

GOOD HEALTH



March, 1909.

Editorial Chat :

"Personal and Social Purity," Public Instruction Needed, Vicious Secrecy, The Doctor as Educator, Wine Refused at the White House, Where the Babies Die, Malaria in India, A Convert in Spite of Himself.

What Consumption is Costing the Nations.

Appendicitis.—*Illustrated.*

Some of the Defences of the Body against Disease.

The Parents' Mistake.

Japan : Some First Impressions. V.—*Illustrated.*

The Air We Breathe.

Exercise.

A Vegetarian Menu.

Questions and Answers.

A Page for Women.

Vol. 7.

PRICE
ONE PENNY

No. 3.

TAKE ADVANTAGE OF
Modern Methods

To Regain Health and Physical Fitness.

ELECTRICITY.—High Frequency; Static, Galvanic, Faradic and Sinusoidal Currents.

LIGHT.—Radiant Heat (Electric Light, Incandescent, Arc, and Coloured Rays).

HYDROPATHY.—Electric, Nauheim, Sulphur, Brine, Acid, and other Baths, Needle Spray, Shower, Rain, Spinal, and other Douches.

HEAT.—Packs, Fomentations, Thermophore, Electric Light Baths (local and general).

**MASSAGE. MOVEMENTS.
PHYSICAL CULTURE.**

DIET.—Uric-Acid-Free. Curdled Milk. Conservative Cookery.

All the rooms sanitary, well-lighted, ventilated, and comfortable.

"A Home away from Home."

For Terms and other particulars apply to

THE SECRETARY,
LEICESTER SANITARIUM,
82 Regent Road.

Telephone: 4542 Nat.

Telegrams: "Sanitarium, Leicester."

The Oldest Health Food Stores
in the United Kingdom. *جی بی*

C. J. Bilson & Co.,

88 Gray's Inn Road, London, W.C.

Importers of and Dealers in

**Dried Fruits, Nuts, and Colonial
Produce.**

NEW CALIFORNIAN DRIED
APRICOTS, PEACHES, AND PEARS.

All kinds of DATES, FIGS, etc.

Nuts of every description, Shelled, and
Nut Meals.

BILSON'S COKERNUT BUTTER,
which is a splendid substitute for the ordinary Dairy Butter for cooking, is perfectly wholesome, and of a delicate flavour. **8d. per lb.,** carriage forward.

Sample Tin, 6d., post free.

Agents for the IDA NUT MILL, which is the best Mill ever offered for grinding all kinds of nuts, Cheese, etc. 1/6 and 3/6 each.

Agents for all health foods. Send for price list.

Used and prescribed by the entire
Medical faculty in U.S.A.
Supplied to over 1,000 Hospitals,

**INVALUABLE FOR
THE SICK - ROOM.**

جی **A NECESSITY FOR** *جی*
THE FOOD REFORMER.

and purchased extensively by the Government during the late war. Highest Awards, Paris and Buffalo, 1901.

WELCH'S NON-ALCOHOLIC STERILIZED
INVALID PORT,

Or **CONCENTRATED GRAPE
JUICE,** is the very Cream
of the most Luscious
Grapes grown.

PINT BOTTLES, 2/6, each representing the juice from upwards of 5 lb. of grapes, guaranteed to be free from alcohol, acid, sugar, water, colour, or flavouring matter; it is thus not only a Wholesome, Luscious Beverage, but a great tonic—Nature's Medicine—invaluable for invalids, or where nutriment is required; a blood builder, thirst quencher, and appetizer.

WELCH'S Non-Alcoholic INVALID PORT, being simply the pure juice of the grape, is a valuable Restorative that can be given to invalids with perfect safety. A **Sample Pint Bottle,** with full particulars, sent post free on receipt of 2/6.


Dr. WELCH, *London Offices:* 61-63 Farringdon Road, E.C.

In answering advertisements kindly mention "Good Health."



[See page 78.]

TWO OF THE 500 RAKAN-BUDDHA'S CHIEF DISCIPLES.



Good Health

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

Entered at Stationers' Hall.

VOL. 7.

MARCH, 1909.

NO. 3.

Editorial Chat.

"Personal and Social Purity." NEVER does the physician lay his fellow-men under deeper obligations to him than when, drawing upon his professional knowledge and experience, he gives wise counsel concerning pure, wholesome living. The impurity which is more or less rife in all lands, and vies with intemperance as a degrading, disease-producing influence, is not a pleasant topic. Most physicians avoid reference to it, if they do not condone it. The writer of this valuable little book handles the subject without gloves, yet with good sense and moderation. He speaks from the vantage point of a medical practice covering twenty years, and we agree with him that there is nothing in his book that "may not be read with profit by youths and adults of both sexes."

Public Instruction Needed. CHILDHOOD, Youth, Manhood and Womanhood, and Marriage are severally discussed; there is some plain speaking concerning venereal diseases, and finally an urgent plea for public instruction in these subjects. The latter point is well taken. It may be granted that such instruction can best be given by parents, but the parents as a rule are very remiss in the performance of this duty. If the State finds it necessary to instruct children in reading and writing in order that they may not grow up in ignorance of these

useful arts, it has at least equally valid reasons for instructing them in the great physical laws underlying health, and especially warning them against every form of impurity, in order that they may develop a robust manhood and womanhood.

Vicious Secrecy. THERE is nothing more favourable to the rampant growth of vice and corruption than the vicious secrecy which invests sexual subjects at the present day. When the most powerful of human impulses and passions are left practically without guidance, how can we wonder if thousands of beautiful lives are ruined at the very outset. The unthinking course of some parents is almost as if they were to place their children astride wild horses and trust Providence to see them through in safety. The surprising thing is that many more are not absolutely ruined; but the best-informed medical men tell us that vice in various forms, and the diseases which spring from vice, are far more prevalent than is generally supposed.

The Doctor as Educator. THE remedy is education. Every child should be taught the basic principles of hygiene and physiology; should learn to eat plain, simple food in due season, and live a healthy, outdoor life; then when the proper time comes such a knowledge of sexual truths should be given, by pure-minded instructors (preferably the parents),

*To be had of author, J. D. Dodge, Collinwood, Ohio, U.S.A., price two shillings, post free.

as will satisfy legitimate curiosity and guard against impure habits. In this education the family doctor is naturally qualified to bear a leading part. As Dr. Dodge says: "Physicians are, by virtue of their calling, teachers; and it would be infinitely better for humanity if they could teach the youths of the land the laws of life, and the avoidance of disease, before they have actually fallen, than to wait until they have violated those laws and contracted disease before offering helpful advice."

Wine Refused at the White House. NOT very long ago a Welsh choir went to the White House and rendered a few songs for the pleasure of the President and his family. At the close of the performance, in harmony with a pernicious social custom, a glass of sherry was offered each of the singers, and politely refused, every member of the choir being an abstainer. All honour to this band of Prohibitionists. Speed the time when their numbers shall be mightily increased, so that the custom of serving intoxicants of any kind at social functions will no longer be tolerated. Surely alcohol, which has wrecked thousands of happy homes, and is to-day taking the bread from the mouths of hungry little children, has no right to the social distinction which is accorded it.

Where the Babies Die. DR. WILLIAMSON, Medical Officer of Health for Edinburgh, gave some interesting figures at a recent public meeting, showing how the infant death-rate varies in different localities. "In Gorgie, a respectable working-class district, 89 children in every 1,000 died under one year; in the St. Leonard's district, where the density of the population was greater and the sanitary conditions were in many respects not so satisfactory, the number was 159 per 1,000"; and in Canongate and Cowgate, where the conditions are apparently still worse, the death-rates per thousand are 256 and 316 respectively. Let us hope that in every city where the children of the working classes are dying so rapidly, earnest efforts will be put forth to better the conditions all round, and especially to do away with

the slums, those festering sores of filth and disease.

Malaria in India. THE strong and well maintained monsoon which has restored the agricultural prosperity of India, has also, says the "British Medical Journal," brought in its train the annual outbreak of malaria. In parts of the United Provinces and the Punjab so many persons are ill that there is scarcely enough labour to gather in the excellent crops, and in the large towns there are scores of deaths daily. The subject is receiving the attention of the leading medical men, and it is hoped that some effective prophylactic measures can be taken.

A Convert in Spite of Himself. A WRITER in the "British Medical Journal," who signs himself "A Quondam Gourmet," gives unqualified testimony to the value of a uric-acid-free diet: "Some nine years ago," he says, "I happened to read Dr. Haig's work on uric acid, and as my general health was then far from satisfactory, I determined to give his dietary a trial. Previously I had been in no sense whatever faddy about food. For the first two years after commencing the experiment, I never once deviated from the path of strict dietetic rectitude according to the gospel of Haig. All my symptoms speedily disappeared, and by the end of the second year I was in better condition than ever before, and was conscious of a feeling of well-being hitherto unknown to me. This feeling of well-being still continues. It never leaves me save as the direct result of some serious dietetic sin. . . . It is with reluctance that I admit this, for I still hanker after the fleshpots. Caneton Rouennaise, with a bottle of Chambertin, still appears more attractive than Apsley duck with salutaris, and English roast beef more savoury than mock beef rissoles. I am a convert in spite of myself. Though my memory dwells with pleasure on many a past gastronomic treat, yet the improvement in my health and the increase in my power of endurance are such that nothing would induce me to revert to my former dietetic habits; and I know that mine is far from being a solitary experience."



WHAT CONSUMPTION IS COSTING THE NATIONS.

BY M. ELLSWORTH OLSEN.

THAT the 138,000 persons who die annually of consumption in the United States cost £200,000 000 in hard cash, was one of the striking statements made by Professor Irving Fisher in his paper on "The Cost of Tuberculosis," read before the late sixth Triennial International Congress on Tuberculosis, held in Washington, D.C.

The money lost arising from disease and premature death is seldom thought of. It is well that a professor of Political Economy, who, by the way, is president of the American Health League, a health organization somewhat resembling our own "National League of Physical Education and Improvement," should call attention to the enormous economic loss which a country sustains through permitting its citizens to die by millions of an easily preventable disease. Professor Fisher classifies the cost of tuberculosis under four heads:—

- The cost in lives.
- The cost in disability.
- The cost in unhappiness.
- The cost in money.

The estimated death-rate from tuberculosis of the lungs in the United States is 142 per 100,000; those of other representative countries are as follows:—

Australia, 76; Belgium, 109; England and Wales, 114; Italy, 118; Netherlands,

136; Japan, 145; Jamaica, 152; German Empire, 183; Norway, 197; Ireland, 210; Serbia, 332; Austria, 336.

The rate of 142 per 100 000 in the United States means that 119,000 persons die yearly of tuberculosis of the lungs, and 138,000 of tuberculosis in some form, and that almost exactly 5,000,000 persons now living in the States are doomed sooner or later to become victims of this disease.

It helps us to realize the magnitude of these figures when Professor Fisher tells us that the deaths from tuberculosis alone equal the combined deaths from typhoid fever, scarlet fever, smallpox, diphtheria, cancer, diabetes, appendicitis, and meningitis. In fact, one in nine of all deaths is due to the great "White Plague."

Naturally the percentage varies at different ages. Those in the very flower of life are the most exposed to this dread disease. Quoting from Professor Fisher:—

The deaths from tuberculosis reach a maximum, as compared with other causes of death, at the age of twenty to twenty-nine, being then for males a little less than one-third of all deaths, and for females a little more than one-third. For the entire population the deaths from tuberculosis of the lungs at the third decade of life are almost exactly one in three.

This fact is of great significance in any estimate of the cost of tuberculosis. We cannot estimate the cost of disease by the number of deaths merely. A death from cholera infantum or from Bright's disease is not as great a loss to a

nation as a death from tuberculosis, for the reason that infants and the aged are of less value in a population than those living in the prime of life. Tuberculosis picks its victims at the very period when the value of life is a maximum, after the investment in the education and preparation for life of the young is finished, and before the period of declining vitality sets in, when the productivity of the individual has become exhausted.

The average age at which consumptives die in the United States is for males, 37.6 years, and for females 33.4. The expectation of life at these ages being about thirty years, it follows that but for tuberculosis these persons would, speaking roundly, have lived twice as long as they did. The heavy drain thus made upon the manhood and womanhood of a country may well receive serious thought.

Professor Fisher goes on to consider the period of time during which the consumptive is disabled, this being quite naturally greater for the well-to-do than for the workingman, the latter's circumstances forcing him to work to the latest possible moment. Four years is fixed upon as the average period elapsing from the time the disease is discovered till death. For half of this time the patient is partially disabled, and for the remaining half totally so.

In treating the subject of disability, the paper proceeds, it must not be forgotten that in addition to those who are *conscious* of having tuberculosis, there is a larger number who, without knowing it, suffer some disability from latent tuberculosis. Nageli has found that 97 per cent of adults who die of other diseases than tuberculosis are somewhat tubercular. Other investigators have confirmed the conclusion that over 90 per cent are affected. In other words, most people who grow up have mild tuberculosis without knowing it. Many of them have suffered from what they believed to be prolonged "colds," "bronchitis," or "malaria," and recovered without ever having suspected that they had tuberculosis.

Aside from the cost in lives and from disability, there is the cost in misery and suffering, in which not only the patient, but his family and friends share. "There must always be," writes Professor Fisher,

"between one and two million people in the United States upon whom the dark shadows of this scourge rest, and double this number if we include those who mourn the loss of their loved ones."

Finally there is the cost in money, consisting of loss of earnings and actual "expenditures for physicians, medicines, nursing, travelling, and usually—alas!—burial." The loss of money earnings includes that occasioned by the period of disability, and the capitalized value of the future earning power cut off by death.

Speaking of the cost of tuberculosis in producing relative inability to work, a quotation is given from Dr. Price's "Study of the Economic Course of Consumption in Wage-Earners," which reads as follows:—

Of 177 wage-earning males tabulated in this paper among whom careful inquiry was made concerning the original and ultimate economic condition, 72, or 40 per cent, became dependent on charitable aid during the course of their disease; 26, or 14 per cent, died in charitable institutions; and we have good reason to suppose that the majority of others received at some time charitable aid. . . . Histories of such families show that the result of such long-continued illness is not only a complete exhaustion of the family treasury, but an ultimate destruction of a considerable portion of the family from the disease. There seems to be no other disease of such malign influence in its tendency to bring the family unit down to the lower levels of social and material welfare.

Professor Fisher goes on to consider in detail the economic value of each human life, and the consequent money loss to the community when tuberculosis carries off a victim. Taking the most conservative figures on every point, he is able fully to justify the remarkable statement concerning the annual cost of the disease to America which is made at the beginning of this article.

All this relates chiefly to America; but it is equally applicable to Great Britain. England and Wales, to be sure, have a lower death-rate from tuberculosis than has the United States; but Ireland has

one which is considerably higher. The problem equally concerns all countries, because the death-rate from this disease is far higher than it need be even in the countries where it is lowest. And a more powerful depressing and pauperizing influence it would be hard to find, unless it be the drink habit.

Fortunately, something can be done by individuals as well as by governments; in fact, action on the part of a government is useful only in so far as it operates individually upon men and women. We need, then, to bestir ourselves to eradicate the chief causes of tuberculosis, which are both immediate

and predisposing. The immediate cause is usually infection with the tubercular bacillus, to avoid which extreme care should be taken to keep the sputum of a consumptive from drying and being carried everywhere. Consumptive cases

should be notified, and instruction should be given as to how infection may be avoided. There is not the slightest danger in having a consumptive in the house, providing only that the necessary precautions are taken in disposing of the sputum.

The isolation of the incurable consumptive, as pointed out by Professor Fisher, is also a valuable means of keeping the disease from spreading.

It is not enough, however, to reduce the possibility of infection. The power to resist disease germs must also be cultivated by a wholesome, nourishing diet, abundance of fresh air day and night, regular outdoor exercise, and wholesome habits generally. Especially must we learn

to sleep with open windows. Foul air pollutes the lungs and weakens the whole system. It is a chief cause of tuberculosis. Then, too, we must see that the children are fed: half-starved children grow into weak, sickly youth, and when they finally merge into manhood and womanhood are in no condition to resist the attacks of disease. We must likewise fight the drunkenness which is proving in England, as well as in France, a powerful predisposing cause of consumption.

Fortunately, enough has been done already to give ground for hoping much from the near future. The death-rate



Turning over the Soil.

from consumption is being cut down year by year in many countries. In the United States it is now only three-fourths of what it was twenty years ago. In Prussia it was chiefly stationary between 1875 and 1887, ranging from 310 to 325 per 100,000; since then it has steadily declined till it is now about 180. In England during three-fourths of a century the tuberculosis death-rate has fallen off by two-thirds, giving that country the lowest death-rate from this disease of any large country in Europe.

Ireland, which has a high rate, is taking hold of the matter in good earnest, the travelling exhibitions carried on by the Women's National Health Association being perfect models of their kind.

GOOD HEALTH.

APPENDICITIS.

BY R. S. INGERSOLL, M.D.

A LITTLE more than a score of years ago this disease was practically unrecognized. The disorder existed, but it was left to a later time to be studied and properly labelled, so that to-day when a man has pains in his abdomen they are not all monotonously denominated by a single term.

But there is more to the study of this affection than merely giving it a name. There is a practical importance in understanding its nature, so that we can to a certain extent guard against it.

The word "appendicitis" means an inflammation of the (vermiform) appendix, which is a blind pouch opening into the head of the large bowel, called the *cæcum*. From the accompanying illustration showing the beginning of the large intestine and a short piece of the small intestine (Fig. 2), it will also be seen that the small intestine enters the large not at the very end, but about two and a half inches above, and this portion below is the *cæcum*. To this the troublesome appendix is attached as a small, finger-like projection. From the head of the colon, situated in the lower part of the right side of the abdomen, the course of the bowel is up toward the liver, then across and down on the left side. These three parts are called the *ascending, trans-*

verse, and *descending* portions of the colon. Fig. 1. From this it can be seen that when the contents of the small intestine are carried into the colon there would be a tendency to accumulate matter in this pouch or *cæcum* were there no force to lift it up and carry it on.

This is a wise provision of the Creator, and is so arranged for a definite purpose. As the food passes through the small intestines the process of digestion is being carried on, and it is thus prepared for absorption. By the mechanism above described the progress of the intestinal contents is slowed, and thus the more complete absorption of the nutritive material is facilitated.

If all goes well the intestinal contents are passed on without producing any trouble. But

if from any cause they remain in this absorption chamber too long, the watery portion is absorbed. The dry material remaining is handled by the bowel with difficulty, and finally it acts as a foreign body, and irritates the delicate lining membrane. Thus is begun a mild inflammation which readily extends to the appendix.

When in a healthy condition, the appendix can expel its contents by muscular contractions, but when its vitality is lowered by repeated irritation or inflam-

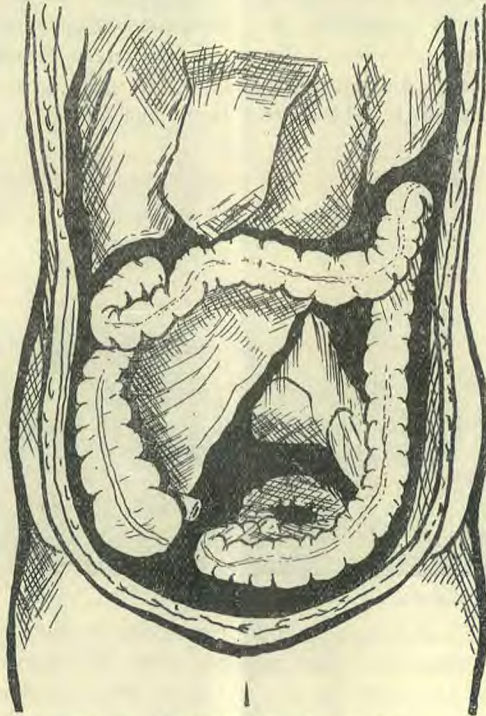


FIG. 1. DIAGRAM OF THE COLON.

mation, it is not able properly to force along even normal intestinal contents. When to these are added the embarrassment of dealing with hard, dry, and irritating substances, it gives up the task, and the particles remain within its *lumen*, soon causing ulceration of the surface against which they lie. The way is now open for the entrance of germs (which inhabit the intestine, but under ordinary conditions do no harm). Now they set up active inflammation, and produce poisons which are absorbed into the circulation, causing fever. The sufferer has severe pain with vomiting, and we say he has appendicitis.

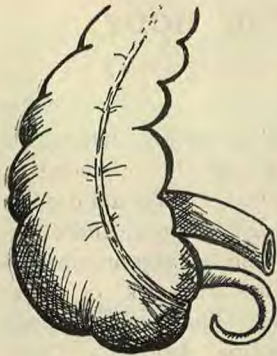


FIG. 2. THE APPENDIX.

Fortunately, in the majority of cases, by the combined action of the muscles of bowels, stomach, and even abdomen, the irritating material is removed, the ulcer heals and the attack is over. But this is not always the end of the trouble. When tissues of the body have been damaged by ulceration, the repair material is quite different from the normal. It contracts more or less, and produces deformity just as it does after a burn on the surface of the body. So if the ulcer in the appendix has been close to the bowel, after healing there is a contraction of its *lumen*, and if material accumulates even in small amounts it is very difficult for it to be forced out. Repeated irritation, lowered resistance, new offending material in position, cause other attacks, probably more serious than the first. It may go on even to the formation of an abscess, and then the pus must be removed. This sometimes occurs by rupturing into the bowel, but often surgical interference is necessary.

How Can We Guard against Appendicitis?

From the foregoing it is obvious that we must—

1. Avoid irritation of the sensitive mucous membrane by irritating foods.
2. Keep the bowels active.
3. Use every means possible to keep up the general tone of the entire digestive system.

Under the first heading we should avoid condiments, indigestible food of all kinds, and especially anything cooked in grease. Rich pastries cause torpidity of the bowel.

On the other hand, the bowels may be kept active by the use of wholemeal bread and biscuits, thoroughly cooked porridge, or prepared cereal food, as granose, which, after the digestible portion is absorbed, leave a residue acting as a healthy stimulus to the muscular action of the intestine. Plenty of fruit also may be used, but acid fruits should not be taken with coarse vegetables, as the combination may cause acidity of the stomach. Acid fruits are best eaten with cereal foods only.

If the above precautions do not secure regular daily action of the bowels, one might make one meal of the day entirely of fruit—apples, pears, etc. Either a morning or evening meal may be of this nature, preferably the latter. A glass of cold water taken early in the morning before breakfast is also helpful.

As to means of a general nature, regular, systematic exercise is of great value to those who lead a sedentary life. Various exercises help to strengthen the abdominal muscles, affecting those of the intestinal wall also. Again, all exercise should be taken as far as possible in the open air. If this is impracticable, let the windows and doors be opened wide, so as to get the benefit of the outside air.

Some Suggestions as to Treatment.

Severe pains in the abdomen, associated with vomiting and fever, always suggest conditions which should influence the

sufferer to call a competent physician without delay, as in these cases early attention often means the saving of life.

For the relief of the pain there is nothing of a simple nature better than the use of hot fomentations frequently applied over the painful part. This may be used with perfect safety at any time during the illness. It is done by taking a flannel cloth, folding it to the desired shape, wringing out of boiling water, and spread over two thicknesses of dry flannel upon the abdomen of the patient, a little more to the right side than the left. It should

be covered with a dry flannel, and allowed to remain three or four minutes, when it should be re-heated and again applied. Repeat three times. When the flannels are removed the skin should be cooled for a moment by rubbing lightly with the hand or a cloth which has been dipped in cold water. Then dry thoroughly with a coarse towel.

By means of rest, liquid diet, and the use of the enema, and by vigorous fomentations in the early stages of the disease, the necessity for an operation may be avoided.

SOME OF THE DEFENCES OF THE BODY AGAINST DISEASE.

BY CHARLES CAVE, M.D.

THE human body possesses a marvellous array of protective agencies calculated to arrest the progress of disease, whether arising from the poisons generated within itself or from enemies in the form of animal and vegetable parasites.

The vegetable parasites or bacteria, are minute living plants which can only be seen by the aid of the microscope. They are widely distributed in the air, water, and in the soil, and are especially abundant where insanitary conditions prevail. The skin teems with them. Through the medium of air, food, and water, they gain access into the body. Their power of reproduction is great—two of them, under favourable conditions of growth, in a few hours giving rise to thousands or millions. They manufacture poisons which vary in intensity according to the kind of bacteria, some poisons proving rapidly fatal, as in lock-jaw (tetanus) and diphtheria. Almost every disease to which the human family is subject is due to the action of these organisms. As a means of defence against these death-dealing agencies, the body is endowed with a very elaborate system of protection.

Since "the blood is the life," we would expect to find it a powerful opponent to the enemies of the body. When a drop is examined under a microscope, there are seen, besides the fluid, a large number of little bodies called corpuscles, or cells, both red and white. The latter are conspicuous in combating disease. These white corpuscles, or leucocytes, are so minute that twenty-five hundred arranged in a row would extend but one inch. They exhibit the striking characteristic of locomotion, an endowment not possessed by the red cells. They can pass out from the blood-stream through the wall of the blood-vessel and wander about. They have no mouth as we conceive of a mouth, and yet they eat; no nerves, but they respond to heat, cold, and electricity. Their constitutional power is great; for it has been demonstrated that twenty-four hours after bodily death the majority of white blood cells are still living.

It is by virtue of these unique properties that the leucocytes constitute the great "bodyguard" against foreign invaders. When the body is assaulted by microbes, the leucocytes attack the intruders, and

entering into a vigorous warfare, they engulf and digest their enemies. It is to meet such an emergency that we find in most infectious diseases an increase in the number of the leucocytes. It is a familiar sight to the scientist when making examinations under the microscope to find great numbers of germs imprisoned within their bodies.

The power of the white blood cells to take up and devour bacteria that have gained an entrance into the body depends upon the presence in the blood of certain important substances, technically called opsonins. Under the influence of these opsonins, the bacteria fall easy victims to the destructive action of the leucocytes. This fact is of practical interest, since the development of the opsonins may be inhibited by pernicious practices in eating and drinking.

The taking of alcoholic drinks is a powerful factor in suppressing the production of opsonins, as the following experiments will show:—

An investigator took some dog's blood to which germs and alcohol were added. After careful manipulations, he examined the blood and found that even so dilute a mixture as one part of alcohol to fifty parts of blood completely prevented the leucocytes from performing their work.

Very recently members of the total

abstainers were submitted to this alcoholic test. Before receiving a certain quantity of alcohol, their blood was examined and found to contain a normal proportion of opsonins. After the experiment, it was found that the "opsonic index" fell below the normal.

Alcohol is an enemy to the body because it weakens the most potent forces that defend us against disease. A physician, called to a case of pneumonia, for instance, in a man who is addicted to alcohol, is less sanguine regarding his recovery than he is of a man who is an abstainer, everything else being equal. The same is true in case of other diseases.

Another formidable line of opposition to the assailants of the body is found in that system of little bean-like bodies designated lymph glands.

They can be felt

at certain parts of the body—the armpit, groin, and under the lower jaw; and we are especially reminded of their presence when tooth-ache, sore throat, mumps, or a painful, inflamed boil or cut on the arm or leg exists, for in these conditions the glands in the neighbourhood of the affected part usually become enlarged and form painful 'kernels,' as they are sometimes called. It is estimated that there are five hundred of these glands in the body. They occur in groups in the neck, in the chest, in close



LIVING WATERS.

proximity to the bronchial tubes, and in the intestines, where they are plentifully represented, besides other places. They must be regarded as filters by means of which nature rids the body of bacteria and their poisons. When we consider the millions of micro-organisms that abound in the intestines, the mouth, and those that are taken into the lungs through the air, the need of these wonderful adaptations of the body becomes very apparent.

The stomach contributes no small part to the protective economy of the body. By virtue of its digestive fluid, the gastric juice, the vast numbers of bacteria taken with the food and drink are destroyed, and the stomach contents are thus rendered sterile before passing into the intestines. The germ of Asiatic Cholera and many other species are destroyed in the stomach.

Of all the solid organs of the body, perhaps the liver occupies the most dominant position as a barrier to disease. It has to deal with some of the most virulent poisons formed in the body. In its location and function, it plays the part of a great filter for all the blood coming from the stomach, bowels, and other digestive organs. Before passing into the general circulation, the blood from these parts is first sent to the liver for inspection, so to speak, and all substances dangerous to life and health are removed and destroyed.

These are a few of the mighty forces at constant work in maintaining the body in health, and defending it against disease.

The Parents' Mistake.

PARENTS are apt to think that evil is easily possible to the children of other parents, but not to theirs. Others may have become defiled in thought and fall into vice, but they cannot think such things of their own children.

Because they do not speak with them upon the subject of the origin of life—God's method of reproducing and perpet-

uating life in the world—they suppose that the child never thinks on these things, and that no one else speaks to the child upon these subjects.

This is a great mistake. Your child cannot come into ordinary contact with other children without being endangered upon this subject. The truth alone will prove an antiseptic to keep the mind of your child from defilement.

Be not deceived; evil thoughts and suggestions await your child everywhere. To be convinced of this fact, you have only to visit schools, observe the walls and fences, and oftentimes even the pavements themselves, in the vicinity of the schools. The truth will render your child immune to deception and to much degrading vice, and it is the only thing that will. Socrates said: "Ignorance is vice"; and the statement is as true to-day as it was centuries ago. Innocence plus intelligence fosters virtue, and virtue supported by a strong moral sense will most successfully safeguard in the hour of temptation.—*Sylvanus Stall, D.D.*

"Anatomy."

WHEN a composition upon "Anatomy" was called for, Freddy wrote the following:—

"Anatomy is the human body, which has three parts, the head, the chest, and the stummick. The head consists of the eyes, the ears, and the brains, if any. The chest contains the lungs and a piece of the liver. The stomach is devoted to the bowels, of which there are five, a, e, i, o, u, and sometimes w and y."

A Warning to Boys Who Smoke.

"THE average life of an engine only thirty years!" said an astonished passenger. "Why, such a tough-looking thing ought to live longer than that." "Well," said the engineer, "perhaps it would if it didn't smoke so much."—*The Boy Magazine.*

JAPAN: SOME FIRST IMPRESSIONS.—V.

BY A. MARION CLARK.

MANY strikingly picturesque figures come before my mind's eye as I think over our many walks and rambles both in the towns and up country.

Among these are the beggar pilgrims, of whom we give an illustration, with their large hats, their money boxes, and their rosaries. Among the less educated people, the principal religions of the country, Buddhism, Shintoism and Confucianism, seem to be strangely confused; and a peasant, if asked which of these is his religion, will look utterly perplexed. Perhaps more real to them is the religion of the family—filial piety—which leads them to the most scrupulous care of the ancestral graves and the performance of various rites on the prescribed anniversaries of the deaths of the departed. But far better than this, filial piety teaches them to care most practically and tenderly for their aged parents and relatives. Any Japanese would be ashamed to allow his old people to come upon others for support.

But to return to our illustration, the Japanese set great store by pilgrimages,

travelling long distances to attend temple festivals. But it is sad to see the superstition which is mixed up with their acts of devotion. Often have I seen a mother, with her infant slung on her back, come into the temple and ring the temple gong, clap her hands, and repeat her prayers. Then she would go to some poor, dilapi-



BEGGAR PILGRIMS.

dated, wooden representation of one of their gods, bow before it, rub its arm, or its leg, or its head with her fingers, and then rub the corresponding part of her baby. This

and chant—of course in Japanese—some such invocation as this: "May our six senses be pure, and the weather on the honourable mountain be fair." The six



BUDDHISTS.

act of faith they claim brings healing to the poor little sufferer.

The particular white-robed pilgrims of our illustration, make the ascent of certain holy mountains their act of pilgrimage, and as they climb, they often ring a bell

senses, according to the Buddhists, are the eyes, ears, nose, tongue, body, and heart.

I went into a temple at Nagoya, attached to which was a long gallery, which contained the most grotesque carved figures, representing the five-hundred Rakan, who

were Buddha's chief disciples. (See frontispiece.) Two priests were uttering the most curious droning sounds—apparently reading from the sacred temple books—and all the time beating out a weird rattling noise on a curious skin drum.

Round about the neighbourhood of Kyoto, one of the old capitals of Japan, we frequently met women of the peasant class, who presented a most striking appearance. They came from two villages which lie close together, and there it is the custom to carry all burdens on the head. Consequently, these women are upright and of a splendid build; they are also distinguished by wearing white leggings, which look exceedingly well beneath their indigo-coloured kimonos. It has been the custom from time immemorial to choose nurses for the imperial children from among these stalwart women.

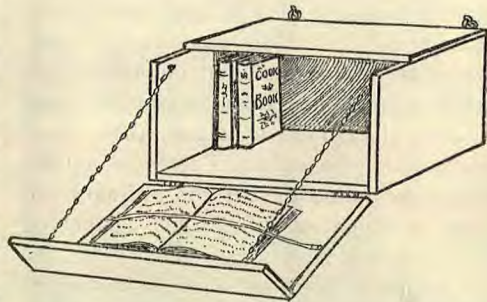
Another curious and striking figure which one occasionally meets, is the Japanese wrestler, who is head and shoulders taller than all the rest of the people, and most revoltingly fat and abnormally developed.

Then there is the blind shampooer, or "Amma San," whom one meets at twilight feeling his way along the streets with a long stick, and whistling plaintively on his little pipe. Then the weary and sick call in their blind friend to give them the comfort of a good massage. This art has long been the prescriptive right of the blind.

Another figure, though picturesque, we were not so pleased to meet. This was the bearer of night soil, or the sewage and refuse matter from the houses. One would rather imagine than realize the very unpleasant odour he leaves behind him, as he goes on his way with two great wooden tubs slung one from each end of a long pole carried across the shoulder. Thus primitive are sanitary matters still in the villages of Japan.

A Useful Device.

THE accompanying illustration is taken by kind permission, from "Good House-keeping," and suggests a convenient means of keeping a cookery book or other volume before the eye of the housewife during her kitchen labours. The book box illustrated is to be fastened to the wall over the kitchen table at such a



height that when the front cover falls into place it makes a shelf on a level with the eyes. A special feature of this shelf is a band of elastic tape under which an open book can be slipped. By this contrivance the books are always out of the way and free from dust when not in use; and even when in service they are not lying on the kitchen table to become soiled in handling.

EVERY night labours to undo the physiological mischief of the preceding day—at what expense gluttons may compute if they compare the golden dreams of their childhood with the leaden torpor-slumbers of their pork and lager-beer years.—
Felix Oswald, M.D.

To escape the evils arising from the use of alcohol, there is only one perfect course, namely, to abstain from alcohol altogether. No fear need be entertained of any physical or mental harm from such abstinence. Every good may be expected from it.—
B. W. Richardson, M.D.

THE AIR WE BREATHE.

BY A. B. OLSEN, M.D.

AIR is composed of about seventy-eight parts of nitrogen and twenty-one parts of oxygen to one hundred. There are numerous other gases which enter into the composition of air, but with very few exceptions, they are unimportant and it is not necessary to deal with them. Besides nitrogen, which is inert and serves chiefly as a diluting gas, and oxygen, which is the essential and important constituent, pure air also contains a small amount of carbonic acid gas; about three parts in ten thousand. There are numerous other impurities in the ordinary air, some of which we will discuss farther on in this article.

One has to go to sea or to the mountain-tops to get the purest air, while in mines and other underground places, such as railway tubes, the air gets very impure and foul. In tunnels it may contain from ten to twenty or even more parts of carbonic acid gas to ten thousand.

Unventilated Rooms.

The air of occupied rooms which are not properly ventilated often gets very close and foul. The poisonous wastes given off from the body have a benumbing effect upon the organ of smell, and as a result it is often difficult, if not impossible, for those sitting in a close room to detect its foul odour. But anyone coming into such a room from the fresh air will at once discover its impurity. Such air contains not only an excess of carbonic acid gas but also a considerable amount of various organic wastes which are often more harmful than the carbon dioxide.

Origin of Carbonic Acid Gas.

When air is breathed into the lungs of any animal, it loses approximately one-fifth of its oxygen, and in place of this gas takes up about the same amount of carbonic acid gas from the lungs. This car-

bonic acid gas is the direct product of the combustion processes going on in the body by means of which animal heat is produced. In all combustion processes oxygen is used up and carbonic acid gas formed. Thus, a fire burning in a grate consumes a large amount of oxygen and gives off a corresponding amount of carbon dioxide. A gaslight and a lamplight also consume oxygen and give off the carbon dioxide. This is one of the great disadvantages of such lights as compared with electricity, which, while giving us the light, is confined in a vacuum, and consequently does not destroy oxygen or produce carbonic acid gas.

Other Impurities of Air.

In practice the air is never pure, but often contains other impurities, such as fumes of various kinds, harmful or otherwise; germs; and varying amounts of watery vapour. The gaseous impurities vary enormously according to varied circumstances. Traces of ammonia, carbon monoxide, sulphuretted hydrogen, and other gases are often found in the air.

If the combustion of coal is incomplete or imperfect, carbon monoxide (one of the most poisonous of all gases) is formed, and, if breathed to any extent, will cause fatal results. This is the poisonous gas which is given off from burning charcoal, and if proper ventilation is not provided, death must result from breathing the air of the room.

Night Air.

It must be obvious from what we have already said that, generally speaking, the composition of the night air is very much the same as that of the day air, and this is emphatically true; but there are some exceptions, several of which are of considerable importance.

In the first place, scientific authorities

are generally agreed that the night air contains less dust and less germs than the day air. This is, of course, due to the fact that more quietness prevails at night, and the traffic of the street is practically at a stand still. This is a most important consideration, and one deserving of careful attention on the part of all. The still night air is more wholesome to breathe and is in a purer state than the air obtained in the daytime.

Secondly, it is also generally agreed that the night air contains more oxygen and less carbonic acid gas than the day air, and possesses, therefore, again, greater purifying powers than the day air.

Moisture of the Air.

But some one will say, "Is not the night air damp?" Day or night, the air contains a certain amount of moisture in the form of watery vapour, and in certain seasons of the year the air at night contains a larger proportion of moisture than in the daytime. This is due chiefly due to the loss of warmth when the sun goes down, and the consequent chilling of the earth, sometimes to such an extent that dew is deposited. Even though the air is damp, still it is of vital importance that it should be pure and fresh. This could be remedied by having the air warmed and the chill removed. But warm air does not induce such restful and refreshing sleep as the cool, fresh, outdoor air.

If one is careful to breathe only through the nose, there is practically no danger from breathing the fresh air, even though it contains a considerable amount of moisture. Indeed, that would be far more wholesome than to close up the windows and breathe over and over again the air given out from the lungs.

Conclusion.

We would therefore conclude that under no circumstances are we justified in clos-

ing our bedrooms so as to exclude the night air, and we can further claim that the night air contains less of the harmful impurities which militate against health and lead the way to disease, and is richer in that life-giving gas, oxygen, which is of such vital importance to every human being.

CAUSES OF DISEASE.

BY MRS. E. G. WHITE.

DISEASE never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health. Many suffer in consequence of the transgression of their parents. While they are not responsible for what their parents have done, it is nevertheless their duty to ascertain what are and what are not violations of the laws of health. They should avoid the wrong habits of their parents, and by correct living, place themselves in better conditions.

The greater number, however, suffer because of their own wrong course of action. They disregard the principles of health by their habits of eating, drinking, dressing, and working. Their transgression of nature's laws produces the sure result; and when sickness comes upon them, many do not credit their suffering to the true cause, but murmur against God because of their afflictions. But God is not responsible for the suffering that follows disregard of natural law.

God has endowed us with a certain amount of vital force. He has also formed us with organs suited to maintain the various functions of life, and He designs that these organs shall work together in harmony. If we carefully preserve the life force, and keep the delicate mechanism of the body in order, the result is health; but if the vital force is too rapidly exhausted, the nervous system borrows power for present use from its resources of strength, and when one organ

is injured, all are affected. Nature bears much abuse without apparent resistance; she then arouses, and makes a determined effort to remove the effects of the ill-treatment she has suffered. Her effort to correct these conditions is often manifest in fever and various other forms of sickness.

Rational Remedies.

When the abuse of health is carried so far that sickness results, the sufferer can often do for himself what no one else can do for him. The first thing to be done is to ascertain the true character of the sickness, and then go to work intelligently to remove the cause.

If the harmonious working of the system has become unbalanced by overwork, overeating, or other irregularities, do not endeavour to adjust the difficulties by adding a burden of poisonous medicines.

The Diet-Cure.

Intemperate eating is often the cause of sickness, and what nature most needs is to be relieved of the undue burden that has been placed upon her. In many cases of sickness, the very best remedy is for the patient to fast for a meal or two, that the overworked organs of digestion may have an opportunity to rest. A fruit diet for a few days has often brought great relief to brain-workers. Many times a short period of entire abstinence from food, followed by simple, moderate eating, has led to recovery through nature's own recuperative effort. An abstemious diet for a month or two would convince many sufferers that the path of self-denial is the path to health.

EXERCISE.

WHILE it is true that the output of the body is determined by the quality and quantity of the food taken in, it is also true that the power to receive food depends upon the use made of it. There can be no exercise without eating, neither can there be any eating without exercise. A man may think that he is eating when he is forcing food through his alimentary canal, but there is no real eating except when the hungry cells lay hold of and assimilate the nourishment brought within their reach. The cells can only be made hungry by the expenditure of their vital force.



What happens when food is taken into a body that feels no real need of food? It lies in the body unutilized. It becomes an incubus, a drag upon the delicate mechanism of the body. No matter how excellent it may be in itself, it is worse than useless to the system that does not need it. It begins to fer-

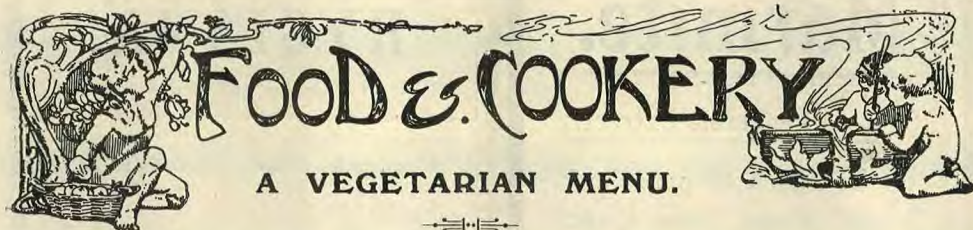
ment, poisons are developed, and these poisons are carried to various parts of the organism to its injury. Feverish passions are aroused, lustful desires are formed, and the disordered system seeks relief from the pressure by unnatural and irregular devices. What is the proper cure for this condition? The cure is the same as the preventive—hard work. The man who employs his muscles in strenuous labour will create a healthy appetite, and the food he eats will be quickly utilized. It will not be left in his stomach to ferment, breed poison, and cause disease. The man who does not labour with his muscles simply takes poison when he eats food,

and the more food he eats the more he will suffer the consequences. If a man will not work, neither shall he eat. He may think to defy this sentence, and eat notwithstanding, but he only increases the bitterness of the sentence thereby.

The same principle applies to the mental nature. The man who thinks to merely accumulate knowledge without putting it to service will find himself loaded with ill-digested stores of matter which only weaken the mind. In the very effort to impart knowledge to others there is a more thorough digestion and assimilation of it. The mind that is not exercised to its full power in the endeavour to impart its very best to others for their help becomes the seat of a kind of fermentation of ideas, a breeding-place for poisonous errors. Many a once brilliant mind has sunk into insanity because it made no outlet of usefulness for that which it had taken in.

In spiritual matters the same law holds

good. How unsatisfactory is the experience of those who are ever seeking to be fed, and neglecting to impart good to others! There is a recognized type of religionist to be found in constant attendance at conventions and religious gatherings, always with the object of gaining spiritual power, but never putting to good and practical use its accumulations. Such continual feeding without exercise does not bring strength, but weakness. Spiritual dyspepsia results. The best of spiritual food in such a person turns to poison, and breeds doubt and gloom. Beware of the idea that spiritual elevation is to be found by mere devotion to study and meditation on spiritual themes. Spiritual health, like bodily health, comes only to the one who makes full use of the nourishment he receives, whose life is a continual alternation of labour and refreshment. Whether we consider the physical or mental or spiritual life, it is equally true that he who does not work cannot eat.



A VEGETARIAN MENU.

Mock Turtle Soup.—Cut fine one-fourth pound of protose, one-fourth pound of nuttolene, and one onion; cook in one quart of water for one hour. Add one quart of rich liquor from lentils

minced fine. Thicken if necessary with a little brown flour.

Pease Croquettes.—Boil until thoroughly done two cupfuls of Scotch peas. Rub through a colander, and add two well-beaten eggs, a little minced parsley, a small grated onion, salt to taste, and dry breadcrumbs enough to make quite stiff. Form into croquettes, roll in beaten eggs and breadcrumbs, and bake in the oven about ten minutes. A cupful of chopped walnuts will improve the croquettes.

MENU.

Mock Turtle Soup.	Pease Croquettes.
Nut Loaf with Piquant Sauce.	
Baked Carrots.	Roasted Potatoes.
Gâteau de Pommes.	Date Dainties.

or Scotch peas; one pint of strained tomatoes; two-thirds cup of chopped mushrooms. Cook one-half hour, then add salt to taste, juice of one-half lemon, and yolks of two hard-boiled eggs,

Nut Loaf.—Chop fine three-quarters of a pound each of protose and nuttolene, and one onion; put into a mixing bowl; season with two teaspoonfuls of salt, one saltspoonful of sage; add two cupfuls of fine breadcrumbs, and moisten

with two well-beaten eggs and one-half cupful of thin cream; mix well, and form into a loaf with the hands. Bake in a moderate oven about thirty-five minutes.

Piquant Sauce.—Put four tablespoonfuls of coco-nut butter into a saucepan. When it melts, add three tablespoonfuls of browned flour. Stir until smooth; draw the saucepan to one side, and add gradually one pint of protose broth.

Roasted Potatoes.—Fill a baking-pan with peeled potatoes. Brush them over with salted cream. Cover them closely, and bake. If they are not sufficiently brown when done, the cover may be removed to brown them.

Baked Carrots.—Boil medium-sized carrots in salted water until thoroughly done. Scrape and slice in half-inch slices lengthwise. Dip in beaten egg and fine breadcrumbs. Place in an oiled dripping-pan, and bake until well browned.

Gateau de Pommes.—Pare and core six large tart apples; add one pint of water, three cups of sugar, juice of one lemon, and the peel grated; boil briskly for half an hour, then thicken to the consistency of jelly with a little cornflour. When cold, serve with the following custard:—

Mix with four well-beaten eggs one and one-half cups of sugar one tablespoonful of cornflour, and a little lemon juice. Beat this into one pint of boiling milk. Set the dish in a pan of boiling water, and cook ten minutes, stirring constantly.

Date Dainties.—Wash and steam for about ten minutes some choice dates. Split one side, remove the seed, putting in its place one-fourth of a walnut meat; press together and roll in powdered sugar.

REV. MR. FREUDER, of Philadelphia, was invited to dine at the house of a friend, whose wife went into the kitchen to give some final orders. Incidentally she added to the servant: "We are to have a Jewish Rabbi for dinner to-day." For a moment the maid surveyed her mistress in grim silence. Then she spoke with decision: "All I have to say is, if you have a Jewish Rabbi for dinner, you'll cook it yourself."—*Good House-keeping.*

"My soul is a lighthouse-keeper," wrote Ella Wheeler Wilcox in a poem, and she was astonished to read the printer's version when it came out in a periodical—"My soul is a light housekeeper."—*Selected.*

Marmite.

(A Pure Vegetable Extract.)

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

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

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

PRICES: 1 oz. pots, 4½d.; 2 oz. pots, 7½d.; 4 oz. pots, 1¼d.; 8 oz. pots, 2/-; 16 oz. pots, 3/4.

HIGHLY RECOMMENDED BY VEGETARIANS AND FOOD REFORMERS.

Obtainable from all Health Food Stores. For a free sample, write (mentioning "Good Health") to

Marmite Food Extract Co., Ltd.,

59 Eastcheap, London, E.C.

An Ideal Food Beverage.

HYGIAMA.

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

Excellent for invalids. A splendid substitute for tea and coffee. A natural stimulant and pick-me-up.

Sample tin, 1/-; 18 oz. tin, 3/-;
POST FREE.

Hygiama can now be obtained in the form of **Hygiama-Tablets**, especially suitable for travellers, athletes, and lovers of the outdoor life. These tablets supply first-class nourishment in a convenient form for the pocket. Send 1/3 for sample tin.

Consumptives, brain-workers, invalids, and growing children, will find Hygiama-Tablets an excellent food to be taken between meals.

Descriptive booklet (state for infant or adult) post free on application to—

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

In answering advertisements kindly mention "Good Health."



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.

Golden Syrup—Buzzing in the Ear.—

E.F.G. :—" 1. I am told that sugar is not wholesome for a person suffering from rheumatism, is the same true of golden syrup? 2. I have a buzzing sound in my left ear when in the presence of loud noises such as a passing tram or church organ playing, what is the cause? 3. My eyes keep running water when out-of-doors, what can I do to prevent this?"

Ans.—1. Sugar is more likely to be wholesome and pure than golden syrup, but sugar and sweets of any kind are not considered wholesome for rheumatic patients. 2. The affected ear is probably in a hypersensitive state. You should consult an ear specialist. 3. Bathe the eyes morning and evening with cold water, and dry them well, or you might try bathing them alternately with hot and cold water. In any case dry them from the cold water. Avoid going out in the East wind or any irritating wind.

Rheumatism—Nut Butter.—L.S. :

"A lady suffers from pains in her feet and ankles, and sometimes in her knees and hands. Some time previously she had an attack of quinsy. 1. Would the corruption from the quinsy be likely to cause the pains complained of, or would it be more likely to be rheumatism? 2. If rheumatism, would the various much-advertised magic foot pads prove of any real benefit? 3. What treatment would you recommend? 4. In the preparation of nut butter for home use, ought we to use a vegetable fat as a basis, and if so, which one would you recommend?"

Ans.—1. Probably rheumatism. 2. Not any more benefit than could be had from a pair of woollen hose, and probably not as much. 3. Electric light and Turkish baths with hot fomentations to the affected parts. Intoxicating beverages, tea, coffee, and flesh foods should be avoided. Water may be taken freely between meals. In a chronic case a visit to the Sanitarium at Caterham or Leicester, with a course of eliminative treatment, would prove effectual. 4. Coco-nut butter may be used in the preparation of almond, pine nut, and walnut, or other nut butters in whatever proportion desired.

Enlarged Heart.—C.H. : " 1. What is the cause and treatment for enlarged heart? 2. Can it be cured?"

Ans.—1. The causes are numerous, such as strain in taking exercises or doing manual labour, the use of alcoholic liquors, and gross indiscretions of diet. The treatment consists of Naheim baths (for certain suitable cases), tepid and cold sponges and mitten friction, a moderate amount of walking under the observation of a doctor, and general hygienic measures that will build up the bodily health. Such cases are best treated in some health institution, such as the Caterham Sanitarium. 2. Yes, in favourable circumstances, if there is no organic disease.

Citrate of Magnesia.—M.M.B. : "Do you consider it wise to give a child of six years doses of citrate of magnesia as a cooling medicine when he is suffering from spots supposed to be the result of teething?"

Ans.—No, certainly not. We do not consider it advisable to give drugs of any kind to children who are merely suffering from some simple complaint. Simple attention to diet as regards quantity and quality of food and frequency of feeding, together with water to drink between meals, and plenty of fresh, wholesome fruit, is all that would be required. It would be well to give the child a tepid or neutral full bath each morning, or both morning and evening, followed by gentle friction and the application of some tonic Talcum Powder such as Mennen's.

Torpid Liver.—C.E. : "My husband has a headache every sixth or seventh day, generally on Sundays, which appears to proceed from the liver. He has tried every advertised remedy for it, but without benefit. What would you advise?"

Ans.—A vacation for the stomach and liver. Persuade him to take only fruit, fresh and stewed, for two or three days, and then to adopt a very plain but nourishing diet. Give him bread or porridge and fruit for his breakfast, without either tea or coffee. For dinner give him a plain vegetable soup with zwieback, a mealy baked potato, brown bread and butter, and a plain custard, custard rice, or tapioca. For his tea and supper, which should be combined, give him some more bread and fruit. The food should be well masticated, and all drinks taken between meals. Fomentations to the stomach and liver will not only bring relief but also promote a cure. Have nothing to do with advertised medicines and drugs of any kind, all of which are a snare and a delusion and are far more effective in emptying the purse than in relieving the over-worked and more or less abused digestive organs.

A Page for Women.*

Conducted by Marie Blanche.

"WASTE not, want not" is a maxim that should be instilled into the mind of every man, woman, and child. It is never too early nor too late to study the subject of thrift and economy. I have heard it said that the application of the above maxim tends to induce meanness. Now this is not the case. Meanness and thrift are not exactly the same thing. You know some people have a funny little way of looking at this matter, and what they describe as intense meanness in their friends, they joyfully call economy in themselves. In order to practise the theory of waste not want not, and at the same time to steer clear of the vice of meanness, it is perhaps safest to make a rule of personal thrift and economy that cannot touch or interfere with our charity and generosity towards others. If this is done, thrift will never degenerate into niggardliness. The housewife has, of course, many, many opportunities for exercising the virtues of economy. In the cooking department, in the store cupboard, and in the selection of foods she has a daily call to either waste or good management. In this country, even amongst vegetarians, there is a terrible waste of nourishing food. It is amazing that those who live mainly upon a diet of vegetables, fruits, and cereals, are so careless in the choice and treatment of these valuable things. In many cases it is, I know, a matter of ignorance, but this cannot, of course, be made a reasonable excuse, because we have all had opportunities, surely, of learning how to cook a potato, for instance. A potato is always best cooked in its skin, either steamed or baked, but never boiled. No vegetable, if we would retain its nourishing qualities and its flavour, should ever be boiled. If this means of cooking is resorted to, the water in which any particular vegetable has been boiled should be saved and made the basis of a soup for the next day.

Some of you do not possess the apparatus for steaming foods, and are therefore obliged to boil, so let me give a few hints on the subject. Cauliflower should be put into the saucepan flower downwards, or the scum settling upon it will spoil its colour. Spinach, which wants careful washing, can be thoroughly cooked without putting water into the pan, the moisture clinging to it after washing being sufficient. Boiled watercress is largely used in Paris as a vegetable, and its use there is to the extent of £300 worth a day. It is cooked the same way as spinach. Few people know how good young nettles are when prepared for the table in a similar way. They are not often offered for sale, but can always be obtained for the trouble of gathering. Needless to say, they must be gathered with gloves, and only the light green tops. Extreme care must be taken in washing these before cooking, as they grow wild and get very dirty and dusty, therefore see to it

that they are thoroughly cleansed in many changes of salted water. Tomatoes, when used as a cooked vegetable, ought never to be boiled. They should be placed carefully in a pan of boiling water for ten minutes, and are then ready to serve. When required for a salad, they should be skinned by being placed whole in boiling water for a few minutes, when the skin will quickly peel off with a knife. The common radish makes a good vegetable if cooked till tender, drained off, and tossed up in parsley butter. Celeriac is a delightful dish, peeled, cut into pieces like a turnip, cooked till tender, and served with a good white sauce of milk and butter poured over. Salads are valuable at all times of the year, and it is a great mistake to think that because you cannot get a lettuce you cannot have a salad. Young celery, beetroot, and cooked artichoke thinly sliced are a delicious salad, and a good dressing can be made with a raw egg, the juice of a lemon, and plenty of oil. Do not use a third grade oil, it is sure to be adulterated with cotton seed, and indigestible. Use the "Médé Lois" brand, which is absolutely pure, and comes direct from the olive growers at Nice. It is a pure olive oil of the most delicate flavour.

In conclusion, I would again say that the thrifty housewife must save all the water her vegetables have been cooked in, and use the same for broth next day, with little strips of carrots or turnips or onions or even celery and sprouts added, with perhaps a small quantity of barley, rice, or haricot beans added also. Remember that in *boiled* food most of the valuable juices and nourishment are left in the liquid, so here at any rate we can all apply the advice to "waste not, want not."

Answers to Correspondents.

Miss McD. (Conralto).—Of course, I shall be very pleased to give you any help I can, if you will tell me what it is you want to know.

A.S.H.—You did not enclose a stamp with your questions. It is one of the rules, you know.

L.S. (Harnham).—think 12 o'clock is rather late for your first meal. After an illness you ought to feed well. If you want to grow fat you must take plenty of fattening foods, such as milk puddings, butter, brown bread, and plenty of good fruits and cereals. I can also recommend Hygiama, made with milk, and taken three times daily, as a means of increasing weight. This food will, I am sure, do you good.

Miss A. J. (Bath). If your voice has never been properly trained, that would account for the unevenness and trouble you complain of. The owner of a properly trained voice should be able to depend at all times upon her entire range, otherwise her "stock in trade," if she were a professional, would be of little value. Yes, I could give you the name of a lady in London whom you could interview if you wished it. You would, however, have to pay her a fee of 10/- for the interview.

*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.

The P.R. Cracker.

Made with finely ground entire wheat-meal; absolutely free from chemicals, cheap fats, raising powder, etc.

**Short and Crisp.
Easily Masticated.**

Just the thing for breakfast, with butter, marmalade, cheese, or honey; or with soup, or with P.R. Coffee.

PRICE:

5 D
1 1/2

per carton of all
Health Food Stores

Buoyant Health.



Vytalle Oil.

A pure, digestible, delicately flavoured blend of choice vegetable oils. A dessertspoonful with each meal steadily builds up the nervous system and ensures buoyant health. Invaluable for delicate children and mothers. Sold by all Health Food Stores.

Price, 1/- Per Bottle.

Leaflet about Vytalle Foods post free.
Mention "Good Health."

THE VYTALLE OIL CO.,
145 County Terrace Street, London, S.E.

Another Special Offer By the Turkish Bath Man

So great is my conviction as to the value of hot-air bathing that I have an ever-strengthening desire to make its merits known, and an all-powerful ambition to see a Gem Turkish Bath Cabinet in every home in the land. Already I have sold more than 20,000, but the army of the sick is a mighty one, every year filled with new recruits, wearied almost to death with quackery and shams, and it is in the hands of these that I want to put the blessings of thermal bathing. I am willing to send a 30s. Cabinet on receipt of a ten-day post-dated money order, and if for any reason, after using the Cabinet as often as you like, you are dissatisfied, you can return the Cabinet within that time, and have your money refunded. If you are not in a position to avail yourself of this offer, I am prepared to go still further. Send me a postal order for ten shillings and your word that you will pay five instalments monthly of 4/6 each, and I will at once send you a 30s. Cabinet. I don't ask for sureties or references; I will take your word for it and trust you. I have a great faith in the honesty of my fellow-creatures. I don't imagine I am the only honest man in the world. I know, if you accept my offer, I shall have your everlasting gratitude. You will note that in accepting payments in this way I cannot offer a free trial, and I charge you 32s. 6d. for the Cabinet; but it is worth every penny of it, and it only repays me for any extra cost of bookkeeping, use of capital, etc. Just think what it means. You can immediately enjoy the benefits of home Turkish bathing for a trifling sum. You will have the Cabinet ready at hand for any emergency, and there isn't a man, woman, or child who may not be suddenly stricken with some trouble which, taken at its birth, may be as quickly relieved by this wonderful thermal treatment.

Your Editor Strongly Recommends this Cabinet.

Postal orders and cheques should be made payable to my company, The Gem Supplies Co., Ltd., Dept. G.H., Pear-tree Street, Goswell Road, London, E.C.

Scientific Principles Applied to Cooking.



A PITMAN Steam Cooker

will cook a whole
dinner without attention.

Cooks entirely by steam. Will cook onions, sweet puddings, and any other foods usually boiled at one time, without any one of them partaking of the odour or flavour of the other. It cooks well, but never burns.

It saves fuel and stove space, and will fit any stove. Good food is spoiled by being improperly cooked. The prime object is for food to retain its natural flavour, and experience has demonstrated the fact that steam-cooked food is more savoury, juicy, and nourishing than food cooked by any other method.

	Round.	Oval.
Boiler, with one Steamer complete, each,	3/- & 4/-	7/-
Two Steamers,	4/3, 5/9.	9/9.
Four Vessels complete, as illustrated,	5/6, 7/6.	12/6.
Capacity each vessel,	2 qts., 3 qts., 6 qts.	

Illustrated catalogues of Labour-Saving Cooking Appliances, and Health Foods, with Diet Guide and copy of "Scientific Cookery," post free two stamps.

'PITMAN' Stores, 147 Aston Brook St., B'HAM.
The Largest Health Food Dealers in the World.

In answering advertisements kindly mention "Good Health."

The Baptist Handbook for 1909.—The Baptist Handbook is a voluminous book of nearly seven hundred pages, and contains an excellent photograph of the Rev. Charles Brown, President of the Baptist Union, as well as numerous other illustrations and a vast amount of interesting and useful information concerning the Baptist denomination. The President, in an excellent address, which is given in full, lays down the following dictum for Christian ministers, with which all must agree:—

“No man is qualified for the Christian ministry who has not a deep love for his fellow-men, who is not capable of living in their life, who has not conquered selfishness. He must covet the spirit of his Master expressed in the memorable words, ‘The Son of man came not to be ministered unto, but to minister, and to give His life.’”

The Handbook is issued by the Baptist Union Publication Department, 4 Southampton Row, London, W.C., at 2/6 net.

Cookery Annual.—We welcome to our table the “Cookery Annual” for 1909. This publication was founded and is still edited by that well-known cookery and food specialist, C. Herman Senn, Esq. There is a unique calendar indicating the various articles of diet in season during the different months of the year, which is followed by a week’s menus for each month. The hints on buying groceries are alone well worth the price of this bright annual, which costs 1/-. It can be had by applying to the Food and Cookery Publishing Agency, Westminster, London, S.W.

To Isolated Members of the Outdoor League.

THE 6d. booklet “Out-of-Doors” is at length ready, and a copy is being sent free of charge to all members who have sent us the initiation fee of one shilling. In case any are overlooked, we will be thankful to have them remind us by a post card. Such reminders may be addressed to the Good Health Office, at Stanborough Park, Watford, Herts.

GOOD HEALTH is an excellent advertising medium for Articles of Ordinary Household Use, Physical Culture Books and Appliances, Health Foods, Invalids’ Supplies of All Kinds, Cycles, Camp Outfits, Outdoor Supplies, Healthful Wearing Apparel, etc. Write for rates and full particulars to Good Health (Advt. Dept.), Stanborough Park, Watford, Herts.

A FOOD. A MEDICINE. A TONIC.

“MEDE-LOIS”

PURE OLIVE OIL.

Direct from Growers (Nice) to Consumers.

In bottles, 2/- and 3/4 to anywhere in British Isles from G. CLAYTON, 3 London House Yard, London, E.C.

**HEALTH HOME AND BOARD
RESIDENCE ON FOOD
REFORM LINES.**

Close to sea and promenade. 4 minutes from station. Large, airy rooms. Good cooking. Late dinner. Home comforts. Terms: from one guinea. Address: Proprietress, “Evangston,” c/o “Health Food Stores,” 83 Hamlet Court Road, Westcliff-on-Sea. Early application for Easter.



If your baking is not always quite successful—
If you find it takes too long—
—try the certain and quick method of home baking with

“Paisley Flour”
(Trade Mark)

—the **sure** raising powder—

The “Paisley Flour” way is—to 8 parts of ordinary flour add 1 part of “Paisley Flour,” then follow with the other ingredients as usual.

“Paisley Flour” is the economical raising powder, in 7d., 3½d., and 1d. packets. The 7d. packet will raise 7-lbs. of flour, making the cost of the mixture but a little over 2d. per lb.

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."

GOOD HEALTH.

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

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

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

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

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

West Indian Edition: Price, 5 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.

NEXT month we hope to present our readers with some timely matter on the subject of the outdoor life. If people only realized what a veritable diamond-mine of physical riches they have in the oxygen all about them, they would take fuller possession of their heritage. Many are stumbling into the miseries of sickness simply because they are too indifferent to taste the rich delights of health that cluster about their drooping heads.

THE programme of the Birmingham Natural Health Society for March is as follows:—

LECTURES:—

March 8rd: "Living the Life Beautiful." Mr. H. Caddick.
March 17th: "Cleanliness." (Part II.) Dr. Alex. Bryce.
March 31st: Hygienic Dress League Quarterly Meeting.

The lectures are held at the Priory Rooms, Upper Priory, Corporation Street, at 8 p.m.

The Birmingham Natural Health Society, with other kindred organizations, is offering ten medals, gold, silver, and bronze, for the healthiest specimens of manhood residing in Birmingham and district, of eighteen years and upwards. The final judging will take place at the Temperance Hall, Temple Street, on Wednesday, March 24, 1909, at 7.30 p.m., when Lieut. Müller, the Danish marvel, will also give a demonstration.

THE citizens of Birmingham are fortunate in having so many zealous promoters of health principles in their midst, and such practical demonstrations of the value of training for health. The Birmingham Vegetarian Society held a Conference and Public Meeting at the Y.M.C.A. rooms the last week in January, and Dr. Geo. Black, of

(Continued on page 92.)

EVERY WOMAN
should own a
MARVEL WHIRLING SPRAY.
The new Syringe. Best—Safest
—Most Convenient.
It Cleanses Instantly.



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

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

A delicious and nourishing milk and cereal food for general use.

Neave's Health Diet

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

Especially valuable for Dyspeptics, Convalescents, Invalids, and the Aged on account of its digestibility and strengthening properties.

DELICATE AND GROWING CHILDREN SHOULD HAVE THIS NOURISHING AND HEALTH—GIVING DIET DAILY FOR BREAKFAST.

Quickly and easily made

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

ERLENBACH,

On the Lake of Zurich, Switzerland.

Nature Cure Sanatorium

Hydropathy. * Sun and Air Baths.

Air Hut Colony. * Massage.

Gymnastics. * Vegetarian, Fruit-arian, and Mixed Diet.

Electric Light Treatment.

Excellent results in Chronic Diseases.

Fine excursions in the lovely neighbourhood.

Bathing. Cycling. Mountain Sport.

TERMS: 4/- to 7/-.

Medical Adviser: DR. KELLER.

For English Prospectus apply to—

The Manager, FRED. FELLEBERG.

Cure can easily be taken along with Swiss Tour.

In answering advertisements kindly mention "Good Health."

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

Bromose

The food that is
All Food.



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

Bromose furnishes the entire nutriment of nuts in a highly digestible form.

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

Bromose makes flesh—healthy tissue—rapidly, *more rapidly than any other food.*

Bromose is invaluable in all cases of anæmia, wasting disease, debility, mal-nutrition, etc.

Bromose makes good blood, good brains, good muscles, good energy, and good nature, and gives a good return for its cost—1/6 per box of 30 tablets. (Combined with fruit, the same price.)

Supplied also in fine powder form, known as

Malted Nuts,

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

We offer you

{ Sample BROMOSE,
Sample MALTED NUTS,
Sample GRANOSE, and
Handsome Illustrated Catalogue,
with useful hints on health,
and many valuable recipes,

Post Free
for
2d.
stamps.

International Health Ass'n, Ltd.,

Stanborough
Park,
WATFORD.

In answering advertisements kindly mention "Good Health."

(Continued from page 90.)

Torquay, gave an excellent address on "The Influence of Diet in the Prevention and Treatment of Disease."

"Considering the high and honourable position which man occupied in regard to creation," said Dr. Black, "it seemed a most terrible thing to think that one out of every seven of the infants born into this world passed away before their first year was over; that before five years had been reached, about one-half of all the children born into the world were gone."

He attributed this heavy loss of life to the fact that man had departed from the laws of nature. Many common diseases were caused by the use of flesh food. "He understood that in Birmingham people consumed a large number of rabbits which were caught on Dartmoor. He had often looked upon the creatures in the baskets labelled Birmingham, and saw them with their bones broken and protruding through the flesh. Could these rabbits have been in the traps for hours and hours in such a condition without their agony affecting the flesh? It was only natural that those who partook of that flesh should also have ills imparted to them."

ONCE more the delights of spring are beginning to gladden our eyes and hearts. The trees are putting forth their buds, and the flowers are again returning to make the earth gay with colour and beauty. The blustering gales of March have little terror for us after the bleak austerity of the winter winds. It is the season of upspringing life, of youthful exuberance, of myriad wonders in the fresh unfoldings of the Creator's workmanship,

Spring is the time when the good housewife seeks to renovate her home, to clean away the dust and dirt that may have been left to accumulate in hidden corners during the winter. Carpets are taken up and beaten; heavy winter hangings are replaced by lighter draperies, so that the pure, fresh air may circulate without let or hindrance through the home, bearing its sweetness and health to every part.

Spring is also the time when those who have been indulging themselves in deceptive luxuries during the winter months are made conscious of their error. From such as these the drug vender reaps a rich harvest by the sale of spring medicines. The unfortunate body which has been ill-treated during the winter is now further outraged, much as if the housewife should call in the road-sweeper to remove the traces of her winter neglect.

Happy the man who has learned to obey the laws of nature, and thus find a source of perpetual happiness in all her varying moods and seasons! For him winter leaves no baleful legacy to mar the pleasures of spring. He enters upon a goodly inheritance unencumbered by past borrowings.

Spring is a time when one may set out with fresh hope and courage on the path of reform. Everything invites to closer fellowship with nature. In this issue of GOOD HEALTH our readers will find a simple specimen of a vegetarian menu. Some, perhaps, have never ventured to attempt a dinner without including flesh food, assuming too readily that it would never succeed in their particular circumstances. For some of these perhaps the whole menu would be too much

(Continued on page 94.)

NRG

is a delicious and highly digestible preparation of Pignolia Pine Kernels. Being no less than 90 per cent nourishment, its regular use

SPELLS ENERGY.

Excellent for sandwiches, or on bread or biscuits. Far better as a food than any butter. Sold only in screw-top glass jars, price

10½d. and 1/6.

We make a speciality of supplying Nut Kernels and other natural foods to all parts of the kingdom. 5/- parcels car. paid. Send for booklet containing 36 SIMPLE NUT RECIPES.

It's FREE

if you mention "Good Health."

G. SAVAGE & SONS,

Nut Experts.

53 ALDRSGATE STREET, LONDON, E.C.

CLEAN SOAP

All Toilet Soaps are not clean.

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

McCLINTON'S HIGH-CLASS TOILET AND SHAVING SOAPS

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

"IT IS NATURE'S SOAP."

—Professor Kirk.

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

McCLINTON'S, DONAGHMORE, IRELAND.

Mention "Good Health."

In answering advertisements kindly mention "Good Health."

Butter your Bread

with

Mapleton's Pure Nut Butters

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

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

**Nut Margar-
ine, 10d. lb.**

**Sold by
all Health
Food Stores.**

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

Foods, not merely Fats,

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

See special sample offer.

MAPLETON'S NUT FOOD CO., Ltd.,

WARDLE, Near ROCHDALE.

Please Mention "Good Health."

**Entirely
free from
animal fat.**

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

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. 2½d., 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.**



Walnut Cream Rolls

These unique and delicious biscuits are one of the ten or more
varieties of Nut Cream Rolls. They are made from finely
ground wholemeal, choice nuts, and pure cane sugar, and con-
tain neither yeast, baking-powder, nor chemicals. Sold by all
Health Food Stores at

8d. per 1 lb. carton.

Illustrated catalogue post 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. 3d. per Lesson, 12 Lessons 2/6.

In answering advertisements kindly mention "Good Health."

(Continued from page 92.)

for a beginning, but if they would select one of the items and carry out the instructions carefully, they would then be better able to judge of the possibilities of vegetarian cookery for them. May we venture to suggest to our lady readers who have never yet tried the reformed cookery that they summon up the necessary courage and make a start. The time is long gone by when vegetarianism was considered akin to insanity, if not indeed an advanced and hopeless stage of mental affliction. Everywhere to-day vegetarianism is recognized as a system of diet that has very much in its favour. It is growing in popularity, and the day is not far distant when to be altogether ignorant of vegetarian cookery will stamp a woman as unprogressive.

Any of our readers who would like to try their skill in vegetarian cookery, but would prefer to begin on something even less difficult than the Pease Croquettes and Nut Loaf given in the present issue will find a number of very simple recipes in the little cookery book which is published by the Good Health Supply Dept. at 2d. This will be sent to any address, post paid, for 2½d.

APPENDICITIS has been a name to conjure with of recent years, but Dr. Ingersoll shows in his interesting article the true significance of this disease, and how easily we may avoid its horrors. The article on "What Consumption is Costing the Nations" shows how truly patriotic in character the Good Health Leaguer may be. If a Tariff reformer can wax enthusiastic over his disputed remedies for national poverty, how much more should the disciple of Good Health principles manifest zeal and energy in fighting a disease like consumption, which inflicts such deadly loss upon his country, especially when it is demonstrated beyond dispute that in very many cases consumption is a preventable ill.

A COMPLIMENTARY dinner was given in January to a number of vegetarian athletes, in recognition of notable feats accomplished and records broken during 1908. Among the champions thus honoured were:—

E. R. Voigt, 5 miles Olympic champion; 4 miles A.A.A. champion of England, etc.

G. A. Olley, Land's End to John o' Groats cycle record, etc.

G. H. Briault, London to Brighton and back and 50 miles tricycle records, and winner of N.R.C.C. 24 hours open road race, 368½ miles.

G. H. Allen, Land's End to John o' Groats walking record.

W. Harwood, heavy weight lifting champion North of England.

Great dietetic, up-to-date invention.
Veda wheatmeal bread. Descriptive literature and specimen loaf. Post 8d. W. K. Fulleylove, Broadgate, Coventry.

Certificated Nurse Masseuse requires mainly engagements, massage cases, or daily visits—reform diet—well recommended. Nurse Pegram, 4 Upper Baker St., London, W. Telephone, Paddington, 3692. Telegrams: "Tranursex, London, 901."

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.

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

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 Jarrolds', 10 Warwick Lane, London, E.C.

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

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 1d. stamp for free sample (makes 4 cups).

A. L. WANDER, Ph.D.,
1 Leonard Street, London.

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."

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.

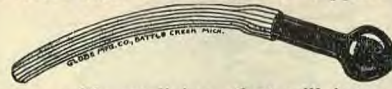
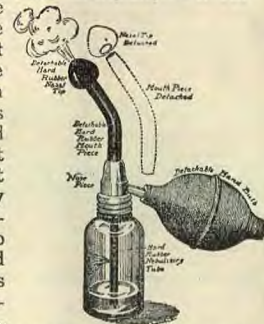
Only address:

Fred^k. Bax & Son,
 35 Bishopsgate St., London, E.C.
 Established nearly 100 years.

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.

GOOD HEALTH SUPPLY CO.,
 Stanborough Park, Watford.

In answering advertisements kindly mention "Good Health."

THE success attained by the Glasgow Health Culture Society has inspired a little band of enthusiasts to attempt a similar enterprise in Hull. The Hon. Secretary, Mr. W. A. Steele, 35 George Street, Hull, will be pleased to send particulars to inquirers. We wish the promoters of the movement entire success.

THE "Midland Free Press" of Jan. 16th gives a long and highly commendatory report of a visit to our Leicester Sanitarium, referring to the Hydro as "a wonderful institution carrying on a beneficent work." We are glad to know that the Sanitarium in Leicester is meeting with excellent success in respect both of the number of patients treated and the good results obtained.

The Glasgow Health Culture Society.

LECTURES.

March 10th. "The Care of the Teeth," with limelight illustrations, by Mr. W. Arthur Harrop, L.D.S.

March 17th. "Food and Health," by Dr. Josiah Oldfield, founder of the Fruitarian Society.

March 24th. "The Voice in Speech and Song," by Mr. D. B. Johnston. With selections by his private pupils' choir.

RAMBLES.

These take place on March 13th and 27th. Full particulars at the previous meeting.

The summer programme of rambles, lectures, swimming classes, etc., will be ready on the 17th. Those wishing a copy should apply to Mrs. Crawford, 64 Woodlands Road, or Mr. Robert Steel, 80 Murano Street.

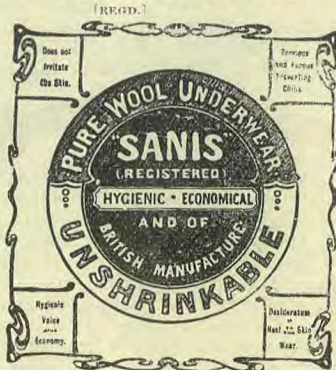
Residents on the south side of Glasgow are specially invited to Dr. Oldfield's lecture, on March 17th, which will take place in the Kinning Park Hall. All interested are cordially invited.

Please note new Lecture Hall: 71 Holland Street (off Sauchiehall Street).

TO BE IMMUNE FROM CHILL

following violent perspiration, use

"Sanis" Underwear.



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

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



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 HEALTH OF HIS MAJESTY THE BABY.

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

Dr. Allinson's Natural Food for Infants

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

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

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

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

In answering advertisements kindly mention "Good Health."

Colax for Constipation.

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

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

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

Sole agents:

GOOD HEALTH SUPPLY DEPARTMENT,
Stanborough Park, Watford.

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

Gold Medal awarded, Health and Toilet Exhibition, London.

Mothers should see that their children wear the



PORTIA Combined Shoulder Brace and Stocking SUSPENDER,

which allows freest movement without pressure on the waist or leg arteries. Holds the stockings firmly and does not tear them. Approved by physicians and health culturists. Made in three sizes: Adult's, Maid's, Children's. Pink, Blue, or White. Rushed Silk Elastic, 4/-. Mercerized Filled Elastic, 2/6. Special! with Brace Ends for Knickers, 2/11. From all drapers, or direct from the Portia Suspender Co., 182 Norwood Rd., West Norwood, London, S.E.

Choice New Fruits

BETTER QUALITY THAN EVER.

FIGS, for Puddings, - per lb. 4d.
PRUNES, for Stewing, " " 4d
WALNUT HALVES,
(Extra Quality) - " " 1/-
HAZEL KERNELS, - " " 9d.

Exceptional Values in Figs
Almonds for Dessert. Great
Bargains in Fine Quality
Muscatels.

5/- order from above carriage free.

SAVOY HEALTH FOOD STORES,
Exchange Walk, Nottingham.

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.

In answering advertisements kindly mention "Good Health."

Warning!

Be careful in buying wholemeal. Even when stone ground from whole wheat, the sharp cutting husk or outer covering of the grain will cause irritation of the intestinal organs and impede assimilation, a very dangerous thing, especially with invalids. In our patent process, the outer covering is specially treated and rendered entirely harmless while the natural constituents of the grain are all retained. In no other wholemeal can this be done.

"ARTOX" Pure Wholemeal,

has stood the test for twenty years, and absolutely justifies all that is claimed for it. Refuse all substitutes and imitations.



Sold in 4 lb., 7 lb., and 14 lb. sealed linen bags; or 28 lb. will be sent direct, carriage paid, for 4/6.

IMPORTANT.—
"ARTOX" is only retailed in our sealed bags, and is not sold loose.

Strongly recommended by "The Lancet" and by Mrs. Wallace, and used in the Wallace Bakery.

Write to-day for a copy of our handsome booklet, "Grains of Common Sense," full of recipes. Sent post free if you mention "Good Health."

Appleyards, Ltd., (Dept.C.) Millers, Rotherham.



ROSTREVOR HILLS HYDRO.

ONE of the most charming locations in Ireland, 400 feet above Carlingford Lough. Near Rostrevor and Warrenpoint, famous seaside resorts. Protected on the north and east by the Mourne Mountains. Sea and mountain air. 130 acres of wooded park and mountain.

Baths in Great Variety,
Massage, & Physical Culture Drill,
Electric Light Bath, & Vapour Bath,
Electro-Vibratory Massage,
Prescribed Dietary,
Mountain-Climbing, & Quiet Rest,
Medical Care, & Skilled Nursing.

Send for prospectus to
Rostrevor Hills Hydro, Co. Down.

BABY'S BEST FOOD

WHEN NATURE FAILS.



Liberal samples, post free, **1d.**



THE INTERNATIONAL HEALTH ASSOCIATION, LTD.,
Dept. A, STANBOROUGH PARK, WATFORD, HERTS.