

GOOD HEALTH



February, 1909.

Editorial Chat:

Abstinence and Nerve Control, Barber's Itch, To Prevent the Increase of the Feeble-Minded, Distinguished Americans Who Don't Smoke, Advice for Nothing, Fine Speeches but not Physic.

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Fomentations and Their Use.—*Illus.*

Questions and Answers.

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Vol. 7.

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NO. 2.

Editorial Chat.

Abstinence and Nerve Control. FERDINAND OF BULGARIA is one of the few European rulers who eschew alcohol and tobacco. He does not even take coffee, which is properly regarded as a mild stimulant. As a consequence, he is said to have his nerves under the most proper control, never displaying signs of irritation even under the most trying circumstances. There can be no doubt that abstinence from artificial stimulants and narcotics of all kinds is decidedly promotive of health and even-handed efficiency. Men and women who have real work to do in the world cannot afford to incapacitate themselves even temporarily.

Barber's Itch. THAT a person who is shaved in a public resort incurs certain risks is evident from the fact, chronicled in the "British Medical Journal," that there were two County Court actions in the last fortnight of October, in which the "plaintiff claimed damages from his hairdresser, on the ground that he had negligently infected him with this disease." One of the plaintiffs was successful, the other failed. In the latter case, it was proved that the defendant barber habitually used a disinfectant, whereas the barber who had to pay damages could only show that he "used no sponges or puffs, gave each customer a clean towel and a face cloth, and placed the razor in fresh hot water for every customer." The unsuccessful plaintiff establishing the fact that his barber had shaved a man who

suffered from the disease, and the action of disinfectants used in a careless perfunctory way, being rather uncertain, the moral would seem to be that it is safest to shave at home. It is only fair to the barbers to add, however, that the so-called "barber's itch" or "rash" may be contracted from a child or an animal suffering from any form of ringworm having as its cause a certain fungus; or suppose a slight scratch on the chin, and an ill-washed towel in a public lavatory might convey the infection. Nevertheless, the majority of cases undoubtedly occur in barbers' shops; hence the desirability of passing legislative enactment making thorough-going antiseptic methods compulsory in the interests of public health.

To Prevent the Increase of the Feeble-Minded. THE Royal Commission on the Care and Control of the Feeble-Minded, has presented its report, from which it appears that by careful estimate we have in England and Wales 149,628 feeble-minded persons, in addition to 121,979 certified lunatics. These are indeed formidable figures, and even more disquieting is the fact that both the defectives and the insane are increasing out of proportion to the rest of the population. A great many of the former are at large and free to marry and perpetuate their kind, thus contributing directly to the degeneration of the race. It is the proposal of the Commission that all feeble-minded persons should be certified, protected, and

kept under control, either in institutions, or colonies, or under the care of selected families. No doubt the chief difficulty in adopting such a plan will be that of adding to rates already burdensome; but in the long run, vigorous measures looking towards the prevention of multiplication of the undesirables will certainly prove economical. Alcoholism in one or both parents being a not uncommon cause of feeble-mindedness amongst the children of the family, it follows that every effort to promote total abstinence is that much to the good of the race.

Distinguished Americans Who Don't Smoke. THEODORE ROOSEVELT, the present occupant of the White House, William Taft, the President Elect, and William J. Bryan, the defeated candidate, are all non-smokers. They are also men of simple habits and of abounding health and vitality. Bryan never under any circumstances indulges in alcoholic drinks. It is said that at a banquet in Japan, when asked by Gen. Togo to drink his health in champagne, he replied: "Admiral, all your victories have been won on water; when you win victories on champagne, I'll drink them in champagne."

Advice for Nothing. THE methods of the quack and the patent medicine vendor have been much the same for centuries back. Defoe, in his "History of the Plague in London," published over 200 years ago, gives an account of the doings of a member of the quack fraternity who might be living to-day, so exactly do his methods correspond with those now in vogue. To quote from Defoe:—

"I cannot omit a subtlety of one of those quack operators, with which he gulled the poor people to crowd about him, but did nothing for them without money. He had, it seems, added to his bills which he gave out in the street this advertise-

ment in capital letters, viz., 'He gives advice to the poor for nothing.'

Fine Speeches but not Physic. "Abundance of people came to him, accordingly, to whom he made a great many fine speeches, examined them of the state of their health and of the constitution of their bodies, and told them many good things to do which were of no great moment; but the issue and conclusion of all was, that he had a preparation which, if they took such a quantity of every morning, he would pawn his life that they should never have the plague—no, though they lived in the house with people that were infected. This made the people all resolve to have it; but then the price of that was so much—I think it was half a crown. 'But, sir,' says one poor woman, 'I am a poor almswoman, and am kept by the parish, and your bills say you give the poor your help for nothing.' 'Aye, good woman,' says the doctor, 'so I do, as I published there; I give my advice, but not my physic!' 'Alas, sir,' says she, 'that is a snare laid for the poor, then, for you give them your advice for nothing: that is to say, you advise them gratis to buy your physic with their money; so does every shopkeeper with his wares.'"

Excuses for Drinking.

THE utter absurdity of some of the many excuses for taking alcoholic stimulants is well set forth in the following extract from a recent article by Canon Horsley in the "Daily News" on "Dickens and Drink":—

"You are leaving land, therefore drink; you arrive at your destination, therefore drink; you have no fears of seasickness, therefore drink; you fear it, therefore drink; you are not ill, but going to be, therefore drink; you are ill, therefore drink; you get better, therefore drink; the cabin is stuffy, drink; sea air is bracing, therefore drink; you are in an ecstasy of fear, therefore drink; you are cheerful, therefore drink! Drink, though it give you unspeakable disgust; drink, though it be damaged whisky which you steal."



ON KEEPING YOUNG AS LONG AS POSSIBLE.

BY M. ELLSWORTH OLSEN.

YOUTH is always attractive, but especially so when we meet it in one who is well advanced in years. Can such a person be said to possess this much-longed-for gift? Yes, it is possible for a man of seventy to be young in a very real sense, and it is possible for the stripling of twenty or twenty-five to be old.

No doubt the retaining into advanced age of youthful health and vigour is in very many cases the result of a good heredity. The man or woman who came from good stock, had a sound-bodied ancestry, was wound up, we may say, to run so long, and, no accidents intervening, the natural term was fulfilled. But heredity alone does not begin to account for all cases of a happy and youthful old age. In a large number a sensible observance of health laws is undoubtedly the chief factor, and this being a means of keeping young which is at once safe and within the reach of most, if not

all, of the readers of GOOD HEALTH, it may not be unprofitable to consider a few of the fundamental principles.

I. Avoid Disease in Every Form.

First, the man or woman who would indefinitely postpone the disabilities of old age must avoid illness, not merely because the sick-bed sometimes becomes the death-bed, but because disease in every form is most destructive of youth; is, in fact, a greedy cannibal, feeding on the vital forces, undermining the constitution, and using up the reserve power. Not only should one endeavour, by a wise daily regimen and reasonable precautions against contagion, to avoid diseases; but if one is unfortunate enough to fall ill, rest and treatment should forthwith be brought into requisition, in order that the abnormal conditions may be of the shortest possible duration. The old idea that disease somehow cleansed

and renovated the body, it may be said in passing, seems to have no foundation in fact. Even such slight affections as colds should never be neglected, lest they lead to something worse. Rational treatment will usually bring about speedy restoration to health, and it should be resorted to promptly, even at some inconvenience to one's work.

II. Be Temperate as to Food and Drink.

Temperance in eating and drinking is always advised, but seldom strictly observed. One difficulty is that a great many persons labour under something of a delusion as to the amount of food necessary to maintain strength. The best solution of the vexing problem is to adopt Mr. Horace Fletcher's plan of thoroughly masticating every mouthful till

the taste is fully extracted and swallowing is involuntary. Persons whose work is of a sedentary character will need to be especially careful to avoid over-eating. When more food is taken than can be used to advantage, the eliminating organs are taxed to get rid of the surplus. The excessive use of such a richly nitrogenous food as butchers' meat throws a special strain upon the kidneys. A highly nitrogenous diet is also favourable to the development of a rheumatic tendency. With

strict moderation in eating, it will be found easier to refrain from the use of all intoxicants. Not only alcohol, but strong tea and coffee should be avoided. In fact, these popular beverages are best entirely eliminated from the daily bill of fare, possessing, as is well known, no food value, and having a more or less clearly defined influence on the nervous system. The

use of plain food with plenty of good ripe fruit and simply prepared vegetables will help to keep the bowels active, which is a matter of moment in maintaining health and fitness.

III. Be Prodigal of Fresh Air.

Of fresh air the supply should be unstinted. Less work for the stomach and more work for the lungs, would be a pretty safe maxim for the over-fed, under-exercised mod-

ern man. If we could dismiss the cooks who by their highly-flavoured, elaborate made dishes tempt us to put too much into our stomachs, and could have in their place those whose business it would be to make fresh air a delightful thing, and full, deep breathing a more enjoyable operation than eating, we should grow young apace, and dyspepsia, with its whole brood of kindred evils, would soon be unknown. A lazy pair of lungs is really at the bottom of a vast amount



FRESH AIR LIFE.

of ill-health. If we spent half our working hours in some outdoor labour that called the muscles into vigorous play, we should be compelled to breathe deeply and expand the lungs to the full; but the trouble with many is that their work is nearly all of a sedentary character; hence the need of special attention to this matter of breathing. Let sedentary persons get into the habit of spending twenty minutes or so each day in filling the lungs to their utmost capacity, and they will be surprised to note the improvement in the circulation, the increased fitness for work, the freshness of spirit, and the zest in mere living, which are wrongly supposed to belong exclusively to the very young.

IV. Keep Early Hours.

Restful sleep is of vast importance in maintaining health and youth. During sleep, nature is employed in repairing the breaches made in the body by the busy activities of the day. Unless this work of repair is completely and satisfactorily performed, the system will run down, just as will a clock which is not regularly wound. The reason why early retiring is preferable is that work of all kinds is better done by daylight than by the use of artificial light. Furthermore, most people who are filling useful places in society have duties to perform in the morning, so that if they allow themselves to sit up late at nights, they are likely to have less sleep than is

good for them. To secure refreshing sleep, a well-ventilated bedroom, a hard mattress, light but warm bed-clothing, and a mind at leisure from the cares of the day are necessary.

V. Harden the Muscles with Use.

Weak, flabby muscles usually involve more or less difficulty with digestion, occasional headaches, poor circulation, untimely stiffness of the joints, lack of vim and vigour, and a generally low plane of physical living. It is wonderful what muscle-training will do in quickening mind and body. Of course, it should be muscle-training of the right kind, and should not be carried to extremes. Twenty minutes to half an hour daily with dumb-bells or clubs, and an hour's brisk walking in the open air, with a quarter of an hour's run, say twice a week,



WELL GROOMED AND FIT.

will do nicely in most cases. Special attention should be given to exercises which will expand the chest and increase lung power. Such exercises have a most excellent tonic effect upon the stomach, liver, spleen, and other internal organs.

VI. Keep the Skin Clean and Active.

Vigorous exercise naturally calls for bathing. After a brisk run, what feels so good as a thorough rubbing down? And is there anything that gives quite so much exquisite satisfaction on a warm summer

day as a swim in lake or river? Dry rubbing and brushing is also good for the skin. Nothing causes a horse to run down more quickly than to neglect the curry comb. Any amount of people are literally hide-bound for lack of paying proper attention to securing healthy activity of the skin. The cold morning bath in some form should be the rule, and going over the body with a flesh brush just before retiring will prove a good preparation for restful sleep. An occasional vapour bath is also in order, and the warm or hot bath once or twice weekly with plenty of mild soap, followed by an oil rub, will keep the skin both clean and supple.

VII. Be Cheerful.

There is nothing like even cheerfulness to keep a person young. The merry heart is indeed a powerful tonic; but "a broken spirit drieth the bones." Cheerfulness is easier talked about than actually practised, some one may say. Very true; but a tendency to gloom and discouragement, it may be pointed out, will yield quickly in most cases if approached simultaneously from the physical and the mental sides. Take your regular exercise and your cold bath daily, breathe deeply, eat rather sparingly, and that only of simple and wholesome food, spend as much time as you can out-of-doors, keep the passions under control, and (this is important) avoid alcohol, tobacco, and all other narcotics, which in one way or another interfere with the balance of the nervous system—observe these simple health rules, which are possible in all cases, and you will find that the disposition to melancholy is very largely overcome. Then add to this a little determination to bear the burdens of life in a blithe spirit and scatter sunshine about the pathways of others, and you have mastered one very important means of keeping young yourself and helping to keep others young.

VIII. Keep the Mind Occupied.

There is no time when a man begins to age so rapidly as when he stops working. Few people really wear out: thousands rust out. When a man says to himself: "I have finished my life-work, there is nothing more for me to live for;" nature begins in good earnest to get him ready for his coffin. It is a great mistake for men and women who are getting along in years to neglect to tax their minds and memories. The brain cells do not naturally deteriorate along with the other cells of the body. Many men have done some of their best work after seventy, and there are not wanting examples of marvellous mental vigour at ninety and beyond. Of course, mental over-work is not desirable any more than undue physical strain. A man who is getting on in years should remember that he cannot bear the burdens he once bore; but the ripe wisdom is his which years alone can bring, and while he lacks the strength and endurance of the young man, his larger life experience enables him to avoid some of those foolish ventures upon which many younger men stake and lose much.

IX. Guard the Reserves.

The old man lives almost from hand to mouth. His reserve power is as nothing compared with what it was in youth. Let him remember this, and he may live happily and usefully for many years. Even though he have a keen sense of youthfulness and energy, he should not presume upon it. It comes to him day by day as a result of wise eating, proper sleep, and a wise regimen generally. A sudden break in the regimen, a single rash act, might cost him his life. He cannot fall back on his reserves as can the young man.

X. Don't Worry.

We have heard a good deal of the blighting effects of worry. That work never kills a man, but worry often, is coming to be an accepted saying. Pos-

sibly some good people actually wax a bit anxious over the endeavour not to worry :—

“I joined the new don't worry club,
And now I hold my breath ;
I am so scared for fear I'll worry
That I'm worried 'most to death.”

The secret of a life free from worry is the cheerful performance of each duty as it comes, to the best of one's ability. To be a whole man to one thing at a time, as the indefatigable Howard once put it, is to realize one's highest usefulness. In a life intent on ministry and service there is very little room for worry. A certain orderliness of mind, a habit of doing things thoroughly, and a healthy condition of all the bodily organs, are also helpful in avoiding this distressing malady. Most helpful of all, perhaps, is genuine trust in God, from which every other good thing springs. The man or woman who prays the Lord's prayer from the heart cannot give way to worry. One closing word must be said of anxiety about one's health, a subtle form of worry which journals like *GOOD HEALTH*, the writer fears, sometimes unconsciously encourage. Such anxiety, let it be said with all positiveness, always defeats its own end. If you would be thoroughly miserable yourself, and make everybody about you miserable, be a valetudinarian, a specialist in your own

physical woes and sufferings. Says Addison: “A continual anxiety for life vitiates all the relishes of it, and casts a gloom over the whole face of nature, as it is impossible that we should take delight in anything that we are every moment afraid of losing.” Given a well-ordered life and wholesome habits, the less we think about the body the better. All the organs work best unwatched. “Nature,” as Huxley has somewhere said, “will not be stared at.”

Conclusions.

These rules, it will be observed, are simply common sense health rules. The secret of keeping young a long time consists in nothing else than maintaining a condition of radiant health. There is a period of growth leading up to maturity, which in turn is followed by decay. But the autumn of life may be as beautiful as the season of the natural year to which it corresponds. The slow decay of the life forces is normal, but not so the violent pains, the diseased organs, the rheumatic joints, the shattered nerves, that so often darken one's declining years. Death itself would be robbed of most of its horrors if we lived simple and natural lives. “By the strict law of nature,” said Richardson, “a man should die as unconscious of his death as of his birth.”

HOW TO HELP WEAK KIDNEYS.

BY A DOCTOR.

ALTHOUGH there are a great variety of unhealthy conditions of the kidneys, yet in all there are certain precautions or rules of hygiene which may be observed with profit. It is well to remember that these organs are constantly at work removing poisons from the blood. These poisons are waste products, which either are taken in with the food or are the result of broken down tissue. Some of the kidney poisons with which we are most familiar are those which arise from used proteid elements.

In order for a weak kidney to work to the best advantage, we must try as far as possible to reduce to a minimum the work it has to do. This can be done by careful dietary, properly regulated exercise, care in keeping the other poison-eliminating organs well at work, and suitably clothing the body.

With regard to diet, almost all foods prepared from any of the great variety of grains can be used, provided they are well cooked ; also any fresh ripe or stewed or dried stewed fruit. Dairy products,

such as milk, butter, and cream are easily digested by some. Foods and other things to be avoided are flesh foods of all kinds, tea, coffee, cocoa, and condiments, including salt, and alcoholic drinks. These already contain poisons which must be eliminated by the kidneys. Peas, beans, lentils, and eggs in some cases are better left alone. Nearly all vegetables may be used if the digestion is good. The exceptions are cabbage, spinach, asparagus, and rhubarb. Foods prepared from barley, rice, sago, cornflour, arrowroot, and wheat are all easily taken care of by the kidneys. An abundance of liquids in the form of pure water or fruit juices should be taken.

The amount of exercise will have to be regulated to suit each individual case. Some may require entire rest in bed for a time. Fatigue should never be allowed, as this greatly increases the poisons to be eliminated by the kidneys. In some cases light massage is better than exercise.

As well as the kidneys, the skin, liver, bowels, and lungs are all great avenues for removing from the body waste products. These will help in a measure to compensate for defective elimination by the kidneys.

The skin should be kept active by

water-drinking and protection from cold, also by hot treatments, as packs, vapour baths, sun baths, electric light baths, etc.

The body should be kept warmly clad. The extremities should never be allowed to get cold. A light, cellular linen garment may be worn next the skin, and over this warm flannel.

However well one suffering with diseased kidneys may know the laws of hygiene, he should be under the supervision of a medical adviser, who can regulate in detail the care of each individual case.

THE USE OF DRUGS.

BY MRS. E. G. WHITE.

A PRACTICE that is laying the foundation of a vast amount of disease and of even more serious evils, is the free use of poisonous drugs. When attacked by disease, many will not take the trouble to search out the cause of their illness. Their chief anxiety is to rid themselves of pain and inconvenience. So they resort to patent nostrums, of whose real properties they know little, or they apply to a physician for some remedy to counteract the result of their misdoing, but with no thought of making a change in their un-



healthful habits. If immediate benefit is not realized, another medicine is tried, and then another. Thus the evil continues.

People need to be taught that drugs do not cure disease. It is true that they sometimes afford present relief, and the patient appears to recover as the result of their use; this is because nature has sufficient vital force to expel the poison and to correct the conditions that caused the disease. Health is recovered in spite of the drug. But in most cases the drug only changes the form and location of the disease. Often the effect of the poison seems to be overcome for a time, but the results remain in the system, and work great harm at some later period.

By the use of poisonous drugs, many bring upon themselves lifelong illness, and many lives are lost that might be saved by the use of natural methods of healing. The poisons contained in many so-called remedies create habits and appetites that mean ruin to both soul and body. Many of the popular nostrums called patent medicines, and even some of the drugs dispensed by physicians, act a part in laying the foundation of the liquor habit, the opium habit, the morphine habit, that are so terrible a curse to society.

Restorative Power of Nature.

The only hope of better things is in the education of the people in right principles. Let physicians teach the people that restorative power is not in drugs, but in nature. Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.

Natural Remedies.

Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water,

trust in divine power—these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.

The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind.

Acrostic.

THE following is the solution of the acrostic published in our last issue. We trust that our intelligent readers have had no difficulty in reading the riddle, and that those who know the institution referred to will readily acknowledge the term applied to it by the acrostician.

Solution of Acrostic.

THE HAVEN.

1. **Tea**—Name of evening meal at Caterham Sanitarium and other anti-nerve-narcotic homes.
2. **Hair**—Notes from lecture by Dr. Greaves on "Hygiene of the hair."
3. **Egg**—and the bird.
4. **Horse**—"A horse! a horse! my kingdom for a horse!" *Richard III, last scene.*
5. **Asia**—the earliest home of the great religions.
6. **Vine**—and wine.
7. **Edinburgh**—"Edina! Scotia's darling seat,
All hail thy palaces and towers!"—*Burns.*
"Edwin's burg" from its founder—the English king of Northumbria.
8. **Noon**—"n" and "o" repeated. P.M. and A.M.—Time after and before noon.

PLAYING WITH FIRE.

THE moderate use of alcohol is denounced by some temperance advocates as worse than drunkenness, because of the deadlier peril of its example. On the other hand, a vast host of moderate drinkers uphold moderate drinking as the truest abstinence. Which view is right? Dr. Lewis Mason, Vice President of the American Society for the Study of Inebriety, has formed his own conclusions on this matter, and presented them in an able and well-reasoned address to the World's Temperance Centennial Congress, held last June. In his judgment the term "moderate drinking" cannot be used in a scientific or practical or safe sense.

"There is no law making the daily or habitual use of alcoholic beverages safe, even in moderate quantities. We cannot say to any individual: 'Take a glass of wine three times a day with your meals, and we will guarantee that you will not exceed that quantity, or that you will not suffer from some form of alcoholic change or degeneration, will not in time become a neurotic drunkard manifesting these changes somewhere in the nervous system, or become the subject of the glandular form of alcoholic degeneration, as it affects the liver, lungs, kidneys, or produces other tissue changes,' because, also, you do not know how much or how little will stir up the sleeping lion of heredity, or awaken the dormant alcoholic diathesis or tendency.

"One popular fallacy is that the moderate drinker may remain always as such; that he has the matter completely under his control; that he is master of the situation.

"If the moderate drinker is subjected to business crises, mental shock of any kind, prolonged strain, etc., he will not infrequently pass the accustomed line of moderation, and drink to excess, because he requires more to secure sedation through the narcotic effect of alcohol than formerly. He has unconsciously established a tolerance that demands a continual increase to meet and secure the physical and mental anæsthesia that new environments and conditions demand. His accustomed dose under normal conditions will not be

sufficient under abnormal conditions of mental strain or physical distress. The drink habit is accretive and progressive, tolerance is easy to establish, larger quantities are required to meet the daily need; it is exceptional for the moderate drinker to remain as such.

"What constitutes moderate drinking, or the temperate use of wine, beer, or spirits? What is the established, definitely ascertained, and scientifically determined quantity that we can use daily or habitually within the bounds of safety, and exclude any possibility of mental or moral or physical degeneration? The popular notion is, any amount this side of inebriation. The fact is, science has failed to establish a safety limit, because that limit would differ in every case. There can be no such zone of safety. The conditions and the logic of the case and experience will not admit of it. It may be regarded as a scientific axiom and a medical fact that under no conditions, under no limitations, is the habitual or moderate use of alcohol safe, and any person or physician who so recommends the use of alcohol habitually as a beverage or for medicinal purposes, has advised the first step toward physical, mental, or moral degeneracy. The most strenuous advocate for what he may regard as the tonic or food value of alcohol would not, in the light of our present knowledge, and in view of the dangers entailed and the responsibilities incurred, advise its use habitually, even in moderation. In the case of heredity or the reformed drunkard its use would be to awaken the sleeping appetite and plunge its victim into possibly irremediable excess. . . . Even the moderate use or uninterrupted use on occasional intervals, or the smell or odour of wine or spirits, by suggestion, may plunge the reformed man or one with hereditary tendencies into an alcoholic debauch. I once heard a reformed man say: 'I dare not even think alcohol.'

"How many of us have the history of a good family heredity, extending even one generation back, where there is not an alcoholic taint somewhere in the direct or collateral branches of the preceding genera-

tion? Or if there is no hereditary tendency to deal with, there may be a condition, an acquired tendency from disease or injury, that may act as a predisposing cause to alcoholism, which may be excited by a single glass of wine, and this is doubly certain if such disease or injury is associated with an hereditary tendency, for of all injuries and diseases, those affecting the cerebro-spinal axis are most liable to antedate alcoholic excesses. A person with a history of sunstroke, blows on the head, fracture of skull, or concussion of the brain, or antecedent cerebral disease, should be strictly cautioned against the use of alcohol in the slightest degree.

How extremely careful the physician should be in advising alcoholic beverages, even in moderate quantities, without a previous knowledge of the history of the case, the parentage, and a possible record of preceding injury or disease. In the light of modern facts and scientific truth, it would seem almost impossible for the intelligent, conscientious physician to recommend the habitual moderate use of alcoholic beverages in any form, even medicinally. For these reasons the habitual use of alcohol in any form, and in any quantity, even under the most favourable conditions, is dangerous and apt to develop into the chronic form of inebriety."

A GUIDING PRINCIPLE.

THERE is great profit in an intelligent understanding of the body, its needs and its capabilities. The student of healthful living learns how to maintain his physical being in health, how to use it, and how to avoid abusing it. More than this, he learns some of the universal laws of life. Through his knowledge of the body, he gains an insight into the laws of the mind, and even of the spiritual nature of man; for a whole human being consists of these three natures, physical, mental, and spiritual.

Concerning all three of these there is much wild speculation and not a little quackery on the part of those who profess to understand them. But the man who has acquired some exact knowledge of his body is delivered from the wiles of the patent-medicine vendor, and knows what to do with the well meant advice of the ignorant. He proceeds upon definite principles in his treatment of his body. These same principles, the principles of life, will also guide him in the treatment of his higher nature.

An equilibrium of income and expenditure is inevitable in the body. The supply regulates the output. Reduce the supply, and the output must diminish. Impover-

ish the food consumed, and you impoverish the energy developed. The result is not always instantaneous, but it is always certain. Because he recognizes this law, the student of physiology pays attention to the material with which he supplies his body. Not all that is commonly eaten can be utilized by the body. Much of it is unprofitable, and some of it is positively injurious. So the student of healthful living learns to discriminate in his selection of edibles. He judges articles of diet, not by their taste or appearance, but by their value as *food*. He knows that unless he puts genuine *food* into his body, he cannot get out of it satisfactory *work*.

The same principle is true as applied to the mind. The receipts balance the expenditure. What comes in determines the value of what goes out. Mental stimulants and flavourings do not produce mental work. *Truth* is the only mental food that can be transformed into wholesome mental energy. All that is offered as nourishment for the mind should be compelled to pass this test; not, Is it pleasing? but, Is it true? "Wisdom is the principal thing." Nothing else imparts real strength to the mind.

Again, the same principle must be

applied to the spiritual nature. There must first be spiritual food if there is to be spiritual effort. Inferior spiritual food will mean inferior spiritual living. Imitations of spiritual food are valueless. No man can originate physical food, much less spiritual aliment. Whoever desires to exert genuine spiritual energy must feed upon *God*. Said Christ, "I am the Bread of Life." It is useless to feed the spiritual nature upon human conceptions of the divine; we must feed it upon God's revelation of Himself. "As new-born

babes, desire the sincere milk of the Word, that ye may grow thereby." It is not sufficient to admire that Word, or talk of it, or analyse it; unless we *eat* it, we have no spiritual life in us, and spiritual, God-like deeds are for us an impossibility. But whoever eats hungrily of it will develop an energy of corresponding character and value.

Thus in the knowledge of physical life and its laws is wrapped up the clue to the welfare of the mental and the spiritual being.

JAPAN: SOME FIRST IMPRESSIONS.—IV.

BY A. MARION CLARK.

IN my last article, in the January number of GOOD HEALTH, I promised a further account of the Japanese house, and the dress of the people: but since then my photographs of these things have been borrowed, and so I must wait for their return. Meantime we will consider something of the physical and climatic conditions of the country, and the agricultural occupations of the people.

The Japanese, as a nation, are very poor; and I suppose this is in some measure due to the physical conditions of their country, for an immense proportion of the whole area of the many islands which form Japan is mountainous, and the mountains, having been mostly formed by volcanic agency, are very steep and precipitous. One can readily see that in such a country the area of land cultivable is extremely small. And in a country where the mountains are so steep and the islands themselves so small and narrow, the course of the rivers must naturally be very swift and very short; and so the tremendously swift flow of the water which comes down from the mountains never has time to quiet down into a good, navigable river. Then, again, climatic conditions come in here. The rainfall of

Japan is about double that of England, and yet there is about double the amount of sunshine. This sounds a startling and impossible fact, but it is nevertheless true, for things happen violently in Japan. When the rain comes on it is no slight shower or Scotch mist such as we hear so much of in England, but a regular soaking downpour; and there is a long wet season in the summer months. The result upon the rivers is very striking. Frequently, in travelling through the country, one comes to an immensely wide and long tract, which is the bed of a river. The greater part of the year the river confines itself to one small, deep channel in this huge bed, but just after the rains there will be a foaming torrent tearing down this great water-course. The result of all this is, that even were the land mostly cultivable, and the source of great industries, the water system, which of course always provides the cheapest means of transit, is not serviceable. It remains to be seen whether the ingenuity of the people, now that the country is opening up to free intercourse with other nations, will find scope for their energy and their skill sufficient to enable them to vie with other countries in trade. Certainly the physical

conditions of their country are against them.

We were much struck with the way in which they make the most of every corner of land they can cultivate. They even terrace the steep, wild mountain sides. Rice, of course, is one of their largest crops, and every one knows that water is greatly needed in its cultivation. To meet this need, they have a most elaborate system

upon their backs. Very curious it is to see them working in long lines, standing and wading in water, in the submerged rice fields. The seed is first of all sown in small seed-beds; then, when the young shoots are a foot or more high, the whole contents of the bed are picked up and divided by an over-seer into bundles, and the workers in a long row may be seen in a stooping position, each with a bundle



FIELD WORK.

of irrigation—the water being brought from a mountain watercourse along a narrow channel which divides and subdivides, so as to form a regular network of ditches, forming the boundaries of fields. The water in these can be dammed up and let loose at pleasure, so that any field, and each in turn, can be submerged.

The women take almost as large a share in the agricultural work as their menkind. Not infrequently they may be seen stooping over their toil with their babies bound

moving slowly along, dabbing a couple or so of seedlings into the mud under the water at each step. Later on, when the crop is fully grown, come the reaping, combing, and thrashing processes. But a great many of the people are too poor to be able to afford even rice; they must be content with millet.

In some neighbourhoods the chief agricultural industry is tea-growing; and here again the women do a large share of the work—both in picking in the crop, and

later on in the drying, rolling, and sorting processes. And then, again, in other districts acres and acres of land are given up to nothing but mulberry-trees, and the people in all the cottages around are busy throughout the spring and early summer months tending the silkworms. The whole family is kept busy, for the worms need much attention. We visited one such cottage. On a bamboo stand eight or ten feet high, consisting of shelf above shelf, were hundreds of silkworms, all feeding upon mulberry leaves, upon each shelf. All those of the same age and size were kept together, so each shelf represented a different stage in the life of the worm. When they are first hatched from the egg, they are barely an eighth of an inch long, and

must be handled with a feather when moved for cleaning purposes. The full-grown worm is from two to three inches long. It is most interesting to watch it spin its delicate silk shroud around itself, and gradually disappear from sight in the beautiful little yellow cocoon. A little later we passed through a village where every one seemed to be occupied in the silk industry. Outside each cottage was a large pile of cocoons. Here and there one could see the women squatting on the floor of a room open to the road, winding the silk in most primitive fashion twisting together the delicate threads from several cocoons, as they bobbed about in a bowl of hot water which was heated by means of a minute charcoal brazier.

FOMENTATIONS AND THEIR USE.

BY A. B. OLSEN, M.D.

ONE of the most simple means of applying moist heat to the body is the fomentation. The ease with it can be prepared and administered makes it a universal remedy, and it may be also accurately described as a panacea for pain. The fomentation consists merely of a cloth, preferably woollen flannel, wrung out of hot water.

The Fomentation Cloth.

A good way to prepare fomentation cloths is to take a large woollen blanket and quarter it; this makes four excellent fomentation cloths, and every home ought to be provided with such a set. Or one can buy thick, woollen flannel about a yard and a half wide, and six yards would be sufficient for four cloths. The square size is the most useful.

After fomentation cloths have been used they ought to be rinsed out in tepid water, using sufficient soap to cleanse them thoroughly. After drying they are ready for use at some future time.

Preparing the Fomentations.

Besides the cloths it is necessary to have a pail of very hot or boiling water. The cloth is folded according to the size suitable for the application. Figure 1 shows the fomentation cloth properly folded in the hands of the attendant. Then both ends of the cloth are twisted in opposite directions, as shown in figure 2. The cloth should be twisted as tightly as possible, after which it is dipped into the pail of hot water, and by crossing the hands the twist is loosened sufficiently to admit of the cloth's being thoroughly soaked with the water. Care is taken to moisten the middle half or two-thirds of the fomentation, the ends being kept quite dry. The cloth is twisted still more if possible and the right hand is drawn up, the left hand resting upon the edge of the pail, so that the water which is wrung out will fall into the pail, and not on to the floor. See figure 3. By a little practice sufficient skill is acquired to enable one to wring out a fomentation cloth without as



FIG. 1.

much as wetting the hands, to say nothing about burning them, or wetting the floor. The cloth is now ready for application.

Preparation of the Patient.

Before wringing out the cloth it is necessary to get the patient in readiness for the treatment. As a rule it is best to have the patient lying down in bed or on a couch, the part that is to be treated should be laid bare, and if it is the chest, abdomen, or back, it is best to have the patient entirely undressed and lying between warm blankets. The room should be well ventilated with plenty of fresh air, but the patient should not be exposed to draughts. Only that part of the body that is to be treated should be exposed, and that only for a moment while applying the hot cloth. It is a good precaution to have a cold compress applied to the head, but it is not always necessary. If the feet are cold, put in a hot brick or a hot water bottle.

Applying the Fomentation Cloth.

When all is in readiness a dry fomentation cloth is placed over the part that is to

be treated, say the chest, and then the hot cloth, which has been sufficiently wrung to make it almost dry, is placed over the single layer of dry fomentation cloth which covers the patient; the ends are turned back over the middle or moist part of the fomentation cloth, and then the free borders of the dry cloth are folded over

the fomentation. This is done for the purpose of retaining the heat. The



FIG. 2.

fomentation cloth may be left on from four to six minutes, after which it is necessary to wring out another cloth from the hot water, and substitute it for the first one. The substitution should be

necessary, for it helps to close the pores of the skin and thus prevents taking cold. The patient is then covered and left to rest for awhile, or, if it is in the evening, to go to sleep.

Temperature of the Water.

The fomentation cloth that is merely very warm is of little account. To be effectual it must be decidedly hot. If the precaution mentioned above is taken, and if the fomentation is wrung thoroughly, so that it is almost dry there will be no danger of burning, even if it is wrung out of water that is



FIG. 3.

made promptly, so that the treatment will be practically continuous. Two, three, or four fomentations, to be left on about five minutes each, should be utilized, or even a larger number, but the usual number is three, which will require about fifteen minutes.

The After Treatment.

Before removing the last fomentation, get ready a basin of cold water with a sponge or a piece of Turkish towelling which can be used as a wash cloth, and have a dry towel in readiness. On removing the fomentation, bathe the surface quickly with the cold water, taking the necessary precaution to avoid getting the water over other parts of the body or on the bedding; then spread over the dry towel and press the towel on the skin without friction so as to dry without injuring the tender skin. The application of the cold water is both refreshing and

boiling. It is the moist, soggy fomentation cloth that is dangerous and most liable to cause a blister or a burn. As the skin is most sensitive at first, it is better that the first fomentation cloth applied should not be quite so hot as the succeeding ones. After the treatment there should be a distinct scarlet glow over the area which has been fomented.

When to Use the Fomentation.

It would be impossible in a brief article like this to indicate all the uses to which the fomentation may be put, but we will attempt to mention a few of the most common cases when its use would be advantageous. Generally speaking, the various forms of neuralgia and inflammation are greatly benefited by the fomentation cloth. The same is true of most rheumatic and gouty aches and pains. Stomach-ache and various pains in the abdomen that are associated with indiges-

tion are almost invariably relieved by fomenting. Many injuries and almost all bruises, sprains, etc., are often best treated by the fomentation cloth.

Sore Throat and Laryngitis.

The fomentation cloth makes an excellent treatment for the common sore throat that is so often associated with colds in the head as well as for proper laryngitis. The cloth is wrung out of hot water as previously described, and wrapped round the throat, and after four or five minutes is replaced by a second and a third. After bathing the part with cold water, it is a good thing to apply a cold compress, which is done as follows:—take a suitable linen towel, and according to its size, fold it so that it is about two or three inches wide, and after wringing it thoroughly

out of cold water wrap it snugly round the neck, fastening it with safety pins; then apply two or three layers of woollen flannel, so that the flannel overlaps the moist cloth above and below to prevent taking cold. The flannel is also carefully fastened with safety pins. This cold compress may be worn during the night. On removing it in the morning, bathe the neck with cold water and then dry well.

Toothache and Earache.

The intense pain of both earache and toothache can often be ameliorated by the application of a large fomentation cloth to the affected side of the head. In giving this treatment it is necessary to have the patient lying down, and to see that the fomentation cloth is hot. If a dry layer is introduced between the skin and the fomentation cloth, there will be little or no fear of

burning. After such a treatment great care must be taken to prevent exposure to the cold or draught, which might aggravate the pain.

Bronchitis and Pleurisy.

Simple bronchitis or pleurisy accompanied by a good deal of pain is greatly relieved by the use of large, broad fomentations applied to the chest, but such treatments should only be given on the advice and with the consent of

the attending physician. Great care must be taken in giving the treatments not to chill the patient and thus aggravate the disease.

Indigestion and Torpid Liver.

Various digestive disorders that are due to a dilated stomach or torpid liver can be relieved by using the fomentation cloth to the abdomen. In treating the stomach,



EVA—3 years, 9 months. Elsie—2 years, 4 months. Royston—1 year, 1 month. A group of healthy children who are fed principally on sterilized milk, Granose Flakes, and an abundance of fruit. Almost the first thing the boy learned to say was, "More Ganose, mamma." All the children enjoy almond nut butter on their home-made bread. After bathing they are always rubbed with a little warm olive oil.

the fomentations should be carried well over the left side of the abdomen and reach as high as the nipple. The fomentation to the liver should be laid across the abdomen just reaching to the nipple line and should extend to the spine. To secure this it is well to have the patient lying on his left side. Follow the directions given above when applying the fomentation cloths.

Backache.

Many people suffer more or less from backache, usually in the small of the back, sometimes at the bottom of the spine, and sometimes elsewhere. This aggravating, dull pain is frequently relieved by the use of a suitable fomentation. Narrow fomentations extending the whole length of the spine from the neck to the coccyx are most serviceable; at other times a broad fomentation cloth laid transversely across the hips and extending a few inches above the waist line gives greatest relief.

Constipation and Pelvic Inflammation.

The common ailment, constipation, is almost always relieved more or less by the use of fomentations daily for a fortnight or even longer. Large fomentations covering practically the whole of the abdomen and pelvic cavity are most efficacious in treating constipation.

To relieve pelvic inflammation, fomentations should be applied immediately below the navel and reach well over the pelvic bones. To give even a greater effect, the fomentations may be wrapped round the hips from both sides.

Sprains and Other Injuries.

In treating a sprain of the ankles, the fomentation cloth should be sufficiently large to cover the whole foot, and it should be wrapped round the ankle snugly. The patient may be lying down on the couch or sitting in a chair with the limb resting on another chair. A wrench or twist of

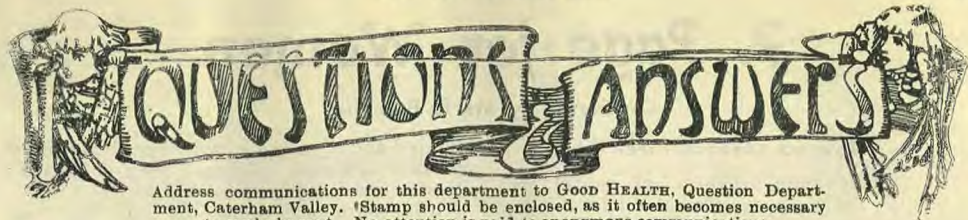
the knee may cause great pain, which can be quickly relieved by a hot cloth. Wrap the fomentation around the knee and do not simply place it in front of the knee. Muscular strain sometimes causes pain or annoyance; apply fomentations to the affected part, repeating them every day until the pain has disappeared.

The finger may be crushed, or the hand injured to a greater or less extent. Place the hand in a basin of hot water, or, if preferred, wrap it in a hot fomentation cloth. The relief found is almost instantaneous, and the hot treatment acts most beneficially in producing a cure. If the raw surface is exposed, it ought to be covered with a sterilized towel which has been soaked in some mild disinfectant such as boric acid solution. It must be borne in mind that the raw surface will not stand so much heat as the unbroken skin.

A RECENT German writer says: "The lark goes up singing toward heaven; but if she stops the motion of her wings, then straightway she falls. So it is with him who prays not. Prayer is the movement of the wings of the soul; it bears one heavenward; but without prayer we sink."

TEN children are loved by their parents where one child has its parents' sympathy. Among those children who are not called to suffer from actual unkindness on the part of their parents, there is no greater cause of unhappiness than the lack of parental sympathy. In his joys, as in his sorrows, a true child wants some one to share his feelings rather than to guide them.—*H. Clay Trumbull.*

A YANKEE pedlar in his cart, overtaking another, asked him what he was carrying. "Drugs," was the reply. "Go ahead," said the former; "I carry tombstones."



QUESTIONS & ANSWERS

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

Colds — Cod Liver Oil. — A.J.M.: "1. Kindly tell me the best means for getting rid of a cold. 2. What am I to do to prevent taking cold so easily? 3. Do you recommend the taking of cod liver oil?"

Ans.—Have an enema to cleanse the bowels, and then take a hot foot bath, drinking a pint or two of hot water at the same time, followed by a cold sponge or mitten friction and a vigorous rub down. Then go to bed. The diet should consist of fruit, both fresh and stewed, for a day or two, and you should have your bedroom well ventilated. 2. Have a tonic bath in the morning, using either tepid or cold water, and then follow with vigorous friction. Take a walk out-of-doors in the morning for about half an hour, either before or after breakfast. Make a point of living in the fresh air as much as possible. Avoid close and overheated rooms, for they are the frequent causes of colds and various chest disorders. Dress according to season, using soft, light, woollen clothing next to the skin during the cold

season of the year. 3. We should recommend the use of pure cream or olive oil instead.

Hives — Flake Meal Porridge. — L.M.: "1. What is the cause of hives in a child? 2. What is the remedy? 3. Can a child of two and a half years digest flake meal porridge with cream?"

Ans.—Some form of digestive disturbance or local irritation of the skin due to the heat, dust, rough clothing, poisonous dyes, etc. 2. If there is anything wrong about the clothing, see that it is put right promptly. In most cases the diet wants careful attention. Avoid feeding the child between meals, or giving sweets, cakes, and other unwholesome foods. Overeating might also be the cause. 3. Yes, providing it is thoroughly cooked and well masticated. Such a breakfast food as toasted granose flakes will be even more wholesome and more easily digested by a child. They can be taken with cream.

(Concluded on page 58.)

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A Page for Women.*

Conducted by Marie Blanche.

How to Light a Fire.

It is really quite delightful of one of my readers to write and suggest a subject for discussion in my page this month. The suggestion is all the more welcome because it comes from one of the male persuasion, by whom I was not at all aware this page was ever read. My correspondent, who is kind enough to say he thinks my articles in *GOOD HEALTH* are "very sensible and practical," asks me to talk about some of the domestic arts, and in particular to deal with the subject of *fire-lighting*.

Now this is a very pathetic letter which he writes. In it my correspondent says: "Our maid of all work is a good little soul, and anxious to please, but neither she nor her mistress understands fire-lighting. Every morning I have to come down to my breakfast in a room where black coal and a pale, weak, flickering flame with half-burnt wood are lying together with scorched paper in a jumble in the grate and the room is as cold and cheerless as the grave. I always, *regularly*, every morning, fly into a rage, my wife with equal regularity becomes dissolved in tears and neither of us can apparently do anything to improve matters."

Our sympathies, of course, go out immediately to the breadwinner who finds himself compelled to breakfast in such cheerless circumstances; for a winter morning minus a fire in the grate has a rather depressing effect upon most of us, but there is surely no need to "*regularly*, every morning, fly into a rage," as my correspondent so humbly and frankly confesses. It is probably this display of temper which causes the distressed wife to "become dissolved in tears." It is proverbial, I believe, that men fly into rages and that women cry when things go crooked in this world, but neither rages nor tears will ever induce the fire to burn brightly in the grate. The remedy is, of course, in the hands of the one who lays the fire in the first instance. Unfortunately, very few of our present day domestics are taught to lay fires, make beds, scrub floors, wash, iron, cook, or do plain needlework and repairing—they are generally too busy in their school days trying to play pianos, paint pictures, and do what they call art needlework and such like useless accomplishments; and nowadays, if you ask your parlour-maid to darn a hole in a serviette or a pillow-case, she will usually make a very poor job of it, while should you tell her to sit down at the piano and play a Beethoven Sonata, you will probably find her much more at home with the keyboard than she was with her darning-needle and thread. But we don't require of our servants any musical or artistic accomplishments, and therefore qualifications of this kind are simply at a discount. What we do require, and what we are willing to pay for, is the girl who knows her business, can light fires and scrub floors, make beds, etc., etc., one who has, in fact, studied the domestic arts, and is

equipped and thoroughly capable of doing ordinary housework well. For such there is always a situation and a good salary.

To lay a fire successfully, you must first make sure that the grate is absolutely clear of all the cinders and ashes from the previous day, otherwise there will be no draught through underneath. Now make a good foundation of soft, crushed paper. Next the wood must be perfectly dry and plentiful, and should be arranged so that the sticks rest across from the back of the grate and between and on the front bars. Upon the first layer of wood place some small bits of coal and a few pieces of cinder, and if you have any old corks, put two or three of these in as well; now place a second layer of sticks the opposite way of the grate, from end to end, and also place a few in an upright position. Put more pieces of small coal and cinders—be careful not to put in any of the ashes—over the second layer of wood. Remember you do not want the foundation of your fire to fall in and the structure to burn hollow when the paper has burnt through, therefore you should, as I say, make a sort of bridge with the wood from front to back, and from side to side of the grate, supporting it lightly with small coal, and using the bars to rest the sticks upon. Never throw coal on the unlit fire with a shovel. Always put it on carefully, one bit at a time, with your fingers, allowing a little space between the coal for the flame from the burning wood to get through. Thus carefully laid, the fire should be hot and red in less than half an hour.

Answers to Correspondents.

ENA (MANCHESTER)—I am sorry I cannot tell you "how to acquire personal magnetism." To grow fatter, drink plenty of milk, and twice a day a cup of Hygiama. Eat plenty of wholesome bread, good butter, and eggs.

Mrs. M.J.—Certainly I think your daughter's health must be affecting her hair. See that she gets as much fresh air and nourishing food as possible. You might get a bottle of the Sanitarium Hair Tonic, and use it daily for a time.

E.H. (LOWER CLAYTON)—I was greatly interested in your letter. The best advice I can give you is, I think, to tell your own regular doctor exactly what you have told me. You probably need some treatment.

MABEL (WARRINGTON)—If you want your little boy of two years to be really a vegetarian, it is not wise to give him tongue and brawn. Cheese will not hurt him if he can digest it, but it is a very unsuitable food. Milk puddings, Ovaltine, and plenty of fruit, and sometimes eggs, would be a safe diet, you know, for a child of two.

M.S. (STRATFORD)—In the first place, you must please leave off taking drugs for constipation. Always eat brown bread, not white; eat fruit with every meal—dates, figs, prunes, or apples at breakfast, and, if possible, a boiled onion at dinner-time. Drink a glass of hot water at bedtime and a glass of cold as soon as you rise in the morning. Chills are things easier prevented than cured, therefore wear the warmest stockings and boots you can buy, also friction the feet with a rough warm towel morning and night. Do all you can to keep your circulation good. For any rash on the face, a little fresh milk dabbed on the part will relieve and cool it. Beware of quack ointments; some of them are not at all safe.

*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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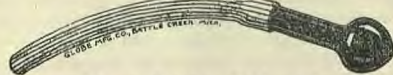
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pathist to the Salvation Army, than whom no man in Britain knows more of the value of thermal bathing, is enthusiastic about the 30/- Gem Cabinet, which he had in use for many years at headquarters, and has testified in ardent language to its value, its lasting power, its safety, and its cheapness. Your Editor, too, has in no uncertain manner stated from time to time his great belief in my Cabinet, as also have the editors of "Health and Strength," "Vitality," "Herald of Health," "English Mechanic," etc., etc. Does this not convince you of the desirability of at once investing in a 30/- Gem Cabinet? I cannot explain all its virtues in this space. Let me send you my valuable booklets, in which you will see a great amount of testimony from medical, scientific, and general sources. Address the Gem Supplies Co., Ltd., Dept. G.H., 22 Peartree St., London, E.C.

COLDS AND CATARRH

As the cold weather approaches, colds and catarrhal difficulties are bound to increase. Many persons suffer more or less all through the autumn and winter. Such will be interested to learn that the Good Health Supply company can furnish a complete outfit for the Home Treatment of catarrh. The difficulty with most appliances hitherto placed on the market has been that they merely supply medicated vapour to the nose and throat passages but are not capable of thoroughly cleansing these parts. The outfit that we are able to furnish supplies this lack completely. It contains, first, a Percussion Nasal Douche and medicine to go with the same, by means of which every part of the nasal passages can be thoroughly and quickly cleansed from mucus, dust, and other impurities. Then there is another instrument, known as the Globe Hand Nebulizer, also supplied



with medicine, that will introduce a fine nebula of medicated air into every remote part of these organs. Thus the diseased portions are first thoroughly cleansed, and then treated with healing vapours. The outfit complete, with full directions, and medicine for both instruments to last for a considerable time, is furnished at 7/6, post free. Here is an opportunity to apply scientific methods in treating a very common and distressing malady.



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GOOD HEALTH SUPPLY CO.,
Stanborough Park, Watford.

In answering advertisements kindly mention "Good Health."

GOOD HEALTH.

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

Editor: **M. ELLSWORTH OLSEN, M.A.**
Associate Editor: **ALFRBD 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, 30/1 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.**

We find on referring to the forecast in our last issue that most of the articles specially promised for the current number have been unavoidably crowded out. They are still on hand, and will be none the less valuable when they do appear. We shall not, however, attempt to foretell the contents of the next issue, beyond saying that we have some excellent articles on hand which will be of great interest to our readers.

May we invite special attention to the contribution in the present issue by Dr. A. B. Olsen. Our medical writers frequently recommend the use of fomentations, but do not stop to tell how these are to be prepared and administered. Dr. Olsen goes into this matter minutely, and we think the illustrations accompanying his remarks remove all possibility of misunderstanding the instructions he gives.

Those who have had any experience in the use of fomentations will know that Dr. Olsen does not exaggerate their value in the least when he speaks of them as "a universal remedy," and "a panacea for pain." The efficacy of a properly-administered fomentation seems really magical to those who experience its benefits for the first time. The change from tormenting pain to comfort is wonderful in its completeness and rapidity. A person who understands the use of fomentations, and who makes use of his knowledge to show his friends how to get relief from pain, has an excellent chance of soon coming to be regarded as a "ministering angel." For these reasons we especially ask our readers to make a careful study of the article on

(Continued on page 60.)

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.

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throughout the Winter*

Brown & Polson's "Patent" Corn Flour

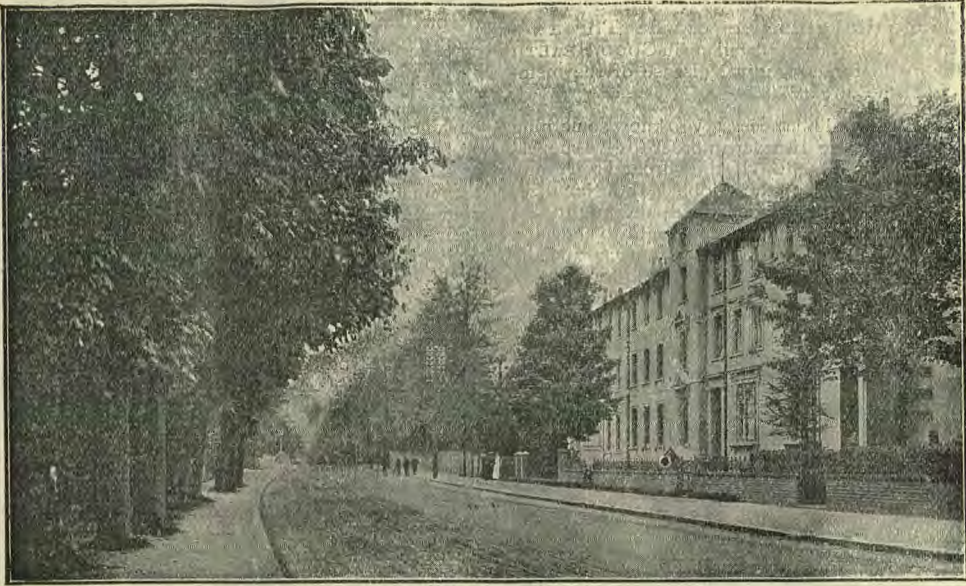
will provide dainty
nourishing and warmth-
producing puddings—
good for every member
of the family.

Try baked custard served
with prunes for to-day.

There are other good
suggestions for variety in
each 1-lb. packet. Look
for the recipe leaflet.

Brown & Polson's "A" Cook Book
showing 66 ways of cooking Corn
Flour, will be sent post free for 1d.
stamp to Brown & Polson, Paisley.

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."

(*Ques. and Ans., concluded from page 53.*)

Congenital Disease of the Throat.—R.L.: "Will you kindly tell me in GOOD HEALTH what to do for congenital disease of the membrane of the throat?"

Ans.—It would be necessary to know something further about the disorder in order to give suggestions as to treatment. If the throat is dry and irritating, the use of the Globe Hand Nebulizer would doubtless prove beneficial, and might give you a good deal of relief. You ought to consult a competent physician in order to ascertain the nature of the disorder and what to do for it.

Tubercular Gland.—M.D.: "I should like to have your advice about a tubercular gland which has been discharging slightly for some weeks."

Ans.—Consult a surgeon, and have it lanced and cleaned out properly. Then it will soon heal.

Gargle for Catarrh.—B.N.: "Could you recommend a gargle for catarrhal soreness of the throat?"

Ans.—Listerine one part, and water two or three parts, makes an excellent gargle for the mouth and throat, and is one that we do not hesitate to recommend. Peroxide of hydrogen to one or two parts of water is also a good gargle and quite harmless. Either the listerine or peroxide of hydrogen can be obtained from any chemist's shop.

Want of Energy — Phosferine — Constipation.—G.D.: "1. What are the causes and the remedy for want of energy, general slowness in getting about, and disinclination for work? 2. Are any medicines such as Phosferine necessary? 3. What would you recommend for chronic constipation?"

Ans.—1. Malnutrition of some form is usually at the bottom of such symptoms. We would recommend plain, wholesome diet, such as recommended by this magazine, together with active exercise and an outdoor life, and a sufficient amount of sleep, say eight hours, in a well-ventilated bedroom. Chew your food well. Avoid alcohol of all kinds, tea, coffee, condiments, pickles, pastries, cakes, sweets, and also flesh foods. To get more energy, you will have to use that which you have already: more muscle is only to be obtained by using the muscle one already has. Cycling would be an excellent exercise for you. You ought to be able to do from fifty to eighty miles per day easily. 2. No, certainly not. 3. Constipation is best combated by exercise and diet. Most fruits serve as laxatives. This is particularly true of stewed prunes and figs and dates. Coarse brown bread, oatmeal and other porridges, greens, such as spinach, as well as most vegetables; all have a mild laxative effect. The use of olive oil in the mornings, from one to three dessertspoonfuls, also has an excellent regulating effect on the bowels. Sip a glass of cold water an hour or two before breakfast, and go to stool regularly about two hours after breakfast. Avoid straining. Take a water enema if necessary in order to cleanse the bowels.

Health Publications and Reference Books.

"Alcohol and Motherhood."

By Professor G. Sims Woodhead, M.A., M.D. An excellent treatise by an acknowledged authority on a matter of national importance. 1d. per copy; 1½d. post free. Special prices in quantities.

"Biliousness: Its Causes and Treatment."

By A. B. Olsen, M.D. Gives practical suggestions which can be carried out in any home. 1d. per copy; post free, 1½d.

"The Food Value of Alcohol."

By A. B. Olsen, M.D. Shows that alcohol possesses no real food value, but is a poison. 1d. per copy; post free, 1½d.

"Healthy Boyhood."

By Arthur Trewby, M.A., with a foreword by Field-Marshal Earl Roberts. A book which should be put into the hands of every boy of twelve and over in the country. Handles delicate questions with admirable tact. Will do worlds of good. Price, 1/6, post free.

"The School of Health."

By A. B. and M. E. Olsen. A complete guide to healthful living, including instructions for the prevention and hygienic treatment of all the most common diseases. Price, 5/- net. To be ordered of any GOOD HEALTH agent, or sent post free.

"The Stomach:

Its Diseases and How to Cure Them." By J. H. Kellogg, M.D. An authoritative work,

which combines scientific truth with a simple, attractive style. No one suffering from dyspepsia should be without this book.

"Science in the Kitchen."

By Mrs. E. E. Kellogg, M.A. A classic on the art of hygienic cookery. The result of experiments in the cooking school of the Battle Creek Sanitarium extending over some twenty-five years.

"A Comprehensive Guide-Book

to Natural, Hygienic, and Humane Diet." By Sydney H. Beard. An admirable manual of recipes and helpful suggestions generally, which has already had a very large circulation, and in its new, revised form is more valuable than ever. Art linen boards, 1/6 net; post free, 1/8.

"Health for the Million."

By A. B. and M. E. Olsen. Published by R. J. James, London House Yard, E.C. Tells the story of the body and how to care for it in twenty-eight brightly-written chapters. Physical culture of the kind most helpful in performing the daily task is handled thoroughly. Nine full-page half-tone engravings.

The foregoing are only a few of the health and physical culture books that we regularly stock. Shall be pleased to give further particulars to any who may inquire. Address:

GOOD HEALTH SUPPLIES,

Stanborough Park, Watford, Herts.

"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."

(Continued from page 56.)

"Fomentations," and we suggest also that they keep this number by them, so that they may be able to lend it in future to friends or neighbours who are suffering, and thus show them the way of relief from pain. We are quite sure that, if our readers only appreciated the surprising value of the fomentation, every copy of this edition would be carefully preserved by its owners until the papers were absolutely worn out with constant use.

Why should we not all do our best to help in alleviating the suffering around us? There are so many things that even an average man or woman can do to help the sick, if only the heart is willing and a little earnest, careful study is devoted to ways and means. What a lot could be accomplished if in each of the fifty thousand homes which GOOD HEALTH enters month by month there were only one who cherished the noble ambition of living to do good and being a blessing to those who were in need of simple help.

One of our friends makes a point of preserving any article that he thinks would be especially useful to other people, and as he finds opportunity he

The New Liquid Food.

Send for **FREE** Sample.

Composed of the most active constituents for building brain, nerve and muscle (phosphorised cocoa, milk, eggs and malt extract). Ovaltine is a complete and extremely nourishing food. It is easy to prepare and makes a most delicious beverage, invaluable for recouping strength and energy in all ages.

Ovaltine

is richer in concentrated nourishment than any other food. Drink it in place of tea or coffee; it is 50 times more healthful. Of Chemists, or post free 1s. 9d. and 3s. Send rd. stamp for free sample

(makes 4 cups) to
A. L. WANDER, Ph.D.,
1 Leonard Street, London.

lends the article. We wish many more would do the same kind of work.

In many of the larger towns and cities of the United Kingdom there is a branch of the Good Health League in operation, but a formal organization is not often possible because of the difficulty of getting people together and finding active spirits who are prepared to act as officers and leaders. Yet why should we not have a Good Health League that will comprehend several thousands of our readers, every one of whom will count himself or herself an active representative of the cause of healthful living and will seek to extend its influence all about him? We should be very pleased indeed to hear from anyone in any place who will henceforth set himself to make a more careful study of the laws of health, practise them faithfully as far and as fast as he understands them, and do this, not for his own sake only, but for the privilege and duty of helping other people out of sickness and ignorance into health and light.

Nothing in our work gives us more pleasure than to hear from readers who have found a blessing for themselves in a clearer understanding of

(Concluded on page 62.)

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" Cocoashell.

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 Ktrk.

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."

Nutter

is pronounced by experts to be the finest cooking fat ever produced, and is being adopted not only by food reformers, but by many thousands of others.

1. It is purer than dairy butter, being entirely vegetable, and so free from suspicion of disease.
2. It is more economical, being all fat. You need only use about three ozs. of Nutter in place of four ozs. of butter.
3. It is far more nutritious and quite digestible.
4. It makes the most delicious and dainty cakes, puddings, and pastry, and is quite unrivalled for frying.

Sold by Health Food Stores and Grocers in 1½ lb. Cartons at 11d.; 3 lb., 1/9.

SPECIAL OFFER.

We will send you ½ lb. Cooking Nutter,
1 Sample Walnut Butter,
1 Sample Cashew Butter,
1 Pkt. Dried Vegetables, and a Dainty
Booklet of Nut Foods for

1/-

Post free,
if you
mention
"Good
Health."



MAPLETON'S NUT FOOD CO., LTD., WARDLE, LANCS.

A Seaside Home

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

Highest recommendations.

Accommodations exceptional, including facilities for
the electric light bath, Russian and shower
baths, and skilled massage.

Charges—moderate.

Write for terms, mentioning "Good Health."

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

For valuable information regarding diet and a selection of choice
recipes, get a copy of "One Hundred Hygienic Food Recipes,"
the best booklet of its kind. 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 Specialties.

ALL HEALTH MAGAZINES.

F.R. | nutmeat



Made from pine kernels
and cereals. Its excellent
flavour, digestibility, and sustaining power, are gain-
ing for it a wide popularity. Makes delicious savoury
dishes, and entirely supersedes meat. ½ lb. tin, 6d.;
1 lb., 1/-; 1½ 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.

NOBLE'S

FOOD REFORM
STORES & CAFE.

14 John St., Rawson Sq., Bradford, Yorks.

COOKERY LESSONS Every Monday
Evening at 7.30

By Lily Noble. 5d. per Lesson, 12 Lessons 2/6.

In answering advertisements kindly mention "Good Health."

(Concluded from page 60.)

the gospel of health, and who have found the still greater satisfaction of passing the blessing on to others. We invite all our readers to correspond fully with us, and if we are not able to answer fully or at all to the letters, by post or in the columns of GOOD HEALTH, they may know that their communications are not the less appreciated.

Just as an illustration of how enthusiastic advocates of health reform can spread its principles, let us briefly glance over the columns of this number of GOOD HEALTH. Take the article on keeping young. This is a vital question with many middle-aged people to-day, not a mere matter of preserving a youthful appearance, but of keeping a situation. Many such would be thankful to know how they can maintain their position in the ranks, and still compete with the youthful forces that are pressing to the front.

Thousands are suffering from kidney disease. The article on this subject contains a suggestion that would bring enormous relief to these unhappy victims.

The article on the use of drugs ought to be read by the millions who are spending their substance on patent medicines, and thereby sowing the baleful seed of new and more obstinate maladies.

"Playing with Fire" should be put into the hands of young men who are learning to tarry long at the wine, many of whom are yet to learn that, "at the last, it biteth like a serpent."

"A Guiding Principle," "Impressions of Japan," the Page for Women, and the rest of the matter, all have some interest and value. Can you not think, dear reader, of at least one friend or acquaintance of yours who ought to read one of these articles, and will you not see that he or she gets the opportunity, either by your sending a marked copy of the paper, or by your lending your own copy? And then will you not keep up this practice month by month, and so constitute yourself a worker in the Good Health League?

THE Highwater Hygienic Institute have opened a reception room at the address given in their advertisement, where they will be pleased to demonstrate the advantages of the numerous articles and apparatus manufactured by them to any reader of GOOD HEALTH. The reception room is in the charge of Nurse Flowers, who is fully certificated for medical, facial, Swedish, and other varieties of massage, and electrolysis.

WE have prepared an index for Volume VI of GOOD HEALTH, and shall be pleased to send a copy on application to those who preserve or bind their copies. Bound volumes for 1908, or for any previous year, can be obtained from the publishers. In handsome cloth binding, with appropriate design, 2/6, carriage paid.

Birmingham Natural Health Society and Good Health League.

Announcements for February, 1909.

February 3rd. Annual meeting of the Hygienic Dress League. Chairman, Dr. A. R. Badger.

February 17th. "Cleanliness," (Part I). Dr. Alexander Bryce.

Priory Rooms, Upper Priory, Corporation Street. Commence at 8 p.m. Visitors are made welcome. Programmes can be had from Hon. Sec., Mr. A. J. Morris, 28 Freeman Street, Birmingham.

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."

SOLID COMFORT.

To wear an **Adjustable Bodice** is to have solid comfort, and at the same time ensure neatly-fitting gowns.

The Good Health Adjustable Bodice

is the outcome of years of patient study of the problem how to combine health and comfort with style.

It gives a measure of support without exerting harmful pressure; serves all the proper uses of a corset, and offers none of the disadvantages of that very unphysiological and disease-producing garment.

For prices and further particulars apply to—

**Good Health Supplies,
Stanborough Park, Watford.**



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.

GOOD FOR YOUR COMPLEXION.

**Dr. Harlan's
BEAUTY-CUP MESSAGE
For the Face, Neck, Arms,
and Body.**

An effective home treatment for wrinkles and blackheads. The simplicity of this scientific system of self-applied massage, and the speed with which it clears the complexion, are almost beyond belief. A single soothing application of the little Beauty-Cup will often produce remarkable results. Blackheads in many cases are banished in sixty seconds. It removes impurities by atmospheric pressure, helps to round out the cheeks, arms, and neck, and to make the waste places in the body plump and healthy. Acts directly on the circulation, and feeds fresh blood to the tissues, thus making the flesh firm and fair, and the skin soft and satiny. Sent by mail in plain wrapper, with our Beauty Book for 2/1 P.O. (abroad 2/6 M.O.)
Address **The H. G. Highwater Hygienic Institute,
9-117 Exchange Building, Southwark, London.**



HOW NICE to have the "Good Health" delivered regularly by your own newsagent, yet nothing is easier. Ask him to do it. Only 1/- a year.

GEM Still, practically new, 30/-, cost 40/-.
Martin, 33 Clarence Place, Gravesend.

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."

AN active skin is just as essential to health in winter as in summer. The regular use of the Gem Bath Cabinet once or twice a week will go far to ensure a wholesome activity of the skin, and will also help to keep the muscles limber.

THE Glasgow Health Culture Society is to be congratulated on the progress it is making. New members are coming in at such a rate that the Society has been obliged to secure a new Lecture Hall, and it has been fortunate in obtaining from the education authority permission to use one of the finest public halls in Glasgow, a fact which in itself bears gratifying witness to the quality of the work done. Seven exercise classes are now in progress, with between two and three hundred pupils under instruction.

Following are the appointments for the month of February:—

LECTURES.

Feb. 10th.: "The Evolution of the House, and the Housing Question" (with limelight illustrations). By Professor Glaister (Glasgow University).

Feb. 24th.: "The Functions of Health" (with limelight illustrations). By Dr. D. B. Ross.

RAMBLES.

Feb. 18th.: Cawder Policies. Meet at Lambhill Car Terminus, 3.30 p.m.

Feb. 27th.: Waukmill Glen and Belgray Reservoir. Meet at Rouken Glen Car Terminus, 3.30 p.m.

New exercise classes, for both ladies and gentlemen, are just starting. Full particulars of membership, etc., from Mrs. Crawford, 64 Woodlands Road, Glasgow, or Mr. R. Steel, 80 Murano Street, Glasgow.

The address of the new Lecture Hall is 71 Holland Street (off Sauchiehall Street).

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 Fortess Road, London, N.W.



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.

THE ALLINSON WHOLEMEAL

Is a pure meal, made from carefully-selected and finely-ground wheat. A grain of wheat is a perfect food IN ITSELF. It contains everything the body requires, and in nearly the proportion needed; therefore those who eat Allinson Wholemeal Bread have the full benefit of the wheat,

NATURE'S BEST FOOD.

THE ALLINSON WHOLEMEAL

Should be used by all who would be well; it is a NECESSITY, not a luxury. Those who use it regularly do not suffer from constipation and its attendant evils.

It makes delicious bread, cakes, scones, pies, etc., and can be obtained in 3½ lb. bags, 5d., 7 lb. bags, 1/-, from all the leading Vegetarian Food Stores, also from most Grocers and Co-operative Stores. Full list of agents on receipt of post card to—

THE NATURAL FOOD CO., LTD.,
Room 161, 305 Cambridge Road, Bethnal Green,

In answering advertisements kindly mention "Good Health."

Colax for Constipation.

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

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