweep's cancer, which depends in some way upon the chemical substances contained in soot. Still more evidence is to be obtained from the cancers which arise in workers in paraffin products. Even in the examples of mechanical irritation given above, the chemical element is present. The nicotine may be as active a cause as the pipe.

These external growths, dependent upon mechanical and chemical irritation, are well known to all. The surgeons bear the same testimony with reference to the organs out of our sight. For example, cancers of the stomach are sometimes

developed upon ulceration of this organ, and the ulceration is in turn dependent upon chronic acid dyspepsia. The opening of the stomach into the intestines suffers in the same way as the opening of the gullet into the stomach. The small intestine is relatively free from cancer, and it is noteworthy that this part of the intestine is usually empty. Indeed, the greater part of the small bowel is called by a Latin word meaning "empty"—jejunum. When we reach the large intestine, which is always loaded with irritating fæces, the figures rise rapidly, and with the single exception of the stomach, the lower part of the large bowel is more frequently the seat of cancer than any part of the digestive tract. An extremely important point in the causation of cancer is pointed out by Professor Bland-Sutton, namely, that more than half of the cancers of the human body occur in some part of the digestive tract.

This leads one to the consideration of the influence of diet in the causation of the disease. Of all our overworked organs, the digestive tract can safely be said to be the most overworked. With modern cuisine, consisting, as it does, of so many diabolical concoctions, is it any wonder that we should hear from it?

It is to be noted further, *that the INCREASE in cancer is largely in the digestive tract.* Formerly the list of fre-

quency was headed by the female organs of generation, but all recent statistics give the stomach as the most frequent organ affected. Tillmans states that the herbivorous animals are much less affected by cancer than are the carnivora. It is also known that the vegetarian peoples of southern countries are not nearly so often attacked as their northern brethren who partake largely of meat. In this connexion it is well to remember that only



A CANCEROUS GROWTH.

those figures are of importance which deal with peoples who have been vegetarians from birth or nearly so, as every one can think of some vegetarian of six months' duration who died of cancer. If an individual already has a cancer, a vegetable menu will not save him any more than giving up his occupation will stop a chimney-sweep's growth, or throwing away his pipe a smoker's cancer.

In our day, when so many diseases

are conclusively shown to be of microbic origin, we do not wonder that the seekers for causes have been on the look-out for the "germ" of cancer, but such search has been until now fruitless. Upon this subject the great etiologists are divided into two camps. The late Professor Nicolas Senn, of the University of Chicago, may be taken as a type of the one class. He maintained, until his death, that whatever we do not know about cancer, there is one thing we do know, namely, that it is not due to a germ. This

authority, and his followers, have collected abundant evidence to support their argument, but it is to be remembered that their opponents are not entirely without evidence in support of the opposite view.

But however interesting it may be to follow the pros and cons of the question, it is out of the domain of this paper, and must be abandoned. While the writer is not prepared to line himself up on either side of this controversy, it may be pointed out here that there is one important difference between infections (that is, diseases due to bacterial growth in the body) and cancer: in the case of the former, if bacteria lodge and develop in any part of the body they give rise to similar disease processes, for example, if tubercle germs lodge in the lungs, they cause the lung tissue to produce a mass of tissue, debris, etc., known as "tubercle." Now, if these same germs had lodged in the intestine or liver or any other organ, the same process would have occurred, and the tubercle would have resulted. How is it in the case of cancer? If the cancer begins in any organ, say the stomach, the mass of tissue resembles that organ in structure, for which reason the term "growth" has been applied. And what is still more peculiar, if a part of the growth becomes detached and lodges in some other organ, it faithfully reproduces the structure of the organ from which it came—the stomach in this case.

Another hypothesis upon which numerous investigators have been working, and which has yielded brilliant results in the closely related problem of innocent tumours, is that cancer is due to the so-called "rests."

To thoroughly explain what is meant by this term would take us too far afield, but the following example will give some idea to the reader who may not be familiar with pathological terms.

In some instances there exists in the body a small spleen besides the one situated in the usual position. This "access-

sory spleen," as it is called, and there may be more than one, is usually functionless and may give rise to a tumour. The same thing may occur with other organs. But as useful as this theory has been in solving many problems in tumour formation, still it remains absolutely inadequate to explain the cause of cancer.

But now to turn our attention to the treatment of cancer. The most common way of dealing with the disease is perhaps by surgery. If the disease were local, this method of treatment would be as satisfactory as it is in the case of innocent tumours. But the disease is not a local one, and it is sometimes difficult to ascertain when the growth is no longer localized to the confines of its origin. In all cases where it can be proved that the growth has passed beyond its original site, the surgeon desists, and the reason is obvious.

The application of caustics is another method in use, and of such do the pastes and poultices of the quack consist. But this is simply a modification of the knife, and for various reasons is less preferable.

Recently much hope was entertained for the "Trypsin Treatment," so called because the digestive ferment trypsin was injected into the sufferer. But even this form of treatment has failed to give the brilliant results hoped for by its introducers.

It would be impossible to mention all of the "Cancer Cures" which have, at some time, had their day, but as to their value one may draw conclusions from the fact that cancer goes on increasing.

In conclusion we see that the causes of cancer are only imperfectly known, but with cancer laboratories rising up in all civilized countries, we may well hope soon for more definite and certain knowledge.

Concerning the cure of the disease, much as one would like to proclaim the good news, yet, in view of the facts, this pleasant task still remains for others to perform. But until this knowledge is forthcoming, it is well for us to avoid those things which we know play an important part in the causation of the disease—a few of which are mentioned above.

EXERCISE FOR THE INVALID.

BY MRS E. G. WHITE.

INACTIVITY is a fruitful cause of disease. Exercise quickens and equalizes the circulation of the blood, but in idleness the blood does not circulate freely, and the changes in it, so necessary to life and health, do not take place. The skin, too, becomes inactive. Impurities are not expelled as they would be if the circulation had been quickened by vigorous exercise, the skin kept in a healthy condition, and the lungs fed with plenty of pure, fresh air. This state of the system throws a double burden on the excretory organs, and disease is the result.

Invalids should not be encouraged in inactivity. When there has been serious overtaxation in any direction, entire rest for a time will sometimes ward off serious illness; but in the case of confirmed invalids, it is seldom necessary to suspend all activity.

Those who have broken down from mental labour should have rest from wearing thought; but they should not be led to believe that it is dangerous to use their mental powers at all. Many are inclined to regard their condition as worse than it really is. This state of mind is

unfavourable to recovery, and should not be encouraged.

Ministers, teachers, students and other brain workers often suffer from illness as the result of severe mental taxation, unrelieved by physical exercise. What these

persons need is a more active life. Strictly temperate habits, combined with proper exercise, would insure both mental and physical vigour, and would give power of endurance to all brain workers.

Those who have overtaxed their physical powers should not be encouraged to forego manual labour entirely. But labour, to be of the greatest advantage, should be systematic and agreeable. Outdoor exercise is the best; it should be so planned as to strengthen by use the organs that have become weak; and the heart should be in it; the labour of the hands should never degenerate into mere



DOROTHY.*

drudgery.

When invalids have nothing to occupy their time and attention, their thoughts become centred upon themselves, and they grow morbid and irritable. Many times they dwell upon their bad feelings until they think themselves much worse than they really are, and wholly unable to do anything.

*Four years old. Left an orphan at nine weeks and brought up by a relative. Has never tasted meat or tea, but has a special liking for fruit and Granose Biscuits.

In all these cases, well-directed physical exercise would prove an effective remedial agent. In some cases it is indispensable to the recovery of health. The will goes with the labour of the hands; and what these invalids need is to have the will aroused. When the will is dormant, the imagination becomes abnormal, and it is impossible to resist disease.

Inactivity is the greatest curse that could come upon most invalids. Light employment in useful labour, while it does not tax mind or body, has a happy influence upon both. It strengthens the muscles, improves the circulation, and gives the invalid the satisfaction of knowing that he is not wholly useless in this busy world. He may be able to do but little at first, but he will soon find his strength increasing, and the amount of work done can be increased accordingly.



A MUSCLE DEVELOPER.

To What End?

IT is good to build up the health and strength, and to give thought and time and energy to physical culture, but only as a means to an end. We build an engine that it may do work. Trees are planted and cared for that they may produce fruit. It is right and necessary to perfect the body, but the proper use of the body is to serve as the instrument of the mind, and the mind in turn must be at the command of an awakened and responsible moral nature. The man who seeks for physical development alone restricts himself to the life of the animals.

It is not sufficient for the athlete to answer, when asked why he puts forth a daily amount of carefully directed energy, that it is his purpose to become strong. Such a purpose is good, but another question at once arises: Why become strong? There ought to be an intelligent reason for acquiring strength, beyond the mere pleasure of possession. It is the object of some men to possess wealth, but wealth, like strength, is only a means to an end. The end ought to be kept clearly in view.

When, in the case of wealth, the possession of money becomes an end in itself, the life becomes a miserably contracted one. And the same thing is true in measure when the possession of strength is made an end in itself. As the finer parts of a miser's life become atrophied in the greedy pursuit of more wealth, so, likewise, shrivel up the mental and moral

powers of the man who sees no outcome of his weight-lifting beyond the lifting of still heavier weights.

The purpose in acquiring physical strength should be to make the body a more effective instrument for the service of the mind. Such a purpose kept steadily in view would perhaps eliminate certain forms of physical exercise, but it would discover many others of greater value and more practical effect, in which both mind and body could co-operate with mutual benefit. How much better, for instance, to acquire, along with muscular force, invaluable training for eye and hand by the mastery of a useful art than to spend

the same length of time in a barren and uninteresting set of movements!

It is a mistaken idea far too commonly held that mind and body cannot both be thoroughly developed. Physical and mental culture should go side by side. Bodily

strength finds its highest use when directed by an active, well-balanced mind in profitable channels, and not until both mind and body are under the entire control of a disciplined moral nature is the true end of physical culture fully met.

"THE VEGETARIAN SNARE."

ALTHOUGH food reform is spreading everywhere and influencing almost every class of our nation more or less effectually, still there are a good many people who are doubtful as to its wholesomeness, and there are even those who consider it a more or less harmful fad. We believe this is generally due to a lack of understanding concerning the requirements of the body and its nourishment, and also the nature of food.

The problem is really a very simple one for those who understand physiology, chemistry, and hygiene, but it is often difficult for the average man in the street. It is generally conceded now by scientific men, yes, and medical men, too, that the use of flesh food is not essential to physical or mental health and fitness. In other words, the foods furnished us by the plant kingdom contain all the nutritional properties required by the body, and, as a rule, in a more simple, wholesome, and pure state than these properties can be

found in flesh. It is also a well-known fact that plant foods are far less liable to disease, and far less likely to contain parasites of poisonous matter that can be

transferred to the human being. Disease amongst animals is more or less rife at all times, and the worst of it is that such disease is often a very difficult thing to detect unless one is an expert in the matter. With grains, nuts, and fruits it is usually a very simple matter to select the wholesome and discard that which is unwholesome owing



NATURE AND ART.

ing to decay or from other cause.

Again, food reformers are often pointed out as being sickly, pale, scrawny-looking individuals. This is undoubtedly often the case; but there is a very pertinent and adequate explanation: that is, that many invalids turn to vegetarianism as a sort of a last trial for health; in other words, they get into an anæmic state before adopting the diet, and sometimes they are so thoroughly emaciated that it

takes months, or even years, to get them right again.

People are only too prone to forget the great benefits that food reform has brought to almost countless numbers of people. A striking illustration of the improvement that food reform often does bring is found in a letter sent to "T.P.'s Weekly" by one of its readers, which is as follows:—

This question of vegetarianism is getting to be a serious matter. I was told some time ago that one could always tell a vegetarian at first sight, because they were all thin, pale, and sickly looking. My curiosity was aroused. I watched the people I encountered in the streets, and I should say that nine out of every ten answered the description given! If these poor creatures have fallen into the vegetarian snare, it is time some firm step were taken to counteract the vicious influence of these cranks. I myself fell into their meshes about thirteen years ago. Up to then I had been practically a physical wreck. From infancy to manhood I was *always ill*, or recovering from an illness. I had been "treated" by about a dozen doctors altogether. My two eldest children had consumption of the bowels,

and were wasted away almost to skin and bone. The boy, at the age of four years, weighed only twenty-eight pounds. My wife used to have a bilious attack about once a fortnight, and I had them about once a month. I was a martyr to dyspepsia, and almost every day, for about four hours after each meal, my suffering was so acute that I should almost have been glad if somebody had come along and poleaxed me to put me out of my misery. Then the "fowler" got hold of us. We tried a vegetarian diet. Our precious little ones were saved, and are now—after all these years of patient perseverance on this unnatural "natural" diet—in the pink of condition and as hard as nails. They never know what it is to have an hour's illness. *Never*. My wife and I rapidly "pulled up." All our digestive troubles disappeared, and we began to realize what it is to *live*. My wife soon gained twenty-eight pounds in weight. It took me a long time "experimenting," to find out what foods suited me and what did not, and in getting really *strong*. Last Saturday I cycled seventy miles in about 6½ hours' actual riding.

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QUESTIONS AND ANSWERS

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Nerve Tonic.—C.W.S.: "Kindly suggest in your next issue of GOOD HEALTH an inexpensive tonic for strengthening the nerves when one is inclined to be run down."

Ans.—A tepid or cold sponge bath in the morning, followed by a vigorous rub down, makes an excellent nerve tonic. A brief walk before breakfast may also be recommended as an efficient nerve tonic. Then there is grape wine, which makes one of the best nerve tonics that we know of. Welch's Invalid Port is a brand that we can heartily recommend. It is unfermented and contains no preservatives.

Kidney Mischief.—W.H.B.: "I am suffering from kidney disease, and pass albumen with my water. I am also suffering from nerve exhaustion. Kindly suggest a suitable diet and treatment."

Ans.—Anyone suffering from albumenuria must be particularly careful about diet, avoiding nitrogenous food to a large extent. This applies particularly to flesh foods of all kinds as well as eggs. You should take fruit freely, both fresh and stewed. You could take white bread. Granose biscuits would also suit you. The same is true of the various cereals and vegetables generally. It would not be wise to take very much milk. Drink water freely in the morning and in the evening and between meals. Have a warm sitz bath two or three times a week for ten or fifteen minutes. On alternate days have a hot fomentation across the small of the back. This could be followed by a cold sponge.

Health Book.—S.G.: "I am exceedingly anxious to possess a key, so to speak, for the physical and mental improvement of myself and relatives, from hygienic, dietetic, and physical culture points of view. What would you recommend?"

Ans.—"School of Health," which can be had from this office for 5/5 post free. It contains a full course of physical culture, deals in public and personal hygiene, giving much valuable advice along these lines, and contains several chapters dealing with food and diet, giving food recipes.

Porridge.—A.L.: "Can you recommend me a cereal food apart from the predigested sort, suitable for porridges which are not of too starchy a nature, or too heavy for digestion?"

Ans.—The best that we know of is Toasted Wheat Flakes. This is a whole-wheat preparation which is already thoroughly cooked and consequently is ready to serve after it has been toasted in the oven. It can be taken with cream or milk or fruit juices. As it contains the whole of the wheat grain, it is less starchy than ordinary flour. It is one of the best breakfast foods that we know of.

Palpitation of the Heart.—Y.L.D.: "I have a friend who is suffering from palpitation of the heart. I should be glad if you could give me some suggestions for the treatment of the same."

Ans.—Palpitation of the heart is usually due to disorders of digestion of one kind or another, and consequently the best way to regulate it is to regulate one's diet. Not more than three meals a day should be taken, and the third should be very light and early, not later than seven o'clock. The breakfast should be plain, and may consist of an egg or a little well-cooked porridge with cream, stewed or fresh fruit, with bread and butter or zwieback. For dinner, one could take some plain vegetable soup, baked potato, tender green such as spinach, and perhaps a little rice pudding. The supper should consist of bread and fruit alone. It would also be well to take a tepid or cool sponge bath each morning, and then walk for fifteen or twenty minutes before breakfast. It is well to drink water freely in the morning and between meals. It is important to keep the bowels regular.

"Pocket Foods" seem destined to become popular. We notice that Dr. Theinhardt's Food Co. is offering Hygiama to the public in the form of tablets. These can be carried about in the pocket and eaten as one would eat chocolates; indeed, there is a strong resemblance, both in appearance and flavour, between the most popular of all sweets and Hygiama Tablets. Hygiama is a nitrogenous carbohydrate cocoa food of prolonged sustaining power. The Company's address is 6 Catherine Court, Seething Lane, London, E.C.

A Page for Women.*

Conducted by Marie Blanche.

A HAPPY new year to you all, my dear readers and correspondents. May our friendship never be less. Looking over the letters received from you during the past twelve months, I have been struck with the large number that contain inquiries concerning the hair. Quite half of you write to me either about hair which you are anxious to remove, or else about hair that you are anxious to improve. Superfluous hair on the face or poor and scanty hair on the head. These two things seem to be the great troubles from which my correspondents suffer, and woman's crowning glory would really appear to be her crowning trouble also. Superfluous hair is undoubtedly the more distressing of the two, for one feels that if all else fails, and one loses a good head of hair never to be restored, why, then, there is the wig-maker to fall back upon. An unpleasant and humiliating state to be brought to, I admit, but it is a resource that people are sometimes driven to. On the other hand, to get rid of a superfluous growth on the face is always a difficulty, and the one and only means known to even the greatest students of hair culture or hair destruction is the process called electrolysis. This treatment is only safe when administered by an expert hand, either a doctor or a properly qualified woman who knows her business and handles the needle and her battery with the necessary skill. A clumsy, careless hand will in all probability scar and disfigure the face and cause inflammation and great pain. It is therefore a matter that must not be considered in a light or superficial way.

Now some of you write and ask me to recommend you a depilatory. This I cannot do. The use of any depilatory has a similar effect to that of shaving, with the result that the roots are stimulated and the troublesome growth becomes stronger and stronger after each application. Some depilatories contain quicklime. This is slaked with water, so as to furnish a friable powder, stirred up to a pulp with more water, and then saturated with sulphuretted hydrogen gas. To this mixture is added starch and sugar, and the pulp is applied to the roots of the superfluous hair. After about twenty minutes it is scraped off and the hairs come away with it, but a few weeks afterwards the hair will grow afresh and be more stiff and stubbly than ever. I therefore repeat that I will not recommend the use of any depilatory.

And now what about the cultivation and preservation of a good head of hair? Ah, that is a more hopeful matter, because experience has proved that efforts made in this direction, if made on wise and careful lines and followed with great patience and perseverance, are almost invariably crowned with success. I shall assume that I am discussing the subject with those who are in perfectly sound health, because those who are not

strong and healthy would scarcely profit by merely local treatment of the scalp, and should first turn their attention to improving the general condition of the health, and they will perhaps be surprised to see how with returning health the hair will also improve, become bright and crisp, discontinue falling, and then with treatment of the scalp all will go well.

Now the first thing to promote a healthy scalp and a luxuriant growth is to be strictly careful in the matter of cleanliness, and very, very regular in the matter of brushing. Wash the head once a week with hot water and plenty of soap, use McClinton's Colleen Soap for the purpose, but carefully rinse before drying. I recommend you to bathe the head after washing for about ten minutes with plenty of hot water. You need not go to a hairdresser for the shampoo. Do it at home! It is safer if you would avoid the microbes that cling to the hairdresser's sleeves and apron, and even his supposed-to-be-clean towels.

I need scarcely say that this shampoo and bathing with the water should be taken only when you are going to remain indoors for the rest of the day, as a cold douche on the scalp, which closes the pores and lessens the danger of taking cold, is not here recommended, the object of the hot bathing being to open the pores and to make the scalp absorbant for a good lotion. Dry the hair carefully with warm towels, and avoid tugging it.

The day you wash your hair wash also your brush and comb. If your brush is old, buy a new one, choosing one with long bristles, not too hard, and brush your hair for ten minutes daily. After thoroughly drying the hair, comb out, and allow it to hang down while you friction the scalp with your finger-tips, using some of the new Sanitarium hair lotion, which is both a hair tonic and a hair food. The principle upon which this preparation is made would seem to be the provision of a combined lotion containing a stimulant which will make the roots active and hungry for food, and at the same time provide nourishing ingredients for the hair. You see a lotion that is *only* tonic has never been very successful. It is the ignorance of this fact which makes so many of the advertised hair preparations so unsatisfactory. Surely it would not be a very wise treatment of say starving, ill nourished men or women to keep dosing them with tonics to make them more hungry, when all the time you had no nourishing food with which to satisfy their cravings; it would simply do harm, not good. So it is with the human hair: if you give it a tonic, you must give it a food. You must also give it air and light, for it is like a plant in this respect, and requires both. Cutting the hair occasionally is good, but singeing is of very little, if any, value. Of course, each of my correspondents has been answered individually, but perhaps these more detailed instructions will be appreciated.

(For answers to correspondents see p. 30.)

*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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IF I WERE CARNEGIE.

If I were Carnegie, I would engage lecturers who should go throughout the land to teach the value of hygiene in the home and hygiene in the human body. I would have them demonstrate the value of cleanliness of the skin, teach people how and when to bathe to obtain health; show how disease is at the bottom of all unhappiness; and how it might be prevented, or, if contracted, how it might be relieved by due attention to feeding, breathing, and cleanliness. Above all things, I would erect Turkish Bath establishments in every town and village, so that the poorest might enjoy free and at any time the advantages of thermal bathing. I am, however, only a hard-working business man of limited means, but in earning a living I am spreading the cause of hygiene and winning the gratitude of many.

My Gem Turkish Bath Cabinet, costing 30/., is a simple contrivance by means of which you can obtain perfect Vapour Baths. It can be erected in a few seconds, forming a compact little room; when closed it will occupy an inch space against a wall. Vapour baths are the only means by which the body can be perfectly cleansed.

Home Turkish Bathing is a passion with me. When worried with business or wearied with work a hot-air bath has raised my spirits and given me fresh strength to battle anew. When aches and pains have come upon me suddenly like a thief in the night, a vapour bath has dispersed them. I have used a Cabinet now for more than eight years, and during that time I have never needed a doctor. In liver and kidney trouble, eczema, rheumatism, I have known of marvellous good done. I have treated my family on the same lines, and so insistently advised this treatment to my friends that I have been dubbed a "crank" and a "fad-dist," but I have splendid results to show for my belief, and I have always converted the scoffers if they have given me the opportunity. What my Cabinet has done for me, my family, and my friends, it will do for you.

I haven't space to say more. Let me send you my 100-page booklet on Thermal Bathing. It will pay you to read it carefully. Apply by post-card to my company, The Gem Supplies Co., Ltd., (Dept. G.H.) 22 Peartree Street, Goswell Road, London, E.C.

In answering advertisements kindly mention "Good Health."

A Seaside Home

Conducted on Food Reform principles. Delightful location, near the chimes, pleasure gardens, and town.

Highest recommendations. Accommodations exceptional, including facilities for the electric light bath, Russian and shower baths, and skilled massage. Charges—moderate.

Write for terms, mentioning "Good Health."

Mrs. Huttetam-Hume, Loughtonhurst,
West Cliff Gardens, Bournemouth.

FOR valuable information regarding diet and a selection of choice recipes, set a copy of "One Hundred Hygienic Food Recipes," the best booklet of its kind. 2d., post free. Address, Good Health Supplies, Stanborough Park, Watford, Herts.

"GOOD HEALTH" STORES,

19 Stroud Green Road, London, N.

Conducted by MISS N. MUSSON.

AGENT FOR

The International Health Association's foods,
and all other health foods.

ALSO FOR

Musson's Wholemeal Specialities.
ALL HEALTH MAGAZINES.

Colax for Constipation.

COLAX is a natural laxative, and acts in a physiological way, training the bowels into normal habits of activity.

It is put up in the form of biscuits, and may be eaten with soup, cream and sugar, fruit juice, or stewed fruit.

In Cartons, each containing twenty-one biscuits, post free, 4/6.

Sole agents:

GOOD HEALTH SUPPLY DEPARTMENT,
Stanborough Park, Watford.

PURE HEAT WITHOUT SMOKE OR SMELL.

CLARK'S PATENT HYGIENIC

SYPHON STOVES



The heat generated by the "Syphon" Stove is absolutely pure. No fumes or smell can pass into the apartment. All products of combustion are rendered innocuous by automatic action within the stove, pure heated air only being emitted.

Supplied to H. M. The King.

Of all Ironmongers Stores, Gas Cos., or of S. Clark & Co., Makers, Compton Works, Canonbury Road, Highbury, London, N.

Send postcard for Descriptive Booklet, 84, Free.

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. 2/8. Indian Office: GOOD HEALTH, 59/1 Free School St., Calcutta.

West Indian Edition: Price, 3 cents per copy. West Indian Office: International Tract Society, Port-of-Spain, Trinidad; and Kingston, Jamaica.

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

LOOKING FORWARD.

ONE of the pressing problems of this strenuous age is how to keep young as long as possible, and the next issue of GOOD HEALTH will give the key to the problem. Ladies have generally been credited with a disposition to prolong their youth, a very natural desire, but the methods adopted have not been always successful. Let them consult the February GOOD HEALTH, and learn the secret.

Dr. Cave is contributing an interesting account of the microbic enemies that beset us and the way to circumvent them, while Dr. Johnston writes on "The Open Window, and the Gospel of Fresh Air." If we can find room for it, there will also be an interesting and instructive article on "What Is Consumption?" by Mr. Lemmoin-Cannon, one of our frequent contributors.

These are only a few of the items. The whole number will be packed full of valuable matter.



WE have received from Mapleton's Nut Food Co., Ltd., samples of their Oat Flake Biscuits, Tomato Butter, and Nut Extract. The Oat Flake Biscuits are made from the finest fresh oat-flakes, and have a rich, nutty flavour. They are shortened with butter, and are certainly very palatable. The price is 4d. per half-pound packet.

Tomato Butter is a savoury article, and should be popular for sandwiches.

Nut Extract is something more than a flavouring, with a rich, meaty taste, since it contains also the food properties of the nuts employed. The 7½d. size jar is said to contain Extract enough to make eighteen cups of the beverage.



THE Savoy Health Food Stores, of Nottingham, is one of the pioneer agencies in Food Reform. What they say about their goods may be relied upon. They are giving special attention to supplying a good quality of new dried fruits, and particulars of these will be found in their new price list, which can be had by writing for it.



The Standard Recipe for Home-made Self-Raising Flour.

To every pound of ordinary flour add 2 ozs. (one 1d. packet) of

'Paisley Flour'

—the sure raising powder—

and mix dry. Mix it fresh every time—it only takes a minute. Stir round till the lighter coloured "Paisley Flour" disappears and sift through a dredger.

In this way you have a self-raising flour superior to anything you can buy—one in which the raising powder has lost none of its virtue by waiting, exposure to air or damp in shops, etc.

And it will cost you no more, if not less, than ready-made self-raising flour, and very much less than cake and bun flours and mixtures. Made by Brown and Polson, in 7d., 3½d. and 1d. packets.

In answering advertisements kindly mention "Good Health."



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 hydiatic 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."

THE progressive spirit that characterizes the propagandists of diet reform to-day augurs well for the future of the movement. Almost every month witnesses the erection of a new factory for the production of scientifically prepared foods along reform lines. Mr. Eugene Christian, the well-known advocate of uncooked foods, has just organized a company for the manufacture and sale of his products, under the name Christian's Natural Health Food Co., Limited, 54 Duke St., Mayfair, London, two doors from Oxford Street, where all Christian's foods may be obtained, also his popular book, "Uncooked Foods; Their Benefits, and How to Use Them." It is an established fact that a dietary consisting wholly of cooked foods lacks something essential to the maintenance of vigorous health. Mr. Christian would go farther than this. He claims that his natural foods provide a diet that maintains the body and mind in the highest health and vigour, and immediately relieves the most stubborn case of constipation. He has received thousands of letters from English-speaking countries telling of the great benefits derived from the regular use of his foods. These claims can be easily put to the test, and it is certainly along the line of natural foods that we are more and more looking for remedies to relieve suffering and distress. For list of Christian's foods see the advertisement in this issue.

◆◆◆

Pocket Foods.

A CORRESPONDENT asks for some practical suggestions on foods that can be carried in the pocket and eaten on the street or anywhere without exciting notice. There are many times, he remarks, when even an orange is too conspicuous. The best pocket food he knows has the defect that it is put up in tablets too large to eat whole, and when these are broken the coat becomes covered with specks of white powder.

Many of our City readers will sympathize with this gentleman in his perplexity. It is not considered degrading to indulge publicly in the vice of tobacco-smoking, but purer appetites must not be so openly acknowledged. Besides, as our correspondent points out, an orange may easily become too conspicuous, especially if it is very juicy. Dates and figs are too sticky. Biscuits are generally too large and are

apt to distribute crumbs over our clothing.

What, then, is to be done? We think it is better to give up all idea of eating on the street, unless it is absolutely necessary to do so on occasion. One is almost sure to meet an acquaintance just when one's mouth is full. But where can we go for a hygienic and satisfying meal? Anywhere where it is possible to get a glass of milk and a roll and butter. While you are slowly consuming these, you can surreptitiously convey from your waistcoat pocket to your mouth an occasional almond or hazel-nut kernel, and thus transform what would be a miserably inadequate meal into a satisfying and substantial repast.

The kernels should be selected in the morning before setting out, so as to obviate the necessity of scrutinizing each before you put it in your mouth, and then placed in a clean waistcoat pocket or in some convenient receptacle. They may be also mixed with clean sultanas if desired, about the only form of dried fruit that can be used in this way.

If you are compelled to eat on the streets, then the kernels and sultanas will afford your best chance of doing so without appearing to be guilty of the offence. After a few mouthfuls of this substantial fare, however, you will experience a craving for fresh fruit. But how can you satisfy this desire and maintain your customary appearance of respectability? The banana is a merciful provision for just such a need. It is now one of the commonest of fruits, its skin is easily removed to the required extent, it is easily held and can be conveniently bitten. The banana can be eaten on the street with the minimum of loss to personal dignity.

The enterprise of "Health Food Manufacturers" is rapidly surmounting all the difficulties incident to a reformer's life, and we may confidently look forward to a satisfactory solution of the present problem. Meanwhile we offer these suggestions.

"GOOD HEALTH" CAN BE OBTAINED THROUGH ALL NEWSAGENTS.

LIBERAL SAMPLES

of each of the following foods will be sent on receipt of 4d. in stamps to defray postage.

Winter Foods

I. H. A. GRANOSE.

Consists of flakes of wheat skilfully prepared and so thoroughly cooked that it will almost melt in the mouth, and can be digested by the most delicate stomach. Granose is the ideal staff of life. It is the safest and surest cure for indigestion. It is, moreover, a perfect food, in that it contains every element for the building up of a healthy body. Granose can be had in the form of flakes or biscuits. **7½d. per box.**

I. H. A. PROTOSE.

The standard nut meat. Made entirely from choice nuts and wheat. A tasty, nutritious, and easily-digested food, removing all the difficulty hitherto experienced in abandoning the use of flesh meats. **½ lb., 8d.; 1 lb., 1/-; 1½ lb., 1/4.**

I. H. A. PROTOSE BAKED BEANS.

A nutritious dinner dish, both delicious and digestible, closely resembling Boston baked beans. **10½d. per lb.**

I. H. A. NUT ROLLS.

A very nutritious and palatable biscuit in the form of thin rolls, made from wholemeal and coco-nut butter. Superior in value and quality to any bread on the market. **5d. per lb.**

International Health Association, Ltd.

Dept. A, STANBOROUGH PARK, WATFORD, HERTS.

In answering advertisements kindly mention "Good Health."

THE "Washington Post" of October 19th., gives a lengthy account of the visit paid by Dr. Wu Ting-fang, the Chinese Ex-Ambassador, to our sanitarium at Takoma Park, Washington. Dr. Wu has lately adopted vegetarian principles, and intends to live for two hundred years. In his speech at the Sanitarium he said:—

"Since my change of diet I have gained, as I realize, great benefit. All my former complaints have gone. Complaints which were twenty years old, ailments which no Chinese medicine could cure, have gradually disappeared. I can speak from experience, therefore, in saying I believe that if you continue your non-flesh diet you will live long and be happy, and that you will enjoy a cheerful life."

Use the
MAGIC POCKET VAPORIZER
for
**Colds, Sore Throat,
and Catarrh.**

Price, 4/6, post free; with ear attachment (for catarrhal deafness), 6/6 post free.

Order of—
GOOD HEALTH SUPPLY DEPT.,
Stanborough Park, Watford, Herts.

The Good Health Adjustable Bodice



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

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

Send for circular and prices to the Sole Agents: **Good Health Supply Dept., Stanborough Park, Watford, Herts.**

EVERY WOMAN

should own a

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.

MARVEL CO., Dpt. 17, 11 Queen Victoria St., London.

Free

In the new edition of our Booklet we have carefully revised our Nut Recipes, which now include

**an unique series of
Nut Roasts, etc.**

These recipes have been carefully thought out with a view to improving vegetarian cookery and popularizing the use of nuts.

We invite you to send a postcard for this most useful little book, mentioning "Good Health."

Every applicant will also receive free sample of "Cream o' Nuts," and "Nu-Era" Coccoashell.

GEO. SAVAGE & SONS,

Nut Experts,
Dealers in Unspoiled Foods,

53 Aldersgate St., London, E.C.

CLEAN SOAP

All Toilet Soaps are not clean.

Most of them are made with impure tuberculous fats and caustic soda.

**McCLINTON'S
HIGH-CLASS TOILET AND
SHAVING SOAPS**

are absolutely pure, and contain neither animal fats nor caustic soda. They are made with the ash of plants and refined vegetable oils, and are the mildest and purest soaps it is possible to make.

"IT IS NATURE'S SOAP."

—Professor Kirk.

Free Samples of Toilet, Tooth, and Shaving Soaps and Shaving Cream, will be sent to any address for 2d. postage.

McCLINTON'S, DONAGHMORE, IRELAND.

Mention "Good Health."

In answering advertisements kindly mention "Good Health."

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.

F.R. | nutmeat



Made from pine kernels and cereals. Its excellent flavour, digestibility, and sustaining power, are gaining for it a wide popularity. Makes delicious savoury dishes, and entirely supersedes meat. $\frac{3}{4}$ lb. tin, 6 $\frac{1}{2}$ d.; 1 lb., 1/-; $1\frac{1}{2}$ lb., 1/5. Sold by all Health Food Stores.

Illustrated Price List Free.

THE LONDON NUT FOOD CO., Dept. G.,
465 Battersea Park Road, London, S.W.

Health Foods and Vegetarian Specialities

Try **NOBLE'S TOMATO CHEESE.**

In pots, 4 $\frac{1}{2}$ d. and 6d.

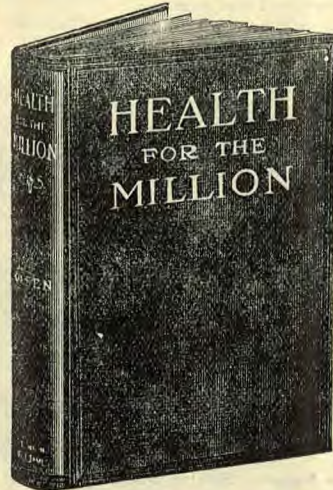
HONEY NUT. Per cake, 6d. For delicious sandwiches.

Ask for list.

NOBLE'S HEALTH FOOD STORES,
14 John Street, Bradford Yorks.

Radiant Health

and how to cultivate it, is the theme of this book. . . .



Twenty-eight brightly-written chapters. Simple hygienic treatments for common ailments.

Printed in clear, open type, that makes it a pleasure to read.

Up-to-Date and Practical.
Liberal Illustrations

Get a copy, and learn how to improve your health and develop greater all-round fitness.

Cloth covers, 2/6 net; post free, 2/9. Paper covers, 1/6 net; post free, 1/9.

May be ordered of your Good Health agent, of any bookseller, of the publisher, Mr. R. J. James, and of—

GOOD HEALTH SUPPLIES,
Stanborough Park, Watford.

A Food. A Medicine. A Tonic.

DO YOU WANT PURE OLIVE OIL?

George Clayton's "MÈDE-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.

DOUBTFUL? Send for sample bottle, 4d.
G. CLAYTON, 3 London House Yard, E.C.

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.

MARMITE.

(A Pure Vegetable Extract.)

To enrich all Soups,
Sauces, Stews, Gravies, etc.

THE LANCET says: "This entirely vegetable Extract possesses the same nutrient value as a well-prepared meat extract."

THE HOSPITAL says: "We regard Marmite as likely to prove of great value in treatment of the sick."

PRICES: 1 oz. pots, 4 $\frac{1}{2}$ d.; 2 oz. pots, 7 $\frac{1}{2}$ d.; 4 oz. pots, 1/1 $\frac{1}{2}$ d.; 8 oz. pots, 2/-; 16 oz. pots, 3/4.

HIGHLY RECOMMENDED BY VEGETARIANS AND FOOD REFORMERS.

Obtainable from all Health Food Stores. For a free sample, write (mentioning "Good Health") to
THE MARMITE FOOD EXTRACT CO., LTD., 59 EASTCHEAP, LONDON, E.C.

In answering advertisements kindly mention "Good Health."

Answers to Correspondents.

(Concluded from page 414.)

"PADDY."—I am really quite shocked to think that you should expect me to tell you of a "good strong drug" to cure the habit of blushing. You must not take anything of the kind. You do not tell me your age, but you are evidently in a bad nervous condition. I think if you were to read a lecture entitled "Woman: Her Brain, Mental Capacity, and Character," written by Hollander, you would understand these things, and if you take up active work, the super-sensitiveness from which you suffer would disappear. The above pamphlet by Hollander is published by the Ethnological Society, in Welbeck Street, London, W.

Mrs. L. M. (Southampton)—I do not understand your letter. If you could be more explicit I might help you, but I fancy your questions relate to matters that only a medical man can explain to you.

Miss M. (St. Leonards-on-Sea).—Pray leave off padding the hair. Your recent worries very likely have upset your health and nervous system, but you will soon forget the trouble, I hope. You will find information on this page that will help you about your hair. Certainly use the Sanitarium hair wash. I can strongly recommend it.

Mrs. A. S. (Liverpool).—I am very much interested in your letter, but it belonged to another department. I have therefore handed it on, and you will receive a reply in due course.

Birmingham Natural Health Society and Good Health League.

Announcements for January, 1909.

SATURDAY, JAN. 2nd Annual Social (to be held at the Orchard Restaurant).

Wednesday, Jan. 6th. Paper: "Does Vivisection Benefit Humanity?" by Miss Edith Green (Hon. Sec. of the National Anti-Vivisection Society, Birmingham branch).

Wednesday, Jan. 20. Lecture: "Higher Physical Life." Dr. A. B. Olsen.

All meetings are held at headquarters: Priory Rooms, Upper Priory, Corporation Street, Birmingham (to commence at 8 p.m.).

Saturday Afternoon Rambles. Jan. 9th., to Solihull; Jan. 30th., to Sutton Park.

All interested are invited to send for programme of the meetings, library, socials, and outdoor sections, etc., to Hon. Sec., Mr. A. J. Morris, 32 Denbigh Street, Bord esley Green, Birmingham.

THE "Pitman" Stores have issued a new catalogue of health specialities. Their enterprise in getting out new foods seems unbounded.

A NEW Health Food Stores has been opened in Armley by Mr. Ellis, 12 Wortley Road. Our readers in that vicinity will be able to get supplies of all the well-known Health Foods through Mr. Ellis.

"Friendly Talks on Vital Topics," by W. T. Bartlett, editor of "Present Truth." A very readable presentation in the form of a dialogue of some of the fundamental teachings of the Bible. The writer imagines a little knot of believers gathered about the fireside for the informal study of the Scriptures. Questions are asked and answered, and essential truths are given a clear setting. In these days, when the Bible seems in danger of becoming an unknown book with the great majority, an attractive little volume like this can hardly fail to do a great deal of good. Published by the International Tract Society, Stanborough Park, Watford. Price, in artistic paper covers, 9d.; well bound in cloth, 1/6.

BAX
HEALTH
FOODS.

- Cereals, Pulses,**
Shelled Nuts, ^{Extra}Choice
Cream Olive Oil,
English Honey,
Pure Cane
Sugars,
Nut Cream
Butters.

WRITE FOR NEW PRICE LIST, FREE. New Season's Goods.

Special Terms to Traders, Schools, Boarding-Houses, Hotels, etc.

Only address:

Fred^k. Bax & Son,
35 Bishopsgate St., London, E.C.

Established nearly 100 years.

In answering advertisements kindly mention "Good Health."

WRITE FOR THE GOOD HEALTH SUPPLY COMPANY'S PRICE LIST.

Instead of Lard

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

Mapleton's Cooking Nutter

which is a soft, white, tasteless fat, made entirely from sweet nuts, and absolutely pure. It goes farther and produces better results than lard, cooking butter, or dripping. Sold by all Health Food Stores, high-class Grocers, etc.

1½ lb., 11d.; 3 lb., 1/9.

Sample Offer: Liberal Sample sent Post Free on receipt of 4d. in Stamps.

Complete Catalogue of Pure Nut Foods post free.

Mention "Good Health."

Mapleton's Nut Foods are all manufactured in a model factory, away from the dust and grime of town life.

Mapleton's Nut Food Co., Wardle, Near Rochdale.

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 Eireen Edwards, Lawn House, Broadstairs.

Margaret Nursing Home, Bromley,

Kent. Half-hour from London. Fruitarian. Oldfield, Haig, Weir, Mitchell, and other diet cures. Medical, surgical, maternity, and convalescent cases admitted. Apply Sister Margaret.

"THE MICROBE AS FRIEND AND FOE,"

Is the title of a new 1/- book, by H. Valentine Knaggs, L.R.C.P., etc., which will interest those who believe in **Natural Methods of Hygiene and Diet.** Of all Booksellers, Health Food Stores, or post free for 1/2 from Jarrold's, 10 Warwick Lane, London, E.C.

London Boarding-House, 19 Norland Sq., Holland Park, W. The Misses Blackmore, Wallaceites. Conservative Cookery. References.

Colds and Catarrh.

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 quickly and thoroughly cleansed from mucus, dust, and other impurities. Then there is another instrument, known as the **Globe 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 treatment also gives considerable relief in cases of Hay Fever. The outfit complete, with full directions, and medicine for both instruments to last for a considerable time, is furnished at 7/6, **post free, GOOD HEALTH SUPPLY CO., Stanborough Park, Watford, Herts.**

PAMPHLET.—WHEATMEAL BREAD. Startling truths. Copious footnotes. "Excellent," writes one. "Multum-in-parvo," writes another. 3d. W. K. Fulleylove, Broadgate, Coventry.

VEGETARIAN SPECIALITIES.

NUTS, CEREALS, AND ALL HEALTH FOODS.

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

In answering advertisements kindly mention "Good Health."

A GOOD deal of abdominal pain and discomfort is caused by a prolapsed condition of the organs in this part of the body, as a result of which there is pulling and straining of the tendons and connective tissues. Various instruments have been



devised for relieving this difficulty, and have proved more or less successful; but the **Abdominal Supporter**, which is the result of years of experience in dealing with such cases, seems to supply the required pressure at just the right point. It is scientifically constructed to do so, and is not at all cumbersome, but light and durable. It has

brought relief in a large number of cases, and is warmly recommended by physicians. Full particulars as to price, measurements, etc., may be obtained by applying to the Good Health Supply Department, Stanborough Park, Watford, Herts.

If you wish reliable information month by month in regard to your health, ask your newsdealer to get you regularly a copy of **GOOD HEALTH**. Only one shilling a year. It may save you pounds in doctor's fees.

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.

PLYMOUTH FOOD REFORM DEPOT,

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 Bodices.

TO BE IMMUNE FROM CHILL
following violent perspiration, use

"Sanis" Underwear.

(REGD.)

This perfectly healthful underwear is of the finest colonial wool, soft to the skin, pervious and porous, allows the noxious vapours to escape, yet conserves the natural heat of the body.

Descriptive pamphlets and patterns sent **FREE ON APPLICATION** to **G. H., The Manager,** 79 & 81 Fortress Road, London, N.W.

THE HEALTH OF HIS MAJESTY THE BABY.

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

Dr. Allinson's Natural Food for Infants

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

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

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

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

In answering advertisements kindly mention "Good Health."

HEALTH AND THE TOILET.

JOHN STRANGE WINTER
(Mrs. Arthur Stannard).

Author of "Bootle's Baby," etc., will be pleased to send to every reader of "Good Health" a copy of her popular booklet, "Comely Woman," (gratis and post free) on receipt of postcard or letter naming this advertisement. In this treatise Mrs. Stannard suggests that a due regard to the toilet is the best stepping-stone to health and efficiency, and tells why she places on sale the various Toilet Preparations she evolved for her own use. She attends personally to every communication addressed to—

"JOHN STRANGE WINTER."

J.S.W. Preparations, Ltd., 27 Clements Lane, London, E.C.

Still to the Fore.

CHOICE NEW DRIED FRUITS AND NEW SHELLED NUTS.

We will send for 5/-, carriage paid, to any railway station a parcel as follows:—

1 lb. ex. quality Wa'nut Halves	1/-.
1 lb. selected Valencia Almonds	1/4
1 lb. finest Hazels	- - - 9d.
1 lb. choice Natural Figs	- - - 4d.
1 lb. French Prunes	- - - 4d.
1 lb. ex. scl. loose Muscatels	- 8d.
1 lb. fancy Dried Apricots	- 10d.
	<u>5/3.</u>

Our new Price List is now ready, and will be sent post free.

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

Gold Medal awarded, Health and Toilet Exhibition, London.

Mothers should see that their children wear the



PORTIA Combined Shoulder Brace and Stocking SUSPENDER,

which allows freest movement without pressure on the waist or leg arteries. Holds the stockings firmly and does not tear them. Approved by physicians and health culturists. Made in three sizes: Adult's, Maid's, Children's. Pink, Blue, or White. Rashed Silk Elastic, 4/. Mercerized Frilled Elastic, 2/6. Special! with Brace Ends for Knickers, 2/11.

From all drapers, or direct from the
Portia Suspender Co., 182 Norwood Rd.,
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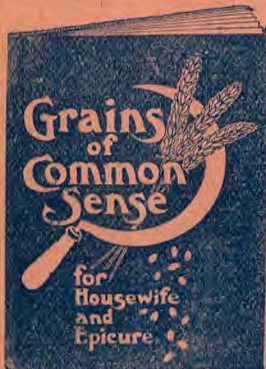
In answering advertisements kindly mention "Good Health."

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The days are colder, and fuel is in demand. Food is the fuel of the body. You avoid coal that clogs the system. Avoid food that clogs the system. For producing vital heat and energy, and for keeping the organs in clean health and easy working order, there is nothing like

“ARTOX” Pure Wholemeal,

which contains every particle of the best wheat ground to a marvellous fineness by stone mills. It is an almost certain preventive and remedy for constipation, and makes the most delicious bread, cakes, puddings, pastry, etc. Give up white flour and use “Artox” instead.



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The Cup that Cheers!

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