

# GOOD HEALTH



May, 1909.

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Of sunny skies and cloudless times."

—*Longfellow.*

# Good Health

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

Entered at Stationers' Hall.

VOL. 7.

MAY, 1909.

NO. 5.

## Editorial Chat.

**The Dull Boyhood of a Famous Man.** PARENTS of apparently stupid boys should not despair. As a recent number of the "British Medical Journal" reminds us, Charles Darwin's boyhood and early youth gave no promise of future greatness. His father once said to him: "You care for nothing but shooting, dogs, and rat-catching, and you will be a disgrace to yourself and all your family." A prophecy which, for a time, seemed likely to come true. Charles studied medicine, but found the lectures "intolerably dull." Anatomy was not only dull but disgusting. In later life he was sorry that he did not overcome his disgust, at least, so far as to learn dissecting, which would have been a help to him in his work.

**Genius Develops Slowly.** MEDICINE proving a failure, young Darwin was sent to Cambridge to prepare for the church. This plan, he tells us himself, was never formally given up, but simply died a natural death when he joined the "Beagle" as naturalist. The practical lesson to be drawn is that the most gifted boys do not always shine in school. Most often they are late in developing. It is always a good thing for a boy in early life to be fond of open-air activity. The hot-house plant does not long survive the wear and tear of the bustling world. Darwin did not have very good health as it was; had he applied himself more assiduously to books in his boyhood days,

he probably would have died young. A robust, healthy body is worth more to the growing boy or girl than high marks at school.

**Shall the Boys Run Races?** THE "British Medical Journal" prints a letter, signed by Sir Lauder Brunton, Sir Thomas Barlow, and three other eminent gentlemen, expressing the opinion "that school and cross-country races exceeding one mile in distance are wholly unsuitable for boys under the age of nineteen, as the continued strain involved is apt to cause permanent injury to the heart and other organs." Editorially the "Journal" deprecates any effort to interfere with such boyish sports, an opinion in which we heartily concur. We further agree that there is far greater danger in the athletic contests undergone by the city youth of nineteen and over, who is handicapped by long hours of indoor work, and probably addicted to tobacco.

**Our Civilization Enervating Enough.** RUNNING is fine exercise, and to run until he is thoroughly tired will no more injure the heart of a normal boy than of a puppy. The runs should, of course, be engaged in voluntarily. No boys should be compelled to join them against their will. The weaker ones should, however, be carefully examined by a competent physician, and suitable exercise marked out for them. But there seems to

be no reason in the world why a boy or youth under nineteen should not be allowed to run more than a mile. Our civilization is enervating enough already; let us not make it more so by imposing such un-called-for restrictions upon the boys, who fortunately still have an ingrained love for open-air activity.

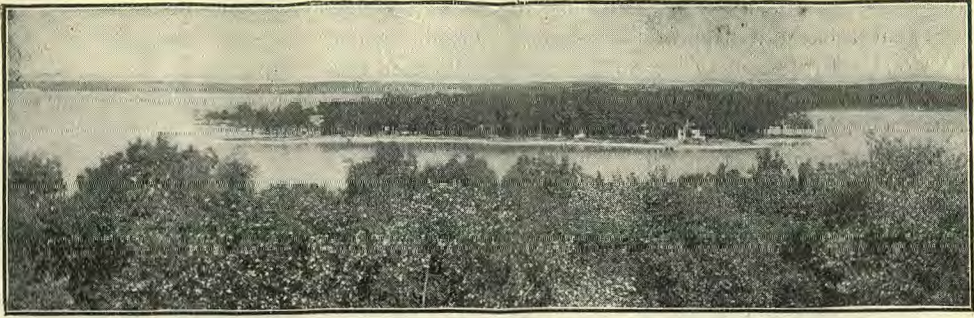
**The Hope of the Race.** THERE are other ways in which we can most effectually guard the boys' physique. We can warn him against those fascinating little rolls of bad tobacco which he sees his father and grown-up brothers so very fond of. We can encourage him, too, to sleep with his bedroom window wide open, to curb his appetite for sweets and titbits; we can give him less meat, more porridge and milk, with biscuits or hard bread to encourage thorough mastication. We can teach him, too, the absolute necessity of purity in mind and body. But let us never try to wean him from his sports. The strong, open-air proclivities of a healthy boy are implanted in his very nature, and in them, physically speaking, lies the hope of the race.

**"Back to the Orchard."** DR. BENJAFIELD, medical officer of health for the district of Glenorchy, in Tasmania, is the author of a pamphlet, "Health in the Orchard," in which he draws a delightful picture of this modern Garden of Eden. Glenorchy, he tells us, is a tract of land about ten miles square, "dotted all over with cultivated gardens and orchards." The fortunate inhabitants "spend all day in the sunshine, pruning in winter, digging and ploughing in spring, weeding and spraying in big apple and pear orchards, picking small fruits in the early summer, and later on the hard fruits as they come in." We are not surprised to be told that many of the people who are thus practising the simple life are still young at

eighty-five, while the death-rate is only four per thousand.

**Why Not Try It in England?** PROBABLY most of our readers will think this a charming way to live in Tasmania; but it will never occur to them that even here in Great Britain it is possible to live an ideal outdoor life, and at the same time make a comfortable living. We, also, can raise fruit and garden produce. Moreover, we have this advantage: the people of Tasmania must largely depend upon England as a market; we have a market at our very doors. It is to be hoped that many in this country, responding to the call to a more natural and wholesome life, will find their way back to the land. There pure air and wholesome food can be had in plenty, the work, if laborious, is at least in the open, and the children will grow up strong and hardy. The secret life of every nation is bound up with its soil.

**Patent Medicines Would Go Begging.** IT is, of course, true that comparatively few are able to carry out such an ideal to the fullest extent; but certainly the majority can have some sort of a garden, and do a little work in it, if not every day, then two or three times a week. Athletics are very good in their way, but for health of mind and body there is nothing equal to digging in the soil. The Creator put our first parents in a garden. Man is naturally a creature of God's great out-of-doors. He was not intended to spend his life between four walls. Our pernicious sedentary habits are undoubtedly the chief cause of our many diseases. Patent medicines would go begging, and more than half the physicians would have to seek other employment, if men and women only knew the abounding health and vitality which come of digging in a garden.



## THE GENTLE VICE OF SMOKING.

BY M. ELLSWORTH OLSEN.

THAT smoking is a vice most men, including users of the weed, will not seriously deny. That it is classed, whether rightly or not, as one of the minor vices is also a fact. It is further agreed that the craving for nicotine is a wholly unnatural and artificial one. To dislike tobacco-smoke, then, is not to be odd or peculiar, but to be natural and healthy. Hence the assumption that men do not mind tobacco-smoke is wholly gratuitous, in fact, hardly less than insulting. We have all seen a man occupying a non-smoking compartment light his cigarette or pipe with perfect non-concern if no members of the fair sex happen to be present. So many men have yielded to the seductions of My Lady Nicotine that the remaining ones are usually treated as a negligible minority; but smokers should remember that even minorities have certain rights in Great Britain, and it is no small offence to pollute the common air, which, for the time being, all alike must breathe.

### Coal-Smoke v. Tobacco-Smoke.

The smoker, in other words, should beware of making himself a nuisance. What would we think if one of the men in a public waiting-room should close the upward opening of the grate, and thus fill the room with coal-smoke? If he claimed that his nature demanded smoke, some of the guests might be tempted to tell him to

go to a certain hot place where there is smoke and to spare, but not to make the room unbearable to decent men. This comparison may seem a little far-fetched to the lover of "a good cigar," but that is only because he is unqualified to judge fairly, being blinded by his own devotion to the weed. There is, in the nature of the case, no reason why tobacco-smoke should be more grateful to the average, normal man than coal-smoke or any other kind of smoke; in fact, it would not be difficult to prove, from the physiological point of view, that tobacco-smoke is, if anything, the more harmful.

### The Cigarette or the Glass of Beer.

Certainly, viewed as a habit, smoking has less reason in it than, for instance, the habit of taking an occasional glass of beer. The latter, at least, satisfies thirst, which is a normal craving, and it even contains a slight trace of nourishment. But no healthy, normal man can possibly stand in need of smoke. Hence temperance workers really stultify themselves when they condone or even encourage smoking while opposing alcohol with all their might. Both habits are contrary to natural law, and cannot be indulged in without loss of vital power.

### Smoking a Wasteful Habit.

Viewed purely on its financial side, smoking is an extremely wasteful habit.

All competent medical authorities will agree that tobacco does not do a man any real good. Professor Osler, of Oxford, distinctly says that one is better off without it. Consider what is involved in such a mild statement as this. To you who may be addicted to this gentle vice it means that the next time you are going to spend a shilling for tobacco, you would be well advised to throw it into the gutter instead. It means that for a year's expenditure on the weed you have nothing but evil to show.

#### A Kind of Tampering with the Nerves.

Smoking is wasteful, however, in a larger and higher sense than in the mere monetary loss involved. It is a kind of tampering with the nervous system, which results in not inconsiderable losses of nerve

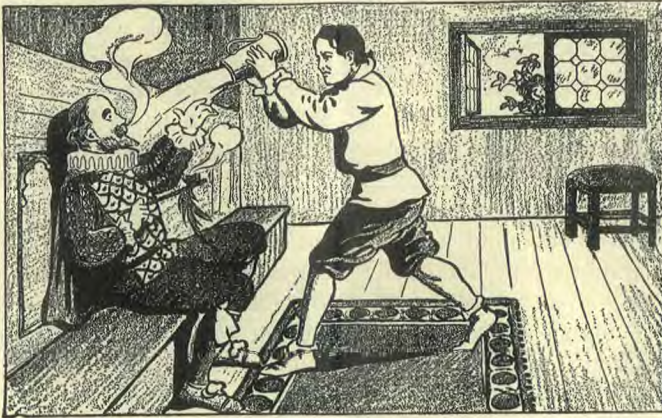
energy, a man's most precious asset. Smoking, in short, interferes with efficiency. This fact is being recognized by the managers of railway corporations and numerous other large business concerns. So far it has taken effect chiefly in dealing with youths; but it will be applied to the older men in time. In some offices there has been a careful examination of the work of smokers and non-smokers, and it has been found that by far the majority of the mistakes and blunders were made by the former. Tests have also been conducted showing that after smoking even a single cigarette a man is brought under control of the drug sufficiently to have his

powers of accurate work distinctly diminished. This was true even of the men who used tobacco regularly.

#### A Handicap for Life.

To be sure, tobacco is very deceptive. In many cases the man who is smoking thinks he is at his best; but try him in shooting at a target, or in any other test of nerve efficiency, and his supposed capability will be found absent. He may shoot as well as some other man who is a non-smoker, but he cannot equal his own best work. He has submitted to a handicap in the form of an unnatural and offensive habit for which there is no valid

excuse. It is a handicap, moreover, which attends him all through life. The smoker is likely to be the man who is "too old at forty." Even with very moderate use of tobacco, he



SIR WALTER RALEIGH'S HISTORIC SMOKE.

has spent by that time enough money to have made, with interest, a very respectable nest-egg in the bank, and he has brought on some of the physical disabilities of advancing years at least ten years before their time.

#### Does Smoking Promote Philosophy?

It is sometimes urged in behalf of tobacco that it promotes philosophy and good fellowship. The smoker is represented as of mild and kindly nature, prone to humaneness. But the weed had no such softening effects upon the red men of America, who found fiendish satisfaction in killing their victims by inches, cutting



off here a finger, and there a foot, and practising the most revolting cruelty upon them. The truth is that smoking blunts the finer feelings. It may, for the time being, allay irritation, make a man feel well satisfied with himself and with the world, just as is likely to be the case while any piece of self-indulgence is being practised; but there always follows a physical recoil, with corresponding depression, and the man who once gets really under the power of the habit has said farewell for good to a well-poised nervous system. He has lost the power, in a measure, to be himself. He is, thereafter, a compound of his real self and a capricious drug, which will slowly but surely drag him into his grave.

If smoking is such a pernicious habit, it may be asked, why do people indulge in it? The chief cause is the lack of a high regard for physical righteousness. Even professing Christians have yet to learn that they are responsible to God for their physical habits and are some time to give an account of the "deeds done in the body."

#### A New Cure for Corns.

The extremities to which men will resort in their efforts to justify smoking are little less than pathetic. The principal of a certain college, where smoking was strictly tabooed, once surprised a whole roomful of undergraduates regaling themselves with the forbidden weed. In despair of harsher measures, he thought he would try moral suasion. So he put the question to each one: "Why do you smoke?" The excuses were highly interesting. One smoked to cure headache, another had weak digestion, a third to calm his nerves. The last young man to be questioned was a hale, hearty fellow who could not with any colour of truth plead the conventional excuses, and who was not an adept in polite lying; but he had to give some reason; so he finally blurted out that he

smoked for—*corns*. This brought down the house. The absurdity of the situation appealed to the young men far more powerfully than a dozen sermons would have done.

When smokers generally see the utter absurdity of the practice they will stop it—if they can.

### The Irish Crusade against Consumption.

THE Women's National Health Association, of Ireland, under the leadership of the Countess of Aberdeen, organized for St. Patrick's Eve a very successful Pageant of Irish Industries, with a view to replenishing the treasury of the Association.

The Itinerant Tuberculosis Exhibition, which started at Dublin at the close of the National Exhibition in November, 1907, has since visited over eighty districts throughout the length and breadth of the land, and has been the means of creating a lively interest in the fight with tuberculosis, from which Ireland suffers much more than any other part of the Empire.

IN his new book on "Peace and Happiness," Lord Avebury has some remarks on the evil of intemperance in food:—

Food from the time of Eve has brought sorrow and death on man. "*Plures occidit gula quam gladius*" ("the throat kills more than the sword"). "Of all rebellions," said Bacon, "the rebellions of the belly are the worst." Shut your mouth and save your life. Men do not generally die "a natural death"; they kill themselves, and die much sooner than they need. The way to live long is to live wisely, and especially to be moderate in all things.

Too much to eat is almost as bad as too much to drink. Timotheus, head of Athens, having had a frugal supper with Plato, and meeting him next day, said: "Your suppers are not only agreeable whilst I partake of them, but the next day also." The mind cannot work freely when the stomach is full. Fasting has always been considered as a preparation for prayer, or, indeed, for any intellectual exertion.



### “AS A MAN EATETH, SO IS HE.”

BY D. H. KRESS, M.D.

IN the minds of observing men and women there can be little doubt that a very intimate relation exists between what a man eats and drinks, and what he is physically and morally. From my own observations during the past twenty years, I have again and again been forced to the conclusion that there is truth in the old German adage, “As a man eateth, so is he.”

So thoroughly am I convinced of this, that in determining on short acquaintance what a man is morally, I rely more on observing what he eats than upon the way he may speak or deport himself while in my presence. It has been truthfully said, to know a man it is necessary to live with him. But by observing the food man eats and what he drinks, it is possible, I believe, to know something, at least, of what his disposition is, *without* living with him.

A friend of mine, in answer to the salutation, “how are you?” replied: “I am well, don’t you think so? Look at me.” Although he looked robust and the picture of health, I replied: “You may feel well and look well, but in order for me to say

you *are* well, I should have to know something of what you eat and drink.”

The beer-drinker under the influence of his beverage, may feel well and look well, but he is not well; let him be stricken down with pneumonia, cholera, typhoid fever, or some other germ disease, and his case becomes almost hopeless. He has an abundance of tissue, but it is inferior in quality. He may be good-natured, and even jolly, but his good nature is not constant; his life is marked by extremes. Let some provocation arise, and his face becomes red or white with anger. He is not well either physically or morally, although he may appear so.

Food has as great an influence on the health and disposition of an individual as drink. No man can be in health who has a sour stomach, and no one can have a sour stomach and a sweet, amiable disposition at the same time.

Sydney Smith, many years ago in a letter to Arthur Kingslake, said: “Character, talents, and virtues, are powerfully affected by beef, mutton, pie-crust, and rich soup. I have often thought,” he added, “I could feed or starve men into

many virtues and vices, and affect them more powerfully with my instruments of cookery than Timotheus could do formerly with his lyre. Frequently it is," he said, "that those persons whom God has joined together in matrimony, ill-cooked joints and badly-boiled potatoes have put asunder."

The matter of diet is already receiving much more attention by the medical profession. Many obscure diseases, it is now recognized, are due to auto-intoxication or intestinal infection resulting from dietetic errors. The noted Dr. Andrew Blyth, in his authoritative Manual, "Health and Diet," wrote prophetically: "When, by successive researches, the science of Diet has become better understood, without doubt a school of physicians will arise discarding drugs and treating maladies by cutting off certain foods."

"There are diets," he said, "for every age, for every climate, for every species of work—physical or mental; there are diets by which diseases may be prevented and diseases cured; there are diets which make the skin glossy, the frame vigorous, and the spirits joyous; others which mar the face with wrinkles, speckle the body with eruptions and make the form lean, hollow, and prematurely old."

Is it not time for all who engage in any work of moral reform to appreciate that the same intimate relation that exists between the diet and the health, also exists between the diet and the morals of individuals, and that if it is necessary to give attention to diet in order to promote health it is equally important to give attention to diet in order to elevate the morals of mankind?

When this is appreciated as it should and will be, much more will be said from the pulpits in regard to the need of eating and drinking to the glory of God. Undoubtedly many a crime and many a sin has been committed because the mind was at the time under the influence of poisons

generated in the stomach and intestines, and no doubt many a poor man is serving double sentence to-day, while others have not been sentenced who should have been, simply because of the quality and quantity of the food and drink taken by the judge. Serious mistakes in counsel are frequently traceable to the dinner-table. Many a priest and prophet has erred in vision and stumbled in judgment because of the poor quality of his food. The man whose mind is under the influence of an intoxicant has no right to believe his own senses or rely on his judgment.

The impatience of the mother, the unreasonable disposition of the father, and the rebellious nature of the children may, with a little difficulty, find an explanation in the food served them by a well-meaning but ignorant cook.

Dr. Wiley, the United States Government chemist, evidently realizes that an important relation exists between diet and domestic happiness. In addressing the Bakers' Association at Atlantic City recently, he said: "Good bread, in my opinion, would help solve the American evil of divorce. If bakers," he added, "make good bread, and then educate the people to buy it, the great destroyer of domestic happiness—dyspepsia—will be removed, and we shall hear no more of the divorce problem."

Good bread, well baked, is the staff of life, but when poorly baked it becomes one of the great destroyers of health and domestic happiness. In order to have health and peace in our homes, the preparation of the food cannot be entrusted to ignorant and illiterate cooks. The time is not far distant when cookery will be regarded as one of the greatest and most important of sciences, worthy the attention of the most highly educated young women. Not all depends upon the cook, however; it behoves each individual to learn how to combine even wholesome

foods when served, for too great a variety of the best food creates indigestion, and the first symptoms of indigestion are impatience, irritable temper, unreasonable disposition, and despondency. The use of sugar or butter causes fermentation and impatience.

There are certain foods which interfere in the development of character in a special way. Chief among these is flesh food.

Baron Liebig says: "The ingestion of flesh produces in carnivorous races a ferocious and quarrelsome disposition, which distinguishes them from plant eaters." And the noted Dr. Gauthier, after his prolonged research and study, concluded that "a flesh diet is a more important factor in determining a savage or violent disposition in any individual than the race to which he belongs." In conducting experiments in his laboratory on various creatures, he observed that animals when fed upon grains remained gentle, and when given flesh to eat, they became quarrelsome, unmanageable, and destructive. The diet entirely changed their disposition.

Byron, the poet, in relating his own experience, said: "Flesh-eating makes me ferocious; the devil always comes with it until I drive him out." Canon Lyttleton has observed that "it is well-nigh impossible for even the best-intentioned man to live physically pure if he eats meat in excess."

A noted preacher, some years ago, in one of his sermons, said: "I have known men who prayed for the grace of good temper in vain, until their physicians told them to stop eating meat. So long as they ate animal food, they could not control themselves; they were so irritable; but as soon as they began living on a diet of grains and fruits, they were able to keep their temper. They were not unwise in praying, but they were wise when to prayer they added medical advice."

Many have discovered that God made no mistake when He gave to man his bill of fare at the beginning, that the simple products of the earth, which were furnished for man when in health and a state of sinlessness, are the foods best designed to regain health and assist the return to innocence.



## HOW TO TREAT SCIATICA.

BY A PHYSICIAN.

SCIATICA, in ordinary language, means simply inflammation of the sciatic nerve. The sciatic nerves are the largest nerve trunks in the body, and are distributed to the lower extremities.

The pain in this distressing disease is felt generally in the hip along the course of the nerve, behind the knee, and below the head of the fibula. It is sometimes diffused from the hips to the toes. In the acute stage all movements of the muscles aggravate the pain.

The exciting cause of sciatica is, perhaps, most often exposure to cold and damp. The predisposing causes are, no doubt, due to the effect on the nerve of certain poisons, either taken into the system or manufactured in the digestive tract. Of those taken into the system, lead, alcohol, tea, coffee, cocoa, tobacco, and the waste products in flesh foods are, perhaps, the most potent factors. The poisons manufactured in the digestive tract would include those which are produced by the fermentation or decomposition of foods there. Poor cookery, hasty eating, or the overloading of the stomach would favour these changes in the food taken.

In the treatment of sciatica we must first think of removing all causes. In the early part of the disease perfect rest in bed forms a very important measure. Sometimes good results are obtained by bandaging to the outer side of the extremity and the trunk a long splint. This ensures still more complete rest of the part.

Hot local applications in the form of fomentations, leg-packs, hot bath to lower extremities, douches, the photophore, or the direct rays of the sun, are all useful agents.

General hot treatments such as the hot bath, hot blanket-pack, the electric light

bath, the vapour bath, or the sun bath, are all beneficial eliminative procedures. The galvanic current, applying the positive pole along the course of the nerve trunk, is often an efficient agent for relieving pain.

Massage is especially useful in the less acute stage of the disease, but with care it can usually be given with good results at any stage. The use of the cautery, or blistering, should not be resorted to unless the milder measures fail to give relief.

A moist compress, with or without the use of some liniment, may be worn during the night. The diet should consist of an abundance of fruit and fruit juices, with a small amount of well-cooked grain preparations and, perhaps, some of the finer vegetables. Water alone, or combined with fruit juices, should be taken between meals. About three pints can be taken to advantage each day. One or two hours before meals, and at night, are the best times to drink so as not to interfere with the digestion.

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### Large Yields of Potatoes.

THE low price of potatoes during the entire winter is expected to have the effect of lessening the area under that crop during the present year, growers having been greatly disappointed at having to sell at, and even at times considerably under, £2 a ton, says an Irish correspondent in "Farm and Home." In County Louth, probably the leading tillage county of Ireland, is a farm of moderate area, not more than sixty acres, carrying heavy crops year after year, the result of intensive cultivation and liberality in manuring. The field under potatoes last year measured  $6\frac{1}{2}$  acres statute, and from that comparatively small area 100 tons of potatoes were produced, exactly sixteen tons to the acre.

## JAPAN.

BY A. MARION CLARK.

WE have lately been reading a great deal in the papers about terrible earthquake calamities. Perhaps it is not realized by all what a land of earthquake and volcanic disturbance Japan is. The whole chain of islands of which Japan is composed are probably volcanic in their origin; and there are many active volcanoes steaming and smoking almost perpetually there today. I was making a stay of nearly three months within four or five miles of one, and it was truly awe-inspiring when now and again we could hear from all that distance, for hours together, a gurgling, bubbling, rumbling noise, rising and falling, just for all the world like a huge cauldron seething and boiling over a fierce fire. People were constantly making the ascent of the mountain, and they described how, looking down from the lip of the great crater, they could see red-hot matter far below; and they had to be careful to keep on the side of the crater from which the wind was blowing, or they might have been overcome by the sulphureous fumes.

But volcanic eruptions on any great scale are not of frequent occurrence in Japan, although frequently showers of dust and ashes, and columns of heavy, sulphureous smoke are emitted. I remember a magnificent sight one Sunday evening at the sunset hour. The sky was just one fiery glow of glorious red and orange light, when slowly arose from the volcano a solid-looking, sulphureous, dense column of smoke and ashes, which grew silently to the height of several hundred feet above the summit of the mountain, and when it reached its full height, it spread slowly out like a gigantic mushroom. The smoke lit up with the lurid colours of the sky, and the ashes could be seen falling like dust to the earth as the huge column very slowly travelled along, borne by the wind.

Earthquake shocks are a thing of daily

occurrence in Japan, especially in some districts, and past history includes a record of terrible devastating calamities. Ancient manuscripts also record various quaint superstitions regarding the cause of earthquakes, one of the most amusing being that the vibrations are caused by a huge monster beneath the sea, which wriggles every time it awakes from sleep. The region which embraces both Tokio and Yokohama is particularly susceptible, and the Professor of Seismology at Tokio University told my brother that his delicate instruments for the registration of the vibrations and tremors are practically never absolutely at rest. Quite perceptible shocks are a common occurrence, when the walls of the houses creak and groan, and tiles fall from roofs, and buildings even collapse. Many English and Americans who are resident in the country described to us how the anxiety and dread becomes a growing one to those who are nervously inclined.

We experienced a really bad earthquake when we were on the shores of the Inland Sea. We were in a train at the moment, and fortunately were standing still in a station, or probably the train would have been derailed. A terrific, jarring shock gave one the impression that a collision had taken place, or some mighty explosion, and yet we heard no noise; but when the whole train began to oscillate and swing from side to side, and things fell out of the vans, and a man fell from the platform to the line, and each one looked about him scared and perplexed, one realized that it was an earthquake, about which we had read and heard so much. On our arrival at our destination in about another twenty minutes, we found crowds of people standing round about the station yard, for a piece of the station roof had just collapsed, and in all the tea-houses

around we saw people having their injuries attended to. Orders came out from the observatory that evening that nine shocks were expected, and that none but swinging lamps might be used throughout the town. Buildings had collapsed in many directions, and within the precincts of one temple that we visited that afternoon, we found many of the great, solid stone lanterns thrown down. Just as we sat down

rode to a small town at the mouth of a river a few miles off, and there realized what destruction earthquake means. Houses were lying a mere heap of débris in the river bed, with lamps and cooking utensils strewn about among the fallen walls, and not far off a crack running lengthwise along one of the roads showed where the earth had been rent open by the riving and striving force at work



A COOPER.

to our evening meal another severe shock came, and the walls of the house seemed to be labouring under the weight of the roof, so loudly did they groan and creak. I remember the master of the inn telling us that another shock was expected at 11 o'clock; but in spite of it I lay down on my mattress bed on the floor, and went fast asleep, not waiting to see whether the prophecy was fulfilled. But more shocks came next day; we experienced five in the course of twenty-four hours.

Next morning we took jinrickshas, and

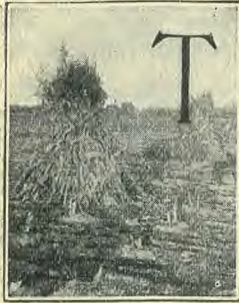
within. It was a truly awe-inspiring sight.

Just over fifty years ago half Tokio was destroyed by earthquake; that was in the days when the city was composed of the light, wooden framework houses, which the Japanese construct with a view to earthquake. When one looks at the modern portion of the city now, one trembles for the vast brick and stone government offices, schools, and university buildings, etc., constructed after the fashion of the westerners, whom the Japanese so love to copy.

## GOOD HEALTH.

## MIND-CURE.

BY MRS. E. G. WHITE.



THE relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than

many realize. A number of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces, and to invite decay and death.

Disease is sometimes produced, and is often greatly aggravated, by the imagination. Many are life-long invalids who might be well if they only thought so. Many imagine that every slight exposure will cause illness, and the evil effect is produced because it is expected. Many die from disease, the cause of which is wholly imaginary.

Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul. "A merry [rejoicing] heart doeth good like a medicine."

In the treatment of the sick, the effect of mental influence should not be overlooked. Rightly used, this influence affords one of the most effective agencies for combating disease.

There is, however, a form of mind-cure that is one of the most effective agencies for evil. Through this so-called science one mind is brought under the control of another, so that the individuality of the weaker is merged in that of the stronger mind. One person acts out the will of another. Thus it is claimed that the

tenor of the thoughts may be changed, that health-giving impulses may be imparted, and patients may be enabled to resist and overcome disease.

This method of cure has been employed by persons who were ignorant of its real nature and tendency, and who believed it to be a means of benefit to the sick. But the so-called science is based upon false principles. It is foreign to the nature and spirit of Christ. It does not lead to Him Who is life and salvation. The one who attracts minds to himself leads them to separate from the true source of their strength.

It is not God's purpose that any human being should yield his mind and will to the control of another, becoming a passive instrument in his hands. No one is to merge his individuality in that of another. He is not to look to any human being as the source of healing. His dependence must be in God. In the dignity of his God given manhood, he is to be controlled by God Himself, not by any human intelligence.

God desires to bring men into direct relation with Himself. In all His dealings with human beings He recognizes the principle of personal responsibility. He seeks to encourage a sense of personal dependence, and to impress the need of personal guidance. He desires to bring the human into association with the divine, that men may be transformed into the divine likeness. Satan works to thwart this purpose. He seeks to encourage dependence upon men. When minds are turned away from God, the tempter can bring them under his rule. He can control humanity.

The theory of mind controlling mind was originated by Satan, to introduce himself as the chief worker, to put human philosophy where divine philosophy should



be. Of all the errors that are finding acceptance among professedly Christian people, none is a more dangerous deception, none more certain to separate man from God, than is this. Innocent though it may appear, if exercised upon patients it will tend to their destruction, not to their restoration. It opens a door through which Satan will enter to take possession both of the mind that is given up to be controlled by another, and of the mind that controls.

Fearful is the power thus given to evil-minded men and women. What opportunities it affords to those who live by taking advantage of other's weaknesses or follies! How many, through control of minds feeble or diseased, will find a means of gratifying lustful passion or greed of gain!

There is something better for us to engage in than the control of humanity by humanity. The physician should educate

the people to look from the human to the divine. Instead of teaching the sick to depend upon human beings for the cure of soul and body, he should direct them to the One Who can save to the uttermost all who come unto Him. He Who made man's mind knows what the mind needs. God alone is the One Who can heal. Those whose minds and bodies are diseased are to behold in Christ the Restorer. "Because I live," He says, "ye shall live also." This is the life we are to present to the sick, telling them that if they have faith in Christ as the Restorer, if they cooperate with Him, obeying the laws of health, and striving to perfect holiness in His fear, He will impart to them His life. When we present Christ to them in this way, we are imparting a power, a strength, that is of value; for it comes from above. This is the true science of healing for body and soul.

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## GOITRE.

BY A. B. OLSEN, M.D.

IN the front of the neck, a little below "Adam's apple," lies a small, glandular organ, known as the thyroid gland. It consists of two distinct lobes, lying one on each side of the windpipe, and these are connected by a middle portion or bridge, sometimes called the isthmus. The isthmus lies on the second and third rings of the windpipe, and is so small that under normal conditions it is scarcely perceptible to the touch. The entire gland is a little larger in women than in men, and weighs all the way from one to two ounces. Having no proper duct, it is known as a ductless gland, or better still, perhaps, as a blood gland, for it is believed to influence the body through the blood.

### Goitre Defined.

Almost any swelling of the thyroid gland brings it into prominence, and this condition is known as goitre. The term is de-

rived from the Latin, *guttur*, which means throat.

### A Widespread Disease.

Goitre appears to be a very widespread disease, and is found not only in Europe, but also in America and in Asia, and there is scarcely a country where it is not known. It occurs sporadically, that is, in isolated cases, but in some districts it appears to be endemic, i.e., it seems to be constantly produced in these districts. Some of the mountainous districts of both Switzerland and Italy may be cited as examples. Then there is Derbyshire, and hence the name, Derbyshire neck. We might add that there does not seem to be any satisfactory explanation for these endemic foci. Some have thought that the drinking-water was the cause, and others have offered different explanations, but none have been generally accepted.

### Varieties of Goitre.

Since the term goitre is used for almost any swelling connected with the thyroid gland, it is obvious that there must be a good many varieties, and such is the case. In the first place, the swelling may be associated with a tumour or any growth, and this tumour may be either innocent or malignant, that is, cancerous. Fortunately, the cancerous variety is very rare, but benign tumours are not particularly rare. Again, the swelling may be due to enlargement or dilatation of the blood-vessels, forming a vascular tumour, or cysts containing a mucilaginous matter may account for the enlargement. A cyst formation in the thyroid gland sometimes leads to enormous swelling, so that the tumour becomes a great drag upon the health of the patient, simply in a mechanical way. Further, it may cause heavy pressure upon the windpipe, and thus seriously interfere with breathing.

### Most Common Form.

But the most common cause of goitre is a general and more or less uniform enlargement of the entire gland, with a new formation of glandular tissue. In such cases there is little danger of serious symptoms, provided the gland does not become unduly enlarged, and many patients thus afflicted suffer comparatively little inconvenience.

### Symptoms.

The most striking sign is the enlargement of the neck, due to the swelling of the gland. The swelling may involve either the right or the left lobe, or the isthmus, or the entire gland. As long as the enlargement is inconsiderable there are no other symptoms, and there is but little, if any, discomfort other than the consciousness of the swelling.

But as growth goes on, there is always danger of pressure on the windpipe, and if this is considerable, it may lead to difficult breathing, and in extreme cases it

may so hinder respiration as to cause general enfeeblement and weakening of the body, leading to a fatal issue. In other cases the swelling may pass down behind the breastbone, and cause dangerous pressure on the large veins of this region, but this is exceptional.

In a large proportion of cases goitre does not cause any serious symptoms, and is more distinguished by its unsightliness than any other feature.

### Treatment.

Unfortunately, there seems to be very little that can be done in the treatment of goitre, other than such hygienic measures as will improve the general health, vigour, and physical stamina of the patient. Such methods are always useful, and ought to be resorted to energetically in every case. The food should be both wholesome and nourishing, and an active life in the fresh air should be led as far as possible. Sufficient ventilation of the rooms is important, so as to supply plenty of oxygen. This is particularly true of those cases where pressure is being exerted on the windpipe.

Some have recommended the use of alternate hot and cold applications to the neck, and in certain cases of goitre there seems to be no objection to giving such treatment a trial, but this should only be done under the direction of a competent physician. In other cases such treatment is more likely to do harm than good, and ought to be strictly avoided.

Others, again, recommend the use of electricity, and both the galvanic and faradic currents have been utilized, but seldom with any very satisfactory results. A change of environment seems to have proved beneficial in some cases, and at all events it is worth trying, if possible.

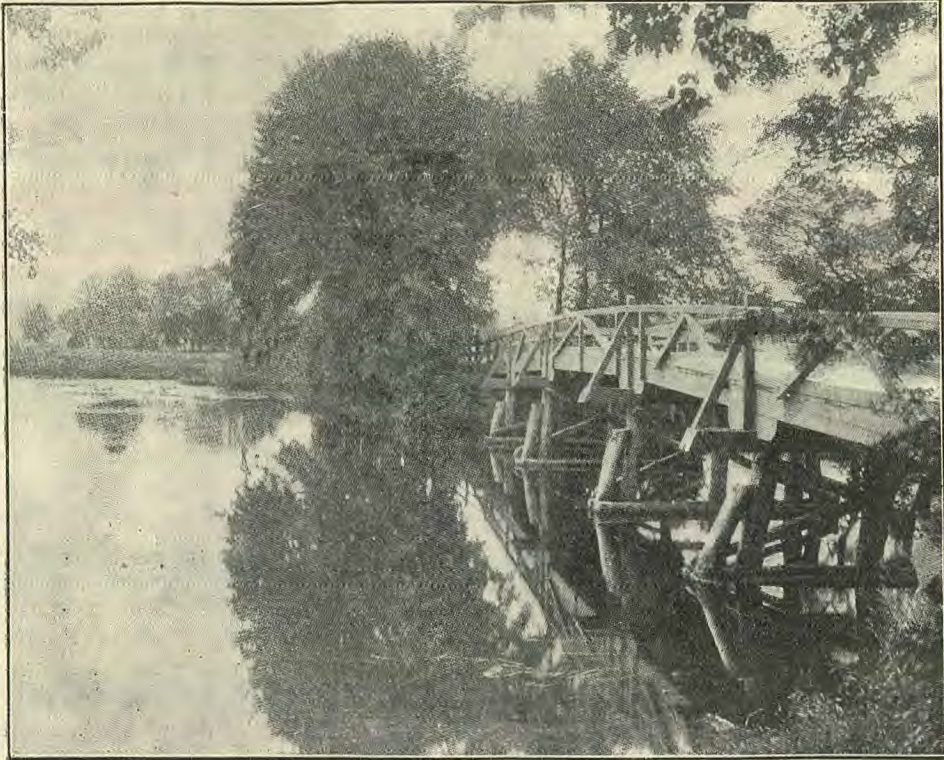
As far as medical remedies are concerned, Dr. Osler states in his standard work on the "Practice of Medicine," that "medicinal treatment is very unsatisfactory." Some recommend painting the enlarged gland

with iodine. This seems at least a harmless form of application, and might be worth trying in some cases.

#### Preventive Measures.

Here, again, we are at a loss to give anything like definite directions. The

most important consideration seems to be the cultivation and maintenance of general health. Dr. Osler advises boiling the drinking-water, and such a simple measure should certainly be followed and be given a fair trial.



MIRRORED BEAUTY.

#### Canned Food.

THE Local Government Board has issued a report in which it is stated that all foods put up in tin become, to some extent, contaminated with the metal, but that this is especially so in the case of meat extracts, and fruits and vegetables of an acid character. When the quantity of tin taken into the body does not exceed one or two grains per day, the body seems to be able to expel the foreign element, but beyond this amount the tin begins to accumulate in the system. The

older the canned goods, the larger is the proportion of tin they contain.

It seems advisable to use tinned goods in moderation, especially when they consist of acid foods which are likely to affect the tin, and it is also well to avoid old tinned goods. The report suggests that manufacturers of tinned foods should be required to stamp them with the date of manufacture, and that health officers should be empowered to demand the withdrawal of old tinned foods from the market.

### Tramping Through Sicily.

IF you would find a place where motor-cars and cyclists will not fill your throat with dust and your temper with gall, come to Sicily, the land of perpetual sun and bloom. Here the roads are too bad for the most venturesome motorist, but all the better for the pedestrian. I have walked through many miles of country, through queer little villages, perched like nests among the orange groves in deep gorges in the mountains, and reached only by dried-up beds of mountain floods, and ancient towns as interesting as any in Europe, and never once seen an automobile.

I shall never forget my walk through the lemon-grove villages around the foot of Etna. How wonderful are Sicilian villages and Sicilian villagers! Sicilian shops are curious. They have no

counter or windows. Over the shop-door are displayed, tied on a piece of string, samples of the different commodities to be obtained within. Over one such shop I noted two stringed artichokes, a piece of dirty soap, a candle, a few musty figs, a strip of dried fish, a tube of macaroni, a pipe, a lump of charcoal, and a broken bottle.

The poor Sicilian spends his money in halfpennies. For a halfpenny he can get a small loaf, or a piece of cheese, or two cooked fishes, or a portion of almost anything in the way of food. I have seen many a man make his dinner on a halfpenny worth of bread and a few raw vegetables, roots, or leaves. When he

wants to breakfast luxuriously, he buys a halfpenny worth of sea-urchins, which are repulsive to the palate of the Englishman, who yet counts oysters and other sewage-fed scavengers of that ilk as delicacies. I wonder if he considers the logic of his discrimination.

Apropos of halfpennies, I had rested all night in a little village among the orange groves, among the lower slopes of Etna. I like a three-mile walk before breakfast, but am always glad of some fruit the first thing. Outside a little shop there was a basket of oranges. I put down a penny

and said, "aranchi." They are not used to spending so much money in Sicilian villages, so he assumed I wanted some of it returned. He gave me ten of the most delicious "blood" oranges I have ever tasted—and a halfpenny change!



A COUNTRY WALK.

Here one can get glimpses of religious processions, with equipments belonging to the Middle Ages; of goatherds whiling away the sunny hours by playing on the shepherd's pipe, as their prototypes did in the days of old; of farmers laboriously working the land for a scanty living, with oxen and agricultural implements and methods described by Virgil; uncorseted women of classical proportions, balancing on their heads Greek water-jars, which have been filled at the spring just outside the village; of women using distaffs and looms, probably unchanged since Greece made Sicily one of the great centres of her kingdom; in short, of a country less

changed during the last 2 000 years than any other in Europe.

These are some impressions I shall carry away with me of Sicily that I shall never lose; scraps of mingled coast-line and mountain; or some hillside more particularly favoured with oxalys, irises, and anemones, pink, white, and purple, with granite peak bathed in mid-day glow, making a gem that might have been dipped in Alpine sunset.

T. F. WILLMORE.

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### Food Salts.

AN interesting little pamphlet by Dr. G. Black, on "The Rôle of the Food Salts in the Dietary of Man," constitutes No. 9 of the "Health from Food" Library. Dr. Black holds that,

As the result of our present system of feeding there is a great lack of soda salts in our blood and in the tissues of our body generally, and in consequence of this, according to Lahmann, there is insufficient oxidation or burning up of the food products throughout the body, with the retention of carbonic acid and other waste products that deprave the blood and make health impossible.

The following suggestions are offered as to how these valuable salts may be preserved to do their part in building up the body and keeping it in proper health:—

The average British housewife knows nothing of food values, and, if I must say so, seems to care less. Food salts may exist in the vegetables she uses, or they may not, for anything she knows, and their bearing upon health she is entirely ignorant of. Consequently, speaking generally, a large proportion of these valuable constituents is dissolved out and thrown down the sink.

How, then, may these substances be preserved to us? They may be preserved to us in the following ways:—

1. Let the water in which cauliflower, potatoes, artichokes, onions, celery French beans, and the like have been boiled be kept, as it might be to-day, for the stock of to-morrow's soup.
2. When vegetables are steamed, let them not be steamed in colanders, otherwise just about as much of the food salts will be dissolved out and pass into the water to be thrown away as in boiling.

If this be the method of cooking employed, let the vegetables be steamed in a proper steamer, and as they are each placed in vessels, let the juice that has passed out in the process of steaming be preserved, and after being thickened with a little flour and

milk, or cornflour and milk, be served up as sauce for dressing.

3. Let them be cooked in milk, and the milk eaten along with them.
4. Let them be chopped or cut up finely, and, in that condition or after being fried, made into soup or stews.

In these ways the food salts will be retained, and the body will receive what is so essential to its health and well being. So important, indeed, are these food salts, that animals have been known to die more quickly if fed on food from which these have been abstracted than when they had nothing given them at all.

The pamphlet is published by Mr. J. H. Cook, 121 Aston Brook Street, Birmingham, post free, 1½d.

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IN the "Gloucestershire Echo" of recent date appears a full report of a lecture delivered by Dr. A. B. Olsen, under the auspices of the Cheltenham Food Reform Society. We print a few paragraphs from the report:—

The old-fashioned notion was that disease was a kind of "unknown providence." Not many intelligent people believed that in these days. They recognized that disease was, to a very small extent, inheritable. They used to think that if parents were consumptive there was a very great likelihood that children must needs be, and the same with cancer, and so on. But heredity in these diseases was almost unknown. The way a child got consumption was by living with consumptive persons, and breathing the air and dust contaminated with the sputum from diseased lungs.

They now knew that there were a large number of diseases—the majority, perhaps—which by rational means they could prevent. In the old days people thought it was desirable to get children exposed to measles, scarlet fever, and so on, so as to get them over, as though they must necessarily have them. But this was nonsense. Every year the child lived it grew less and less liable to take children's diseases, and adults seldom took them. Unfortunately, schools became contaminating centres, and the problem of school life had not yet been solved. Personally, he would rather have a child an "animal" until it was ten years old, so that it could lay in a stock of physical vigour. Let the children get out into the air, and learn about the flowers, the trees, and the fields, in which they might get some assistance from parents or attendants, who might take the children out and teach them these things in a systematic way without books. Their brains would then, like their bodies, be better developed, and they would get on better in the long run.

There were two things, par excellence, that the body required absolutely, wholesome nourishment, and to be kept clean in the broadest sense of the word, including the air they breathed. What were the means of fortifying the body

against disease? First of all, pure air. Air was the most important food that nature required. All other food was valuable or useless pretty much in proportion to the amount of oxygen they got into their lungs to burn it up. They ought to breathe fresh air all the time, day and night. That meant having some means of ventilation in every room. There was no need to be afraid of night air; it was always the purest and cleanest at night in big towns, as there were less dust and fewer germs then floating about.

#### A Correction.

WE have received a letter from Mr. S. H. Davies, of the York Health and Housing Reform Association, calling attention to an error in our issue of last August, on page 268. In an article on "The Workingman's Weekly Bill of Fare," our contributor questioned some figures published by the Association, but inadvertently committed the error of reckoning the family of five persons as consisting of five adults, instead of a father, mother, and three children. Reckoning the family of five on the latter basis, which, of course, should have been done, the figures published by the Association are quite correct. We are glad to make this correction, and regret that the error was not noticed earlier. The York Health and Housing Reform Association is doing a good work with commendable zeal and thoroughness, and we wish such efforts as theirs could be greatly multiplied.

#### Quiet Life for Baby.

BABIES should, as far as possible, live a quiet life. I think that sometimes great harm is done to the child's nervous system by excitement, and especially by the foolish custom of making sudden noises to attract its attention. I believe the health of many children is irreparably injured during the first two years of their life, and that the aversion which many young children show to strangers arises partly from the fact that they have so constantly been startled in this way. The utmost gentleness and patience should be exercised in all dealings with young children. The development of so-called "temper" is very often nothing but the result of unwise and impatient dealing, picking a child up hastily and dealing with it roughly.

The custom of speaking to a young baby as though it were naughty long before it has any idea of doing wrong, is greatly to be deplored, and is very silly. Many mothers and nurses need to take a lesson from the trainers of performing animals,

who have long since learned that if any lesson is to be taught to these dumb creatures, it must be done by the utmost gentleness and kindness, and by the system of reward rather than punishment. Young children who have been trained to regularity in sleeping and feeding will, as a rule, be happy and good with anyone who continues this treatment; and mothers who are obliged to leave their children for a few hours, would often find themselves able to accept help if the children were trained in this way, and the children would make themselves happy during mother's absence.—*Mrs. Bramwell Booth.*

#### A Good Reason for Laughing.

AN eminent surgeon says: "Encourage your child to be merry and to laugh aloud; a good, hearty laugh expands the chest and makes the blood bound merrily along. Commend me to a good laugh—not to a little, sniggering laugh, but to one that will sound right through the house; it will not only do your child good, but will be a benefit to all who hear, and be an important means of driving the blues away from a dwelling. Merriment is very catching, and spreads in a remarkable manner, few being able to resist the contagion. A hearty laugh is delightful harmony; indeed, it is the best of all music."

"COMMERCIALISM has even impregnated the doling out of air-space for each individual scholar," says the "Socialist Review." We find that:—

A prisoner ... ..	has 91 sq. ft.
A soldier ... ..	" 60 "
A workhouse inmate ...	" 30 "
A factory worker ...	" 21 "
A secondary scholar ...	" 16 "
An elementary scholar	" 9 "
	(On average.)

"THERE is a school that many a child enters at infancy, and from which he is not graduated until death, and that is the school of bad habits. He acquires them early, and adheres to them until late. The diploma that he gets in this school is ill-health and chronic invalidism."

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

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# A Page for Women.\*

Conducted by Marie Blanche.

WE hear a great deal nowadays about nervous complaints. Neurasthenia—that is the term used to describe almost every form of nerve trouble from which people, and particularly women, of the present day are suffering. Generally speaking, the cause of this irritated, nervous condition is supposed to be the strain and wear and tear of modern life—the strenuous life, we call it.

We all think we need a rest cure. Well, some of us certainly do, but not by any means the majority of us. I am quite convinced from careful observations made that half the women who fly to the "rest cure" for a restoration to physical health would make a much more lasting and satisfactory recovery if they adopted, not this popular rest cure, but the "occupation cure" instead. Occupation, employment, activity, these are the medicines I would recommend for the nervous, hysterical person who thinks she would like to try a cure, for there is no doubt much of this derangement and nervous trouble is purely imaginary, and a more healthy condition physically, morally and mentally, could be brought about by regular occupation and employment for mind and body.

Mind, I am not saying a word against the "rest cure" for those who are honestly in need of it and can afford it—for it is by no means an economical remedy. There are scores of women who really *do* need rest; some truly lead the strenuous life. The society woman leads a strenuous life in one sense, but it is self-inflicted. The working-woman leads a strenuous life in a different way; she has worries and difficulties innumerable, and she, poor soul, is the one who would indeed benefit by rest. But there are a great many women, mostly young ones, who are said to be over-rung and in a nervous condition. They often have little or no occupation, they are lazy and apathetic, and imagine themselves to be suffering from every ill that flesh is heir to. They fill the doctor's purse and waste his time by a recitation of their imaginary ills. They pay big prices for elaborate prescriptions containing a long list of not always harmless drugs, and they go home and pity themselves for being so sickly, and treat themselves as semi-invalids. If mothers who have girls to bring up would see that they are kept well occupied by either some hobby or some regular duties, they would save their girls from this unhealthy, nervous introspection which we see so much of nowadays.

"I have never known what it is to have nerves," said an old lady of threescore years and ten to me the other day.

"Tell me," I replied, "what is the secret of your wonderful health, your perpetual youth, and your extraordinarily clear complexion and bright eyes?"

This is what she told me: "Listen, my dear, for this is the simple rule of my life from earliest

youth: I rise early, I bathe copiously, I dress rationally, I pray fervently, I breakfast heartily, I masticate carefully, I digest thoroughly, I work diligently, I exercise regularly, I eat moderately, I drink temperately, I rest quietly, I read attentively, I think deeply, I walk briskly, I sup lightly, I retire early, I sleep soundly."

"Yes," I said, "now I can understand why you have never had 'nerves.' Occupation is your motto, is it not?"

The dear old lady nodded her head, and her pretty white hair shone like silver in the sunlight.

"And now will you tell me what are the things in life you most prize?" I asked.

Then came this characteristic answer: "The things I most prize are these, and I will give them according to the store I set on each—my God, my friends, my health, fresh air, sunshine, and cold water."

"Yes," I said again, "and your pet aversions?"—I knew she had some.

Again the characteristic reply came: "My pet aversions are idleness, corsets, tea-drinking, drugs, and badly ventilated rooms."

Surely, I thought to myself as I came away, this is a lesson to modern woman, for the friend I had interviewed was indeed a recommendation for a life of activity. She had married young, and brought up four strong, healthy girls to be active like herself, while they, in their turn, had married, and were handing on those splendid lessons of a healthy life and those habits of self-help to families of their own. But, grandmamma is still as nimble as her children's children, and though her hair is silver her heart is as young as a girl's.

## Answers to Correspondents.

A.M. (PRESTON).—Rest and warmth are your best and safest remedies. But could you not speak a word for the subject? I quite understand your feeling the difficulty, but could you not get a married friend to go with you if you have no mother?

M.L. (CAMP HILL).—Wear woollen underclothing, and take outdoor exercise. For constipation try drinking a glass of hot water every night at bedtime, and a glass of cold before breakfast every morning. No, certainly not. I cannot recommend any so-called cures in the form of powders for relieving headaches. It is better to remove the cause of the headache, which in your case might be want of fresh air, or perhaps it is caused by the constipation you mention. For inflammation of the stomach you should have proper medical advice and a careful diet.

HOPEFUL.—I wonder why you say you suffer from anaemia. If this is causing you to feel ill and low, you must feed well. Take plenty of milk and eggs, good, fresh butter, oatmeal porridge, and cream; and now that the summer is coming, try to spend as much of your time as you can in the open air and sunshine. A day or two in bed once a month is advisable under the circumstances.

A.S.H. (CARDIFF).—I am delighted to hear that you are making singing a hobby. No, I don't think a gargle would be much use; it would not reach the trouble, you know. I should recommend you to get a book on the voice, called, "The Cure of Bad Throats by Good Breathing." It is written by Mr. Eric Robertson, St. John's Vicarage, Windermere, price 2/2, including postage. You will find in it a set of valuable exercises for singers, which would be what I think you are wanting. Let me know how you get on.

Mrs. J.P.—Yes, I think the cool sitz bath will benefit you. For the sleepiness try going to bed an hour earlier.

\*Correspondents should address Marie Blanche, Sunny View, Caterham Valley, Surrey, enclosing stamp.



# 25 Samples of body-building biscuits post paid for 1/3

It is a great mistake to suppose that ordinary biscuits are wholesome food. For one thing, white flour is a one-sided, constipating food; for another, harmful chemicals and raising powders are almost universally employed. The

## Wallaceite Biscuits (Reg.)

are not only perfectly free from chemicals, yeast, raising powder, etc., but they are **real body-building foods**. Only a finely-ground entire wholemeal is used, and every other ingredient is of the very choicest quality. There are no other biscuits to equal these. Ask your Health Food Store for **Wallaceite (Reg.) Biscuits** (25 kinds), and insist on seeing the trade mark.

New Booklet, *Physical Regeneration*, post free. Mention "Good Health."

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

# YOU will never miss Meat

if you make nuts a regular item in your daily fare. We supply choice nuts ready shelled, and also handy nut mills, with which you can quickly produce a beautiful flaky meal, which can either be taken with salad, or stewed fruit, or used as an ingredient in simple, nourishing dishes.

Simply send full name and address on a post card, mentioning "Good Health," and we will send you our new 56-page Booklet, the contents of which include

## 36 Simple Nut Recipes (Revised).

With this valuable little book we will send

**FREE**

Samples and various interesting leaflets.

**G. Savage & Sons,**  
Nut Experts,  
52 Aldersgate Street, London, E.C.



## No Powder, Pill, or Potion By the Turkish Bath Man.

By means of the Gem Turkish Bath Cabinet, and without powder, pill, or potion, I have seen marvellous cures of so-called incurable diseases. I have known men pronounced incurable by hospital physicians and by local doctors who have regained a fair measure of health. I have friends troubled with rheumatism of long standing who testify that the Turkish Bath has done them more good than any other remedy. I have known one girl crippled with rheumatism, who could not raise a finger to help herself, and at the end of a few months of regular Turkish Bathing was able to dress and do a little housework. An old friend of mine was cured of eczema from which he had suffered from birth. I could unfold a long tale of relief from pain, of lightening of despair, of raising to heights of happiness from the recovery of health. I have Cabinets from 30s. to £11. 11s. I should make more profit if I sold you a high-priced Cabinet, but that is not my policy. I personally use the 30s. Cabinet. It is the one on which I have built an honest, sterling business; it is the one referred to in almost every one of the testimonials I receive. Therefore I recommend this Cabinet in preference to any of my other Cabinets. It is in every way as effective as the highest-priced Cabinet on the market. With it you can obtain Turkish, Russian, Medicated, or Perfumed Baths. I would not use it myself if it were not satisfactory; I would not recommend it to you if it were not all I claim, for I should lose your custom and your recommendation, and without recommendations it is impossible to build up a remunerative business.

### It's the One Your Editor Recommends.

I want you to buy my Cabinet, but I also want you to recommend my Cabinet to your friends. When you have tried the Cabinet, and have felt the benefits of Turkish Bathing, I know I shall have your help, for the Bath is all and more than I claim. This 30s. Cabinet is complete with stove. All you want is about a pennyworth of methylated spirit with which to fill the stove. Don't waste another minute, but send at once for a booklet containing full information. The address of my Company is Gem Supplies Co., Ltd., Dept. G.H., 22 Peartree Street, London, E.C.

### 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., Dept. 17, 11 Queen Victoria St., London.**

### 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."*

## Food and Cookery

WE hope to give every month in this column some selected recipes which will be a help to the housewife in preparing tasty, economical, and nourishing meals. Our lady readers can help us by sending tested recipes of their own which, in their judgment, deserve the above description. The following dishes were sampled, among others, at a meeting of the Good Health League in Watford, on April 7, and gave great satisfaction. They suggest some of the various uses to which haricot beans may be put.

**Haricot Bean Soup.**—Press well-cooked beans through a colander. Flavour with grated onion and celery, salt to suit taste. Boil up once; thin with milk, and reheat. This soup should be quite thick.

**Split Pea Soup.**—One pint split peas, one carrot, one turnip, one or two sticks of celery, one onion, and a little finely-minced fresh mint. Wash and clean the potherbs chop fine, cover with cold water, salt to taste, and slowly simmer for two hours. Add vegetables to the peas, which have been cooked until perfectly smooth. Add butter about size of a walnut. Thin with water to desired consistency.

**Bean Paste.**—Mash with a fork one cup of well-cooked haricot beans. Add salt to taste, a little grated nutmeg,  $\frac{1}{4}$  teaspoonful grated onion, small teaspoonful lemon juice, and a little butter or cream. If the beans are thoroughly dry, the mixture will have the consistency of paste. Nice eaten on bread and butter.

**Bean Sausages.**—The above, without the lemon juice, and one-third cup fine breadcrumbs, and a little powdered mixed herbs added. Roll in egg and breadcrumbs, and bake to a golden brown.

**Bean Sausage Rolls.**—As for bean sausages. Roll in pastry and bake.

**Baked Beans with Tomatoes.**—Wash two cups of haricot beans, put into an earthen jar, and cover with a mixture of strained stewed tomatoes and water in equal proportions, salt, and a little butter. Put into the oven and cook until tender, adding water if they get too dry. This is a good dish for winter days when we have long fires. Less time for cooking will be required if the beans are first boiled until tender.

**Butter Bean Salad.**—Butter beans, two cups; strained tomatoes, one and three-quarter cups; hard-boiled yolks, two; lettuce; nut butter, two tablespoonfuls; minced parsley, one tablespoonful; salt; sliced tomatoes. Cook beans till done, strain, and cool. Emulsify nut butter with the tomato juice. Add the minced parsley and salt. Turn mixture over the beans, and stir without breaking the beans. A little lemon juice may be added if more piquancy is desired. Mince the yolks and sprinkle over the salad. Garnish with lettuce and sliced tomatoes.



### It pays you

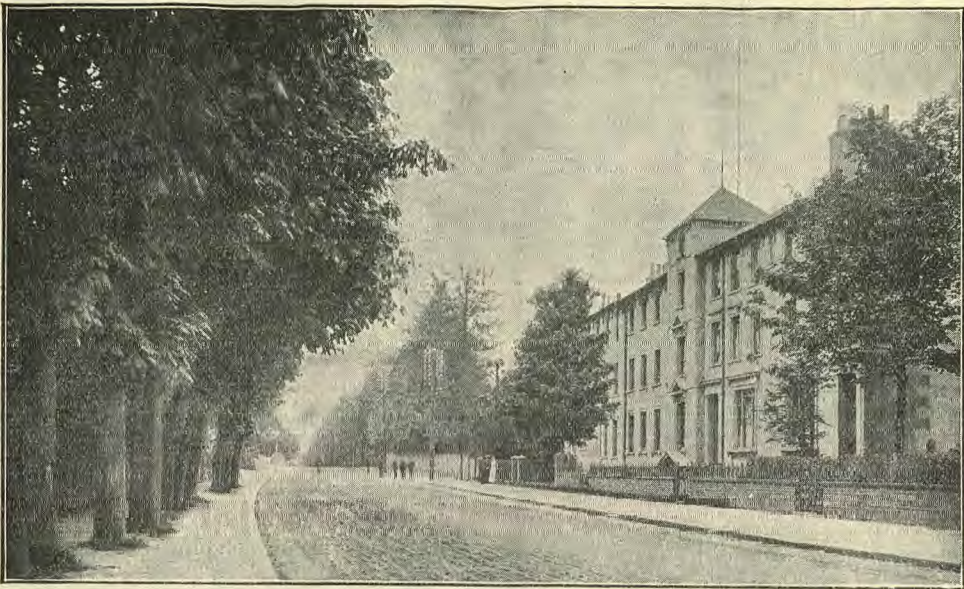
to bake at home with "Paisley Flour"—the **sure** raising powder. "Paisley Flour" scones and cakes made at home cost less than shop made, and if you mix and make your cakes at home you know that all the ingredients are sound and good.

# "Paisley Flour"

(Trade Mark)

is not a self-raising flour to be used in place of ordinary flour. It is a raising powder to be added to the ordinary flour in the proportion of 1 part to 8 of ordinary flour—**not more.**

*In answering advertisements kindly mention "Good Health."*



## CATERHAM SANITARIUM AND SURREY HILLS HYDROPATHIC,

CATERHAM, SURREY.

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

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

**THE SANITARIUM, CATERHAM, SURREY.**

In answering advertisements kindly mention "GOOD HEALTH."

# GOOD HEALTH.

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

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, 39/1 Free School St., Calcutta.

West Indian Edition: Price, 8 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.

ONCE more we have reached the pleasant month of May, and are enjoying the spring all the more for the prolonged winter through which we have passed. Probably most of our readers have come into close contact with cases of sickness during the severe winter, and have been impressed afresh with the inestimable value of good health. For those who are enfeebled and disposed to disease, now is the time to recuperate exhausted strength, to fill to the brim the reservoir of physical vitality. Let the utmost use be made of the opportunities afforded by spring and summer, that when the colder weather returns, fresh air and sunshine may have done their part in building up a strong and healthy organism. It is easy to keep from getting ill in the spring and summer, but no one ought to be satisfied with so negative an achievement; there ought to be marked progress in health and vigour. We shall try to insert something in each issue of GOOD HEALTH that will be a special help to the delicately constituted in this direction.

THE Secretary of the Edinburgh Health League will be pleased to send the new summer programme to applicants. They are organizing an All-day Outing on Victoria Day, May 18th, and will be glad to send particulars. The Secretary is Mr. D. W. Poupard, 3 Joppa Road, Joppa, Edinburgh.

THE Glasgow Health Culture Society, which is one of the largest and most energetic in the kingdom, has got out a very attractive programme for its summer season. Following are the items for the month of May:—

#### LECTURES.

May 5th. "Mountaineering in Scotland" (with limelight illustrations). By Mr. Gilbert Thomson, M.A., President of the Scottish Mountaineering Club.

May 19th. "Camping for Cyclists" (with demonstration and limelight illustrations). By Mr. W. B. Hislop, Association of Cycle Campers.

These lectures will be delivered in the High School Hall, 71 Holmnd Street, off Sauciehall Street. Glasgow readers are cordially invited.

#### RAMBLES.

May 8th. Short ramble to Daldozie Estate and long ramble to Lochar Links and Lamarnock Wood.

May 22nd. Short ramble to Erskine Policies and long ramble to Mains Castle.

The short rambles are from six to ten miles, and the long ones from twelve to sixteen miles.

On May 1st we have a special Field Day at Barrachan, with sports, games, etc., and on May 20th our first mountaineering expedition and ascent of "The Cobbler" (Ben Arthur). Full particulars of both these outings at the previous meetings.

Copy of summer programme and the pamphlet "How to be Healthy," post free from Mrs. Crawford, 64 Woodlands Road, Glasgow, or Mr. R. Steel, 80 Murano St., Glasgow.



.. 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. for free sample (makes 4 cups) to  
**A. L. WANDER, Ph.D.,**  
1 & 8 Leonard St., City  
Rd., London, E.C.

## ERLENBACH,

On the Lake of Zurich, Switzerland.

### Nature Cure Sanatorium

Hydropathy. \* Sun and Air Baths.

Air Hut Colony. \* Massage.

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

Electric Light Treatment.

Excellent results in Chronic Diseases.

Fine excursions in the lovely neighbourhood.

Bathing. Cycling. Mountain Sport.

TERMS: 4/- to 7/-.

Medical Adviser: DR. KELLER.

For English Prospectus apply to—

The Manager, FRED. FELLEBERG.

Cure can easily be taken along with Swiss Tour.

In answering advertisements kindly mention "Good Health."

# GRANOSE

IS A  
PERFECT  
FOOD.

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It is easily digested.  
It will cure and  
prevent constipation.

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For sale at all Health Food Stores and leading grocers.

Biscuits	-	-	-	-	7½d.
Flakes	-	-	-	-	7½d.
Toasted Wheat Flakes	-	-	-	-	8d.

Postage 4d. extra.

LIBERAL SAMPLES post free on receipt of 2d. in stamps. Write the

**International Health Assoc'n.,**  
Ltd.,  
 Dept A5, Stanborough Park, Watford, Herts.

*In answering advertisements kindly mention "Good Health."*

A SLIGHT fast is often a useful corrective to a too liberal diet, but by some persons fasting has been exalted to the rank of a cure, and we accordingly hear of fasts extending over several days. In our next issue Mr. M. Ellsworth Olsen will write on "The Fasting Cure: Is It Effective? Is It Safe?"

"SOME Features of the Fifth Report of the Royal Commission on Sewage Disposal," by H. Lemmoin-Cannon, P.A.S.I. A summary of the Report, from which it would appear that there is yet much to be done before the problem of sewage disposal is satisfactorily solved. Published at the office of the Royal Sanitary Institute.

WE have received a number of specimens of anti-tobacco literature, printed especially for boys, from the British Lads' Anti-Smoking Union. The coming into effect of the tobacco provisions of the Children Act will open the way for much kindly effort along the lines of the prevention of juvenile smoking, and those who are interested in the youth should have on hand such literature as this. The secretary of the Union will be glad to send samples and full information as to the membership of the Union. Write to Mr. G. W. L. Barraclough, Floraville, Malmesbury Road, Woodford, London, N.E.

THE man whose happy discovery put the whole problem of diet reform into a nutshell, Mr. Fletcher of chewing fame, has begun a crusade to make known among the poor people of New York the benefits to be derived from "Fletcherizing" their food. There is no doubt that the adoption of such a reform would vastly ameliorate the lot of the poor. It would mean that, whatever their food supplies, they would get the utmost possible value out of these, and it would also mean, as already demonstrated in the case of many, that their tastes would be slowly weaned from the inferior foods to the more valuable.

"Fletcherizing" means chewing every particle of food as thoroughly and as long as possible. This process has the effect of bringing about the expulsion from the mouth of whatever is absolutely indigestible and the reduction of whatever is swallowed to a form in which it is readily and completely acted upon by the stomach and other organs of digestion. Thus the utmost good is derived from the food swallowed, with a minimum of exhaustion to the digestive system; in other words, the body becomes well nourished and vigorous. The tendency of prolonged chewing is, to lessen the quantity of food eaten until it serves simply to satisfy the actual demand, to increase the enjoyment of the more valuable nutrients, and to lessen the desire for articles of diet which are not properly prepared; it also tends to remove the craving for stimulants.

Mr. Fletcher believes that in the case of a large proportion of the children who are suffering from malnutrition in the slums of New York the trouble is not so much due to the quantity of their food, or even to the quality, as to the manner in which they eat it. He feels, therefore, a strong desire to bring to the attention of the badly-nourished denizens of the great city the simple principle which has changed him from a dyspeptic invalid to a healthy and vigorous man.

(Continued on page 160.)

## 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."



## 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.

## 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. 24d., post free. Address, Good Health Supplies, Stanborough Park, Watford, Herts.

## "GOOD HEALTH" STORES,

19 Stroud Green Road, London, N.

Conducted by MISS N. MUSSON.

AGENT FOR

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

ALSO FOR

Musson's Wholemeal Specialties.  
ALL HEALTH MAGAZINES.

## 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, Ho-  
tels, etc.

Only address:

**Fred<sup>k</sup>. Bax & Son,**  
35 Bishopsgate St., London, E.C.

Established nearly 100 years.

In answering advertisements kindly mention "Good Health."

# QUESTIONS & ANSWERS

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

**Flour for Diabetics.**—F.E.H.: "I should be obliged if through the columns of GOOD HEALTH you would recommend a flour for diabetics that is free or practically so from starch."

*Ans.*—The International Health Association, of Stanborough Park, Watford, Herts, makes two very good grades of "Gluten," or diabetic flour. The ordinary "Gluten" sells for 10d. per 1 lb. packet, but the better grade, which we would recommend to you, costs 1/8. If you furnish them with your name and address they will send you a booklet giving full particulars of their preparations.

**Pigeon Chest.**—F.W.O.: "I am eighteen years of age. 1. Kindly inform me if pigeon chest can be cured by any system of exercises? 2. Can it be cured by an operation?"

*Ans.*—1. A complete cure would be doubtful, but you ought to be able to secure great improvements. 2. No.

**Chilblains.**—I.M.H.: "I suffer a great deal from chilblains on my hands, which are swollen and inflamed. Kindly give some suggestions for treatment, and greatly oblige."

*Ans.*—The presence of chilblains usually indicates a poor circulation, and possibly your health may be indifferent. If so, you should endeavour to improve your general health, and also adopt a system of physical culture, and do exercises daily. For local treatment, bathe the hands in hot and cold water alternately morning and evening, drying the hands well from the cold water, and then dusting them with a little talcum powder in the morning. After drying them in the evening, apply a little cold cream or mild ointment, rubbing it in with a gentle massage. You should hold your hand in the hot water for about two or three minutes, and then in the cold water for about half a minute, alternating about six or eight times before drying them. Wash your hands as seldom as possible, and protect them well when going out, especially in the wind.

**Dextrinized Foods—Olive Oil.**—P.Y.: 1. "Will you kindly tell me in GOOD HEALTH if it is a proved fact that dextrinized foods are more liable to fermentation and decomposition than foods which digest more slowly? 2. What do you think of biscuits shortened with oil or nut

fats for a very delicate stomach? 3. Is it good to use olive oil to cleanse or lubricate the nasal passages?"

*Ans.*—1. No, certainly not. Dextrinized foods are more easily digested and assimilated than less cooked or uncooked foods. 2. Such biscuits would not be the most wholesome unless the fat were used very sparingly. 3. Olive oil would be a lubricant but not a cleansing agent.

**Coffee.**—R.K.: "Would a small cup of coffee consisting of half milk be beneficial for breakfast?"

*Ans.*—No. If you require a hot drink at breakfast we would recommend equal parts of hot milk and water. Coffee, as well as tea, is a narcotic stimulant, and not a wholesome drink.

**Nasal Catarrh.**—F.K.: "I have suffered from nasal catarrh for several years now, and I feel that I must try some remedy. 1. Can you give me particulars of the catarrh outfit published in GOOD HEALTH? 2. How long do you think it would take to effect a cure?"

*Ans.*—The catarrh outfit consists of a Globe Hand Nebulizer, with a bottle of medicine and also a nasal syringe, and tablets to be dissolved in the water and drawn up the nostrils. Further supplies of medicine can be obtained from the Good Health Supply Department at any time. The price for the complete outfit is 7/6, post free. 2. Chronic nasal catarrh is often very obstinate to cure, and in any case we would not guarantee that the catarrh outfit would produce a cure. Many have found it a great benefit, but in some cases it does not seem to have much effect. Persistent daily treatment is necessary to obtain success.

**Backache—Yawning Freely.**—E.G.: "I have a dreadful backache about the waist line, and I can scarcely lie in bed with it at times. 1. What treatment would you recommend? 2. What is the cause of excessive yawning? 3. Is it for want of food? 4. What is the best means of treating fissure of the anus?"

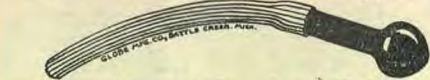
*Ans.*—1. Fomentations applied across the back would doubtless give you relief (see February GOOD HEALTH). A hot blanket pack would be still more efficacious. It might be well for you to have your kidney excretion analyzed. 2. It is probably due to the want of fresh air and oxygen. 3. No. 4. This is a matter for your physician to attend to. Tepid or warm sitz baths followed by an application of witch-hazel ointment will usually relieve local irritation.



# COLDS AND CATARRH

ARE STILL VERY COMMON.

Many persons suffer more or less all through the year from these ailments. 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 and 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.

# Marmite.

(A Pure Vegetable Extract.)

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

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

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

PRICES: 1 oz. pots, 4½d.; 2 oz. pots, 7½d.; 4 oz. pots, 1/1½d.; 8 oz. pots, 2/-; 16 oz. pots, 3/4.

**HIGHLY RECOMMENDED BY VEGETARIANS AND FOOD REFORMERS.**

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

**Marmite Food Extract Co., Ltd.,**  
59 Eastcheap, London, E.C.

# Three Ideal Foods

**HYGIAMA-Beverage,**  
**HYGIAMA-Tablets,**  
**INFANTINA.**

*Hygiama Is an Ideal Food Beverage.*

It is easy of digestion, pleasant to the taste, supplies all the needs of the body; it is excellent for invalids, and is a splendid substitute for tea coffee, and cocoa. Sold in tins, 1/-, 2/6, and 3/-, post free.

*Hygiama in Tablet Form*

Possesses about six times more digestible proteids (blood- and muscle-formers) than the best chocolate, is a most excellent food for growing children, brain-workers, and consumptives, and is ideal for travellers, cyclists, athletes, and lovers of outdoor life. In boxes containing 20 square double tablets, 1/3, post free.

*Infantina—an Ideal Food for Infants.*

If prepared with fresh dairy milk it is the nearest approach to mother's milk. It is a blood-, flesh-, and bone-former, can be used from birth, prevents and cures acidity, flatulence, and rickets. It is most economical. Sold in tins, 7½d., 1/6, and 2/-, post free.

To be obtained from all high-class chemists and Health Food Stores, or direct from the proprietors:

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

In answering advertisements kindly mention "Good Health."

(Concluded from page 156.)

Certainly if the slum-dwellers of our large cities are amenable to any such efforts, Mr. Fletcher's campaign ought to succeed. It calls for no outlay of means or the procuring of any unfamiliar articles. It simply calls upon people to use diligently the teeth with which Nature supplies them, and gives the encouraging promise that as soon as they begin to do this properly, they will begin to ascend from their squalor and physical degradation. So simple and easily available are the only true remedies for human ills.

Mr. Fletcher has taken up his abode among the poor people of New York in a model tenement, and has transformed a five-room flat therein into a school or kindergarten for teaching economic nutrition. Thousands of well-to-do families, he says, are saving money every day since they adopted the chewing reform. They do not need the money, but to a poor man with a large family the economy would be of immense value. So Mr. Fletcher is going to give the poor, as fast as he can, the opportunity of improving themselves and their circumstances by teaching them to do without the kinds of food they do not need, and to derive the fullest benefit from those they do eat. If he cannot accomplish much with the parents, Mr. Fletcher hopes to make some solid progress in elevating the children. Among those who adopt his reform Mr. Fletcher confidently anticipates an increase of from 50 to 200 per cent in physical endurance and working power.

One convert to "Fletcherism," a professor of political economy, said recently: "We are spending on food alone enough to supply a city of three times the population of New York and, the worst of it is, are getting no benefit from it. If all the people in the United States would adopt 'Fletcherism,' within the next year the poverty problem might be regarded as solved, and the great question of caring for the unemployed would be shorn of much of its complexity. With 'Fletcherism' practised in every family the waste of food, the waste of disease, the waste of intemperance, the waste of efficiency would be stopped; people could live well on less than the amount on which they now live miserably; they would have sounder bodies, clearer minds, greater working power, more physical prowess and endurance, and would be an all-round saner, sounder, more efficient race of people."

Is it any wonder, then, that Mr. Fletcher is an enthusiastic worker for the reform associated with his name? Every man who has been benefited physically by a clearer knowledge of the principles of health is a debtor to his less privileged fellows. The vast mass of misery, due to preventable sickness and physical ineffectiveness, all about us is a loud call to those who have found the secrets of health to share their blessings with the needy.

\*\*\*

"INSTEAD OF DRUGS" is the title of an attractive booklet which has just come to our Office. It is written by Arnold Eiloart, Ph.D., the apostle of tent and outdoor life. "Instead of Drugs" is the third number of a series of publications entitled, "The Healthy Life Booklets." It is published by C. W. Daniells, of 11 Cursitor Street, London, E.C., at 6d. net.

## 3 Reasons Why

You should

### Get Your Dried Fruits Nuts from the Savoy Health Food Stores.

1. We are nut and fruit specialists.
2. We buy direct from Shippers.
3. We are large consumers as well as dealers. \* \* \* \* \*

Therefore we do not hesitate to say we can give you the

**Best Quality at the  
Lowest Price with a  
Guarantee of Freshness,**

which is not usually the case when buying these goods from local grocers. Send post card for new List.

**SAVOY HEALTH FOOD STORES,  
7 Exchange Walk, Nottingham.**

## THE HEALTH OF HIS MAJESTY THE BABY.

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

### Dr. Allinson's Natural Food for Infants

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

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

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

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

In answering advertisements kindly mention "Good Health."

# THE HAIR.

A reliable hair tonic that removes scurf or dandruff and, stimulates the growth of the hair without inflicting the least injury.  
Three-ounce bottle, post free, 1/1 $\frac{1}{2}$ .

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

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

Gold Medal awarded Health and Toilet Exhibition, London  
Mothers should see that their children wear the

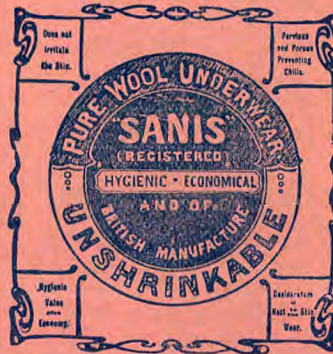


**PORTIA** Combined Shoulder  
Brace and Stocking  
**SUSPENDER,**

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

From all drapers, or direct from the  
**Portia Suspender Co., 182 Norwood Rd.,  
West Norwood, London, S.E.**

**TO BE IMMUNE FROM CHILL**  
following violent perspiration, use  
**"Sanis" Underwear.**



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

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

# SOLID COMFORT.



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

## The Good Health Adjustable Bodice

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

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

For prices and further particulars apply to—

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

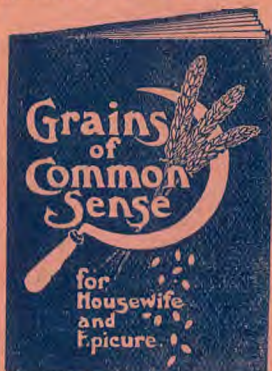
*In answering advertisements kindly mention "Good Health."*

# Warning!

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

## "ARTOX" Pure Wholemeal,

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



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

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

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

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

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



### ROSTREVOR HILLS HYDRO.

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

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

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

# Bromose.

The Food that  
 Makes Good, Red  
 Blood Quickly.

**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 1/2 lb. tin, 1/-; 1 lb. tin, 2/-.

We offer you { Sample BROMOSE,  
 Sample MALTED NUTS, and  
 Handsome Illustrated Catalogue, } Post Free for  
 with useful hints, and many valuable recipes. 2d. stamps.

International Health Ass'n, Ltd.,

Stanborough Park,  
 Watford, Herts.  
 (Dept. Aa.5.)