

The Open Window  the Gospel of Fresh Air.

GOOD HEALTH



April, 1909.

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Electric Light May Injure the Eyes, Health a Matter of Intelligence, Faith in a Bottle, The Three Things Necessary to Health, The Bad Plight of Chicago Schoolchildren, Medical Inspection Not Enough.

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Vol. 7.

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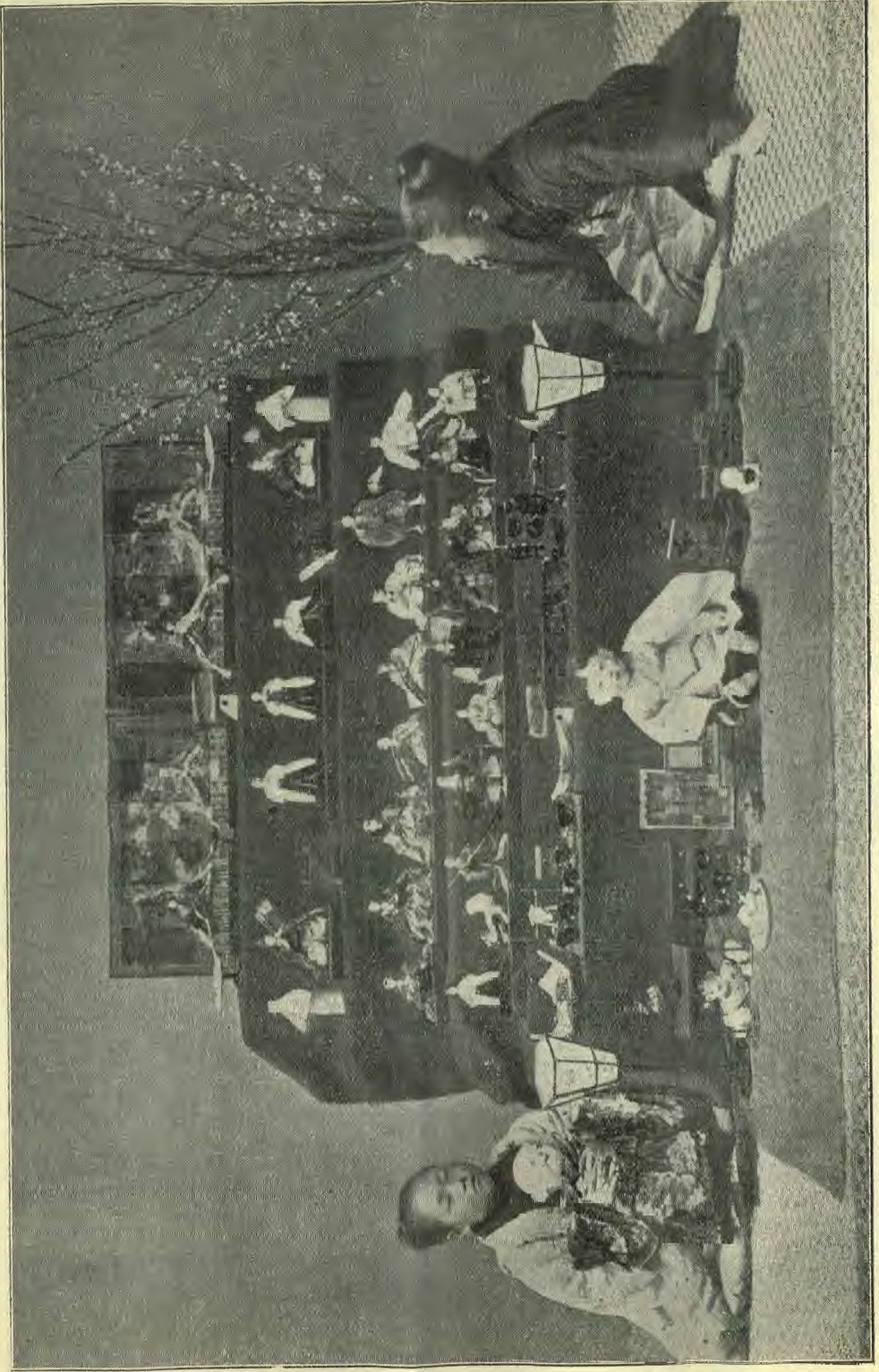
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THE GIRLS' FESTIVAL OF DOLLS.

(See page 110.)

Good Health

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

Entered at Stationers' Hall.

VOL. 7.

APRIL, 1909.

NO. 4.

Editorial Chat.

Electric Light May Injure the Eyes.

ELECTRIC light, according to recent Continental researches published in the "British Medical Journal," may have an injurious effect upon the eyes, producing a condition to be known as "ophthalmia electrica," which is a variety of conjunctivitis, noted especially amongst workers in electricity. The peculiarity about electric light, we are told, which acts injuriously on the eyes, is its large proportion of ultra-violet rays. These rays are scarcely present at all in ordinary gas, petroleum, and oil flames; but when the temperature of the flame is increased, as in the incandescent gas mantle, there is an increase of the ultra-violet rays, which, however, are most prominent in the electric arc-lamp. We believe oculists are generally agreed that there is quite as great a danger of injury to the eyes from too bright a light as from one that is too weak. The fierce glare of the arc lamp should certainly be avoided by persons whose eyes are inclined to be weak.

Health a Matter of Intelligence.

"HEALTH is merely a matter of intelligence," said a Chicago doctor the other day. "There is no reason for most people to be sick save their own stupidity. Few men or women take any reasonable precautions to preserve their health, and then they cannot understand why they become ill. Fresh air, cleanliness, and a simple diet would soon make doctors superfluous. Preventive medicine and hygiene will be

all that medical science will mean in the future."

Faith in a Bottle.

IF more doctors would preach these simple truths in season and out of season, we should see a most gratifying diminution of disease. There is nothing the average man is less intelligent about than the workings of his own body. Not only is he unintelligent, but in many cases he is hardly interested. He seems to rest satisfied in the belief that the whole thing belongs to the realm of the mysterious; but if anything goes wrong with the internal organs, the evil-smelling, bad-tasting contents of a properly-labelled bottle are sure to put it right. Wonderful what faith men will put in a bottle! Doubtless the faith itself does some good, but how much more could be accomplished by rational methods, accompanied by the whole hearted confidence which they naturally inspire.

The Three Things Necessary to Health.

THE doctor also hit off very well the three great essentials of health and cure—clean air, a clean body, and may we not say, clean food, for what is simplicity in diet but a weeding out of the rich, elaborate made dishes, which are physiologically unclean, both in respect of their unwholesome ingredients and their tendency to encourage the multiplication of germs and other uncleanness in the digestive tract? The open bedroom window would undoubtedly prevent many a case.

of tuberculosis, and nothing would be a greater boon to the working-classes than the habit of systematic bathing. The delightful feeling of perfect well-being following a good warm bath in the evening, or a morning cold plunge, is something which those who have once properly experienced it will not readily give up.

The Bad Plight of Chicago Schoolchildren.

INSPECTORS from the Board of Health have been examining the Chicago schoolchildren, and find over forty per cent of them defective. In the last week of September, 5,747 children were examined, of whom 2,450 were found to require medical or surgical attention. These are the figures:—

Malnutrition,.....	143
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The percentage of defectives is somewhat greater than in the London schools thus far inspected, though possibly the examination was more rigorous. Certainly it cannot but be a cause for serious alarm that the boys and girls who are, as it were, just starting upon life's race, should be so badly handicapped with disease. One asks anxiously, what will they be some years hence, when the burdens of a business or professional life in one case, and of motherhood in the other, begin to press heavily upon them?

Medical Inspection Not Enough. MEDICAL inspection of schoolchildren is an excellent thing; but to be fruitful in the best results it should be followed up by a course of training for

the children and also for the parents, covering the essentials of wholesome physical living. Most diseases are self-inflicted through ignorant violation of physical laws, and if, say, one-fourth of the energies of our medical men and our educators could be directed towards building up the health of the children now attending our public schools, the results would be apparent even in our own day, and posterity would owe us an enormous debt of gratitude. The children might learn a few less of the oddly-assorted facts and theories now crowded into their brains, but with pure habits and healthy, vigorous bodies, they would certainly be worth far more to themselves and to the State than they possibly can become worth under the present system. The most important thing for a child is to have good food, plenty of fresh air night and day, and a chance to develop brain and muscle out under the open heavens. We want not only medical inspection, but a very thorough-going kind of medical instruction, and then home and school conditions which will be in harmony with the principles taught. We need, in other words, something hardly less than an educational revolution.

Long-Distance Running a Cure for the Tobacco Habit.

JOHN J. HAYES, winner in the Olympic Games, 1908, in his article in the December "Cosmopolitan," entitled, "How I Won the Marathon Race," makes the following significant statement:—

"So far as diet and similar conditions are concerned, one thing is essential: abstinence from tobacco in any form. No long-distance runner can smoke either cigars or cigarettes and run. Smoking affects his lungs and heart, and the more he runs, the less he will care for it. I suggest running as a certain cure for the tobacco habit to anyone who wishes to break himself of it."

THE HYGIENE OF THE MOUTH AND TEETH.

BY M. ELLSWORTH OLSEN.

THERE is no subject concerning which the general public stands in greater need of radical reform than in the treatment of the mouth and teeth.

The mouth of the average person, with at least two or three decaying teeth, perhaps an old, festering root, and accumulations of tartar and remnants of the previous meal, perhaps also a coated tongue, is anything but pleasing to the hygienist, who knows that it cannot but be a standing menace to the health of the body. Diseases of the ear, tonsils, and nose, not to mention painful abscesses, have arisen purely from a neglected mouth. And yet there is a very general indifference to these dangers.

Otherwise Cleanly, but with Filthy Mouths.

Not to mince words in so vital a matter, there are hundreds of persons scrupulously cleanly in all other respects, whose mouths are in a downright filthy condition. They would scorn to eat off unclean dishes, and yet every mouthful of food they eat is contaminated before being swallowed by the accumulations of nameless filth in the oral cavity.

Needless to say, such conduct is at least extremely inconsistent. Clean food and clean dishes are of little avail if wholesale pollution is to occur in the mouth, which is the first receptacle of food within the body. But there is an even more serious

side to the question. A neglected mouth usually contains thriving colonies of disease germs, which, introduced into the stomach with the food, may set up disease conditions. Consumption is one of the maladies which may most easily be contracted in this way.

An Almost Perfect Incubator.

The mouth, as medical men have pointed out, is an almost perfect incubator for the development of many forms of bacteria, to whom it affords a suitable temperature, a proper degree of moisture, nourishment, and opportunities to get rid of waste products. Germs remain in the mouth of a person even after complete recovery from various diseases. Thus the germs of cholera and of virulent pneumonia have been found in the secretions from the lungs



and mouth of persons who had suffered from those diseases as much as six weeks after they were cured. Sometimes germs of a virulent type exist in the mouth of a person who has the disease in such a slight form that he may think himself entirely well. The child suffering from what appears to be ordinary sore throat, may harbour in his mouth germs which, communicated to some other child in one of many possible ways, may produce a severe case of diphtheria.

A Source of Deadly Contagion.

The mouth, then, has almost infinite

possibilities as a source of deadly contagion; yet how few persons think of applying daily a proper disinfectant, and endeavouring to keep it in as healthy and wholesome a condition as may be?

In any successful scheme of mouth sanitation, the teeth must be well looked after. It is the greatest of follies not to pay much attention to them till they begin to ache. A good set of teeth means efficiency in masticating the food, which goes far towards ensuring good digestion. To have fine teeth, one must begin caring for them in childhood. One of the first laws of hygiene which parents should impress upon their children is this one of caring for the teeth. The dentist should be visited not less than twice a year, in order that the teeth may be thoroughly examined, and any which show signs of incipient decay may be stopped. Dentistry performed thus properly is not nearly so painful as after a tooth begins to ache, and in the hands of a competent operator the slightly-decayed tooth may become almost as good as one which is perfectly sound.

The Gospel of the Toothbrush.

It is also necessary to observe cleanliness in the every-day care of the teeth. After a child has eaten its breakfast, the mother sees to it that the hands and lips at least are cleansed; but how many mothers think of the teeth? In the case of children as well as adults, the teeth should be cleansed with a soft brush after each meal, and the mouth thoroughly rinsed. It is well also, immediately on rising in the morning, to rinse the mouth. Into the water used for this purpose a few drops of some mild disinfectant, such as eucalyptol or listerine, may be introduced with advantage. Food lodged between the teeth so that it cannot be reached by a brush, should be removed by a toothpick, or a piece of floss silk, or of ordinary thread. If flesh meats are eaten, special

pains should be taken to remove any tough fibres which may be wedged in between the teeth, since the decay of such is sure to prove injurious to the enamel.

To Polish the Teeth.

Precipitated chalk applied to the teeth occasionally by means of rather a stiff brush, or a piece of soft wood, with the fibres teased out at the end, will help to keep them white, and once a year, or oftener, they may be cleaned more carefully by a dentist.

The milk teeth of children should receive the same care and attention given later on to the permanent teeth; since the beauty and regularity of the latter will depend largely on the care taken of the former.

Needless to say, artificial teeth, whether inserted singly, or in a plate, should be thoroughly cleansed after each meal, as well as morning and night.

Only by diligent attention to these rules can the mouth be kept from being defiled by decaying particles of food and the putrid products of rotting teeth.

To Guard Against Infection from Without.

It is necessary, however, not only to avoid internal sources of pollution, but also to guard against pollution from without. To this end such common practices as holding coins and other small objects between the lips should be strictly avoided. The coin may have been the day previous in the mouth of a person in the last stages of consumption or syphilis.

Parents should take particular pains to warn their little ones against submitting all sorts of objects to the test of the mouth. Baby comforters are dangerous things. Infants should be protected from the indiscriminate kissing to which they are too often heedlessly exposed. Only those adults who are free from disease and whose mouth and teeth are in a sweet, wholesome condition, by careful adherence

to the hygienic rules briefly indicated in the foregoing paragraphs, should allow themselves to kiss little children. To do it under other circumstances is to endanger the health and even the life of the child, since it is a well-known fact that the mouths even of apparently healthy adults may harbour germs which, taken into the mouth of the more sensitively organized child, may produce virulent disease.

Constitutional Treatment.

In conclusion, the writer would point out clearly, that a wholesome condition of the mouth and teeth is not dependent solely on attendance at the dentist's, and the use of toothbrush and antiseptic mouth washes. After all, these in themselves are but palliatives. If the habits of life are wrong, the strictest attention to local cleanliness will not avail to bring about a sweet breath. When there is a bad taste in the mouth and a coated tongue, not merely the mouth, but pretty much the whole alimentary canal is in a gross, insanitary condition, and most likely the blood is also impure. Constitutional treatment is required. The patient has probably been eating unwisely, and leading a sedentary life. The remedy consists in adopting a simple diet, chewing each morsel till it practically swallows itself, and then taking a reasonable amount of vigorous open-air exercise daily.

Hard breads are good for the teeth; so also well-ripened fruit. If a little fresh fruit is taken at the close of the meal it

will largely clear away the morsels of more solid food wedged in between the teeth, so that a few passes of the toothbrush will complete the operation. Fruit juices, being inimical to germs, aid greatly in maintaining a wholesome condition of the mouth and the whole alimentary canal.

An Invaluable Professional Secret.

Too much stress cannot be laid upon thorough mastication. Mr. Horace Fletcher, in laying down the rule that every mouthful of food is to be chewed till the taste is wholly extracted, has given dyspeptics a professional secret, which, if they only carried it out, would in a vast majority of cases produce a complete cure; for thorough chewing almost invariably leads to simpler foods, and it always means cutting down the quantity of nourishment taken.

Thorough mastication not only makes for good digestion; it means also sound teeth, healthy gums, a clean tongue, and vigorous salivary glands, whose secretions are inimical to the growth of germs. Organs that are used regularly are most likely to keep in repair. It is largely because the diet of to-day consists so exclusively of foods requiring little chewing, and even then washed down with tea or coffee, that a set of sound, healthy teeth is the exception even among persons in the prime of life.



JOY, temperance, and repose,
Slam the door on the doctor's nose.



THE OPEN WINDOW AND THE GOSPEL OF FRESH AIR.

BY J. JOHNSTON, M.D., EDIN.*

NOWADAYS we hear a great deal about "the open window," and of the necessity not only of our spending as much time as possible out-of-doors, but of sleeping with our bedroom windows open; and as this is the time of year when people who have not been accustomed to do this may be persuaded to begin, we think that an article upon the rationale of the practice may be welcome to the readers of GOOD HEALTH.

So much has the "fresh-air cure" for consumption been "cracked up" of late that it may almost be said to have attained to the dignity of a "craze." But even if this is so, it has more to commend it than many of the crazes which have had their day and ceased to be, inasmuch as it involves less the adoption of any special theory as to the cause of disease than a return to nature and to natural methods—less to a complication of living than to its simplification.

We are Creatures of the Earth—and of the Air.

Science teaches us that in common with every animate thing, our bodies have all proceeded out of, as they will assuredly one day all return to, the great mother of all—Mother Earth.

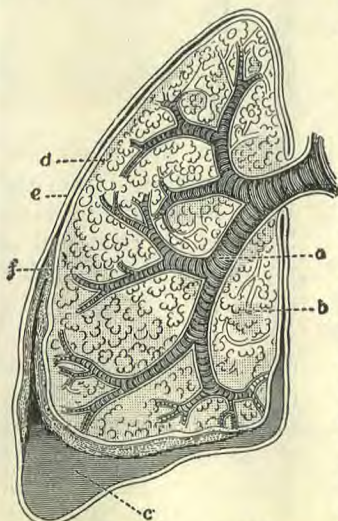
But not only are we creatures of the earth, dependent upon it for the continuance of our physical life, we are also

creatures of the air. The very first act of our lives, after birth, is to breathe the air into our blood; and this we have to continue doing at every moment of our existence, and without cessation. Of all our physical needs, this is the most clamant, the most essential. For while any one, or several of the others—for example, eating, drinking, sleeping, etc.—may be interrupted and even neglected altogether for a time, not for five minutes can we stop breathing without imperilling not only our health, but our very life itself.

Air is therefore the first and the last necessity of our physical life, and upon it may we be truly said to "live, and move, and have our being."

Good Air and Bad Air.

But this is only true of what is called good air—for there is such a thing as bad air, as well as good. What, then, is the difference? How is good air



SECTION OF A LUNG.

* Author of "Wastage of Child Life," etc.

made bad, and vice versa, and how do these act upon the body? To understand this we must know something of the elementary facts of physics and of physiology.

The Air We Breathe.

Air is a mixture of two gases—oxygen and nitrogen—mingled together in the proportion of about one part of the former to four of the latter—the oxygen being the active agent in the mixture, the nitrogen mainly acting as diluent of the oxygen, which is too strong to be breathed pure.

Structure of the Lungs.

When we breathe, the air is sucked into and expelled from the lungs, which act something like a pair of bellows, but with this difference, viz., that, whereas the bellows consist of one single cavity, or chamber, the lungs are divided and subdivided into a whole series of chambers, called air cells, or air vesicles, which are so numerous and so minute that the adult human lungs are said to contain some five or six millions of them. Outside each of these tiny air cells is a network of fine, hair-like tubes through which the blood is circulating, and their walls are of inconceivable delicacy of filminess.

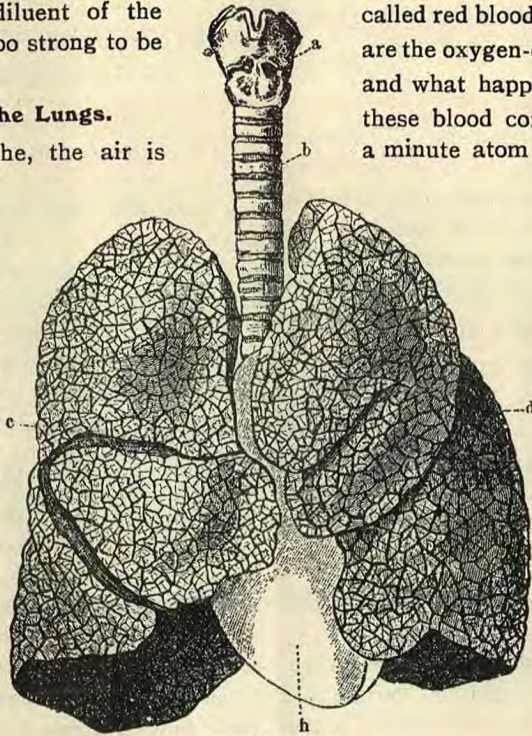
The result of this arrangement is that we have an exceedingly fine membrane with air upon the one side and blood upon the other. Now, while this membrane is thick enough to prevent the blood from getting through it into the air, it is not thick

enough to prevent the air from going through it into the blood. And that is just what takes place. Every time we breathe we fill these tiny air vesicles with air, and the oxygen in it passes right through this filmy membrane into the blood.

The Blood Corpuscles—Our Oxygen-Carriers.

Now, floating in the blood are, not millions only, but myriads, of tiny bodies, called red blood corpuscles. These are the oxygen-carriers of the blood, and what happens is this: each of these blood corpuscles seizes upon a minute atom of the oxygen, and, like a ship which has got its cargo, it sails away in the blood and discharges, or deposits, it in some portion of the tissues. But, like a good merchant-ship, it does not come back empty-handed, but brings a return cargo of something which requires to be removed from the tissues. This something is carbonic acid gas; and the little merchantman, having discharged its cargo of oxygen in the tissues, takes up its load of carbonic acid gas and carries it to the lungs, where it gives it up and takes in another cargo of oxygen.

And this work is being done at every moment of our lives by every one of these countless myriads of blood corpuscles, the result being that what we breathe goes not only into our lungs, but into our blood, and thence into our tissues; so that while the air we breathe in—or inhale



THE LUNGS.

—contains oxygen, the air we breathe out—
—or exhale—contains not oxygen, but carbonic acid gas.

The Black Hole of Calcutta and the Steamship "Londonderry."

What is carbonic acid gas? Well, in brief, it is a deadly poison, and no more striking illustration of its lethal power can be cited than the historic Black Hole of Calcutta. This was a room less than twenty feet square, in which 146 British soldiers were confined all night. Next morning they were all found dead but twenty-three.

Again, on the steamship "Londonderry," when crossing the Irish Sea during a storm, the passengers were ordered below and the hatches battened down. Upon arrival in port several of the passengers were found dead.

"Poisoned by Their Own Breath."

Now what killed those soldiers and those passengers? Well, they were poisoned by carbonic acid gas and the other noxious exhalations from their lungs and skins; in other words, they were killed by their own breaths and excretions.

Carbonic Acid Gas and Ventilation.

It is carbonic acid gas under the name of "choke damp"—with, probably, the addition of a small quantity of carbon monoxide (carbonic acid is carbon dioxide)—which kills so many of our brave colliers, as in that holocaust at Stanley, near Durham, lately. It is this which is produced when we burn fires, gas, candles, lamps—one gas-burner being said to produce as much as seven men—and our houses would therefore soon become full of it, if it were not got rid of by ventilation—which simply means the removal of this and the other noxious products of our lungs, and of combustion in our houses, and the substitution of pure air in their places.

We therefore see something of the ne-

cessity of admitting plenty of fresh air into our houses, and especially into our bedrooms, where we spend so much of our time.

A Rip Van Winkle Sleep.

Did it ever occur to you to reckon up how much time we spend in sleep? Did you ever calculate how much eight hours a day comes to in sixty years? Why, it is twenty years! Twenty years spent in sleep—a sleep as long as that of Rip Van Winkle, only taken in instalments.

An Unventilated Bedroom.

If pure air be necessary for the production and maintenance of healthy blood during the day it is equally necessary during the night; and it is because we have been deprived of it during the hours of sleep that so many of us wake up unrefreshed and complain of being "so tired" in the morning. That the air in a closed-up, occupied bedroom is impure can be realized by anyone entering it from the open air before the sleepers are up, when it will sometimes be found almost foul enough to knock a man down; and one wonders how the inmates could really stand such a poisonous atmosphere as that which they have been breathing into their lungs, and into their blood and tissues, all night long. Dirty water to their skins they would not tolerate; but dirty, poison-polluted air they do not mind taking into their lungs for hours together—and this not for one night, but practically every night of their lives!

The Open Window and "Night Air."

The remedy for this evil is to sleep with the bedroom window open, so as to allow of some ventilation during the night.

"But the night air! Isn't it bad to breathe the night air?" some will urge.

In reply it may be asked, "What air can we breathe during the night but night air?" Besides, as a matter of fact, the night air in our large towns and cities is

frequently the best and the purest to be had during the whole twenty-four hours; and the comparative absence of smoke, and the greater quiet, tend to make the night air better for invalids than the day air, except for the absence of sunshine.

Night air, then, we must breathe at night, and the choice lies between pure night air from without and foul night air from within.

Miniature Black Holes of Calcutta.

The majority of our industrial towns-people seem to prefer the latter; and not only so, but many of them, by closing their windows and doors, stuffing up the chimneys, putting sandbags across the windows, mats at the foot and clothes along the sides of the doors, do their best to make miniature Black Holes of Calcutta; and if the bricks of the walls were not, to some extent, porous, and if a certain amount of air did not find its way in, despite their efforts to seal up their bedrooms like hermetically-closed boxes, many of them would, as the old joke has it, "wake up in the morning and find themselves corpses."

Objections to the Open Bedroom Window.

Among the objections urged against the open window at night are:—

1. The draught from it may be dangerous. To this the reply is that there need be no draught, if the opening be properly arranged, or if a screen be placed in front of the window. It is always best to direct the current upwards, if possible, and where there are Venetian blinds this can be done by turning the laths up so as to divert the air to the ceiling.

2. The bedroom is cold. To this we reply, "If you feel cold in bed, put on some extra bedclothes"; and as for "getting cold" from the fresh air, you are more likely to do so after breathing bad air—and this, in fact, is the way most people do get cold. The bad air, by

lowering the power of resistance of the body, exposes the individual to the attack, which is thus due less to the cold by itself than to this lowering of resistance by the bad air.

3. It makes the room damp. As a matter of fact, far more moisture comes into the room from our lungs than from the outside air—the amount being no less than half a pint in from nine to ten hours.

4. It spoils the curtains! Well, it certainly does this; and so long as our housewives persist in using these light-and-air-excluding dust and smoke traps, so long will they get dirty. But it is surely better to pay laundry bills than doctors' bills—for, after all, soap is cheaper than physic—and we may depend upon it that if we do not admit the air into our homes, we shall one day be compelled to admit a much less welcome, and a great deal more expensive visitor, viz., the doctor!

A BEDROOM IN THE TREE-TOPS.

BY H. J. WILLIAMS, M.D.

THE editor of GOOD HEALTH, while on a tour of Ireland in the interest of health principles some weeks ago,* honoured the Rostrevor Hills Hydro by a short visit, and, seeing the way we practise our preaching of outdoor living, asked us to give a short account of our (as he expressed it) "unique method of outdoor life," hence the following description and accompanying illustrations.

Although we have lived for a number of years with our windows open as far as possible, both summer and winter, the thought came to us some months ago, why

*Dr. Williams kindly wrote this article describing the admirable outdoor sleeping arrangement enjoyed by Mrs. Williams and himself last autumn; but I have held it till now, thinking the readers of GOOD HEALTH would be more likely to think kindly of a bedroom in the tree-tops in April than in November or December. I can personally testify to the splendid health and fine outdoor complexions of these tree-sleepers.—EDITOR.

not get out-of-doors entirely, and enjoy the full and uninterrupted benefits of nature's great gift to man, "the pure, fresh air of heaven." We are very glad that this most important of man's necessities is free to all, that there is no one who has a "corner" in fresh air, that there is no fresh air "trust" or monopoly.

We feel that few people fully appreciate the inestimable value of an abundance of fresh air, day and night, but especially at night. It has only been a few years since men were searching the world over for a cure for consumption, that dread disease, the pronouncement of whose diagnosis was almost like a death sentence; but some one accidentally found out that all that was necessary in the majority of

cases was to move the patient out-of-doors, when he forthwith got well. It is now known that three-fourths of such cases, in the early stages, at least, get well when treated in the above-mentioned way.

Not only is the fresh-air treatment of very great value in consumption, but almost every condition one could mention has been treated with success by the outdoor method. But this is not the most important part of the question. The old

saying runs: "An ounce of prevention is worth more than a pound of cure." We believe in taking the consumption cure before we get it, and also every other kind of cure. If fresh air will do so much for one who is ill, may it not also keep a healthy person from becoming ill? We think so. This is why we live out-of-doors.

Within a few yards of our little cottage

on the beautiful grounds of the Rostrevor Hills Hydro is a clump of splendid trees, mostly evergreens. We selected two large, stately fir-trees growing about ten feet apart in which to build our nest. The construction of this was very simple and inexpensive. First of all we chose several strong boughs situated at about the same level on each tree, at a distance of about thirty



feet from the ground; four strong pieces of wood, 4 x 5 inches, and six feet long, were then securely fastened, one on either side of the two trees respectively, wedged firmly above, and between the boughs and the body of the trees, also secured to the trees themselves and properly braced. Twenty-four strands of No. 5 strand fencing-wire were then stretched across from the four cross-pieces of wood so as to form a sort of suspension bridge

between the two trees; the wire was passed in such a way that the cross-pieces on either side of each tree were utilized, that is, it passed to the top surface of the inner cross-piece, then under, and then, looping around the outer cross-piece, was carried to the upper surface of the cross-piece on the other tree, and so on. The floor was made by simply laying several boards

crosswise upon the wire bridge and fastening them to the wires by means of staples. A strong railing was next built around the whole, by raising four uprights from the ends of the inner cross-pieces, and stretching three strands of wire and wire netting around fence-like. We reach our nest by means of a ladder, which is fastened to one of the trees and placed on a slant of



ever, the bad nights have been very few.

We can assure the readers of GOOD HEALTH that we thoroughly enjoy this outdoor living. It makes us better acquainted with the birds, which are becoming very tame and friendly, as are also the squirrels, which often play upon the branches above our heads. The view from our spacious window of the beautiful

Carlingford Lough and the Mourne Mountains is grand.

Besides being up amid the beauties of nature, drinking in unhindered the wealth of Heaven's fresh air, we have the distinct advantage of being away from the moisture, damp, and chill of the ground. My wife enjoys this (to our minds) most ideal outdoor life if anything even more

than I, and we can unhesitatingly recommend it to anyone. For the benefit of anyone who might think of building "a nest" similar to ours, we would like to say that the total cost, including the ladder and waterproof sheet, is about thirty-five shillings.

Is there one whom difficulties dishearten, who bends to the storm? He will do little. Is there one who *will* conquer? That kind of man never fails.—*Hunter.*

JAPAN: SOME CURIOUS CUSTOMS.

BY A. MARION CLARK.

JAPANESE marriage customs are very different from those of the Western world, and to us, whose ideal of married life is love and intimate friendship as the basis of the new home, the utter formality and lovelessness of their marriage contract seems terrible indeed.

When a young man or woman arrives at a suitable age for matrimony, the parents seek out some discreet married friend, to whom they entrust the task of finding a suitable partner for their child. This being done, the young people are brought together to see each other, and possibly are allowed to speak, at the house of some friend, or sometimes at a theatre, or a picnic. If either takes a real dislike to the other, the affair *may* be allowed to drop; but, generally speaking, this meeting is followed up by an exchange of gifts, which signifies betrothal, and the matter is definitely settled. The gifts generally consist of clothing, fish, and edible seaweed!!

After this a lucky day is chosen, and then the bride is conducted at night-fall by the friend who has arranged the marriage, and his wife, to her bridegroom's house; and there a strange ceremony, which consists chiefly of a feast and the changing of clothes, takes place. The drinking of *sake* nine times each by the bride and bridegroom, three sips out of each of three cups, is the actual sealing of the contract apparently. The bride comes to her marriage clothed in white, which is the colour of mourning in Japan—signifying that she dies to her own family; and after she has left her father's house, it is swept out, typifying the purification which is necessary after the removal of a dead body.

Hereafter the bride adopts her husband's parents as her own, and not infrequently the young couple live in the same house with them; and often, sad to say, the

poor little wife becomes nothing much better than a domestic drudge.

She must never expect any freedom or any sociability; she must devote herself entirely to the service of her husband and children, and his parents. If husband and wife go out together, her jinricksha must follow that of her lord and master, and in everything she must be subservient. But let us look at the bright side of the matter. The Japanese women make the most devoted wives and mothers, and are the admiration of the foreign residents in the country.

And may not the women of our country, who are becoming so fond of their independence, and who are so apt nowadays to shift the cares of motherhood and the home for a more public life, look with admiration at the steadfast little women who sent such plucky husbands and sons to the late war with Russia?

The accompanying illustration shows the conventional wedding present of the country—and my missionary cousins who were married out there received two or three such gifts. The bamboo, pine, and cherry blossom, typifying strength, length of days, and chastity, are symbols of the good wishes of the sender. The little old man and woman on the tortoise also bring wishes for a good old age.

There are many curious customs in connection with the various festivals held in the course of the year. Perhaps two of the prettiest and quaintest are the girls' festival and the boys' festival, held respectively on March 3rd and May 5th. (See frontispiece.)

On the former day all the girls take a holiday from school, and each household has a display of all the dolls which can be got together, not only their modern playthings, but also of all the ancestral dolls in bygone costumes. On the boys' fes-

tival the towns are gay with gigantic paper carp fishes, floating like air balloons from poles on the housetops. Here the Japanese fondness for symbolism again is shown, for these gay emblems are to remind the boys that as the carp must struggle against the current of water to make its way up-stream, so must those who

The Therapeutic Value of Water.

MANY people, especially women, limit far too much their consumption of water. They do not take enough to make possible a due metabolism and elimination, and thus waste products probably accumulate in the by-paths of the circulation.—*Sel.*



372. WEDDING PRESENT.

THE WEDDING PRESENT.

would arrive at vigorous manhood fight and struggle against the difficulties of life.

Tannin for Toothache.

TWO parts of tannic acid to ten parts of rectified spirit painted on the gums round the teeth will relieve almost every kind of dental pain. It is especially good in alveolar pyorrhæa. Loose teeth under this treatment soon become tight and regain their power of mastication.—*The British Medical Journal.*

THE doctors know very well about the "tobacco heart," the "tobacco liver," the "tobacco kidney," brain, and nerves; they know of tobacco blindness. And the man who, in the face of all this, persists in his cigar and encourages by example, if not by precept, the degeneracy of his son in the cigarette, is not helping the world to grow better.—*Jenkin Lloyd Jones.*

TOBACCO is the worst natural curse of civilization.—*John Ruskin.*



HOW TO ESCAPE APOPLEXY.

BY A. B. OLSEN, M.D.

THE term "apoplexy" is derived from a Greek word which means a stroke. The word "stroke" is also used as a synonym for "apoplexy."

Definition.

By apoplexy we usually mean a hæmorrhage into the brain or of the membranes covering the brain, which is accompanied by more or less loss of sensation, and paralysis. One of the smaller vessels is ruptured, the blood escapes, causing pressure upon the brain, and this pressure accounts for the symptoms of paralysis which appear. If the bleeding is slight, there is comparatively rapid recovery, for the blood is absorbed, and the patient is soon as well, or nearly as well, as ever. Sometimes there is a great deal of bleeding, and then a large clot forms, which may never be completely absorbed, consequently the recovery from the paralysis is not complete, and the patient only obtains partial use of the affected limb or limbs.

Blood Supply of the Brain.

The brain being an active organ, with almost innumerable duties to perform, has a double supply of blood. There are two groups of arteries that go to the brain, one in front and the other behind the vertebral column. At the base of the brain, these two groups of blood-vessels

join, making what is known as the circle of Willis, and from this circle most of the vessels are given off which supply the greater part of the brain substance.

Results of the Stroke.

Of course, the most apparent results of apoplexy are the loss of sensation and the paralysis. This paralysis is usually one-sided, and may affect either one or both limbs of the same side, and also the muscles of the trunk of the same side. The paralysis is most complete in the first stage, and as time goes on there is gradual recovery, which in mild cases may be very satisfactory. As long as the lungs, heart, and other vital organs are not affected, the condition is not a particularly serious one, at least for a time. Still, each succeeding stroke becomes more and more grave, and is likely to produce fatal results.

Sometimes the muscles of the face are affected, and speech is interfered with more or less. Usually the healthy side looks screwed up and contracted, while the paralysed side is motionless, and in a weak, flabby state.

Symptoms.

In most cases of apoplexy the attack is sudden, and may be co-incident with some great physical effort, such as running to

catch a train. At other times the stroke takes place in the night season, and the patient wakes in the morning to find one of his limbs powerless, with loss of sensation.

As a rule there is no warning, and the patient has no intimation of the terrible affliction which is about to befall him. Occasionally, however, there seems to be some sort of a vague warning, which may be manifested by various indefinite symptoms which are not very well understood.

Weak Blood-Vessels.

The bleeding is due to breakage of the wall of one of the blood-vessels, and this would not occur if the blood-vessels were in a healthy state. When anyone is overworked, or in physical or emotional excitement, or from some other cause the blood pressure is raised, then there is danger of a rupture of one of the vessels, provided they are not perfectly sound. Anything that has a weakening effect upon the walls of the blood-vessels or causes their degeneration, is liable to give rise to apoplexy, and should be strictly avoided.

The Causes of Apoplexy.

Apoplexy is a disease of the aged as a rule, and occurs most frequently after the fiftieth year has been passed. Still, even children are not absolutely immune, and the paralysis may occur in anyone suffering from weakened or diseased blood-vessels.

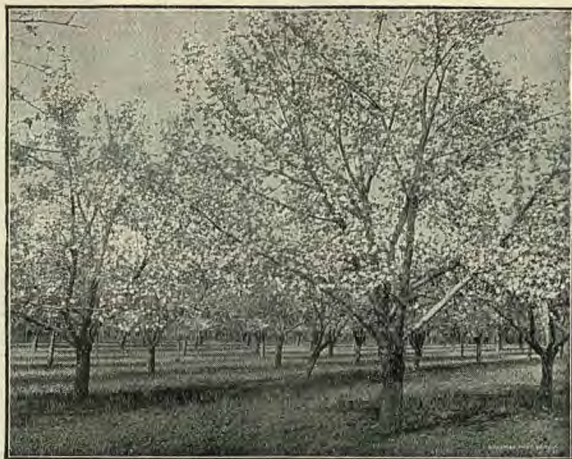
Some of the chief causes of apoplexy

are the free use of alcoholic liquors, gluttony and other dietetic errors, chronic lead poisoning, syphilis, gout, and severe muscular exertion.

Alcohol and Apoplexy.

It is, generally speaking, thought that alcoholic beverages play a very important rôle in the development of apoplexy, and this is particularly true if alcohol has been used in a free way. Alcohol affects practically all the tissues of the body, as well as all the organs of the body, including the blood-vessels. In the latter case it produces a disease known as arterio-

sclerosis. In health the arteries possess a high degree of elasticity, and readily accommodate themselves to varying degrees of blood pressure. But the arteriosclerosis, as the term signifies, produces a hardening of the vessel walls, so that the elasticity is to a large



SPRING'S SWEET PROMISE.

extent lost. Consequently, when the blood pressure rises from exertion or excitement, the vessels are not as capable of accommodating themselves to the pressure, and should one give way in the brain, an apoplectic stroke results.

Immoderate Eating.

But alcohol is by no means the only cause of apoplexy. Gluttony in its various phases, and the use of rich and highly-seasoned foods, also have a deleterious effect upon the blood-vessels, and pave the way for disease. He who would avoid the risk of apoplexy must live a

plain, wholesome life, and abjure excess of all kinds.

Gout, which is also to a large extent a nutritional disorder, is believed to predispose to apoplexy.

Preventive Measures.

It is obvious from the preceding consideration that apoplexy is largely a preventable disease, and that the means of escaping it lie chiefly in the hands of each individual. Those who are content to live a simple, wholesome, pure life; those who are willing to abstain from alcoholic beverages; those who take food for the purpose of sustaining life and not to gratify a perverted appetite; and those who, even in their physical labour, are able to observe moderation, are the ones who are most likely to escape a stroke of paralysis.

Furthermore, it is always well to avoid obesity, or undue stoutness, for both seem to be associated with apoplexy.

Since the aged are most liable to attack, it is well to give some special hints on their behalf. Persons who have passed the half-century line should bear in mind that they are not so active, so strong, so vigorous, or so robust as they have been in the past, and such should always avoid strenuous exertion or anything like a muscular strain. Great excitement, whether physical, mental, or emotional, should also be strictly avoided, if possible.

Again, as age increases, less food is required, and the dangers of over-eating are greatly enhanced. Old people should always be abstemious at the dinner-table, and confine themselves to plain, wholesome food.

It was once thought that heredity played a considerable rôle in apoplexy, but this belief is not now generally accepted, and it would seem that heredity has very little to do with the disease. Those who find themselves with a tendency to obesity or gout have fair warning, and should endeavour, by the cultivation of hygienic measures, to prevent an attack. A fair amount of daily exercise in the open air, a simple and nourishing diet, well-ventilated bedrooms and living-rooms, combined with strict moderation and wholesome habits of living, will do much to combat the development of the disease.

LET IN THE SUNLIGHT.

BY MRS. L. D. AVERY-STUTTLE.

IT matters little how much money is expended in building a house, or how much pains is taken in its erection, it can never be a home in the truest sense of the word unless there are plenty of windows, because it is sunlight which makes a room pleasant and cheerful, and which gives to it an air of comfort which it is impossible to gain without it. Who ever heard of a "cosy corner" without a window in it? or what would be thought of an architect who planned a building with no windows, or even one windowless room? Such a structure might be called a house, but assuredly it would not be a home. And homes are what we need.

But what good, pray, are the windows if they are kept closed and heavily curtained with thick, dark draperies, through which it is hard for a suggestion of light or a stray sunbeam to flicker?

Wait; did I say that the architect builds no windowless houses? I believe there are houses—very massive buildings of stone or brick—with only now and then tiny windows which are placed very high in the walls. I trust that the readers of these lines need no such punishment. Unless we want to make jails of our houses, let us open our blinds and raise our curtains.

"Yes," you say, "but it fades our carpets and our costly couches. Of course, it is more cheerful with the curtains thrown back, but the sunshine fades everything terribly!"

Not everything. The sunlight does not fade the pale, hollow cheek of the consumptive; it is the shadows that do that. Neither is the plump, round cheek of childhood faded by its kindly kiss. The sunlight does not fade the rich and luscious cluster of grapes on yonder vine. It is the finger of light which tints the ruddy cheek of the peach and the pear, and gives

the wondrously rich hue to the cherry and the apple. No, there are some things, you see, which the sunlight doesn't fade.

The other day I called upon a neighbour, a frail little woman, who looks as if her hold on life was very slight. She came to the door with her baby in her arms, and welcomed me. But once inside, it was so very dark that I was almost unable to see at all. The only window in the room was a north one, and that was darkened by a dense curtain. Two or three rays of dim light struggled for entrance and flickered feebly across the window-sill. My first thought was to make my stay very short and endure the dungeonlike gloom in silence; but the

gloom was so oppressive that I could not, and begged my friend to raise the shade. She seemed rather surprised than otherwise at my request, but I only wondered how she managed to live and work in the dark all day, or how either she or her sweet babe could ever develop the roses of health.

Oh, better, a thousand times better, a faded carpet than faded cheeks; better faded draperies than lustreless eyes. Let us learn to live simpler; to cultivate simpler tastes, not only in dressing and in eating and drinking, but in the furnishing and arrangement of our homes. Simplicity of living means longer and happier lives.

HOW TO FIGHT EVIL APPETITES.

BY MRS. E. G. WHITE.

THE victims of evil habit must be aroused to the necessity of making an effort for themselves. Others may put forth the most earnest endeavour to uplift them, the grace of God may be freely offered, Christ may entreat, His angels may minister; but all will be in vain unless they themselves are roused to fight the battle in their own behalf.

The last words of David to Solomon, then a young man, and soon to receive the crown of Israel were, "Be strong, . . . and shew thyself a man." To every child of humanity, the candidate for an immortal crown, are these words of Inspiration spoken, "Be strong, and shew thyself a man."

The self-indulgent must be led to see and feel that great moral renovation is necessary if they would be men. God calls upon them to arouse and, in the strength of Christ, win back the God-given manhood that has been sacrificed through sinful indulgence.

Feeling the terrible power of temptation, the drawing of desire that leads to indul-

gence, many a man cries in despair: "I cannot resist evil." Tell him that he can, that he must resist. He may have been overcome again and again, but it need not be always thus. He is weak in moral power, controlled by the habits of a life of sin. His promises and resolutions are like ropes of sand. The knowledge of his broken promises and forfeited pledges weakens his confidence in his own sincerity, and causes him to feel that God cannot accept him, or work with his efforts. But he need not despair.

Those who put their trust in Christ are not to be enslaved by any hereditary or cultivated habit or tendency. Instead of being held in bondage to the lower nature, they are to rule every appetite and passion. God has not left us to battle with evil in our own finite strength. Whatever may be our inherited or cultivated tendencies to wrong, we can overcome through the power that He is ready to impart.

The tempted one needs to understand the true force of the will. This is the governing power in the nature of man—

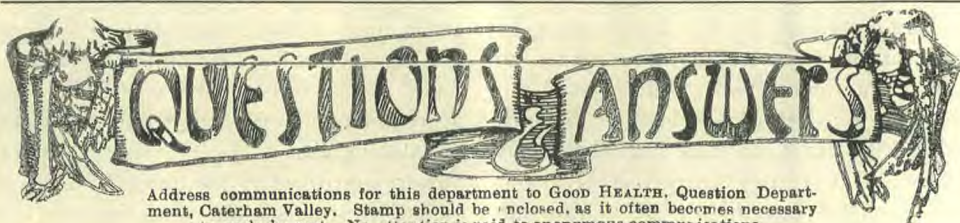
the power of decision, of choice. Everything depends on the right action of the will. Desires for goodness and purity are right so far as they go; but if we stop here, they avail nothing. Many will go down to ruin while hoping and desiring to overcome their evil propensities. They do not yield the will to God. They do not *choose* to serve Him.

God has given us the power of choice; it is ours to exercise. We cannot change our hearts, we cannot control our thoughts, our impulses, our affections. We cannot make ourselves pure, fit for God's service. But we can *choose* to serve God, we can give Him our will; then He will work in us to will and to do according to His good pleasure. Thus our whole nature will be brought under the control of Christ.

Through the right exercise of the will, an entire change may be made in the life.

By yielding up the will to Christ, we ally ourselves with divine power, we receive strength from above to hold us steadfast. A pure and noble life, a life of victory over appetite and lust, is possible to every one who will unite his weak, wavering human will to the omnipotent, unwavering will of God.

Those who are struggling against the power of appetite should be instructed in the principles of healthful living. They should be shown that violation of the laws of health, by creating diseased conditions and unnatural cravings, lays the foundation of the liquor habit. Only by living in obedience to the principles of health can they hope to be freed from the craving for unnatural stimulants. While they depend upon divine strength to break the bonds of appetite, they are to co-operate with God by obedience to His laws, both moral and physical.



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.

Erysipelas.—J.W.: "I had erysipelas on my face last June, and was under a doctor's care for a couple of months, using several ointments; and although I am much better, still there is a good deal of irritation. Kindly advise me as to diet and treatment."

Ans.—A natural diet, such as is advocated in the pages of this magazine from month to month, will suit you best. You should be careful to avoid, not only alcoholic stimulants, but also tea and coffee, and, indeed, all stimulating foods, such as meat extracts, beef-teas, and so forth. Also avoid sweets, cakes, and pastries. Take fruit freely, both fresh and stewed; nuts and nut foods ought also to agree with you. For treatment we would recommend that you apply alternate hot and cold compresses to the side of the face, changing them four or five times, and finishing up with a cold compress. The hot cloths should be kept on for from three to five minutes, and the cold ones from one to two minutes. A simple ointment, such as the Sanitarium Massage Cream, will allay irritation and promote healing.

Constipation.—B.P.: "A woman is constipated, sometimes going as long as seven days without a movement of the bowels. She has tried pounds' worth of quack medicines without benefit. What treatment would you recommend for such a case, and also what diet?"

Ans.—A plain water enema, or, better still, a soap enema, will thoroughly cleanse the bowels, and is preferable to quack medicines. At other times a few ounces of olive oil given as an injection will move the bowels. For further treatment we would recommend fomentations to the stomach and bowels, followed by massage daily, for a fortnight, or even longer. Physical exercise is necessary, and an out-of-door life is very desirable. For the diet we would recommend the free use of fruit, both fresh and stewed, especially such fruits as figs, dates, prunes, oranges, bananas, sultanas, raisins, and apples. Of course, brown bread is helpful, and the same is true of well-cooked porridge. A teaspoonful or two of olive oil with the breakfast will be helpful.

Tender greens, such as spinach or brussels sprouts, also have a laxative effect upon the bowels; indeed, this is true of most vegetables and fruits. An orange or two or a glass of water half an hour before breakfast is highly recommended. It is important to fix an hour for going to stool regularly, say an hour or two after breakfast, and then make this a habit.

Worms—Dumb-Bells—Chest Expander.

—S.H.: "1. What is the best thing to do for a boy of five years who suffers from worms? 2. Would you recommend the use of dumb-bells, and also a chest expander for a young man of 16 years, or would a course of physical culture be better?"

Ans.—Take the boy to your family physician, and get a suitable prescription for him that will destroy the worms and thus get rid of them. An injection made by steeping a handful of quassia chips in a quart of water will sometimes produce a cure in the case of pinworms, but it is a rather mild remedy, and not always successful. 2. The use of both dumb-bells and a chest expander would certainly be recommended, but a systematic course of physical culture training would be decidedly better.

Sluggish Liver.—J.D.: "A friend of mine is suffering from sluggish liver, and I shall be glad to have you give me some suggestions as to treatment and diet."

Ans.—Hot fomentations applied daily to the liver would prove helpful. A hot bath or, better still, a hot vapour or Turkish bath twice a week, would also give relief. Your friend should take water freely in the morning and between meals. He should avoid all stimulating drinks, including tea and coffee. Flesh foods, too, are undesirable when the liver is sluggish. Fruit may be taken freely, and it is the best medicine we can recommend. It is important to avoid condiments, pickles, sweets, cakes, pastries, and all indigestible compounds.

Diseased Bone.—D.M.: "Kindly inform me whether you consider natural methods could effect a cure of diseased bone in the head causing a discharge from the nose?"

Ans.—It is difficult to answer yes or no to such a question without a personal investigation. Generally speaking, an operation for the purpose of scraping the diseased bone and thus removing all diseased matter, would promote healing, and in some cases might be absolutely necessary. You ought to consult your family physician and take his advice.

Hydrocele.—J.R.: "For nearly two years I have been suffering from hydrocele. I had it tapped once but the relief was only temporary. What would you recommend?"

Ans.—Tapping alone will sometimes produce a cure, but it is often necessary to follow the tapping by the injection of some suitable astringent or acid. You should consult your family physician.

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In answering advertisements kindly mention "Good Health."

A Page for Women.*

Conducted by Marie Blanche.

I WANT to have a little chat about the care of the hands this month. It has been said by a noted writer, who is also something of a philosopher, that when woman's hand was created in all its beauty of form and delicacy of outline, the devil stepped in and grew the finger-nails. Now, I don't know for certain, but I am inclined to think that the man who propounded this theory was the owner of a virago of a wife, who periodically sharpened her nails upon her spouse's person. In this sense it is quite possible that the devil had a finger in the pie, but he took no part whatever in the designing of that particular feature, which can be either beautiful or ugly according to the way in which we care for or neglect it.

A woman's hand, when properly cared for, should be soft, plump, fair, and of fine texture. A workingwoman's hand becomes coarse, lined, and horny. But it is very often sheer carelessness that makes it so. Hard work, such as scrubbing or washing, does coarsen the hands, I know, but if a few minutes are devoted daily to the skin and the nails they need never become as unsightly as they often do.

To keep the skin of the hands soft and fine, they should always be carefully dried after washing. This is a matter which may seem trifling, but which will be found in practice to be of more importance than you may suppose. Then a cut lemon kept on the washhand-stand is useful to clean the nails and remove stains which gather round them. Frictioning the hands with each other acts as a sort of massage, and keeps the flesh firm and plump, and also rubs away the wrinkles and lines that form so soon about the knuckles and around the thumbs. A pure soap is, of course, advisable, and a good emollient is another desirable item. You should also use a little nail file instead of cutting with scissors. Never go out-of-doors in cold weather without warm gloves, which are best made by hand of fine lambswool, white for preference, because these have a delightful habit of showing the dirt, which, strange as it may seem, is in my eyes a cardinal virtue, because things that *show* when they are dirty get washed quite often, while those which don't show the dirt never get a proper tubbing at all.

Chilblains, from which many delicate persons suffer, disfigure the hands terribly, and cause the joints to become thick and clumsy, and those who are subject to these troublesome things should take special care. It is a good plan to friction hands that are afflicted with chilblains with a preparation containing camphor. It can be easily made at home for a few pence. Here is a recipe: 1 oz. almond oil, $\frac{1}{2}$ oz. spermaceti, 1 oz. white wax, $\frac{1}{2}$ oz. powdered camphor. When melted and nearly cool, it can be moulded into a ball, and when cold and firm is ready to use.

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

Don't coddle your hands, but don't neglect them, and whenever possible wear a pair of old, loose gloves while doing housework, such as dusting, furniture polishing, or fire-lighting, and stove-cleaning. A dainty, well-kept hand is almost as charming as a pretty face, and is therefore a thing to aim at and cultivate. We ought all to try to be as attractive in our person as we can. Hit the happy medium, though, and don't be vain!

Answers to Correspondents.

K.M.H.—The hoarseness is perhaps due to cold. I certainly think that artificial teeth, though sometimes necessary for proper mastication, would affect the voice in singing.

Mrs. E.P.—The Sanitarium Hair Wash can be obtained from the Sanitarium, Caterham Valley, Surrey. Yes, I do recommend it strongly.

M.K. (LONDONDERBY).—Read preceding answer. The price is 1/6 a bottle.

CONSTANCE.—Read answer to "Mrs. E.P." For your eyes, bathe them with a solution of borax and water several times a day, and especially before going to bed. One teaspoonful of borax in half a pint of water would be the quantity. Warm milk is also a good thing with which to bathe your eyelids if you find them glued together in the morning, as you say.

M.S. (SADDLEWORTH).—The use of the hair lotion named would undoubtedly benefit your hair. The address from which you can procure it is given in the answer to "Mrs. E.P." above. Premature grey hair is sometimes constitutional, but it may be caused, as you say, by great trouble, shock, or illness. However, grey hair is extremely becoming to most faces, and you need not mind it at all. I am very glad you find my page so helpful.

A.P. (CLUNTERGATE).—Yours is a very trying case, and if it were possible to go into the hospital you might benefit greatly by the application of the light cure such as Radium or Röntgen rays. Consult your doctor about this. Perhaps the application of electricity would cure you partially.

Mrs. D. (PAISLEY).—It is rather too late in life to commence to study singing at forty, but if it is only as a health exercise you might take it up. It is, however, rather too late to consider the matter as a profession.

R.W.—Your symptoms are much too grave to be neglected. Certainly it is *not* natural for anybody to be as you say you are. Rest as much as possible, and, above all things, avoid drugs. Your doctor should be able to advise you, and would doubtless treat you with benefit. Could you not get a friend to relieve you of some of your household duties at these times, and rest entirely for a few days?

M.E.S.—It is very kind of you to say such nice things about my articles; I am very pleased to know that they are useful. If the flushing of your face is due to indigestion, you might find the charcoal tablets do you good. The gums and inner sides of the eyelids should be rosy, not pale. I think you are anæmic. Get as much fresh air and exercise as possible, and feed well on plenty of milk, butter, eggs, and good fruit.

A.M.P.—Try feeding your little girl on Hygiama, made, of course, with milk. Certainly you must wear her, it is quite time.

C.T.T.—Chilblains are caused by poor circulation of the blood. Soak them at night in the hottest water you can bear, and rub them well with some camphorated oil. Also a cold compress sometimes does good.

VEGETARIAN.—Yes. Palmine is a thoroughly pure vegetable butter, which can be used for all cooking purposes. It is 10d. a pound, and can be procured from the Vegetable Butter Company, 6 Trinity Square, London, E.C. I am quite sure you will be pleased with it.

MARY.—The Sanitarium Hair Lotion is made at the Sanitarium, Caterham Valley, from which address you can procure it direct. No, quite inexpensive, I believe.

Ideal Foods for Cyclists and Ramblers.

All who find their greatest pleasure in cycling or walking should know about the

Wallaceite (reg.)
ALMOND CRISPS,
HAZEL CRISPS,
WALNUT CRISPS, and
COKERNUT CRISPS.

These crisp, delicious, and highly nutritious biscuits are made from finely ground whole wheatmeal, pure butter, and choicest nuts. They contain no yeast nor baking powder, no chemicals nor cheap fat. They form an ideally compact and sustaining food for ramblers. The addition of fruit completes the meal.

Sold by all Health Food Stores at

10d. per lb. 4 Samples, post free, 2d.
(one of each kind.)

Mention "Good Health."

The WALLACE P.R. FOODS CO.,
465 Battersea Park Road, London, S.W.

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.

Nu-Era (reg.) Cream o' Nuts

with fresh fruit makes
an ideal meal.

Cream o' Nuts is highly nutritious and wholesome, being made from only the more superior orders of nuts; it includes almonds, walnuts, cashews, and pine kernels, but no peanuts or coco-nut. It is free from preservatives and all impurities.

Original (sweet) 1 lb., 1/-; post paid, 1/4.
Unsweetened 1 lb., 1/2; post paid, 1/6.

Free Sample

with new booklet all about Nuts post free if you mention "Good Health."

G. SAVAGE & SONS,
Nut Experts,
53 Aldersgate St., London, E.C.



GOOD FOR YOUR COMPLEXION.

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

An effective home treatment for wrinkles and blackheads. The simplicity of this scientific system of self-applied massage, and the speed with which it clears the complexion, are almost beyond belief. A simple soothing application of the little Beauty-Cup will often produce remarkable results. Blackheads in many cases are banished in sixty



Hundreds of testimonials

seconds. It removes impurities by atmospheric pressure, helps to round out the cheeks, arms, and neck, and to make the waste places in the body plump and healthy. Acts directly on the circulation, and feeds fresh blood to the tissues, thus making the flesh firm and fair, and the skin soft and satiny. Sent by mail in plain wrapper, with our Beauty Book, for 2/1 P.O. (abroad) 2/6 M.O.

Address: **The H. G. Highwater Hygienic Institute,**
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ANOTHER BLOW to the BUTCHER.

NO PTOMAIN POISONING WITH

C.H.S. Nut Meat Pies 
Sausage Rolls. (Lentil and Walnut.)

NUT MEAT PIES. 2d. each; 1 doz. car. paid, 2/6.
" " " 4d. each; post free, " " 7d.
" " " 6d. each; " " " 9d.
" " " 1/- each; " " " 1/4.
SAUSAGE ROLLS. 2d. each; 1 doz. car. paid, 2/6.
SAMPLE PIE OR ROLL, post free, 3d.

From all Health Food Stores, or direct from the manufacturers:
CHAPMAN'S HEALTH FOOD STORES,
Eberle Street, Liverpool.

In answering advertisements kindly mention "Good Health."

GOOD HEALTH.

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

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

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

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

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

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

A MISS ON Van is being put on the road this summer by a small band of enthusiasts for healthful living. The missionaries are Messrs. Haigh and Sims, of Sheffield, and their projected tour is as follows: Sheffield to Rotherham on Good Friday; then to Barnsley, Wakefield, Dewsbury, Bradford, Hebdenbridge, Todmorden, Rochdale, Oldham, Ashton, Hyde, Manchester, Bolton, Wigan, Ormskirk, Southport, returning by way of Huddersfield to Sheffield. A week's stay at each place is proposed. The missionaries invite the friends of health reform in all of these places to rally round them when the Van arrives, and lend a helping hand.

The summer programme of the Glasgow Health Culture Society is to hand. The lectures are on such subjects as: "Wild Flowers," "Ferns and How to Know Them," "Mountaineering in Scotland," "Wild Birds at Home," "Camping for Cyclists," "Caravanning," and other subjects of a holiday character, mostly illustrated by limelight. Rambles have been arranged, both for those who wish a walk of six to ten miles, and also for those who prefer a longer distance, twelve to sixteen miles. The arrangements for swimming, etc., have been very much extended. Copies of the programme may be had from Mrs. Crawford, 64 Woodlands Road, Glasgow, or Mr. Robert Steel, 80 Murano Street, Glasgow.

The summer (outdoor) programme of the Birmingham Natural Health Society and Outdoor Club, which commences in April, includes cycle runs, rambles, picnics, swimming, and holiday camps by river and sea. The Society's new recreation field will always be open to members. The Health Library of nearly 200 volumes will also be continued. Write for full programme to the Hon. Secretary, Mr. A. J. Morris, 28 Freeman St., Birmingham.

A FOOD. A MEDICINE. A TONIC.

"MÈDE-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.

Best position. Close to sea and promenade. 3 minutes from station. Large, airy rooms. Good cooking. Late dinner. Terms: from one guinea. Address:—

Proprietress, "EVANSTON,"
COBHAM ROAD, WESTCLIFF-ON-SEA.

*Why Hot Corn Flour
Pudding is good for
the Children.*

Children require two kinds of food—one for body-building, and the other for supplying energy and warmth.

Hot puddings, boiled
or baked, made
with good pure milk and

Brown & Polson's "Patent" Corn Flour

are rich in both these
for ns of nourishment—
and so easy of digestion.

Delicious alone or with jam.
Make sure that the Corn Flour
is Brown & Polson's "Patent"
—any Corn Flour will not do
as well.



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 hyriatic measures, electrotherapy, phototherapy, massage, Swedish movements, Swedish medical gymnastics, and in short, by the use of what has been aptly called Physiological Therapeutics. Incurable and offensive patients are not received. The establishment affords facilities for quiet and rest, with skilled nursing and medical care and everything an invalid needs.

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

THE SANITARIUM, CATERHAM, SURREY.

In answering advertisements kindly mention "GOOD HEALTH."

We have given a liberal proportion of our space this month to a consideration of the value of pure air, and to some methods by which we may get more of it into our lungs. Happily this, one of the most enjoyable delights of existence, is also one of the cheapest. We pay nothing for all we can use, unless we live in a crowded city and have to spend money in travelling, in order to get into some region where the air is what it ought to be.

Impure, however, as the air is in our large cities, it would be a great deal better if we would refrain from poisoning it with the fumes of tobacco-smoke. The smoker may not give much thought to the matter, but if he did, he surely would recognize the insanity of poisoning the air he breathes, and the brutality of compelling those about him to inhale a polluted atmosphere. We hope that every GOOD HEALTH reader will exert his or her influence to discourage the unclean vice of smoking.

What should we think of the mother who made a practice of injecting some nauseous, harmful mixture into all the food she prepared for her household? Yet this would be no worse than the practice of the father who habitually poisons the atmosphere which his wife and children breathe with pungent, injurious clouds of tobacco-smoke. Many a doctor knows that an invalid wife or sickly child owes a great deal of ill-health to the thoughtless indulgence of a smoking husband or father.

The practice of deep-breathing may be cultivated by sustained efforts of the will, but it follows as a natural result when one goes out among the sweet scents of the fields and hedges. As our olfactory nerves catch the delicate fragrance of the wild flowers, we instinctively draw a deeper breath in order that we may inhale as much of the pleasing perfume as possible, and while we are thus gratifying our sense of smell, we are also filling our lungs with the pure, sweet air of heaven. Whenever possible, therefore, let deep-breathing exercises be carried on among the fragrant flowers and trees. The more natural and enjoyable our deep-breathing the more beneficial.

GOITRE is a troublesome complaint which is quite common in some parts of England. Our next issue will contain an article by Dr. Olsen dealing with the affliction, its cause, and what can be done in the way of cure.

Certificated Nurse Masseuse requires maternity engagements, massage cases, or daily visits—reform diet—well recommended. Nurse Pegram, 4 Upper Baker St., London. W. Telephone, Paddington, 3592. Telegrams: "Tranursex, London, 901."

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

*Hydrotherapy. * Sun and Air Baths.*

*Air Hut Colony. * Massage.*

*Gymnastics. * Vegetarian, Fruitarian, 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."

THE Food Reform Company of Furnial Street, Holborn, we are glad to see, report another prosperous year, declaring a dividend of five per cent on the preference shares, and ten per cent, with an additional bonus of five per cent, on the ordinary shares. Visitors to the F.R. Restaurant will find that the menus offer all the latest health foods. The place is quiet and restful, considering its central position, and is a capital *rendezvous* at which to meet friends in the city before going to an evening engagement.

THE Poor Law Commission, whose weighty report recently aroused such deep and widespread interest, go straight to the point when they say:—

“Our investigations prove the existence in our midst of a class whose condition and environment are a discredit and a peril to the whole community. Each and every section of society has a common duty to perform in combating this evil and contracting its area—a duty which can only be performed by united and untiring effort to convert useless and costly inefficient into self-sustaining and respectable members of the community.

“No country, however rich, can permanently hold its own in the race of international competition if hampered by an increasing load of this dead weight, or can successfully perform the rôle of sovereignty beyond the seas if a portion of its own folk at home are sinking below the civilization and aspirations of its subject races abroad.”

This evil, say the Commissioners, is not of a nature to be removed by the outpouring of public funds. That is true, and we might add that no amount of legislative action will suffice to eradicate the disease. It calls for earnest, individual effort, with a view to the personal redemption of those who are sinking below the level of manhood.

What is it that causes men so to sink? Not the mere difficulties of their position. These should but call forth the latent energy and determination of manhood. The trouble is that men are parting with energy and determination, so that the “unemployed” too often become the “unemployable.” One potent agency in this degradation of character is indulgence in tobacco. If a man stupefies himself with this narcotic he becomes dead to the nobler impulses that would otherwise stir within him, and is content to do nothing and be nothing so long as he can have a smoke when he craves for it. It is claimed for tobacco that it soothes the mind after hard work. The trouble is that it frequently soothes the mind before the work is done, and makes its users content not to trouble about the work.

In many ways the “Good Health” movement is what is needed to cleanse and elevate the lives of men and women. When that work is accomplished, they will not be costly, useless inefficient, but will be able to lift their share of the general burden. Mr. John Burns lately said, and it is worth remembering, that out of 100,000 applicants for relief at the Wandsworth Union during the past twenty years, only twelve were teetotallers.

Every one who personally benefits by the knowledge and practice of “Good Health” principles, owes a debt to the less fortunate. He or she can to some extent, however small, be an uplifting force in the community.

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.

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.”

The Secret of Good Health Is PURE FOOD.

HERE IS A LIST OF SOME:

Nut Butters.

(Three Varieties.)

Nut Margarines.

(Three Varieties.)
Made Entirely of Nuts.

Oaten Biscuits.

Nut Meats.

Nut Creams.

We have a HUNDRED others which our BOOKLET will tell you about. Free on application, together with name of nearest agent.

WRITE TO-DAY.

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

A Seaside Home

Conducted on Food Reform principles.
Delightful location, near the chimes, pleasure gardens, and town.
Highest recommendations.
Accommodations exceptional, including facilities for the electric light bath, Russian and shower baths, and skilled massage.
Charges—moderate.

Write for terms, mentioning "Good Health."

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

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

"GOOD HEALTH" STORES,

19 Stroud Green Road, London, N.

Conducted by **MISS N. MUSSON.**

AGENT FOR

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

ALSO FOR

Musson's Wholemeal Specialities.
ALL HEALTH MAGAZINES.



Sultana Nut Cream Rolls

These unique and delicious biscuits are one of the ten or more varieties of Nut Cream Rolls. They are made with finely ground wheatmeal, choice nuts, cleaned fruit, and pure cane sugar, and contain 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."

THE National Tuberculosis Conference and Exhibition, held in Caxton Hall from February 16th to 19th, was an interesting and important event in the crusade against the "great white plague." A heavy emphasis was laid by the speakers on the supreme value of fresh air in combating the disease, and some striking testimonies were borne by medical men as to the cures wrought by this agency.

One of the noteworthy features of the Exhibition was an exhibit of tubercular meat, selected from different animals. This ought to have brought home forcibly to the visitors the peril involved in the use of flesh foods. When it is deemed imperative to regulate carefully the smallest details in the life of a consumptive in order that he may not be a means of spreading the disease, it seems disproportionately reckless to incur the danger of contracting the complaint by eating the flesh of animals which are notoriously liable to it. The recklessness is the greater because it is becoming so easy to obtain foods that subject their user to no risk whatever.

Our own advising columns bear witness to this fact, and, besides, directly facing the exhibit of diseased meat, was the stall of the enterprising firm that manufactures "Hygiama," the growingly-popular food beverage. We understand that, besides our own Sanitariums, a large number of Sanatoria are using "Hygiama," and it certainly presents a very pleasing combination of high nutritive value with agreeable tasting qualities.

Good Health invites the assistance of its readers in extending its circulation. You can help by simply showing this copy to your friends.

WE have received an interesting communication from Mr. E. R. Stein Eretto, manager of a troupe of acrobats performing in the north of England. He states that every member of his troupe is a strict vegetarian, that they have only two meals a day, and that they get along very satisfactorily on a diet of nuts and wholesome bread with plenty of fruit and vegetables. None of them touch alcoholic beverages of any kind, nor do they use tea, coffee, cocoa, or chocolate, and they find no occasion to resort to drug-stores. Every morning they practise deep-breathing exercises, and they also have a cold bath, in the open-air whenever possible.

The speciality of the troupe seems to be its faculty for walking and jumping on its hands, instead of on its feet in the ordinary way. To judge from the photographs sent us, the performance calls for extraordinary strength and agility, and the troupe is certainly another demonstration that feats of a most exhausting character can be performed with ease on a non-flesh diet. Mr. Stein Eretto is interested in advocating healthful living, and we do not doubt that his particular argument in its favour will weigh with some who can listen unmoved to any number of figures proving the superior merits of a vegetarian diet.



.. The ..
**Most Delicious of
 Breakfast Beverages**

A truly delightful substitute for tea, coffee, etc., at the breakfast table. These are stimulants without the least food value. "Ovaltine" is all food—all digestible—all delicious. Composed of Cocoa (semi-digested), Malt Extract, Fresh Milk and Eggs, also active Lecithin—a builder-up of brain and nerve cells.

OVALTINE
 (THE NEW LIQUID FOOD)
 contains every dietetic element essential to health, strength, and vitality.

FREE SAMPLE. Send 1d. stamp for free sample (makes 4 cups) to
A. L. WANDER, Ph.D.,
 1 & 3 Leonard St., City
 Rd., London, E.C.

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.

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:

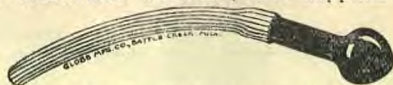
Fred^k. Bax & Son,
 35 Bishopsgate St., London, E.C.

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."

A **FOOD REFORM DEPOT** has been opened by Mr. George Weir, at 170 Roundhay Road, Leeds.

SAUSAGE ROLLS and pork pies are among the first things a food reformer learns to reject from his dietary, but Chapman's Food Stores are supplying a brand of these delicacies which vegetarians may eat with confidence and enjoyment. Lentils and Protose constitute the savoury fillings.

"**THE COUNTRY HOME**" is a well-got-up magazine dealing with a wide range of subjects, from "an ideal golf-house" to intensive gardening on the French system. Many of the illustrations are charming. Sixpence monthly. Published by Constable & Co., Ltd.

THE Bradford Health Association and the Bradford Food Reform Society are amalgamating to form a section for the active carrying out of vegetarian propaganda in Bradford, and for the union of local vegetarians. For further particulars apply to the convenor, R. Musgrave, c/o Bradford Health Association, 4 Brearton Street, Manningham Lane, Bradford.

THE Physical Health Culture Society of Manchester report a very successful season during the past winter. Lectures have been well attended, as well as Drill Classes and Socials. A number of new members have been enrolled. The Society has not confined its attention to culture of the body only, but has given consideration to such subjects as "Man v. Machinery," and "The Future Socialism."

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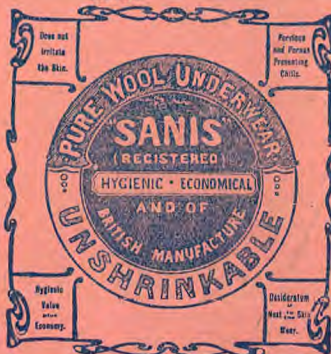


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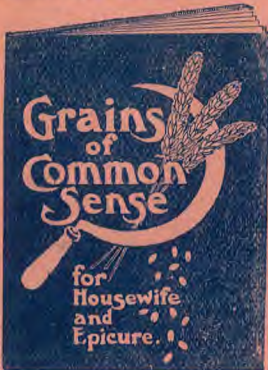
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