

GOOD HEALTH



August, 1909.

Editorial Chat :

Temperance Falsely So-Called, The Best Thirst-Quencher, Christian Science as Taught and Practised, Alcohol and Tuberculosis, Consumption Reduced in Ireland, Prosecuted for Selling Horseflesh, Flies the Filthiest Creatures.

The Summer Holiday as a Health Factor.—*Illustrated*.....229

What Is Consumption.....233

Summer Diseases and How to Avoid Them.—*Illustrated*.....235

How to Become a Good Swimmer.—*Illustrated*.....237

The People of Japan.—*Illustrated*.....239

Fruit Juice for Babies.—*Illus*.....242

Questions and Answers.....246

Page for Women.....248

Food and Cookery.....250

Vol. 7.

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HOLIDAY HINTS.



THERE is scarcely any other country that offers such a large variety of beautiful and wholesome holiday resorts as the United Kingdom. But comparatively few are as well acquainted with their own country as they should be, and to our readers we would suggest the desirability of becoming more intimately acquainted with their own country before going off to the continent to spend the vacation. Were we to choose the seaside, the expansive moorlands of the north, the lakes, or some other health and beauty spot, we have the greatest variety offered to us, and could scarcely fail to find at home that which we desire.

Wholesome Vacation.

To the man or woman who only has a brief annual holiday of a fortnight or thereabouts, it is very important that he or she should derive as much benefit and wholesome recreation from the vacation as possible. Restful change and diversion, without undue excitement, gives real recreation. The new environment, the pleasant landscape, the hills and valleys covered with forest, meadows, and broad acres of growing corn, the great ocean with its billows beating against the rocks, or peacefully rolling in upon the sandy strand, the blue sky with its wonderful cloud effects—all these things give pleasure as well as rest to the mind, and serve to divert one from the toil and cares of everyday life.

Get Close to Nature.

Under the best of circumstances, life is altogether too artificial, too cramped, and too unwholesome for the majority of us. For this reason, if for no other, it is well at holiday time to flee from the artificialities of life as far as possible, to get away from the theatre and the music-hall and all similar fashionable entertainments. The quietness of a peaceful seaside or country village will give far more rest and recreation than any fashionable holiday resort to which great crowds of people flock.

The Boarding-House.

More real comfort can be had at a pleasant, quiet boarding-house than in the

average hotel, and the boarding-house is, as a rule, not only more homelike, but also less expensive.

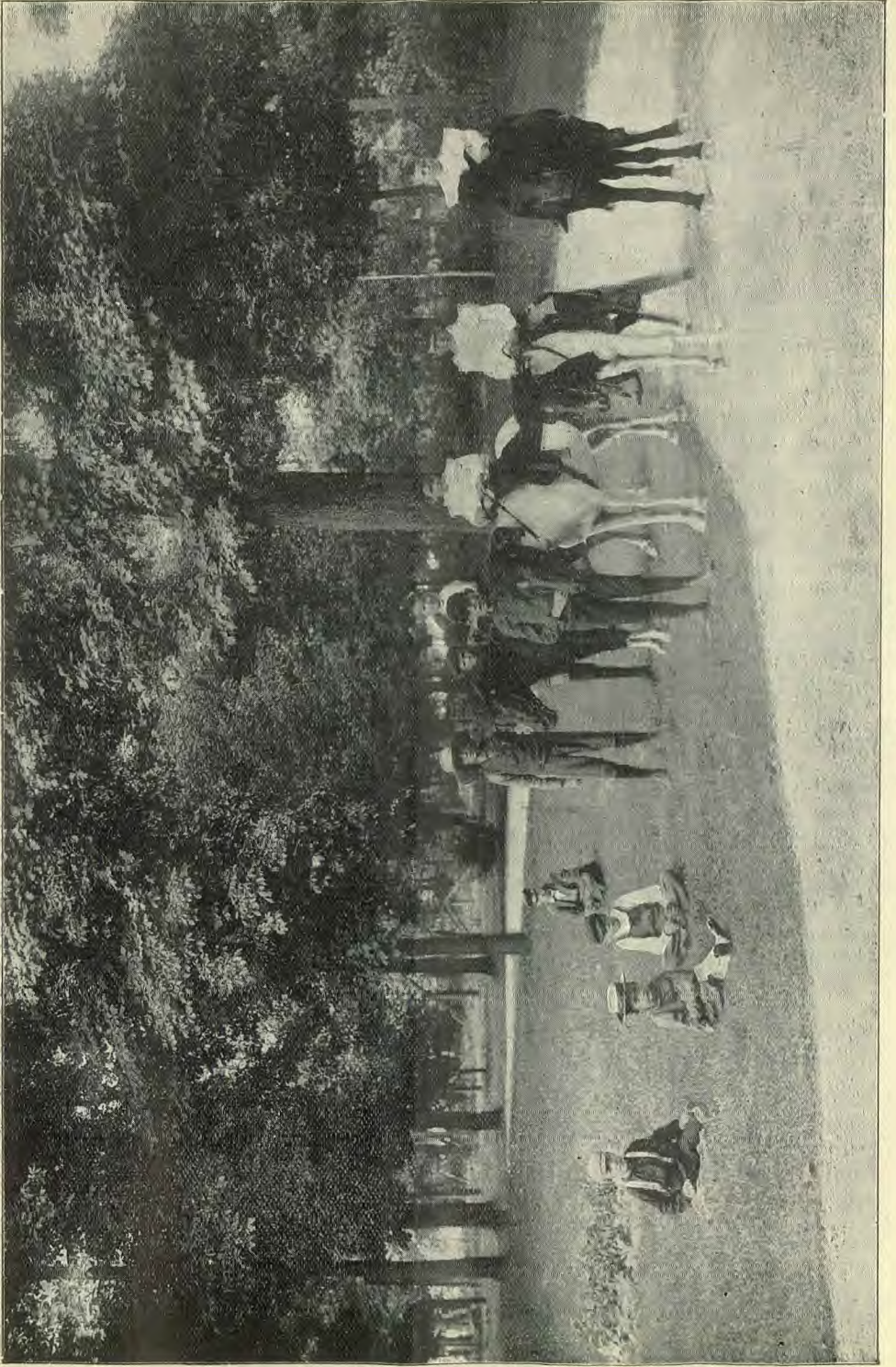
Diet and Drink.

The annual holiday is often marred by excess in diet and drink, as well as unwholesome food. It is wise to give a little attention to diet and drink in order to secure that which is wholesome, and which will minister to the strengthening and building up of the body. After the holiday, one ought to feel refreshed in mind and body, and fit for the duties and responsibilities of the home life. In summer-time one does not require a hearty diet. Light food with plenty of fruit, and especially fresh fruit, is the ideal diet for summer-time. And fruit juices, including fresh-made lemonade and orangeade, are the ideal drinks.

Boating and Bathing.

It will not be out of place to offer a word of caution concerning boating, bathing, and swimming. Every summer season brings its list of fatalities, most of which are due to heedlessness and want of care. It is never safe to venture into either a row-boat or sailing-boat unless one is a competent boatman, and fully understands sailing and rowing and the management of the boat. A boating party should always be accompanied by a sufficient number of experienced boatmen who are also able to swim and to render assistance in time of emergency. While in the boat, each person should sit quietly, and any necessary movement or change of position should be carried out with the greatest care, and under the direction of the one in charge.

We do not think it wise for any to go bathing unless they are able to swim, or unless they are always accompanied by others who are competent swimmers, and would be prepared at any time to render assistance. Keep out of the water when in a heated state; do not remain too long in the water; and above all things, avoid getting a chill.



SUMMER DAYS.

Good Health

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

Entered at Stationers' Hall.

VOL. 7.

AUGUST, 1909.

NO. 8.

Editorial Chat.

Temperance Falsely So-Called. THE SO-called "True Temperance Association," recently inaugurated by Lord Halsbury in Caxton Hall, has for its central aim to make the public-house into "a reasonable place of recreation and refreshment." We fail to see how such an aim is consistent with true temperance. To make more attractive the places where alcoholic drinks are dispensed is to draw more people to them and increase the consumption of intoxicants. That drunkenness in its more revolting forms may be largely eliminated is evidently one of the objects sought; but even this is by no means sure of attainment by the methods proposed. Furthermore, the injurious effects of alcohol are oftentimes as marked in the case of the strictly "moderate drinker" as in that of the man who gets drunk say every Saturday night. The organization seems to us merely a specious excuse for indulgence in a drug known to produce evil effects alike upon mind and body. True temperance consists in the moderate use of the good, not the evil. Alcohol is an inherently evil thing, judged by its effects upon the cells of the body; therefore its use cannot be consistent with temperance principles.

The Best Thirst-Quencher. THERE are times, especially in the warm weather, when the system seems to crave some acid drink, plain water seeming insufficient fully to satisfy thirst. On such

occasions, the best possible drink is home-made lemonade, prepared with rather less sugar than usually. Lime juice diluted with water with or without sugar is also good. Grape juice may be added if desired, or it may be taken alone, or with water. The juice of stewed raisins or sultanas added to lemon juice makes a very refreshing beverage, which may be taken hot or cold. Alcoholic drinks are always to be avoided by those who would keep a comfortable state of mind and body. Tea and coffee, though less harmful, are also undesirable, containing nerve poisons which in the long run injure the vital machinery.

Christian Science as Taught and Practised. "IF Christian Science is fabulous nonsense," writes Frederick Dixon, in a letter of protest indulgently printed in the "Lancet," "there is not the remotest chance of its ever being more than a fleeting cloud across the horizon." Mr. Dixon seems to ignore the obvious fact that error has in the past exerted a powerful influence upon the masses, and still holds great numbers in bondage. The mere fact that Christian Science as a cult is showing great promise of growth and expansion proves nothing as to its real value to mankind. Its fundamental teaching is contrary alike to science and the Bible, and wholly contradictory of the most ordinary facts of human experience. It may be as Mr. Dixon says, that "there are hundreds of Christian Scientists as cultured and as in-

telligent as himself" (i.e. Mr. Stephen Paget, who has spoken adversely of the system); but it is hardly necessary to point out that their intelligence has not been brought to bear upon the doctrines in which they profess to believe. If Christian Scientists were to act out their creed to the fullest extent, they must very shortly succumb to the hard facts of a material world. It is the lukewarmness of their faith, or rather, perhaps, the fact that their practice lags far behind their belief, that saves this specious cult from total extinction.

* *

Alcohol and Tuberculosis. AT a late meeting of the French Academy of Medicine, Mr. Bertillon gave it as his opinion that alcohol is the chief factor in the causation of tuberculosis. He exhibited two charts, one of which showed the distribution of tuberculosis, the other the consumption of *eau de vie*. The two charts tallied completely. Normandy and the other districts of north and east France, where alcohol is consumed in the largest quantities, are known to have a very high death-rate from consumption. The total abstinence societies should be recognized as valuable factors in the great battle now being waged for the suppression of the "great white plague."

* *

Consumption Reduced in Ireland. THANKS largely, no doubt, to the splendid work of the Women's National Health Association, the mortality rate from all forms of tuberculous disease in Ireland has been brought down one decimal point. In the years 1905, 1906, and 1907, the rate per 1,000 of the population was 2'7; last year (1908) it had fallen to 2'6. This is indeed encouraging, especially as the propaganda carried on by Lady Aberdeen and her associates is conducted on broad, scientific lines, and the full results achieved will require years to show themselves.

Prosecuted for Selling Horseflesh. A BUTCHER named Kreppel has been successfully prosecuted by the Bermondsey Borough Council for having on his premises for sale or for preparation as human food two large pieces of horseflesh. The sentence was three months' imprisonment in the second division, and the payment of £10. 10s. 0d. as costs. What a pity that the demand for meat should be so great and so urgent as to induce men to sell for human food even the flesh of horses, while nature supplies her natural products in such luscious variety. Surely the public needs educating. As a matter of fact, horseflesh is hardly more unsuitable as an article of diet than the flesh of the always corpulent, often disease-ridden, occupant of the sty.

* *

Flies the Filthiest of Creatures. IF you value the health of your family, keep your house and premises as free from flies as possible. See that nothing goes into the garbage-can which may as well be burnt; and keep the cover of the can in its place. Clean out the dark, unwholesome corners, condemn rubbish of all kinds, and have house and premises perfectly sweet and clean. Be especially careful to keep your food where the flies cannot defile it. The innocent-looking creature which buzzes over your well-set table has very likely just been trailing its legs in the sputa of a consumptive patient, or in some other pestilential filth. Beware of the common house-fly. It is a chief promoter of disease, and one of the filthiest creatures in the world.

* *

CHRISTIAN SCIENCE contains as little science as it does religion.—*Lord Halsbury.*

THERE is no beautifier of the complexion, or form, or behaviour, like the wish to scatter joy and not pain around us.—*Emerson.*



THE SUMMER HOLIDAYS AS A HEALTH FACTOR.

BY M. ELLSWORTH OLSEN.

HOLIDAYS with perhaps the majority of people are looked upon in the light of opportunities for rest and amusement rather than as a means of cultivating a high degree of health and strength for the working part of the year. This is unfortunate, for it involves waste of time and money. Thousands of people return from their summer holidays in a worse condition physically than when they started. They were intent primarily on having a "good time," which for them meant a lot of excitement, rather late hours, irregular eating and drinking, and a general following of momentary impulses instead of living by principle. Consequently, the vacation was a failure so far as health is concerned.

How to Have a Good Time.

The way to

have a really good time in the holiday season is to endeavour to get back to nature—live on the simplest and most wholesome food, spend the livelong day out-of-doors, sleep in the open or under canvas, rise with the lark, and go to bed with the lambs.

Is such a life too tame? Not if the heart is young and the body rightly attuned to nature's harmonies. To the healthy-minded man or woman nothing is more delightful than to be free for a time from soul- and body-destroying conventions, and live a truly natural life. Such seasons give not only bodily rest and refreshment, but also a powerful mental uplift. They help one to distinguish the essential from the trivial; they take the attention from worldly things to fix it



GETTING A BRAND-NEW APPETITE.

upon the things of eternity; they free the mind of worry, and fill it with hope and peace.

The Stay-at-Home Holiday.

There are various ways of spending a holiday. Some go to the seashore; some to the country; some travel abroad. Any of these ways may prove satisfying, provided only that the life is free and natural. To get away from home and enjoy a change of surroundings is always an advantage. But it is not impossible to have

to the father of a family than to the mother. He leaves his desk and his ordinary tasks behind him, while the mother, especially if she have children, mostly takes hers with her. If she is to have even a partial rest, it will be because the care of the children is shared with others. This is as it should be. Even with all the help that a considerate husband can give, the faithful, conscientious mother has her hands more than full. If anyone needs a vacation, she does, and yet how seldom this is realized.



A NOVEL HOLIDAY.

a thoroughly happy vacation without leaving home. Let us, then, consider some ways of enjoying a stay-at-home vacation.

First, there must be a decided change from the humdrum life of toil. It is essential to a holiday that one shall rest as much as one pleases. If it is the wife and mother who is to have the vacation, some means must be devised for greatly lightening her daily tasks, if not wholly relieving her of them. The latter would, of course, be the better plan. And just at this point let the fact be noted that holidays as a rule bring more rest and change

away with for a time. Even if this change of diet should cost a little more, the gain in increased freshness and strength on the part of the wife and mother will more than make up for it. The ordinary housework may be lightened as far as possible, and the care of the children, as already suggested, shared with the head of the family, or with him and the older children.

Spend the Time Out-of-Doors.

The stay-at-home holiday must be spent as far as possible out-of-doors. If the house is provided with a pleasant garden, this will be an easy thing. The meals can

Let the Cooking Be Light.

But to return to the stay-at-home vacation—as one means of economizing work let the cooking be very light. There are many excellent prepared foods to be had. By the free use of these, and plenty of fruit, with good, wholesome bread and milk, cooking may be very largely done

be taken out there in picnic fashion. The tired mother may lie there a good part of the day, on a comfortable couch, shielded

congenial friends, and by reading one or two vitally interesting books, which should be in large, clear print, and not of a kind to tax the mind too heavily. The net results of such a vacation will in most cases be more than equal to those which are derived from the ordinary conventional holiday, while the extra expense will be practically nothing. The immediate benefit is only a small part of the gain. Principles have been carried out which make for health and vigour.

The Family Camp.

There are many, however, who need not spend their vacation at home. They have the time and the means to travel at least some distance, and may thus completely change their surroundings. Let such be advised to try camping. The family camp has all the delightful freedom from conventionality and absolute *abandon* that make a vacation pleasant. There is nothing like camping to teach simplicity. You never know how few things you really need till you rough it in a tent, carry your own water, cook a few needful things at the open camp-fire, and in general make yourself happy in the possession of only the most primitive conveniences.

Camp life, moreover, may teach us im-



CONTACT WITH THE SOIL.

from the direct rays of the sun if the day be hot. Rest in the open is not only not debilitating, but for a tired, over-worked woman it is probably the very best form of a vacation that can be taken. If the house has no garden, then it may be necessary to take a trip to the nearest park or open space. In any case try to find some green spot, with pure air and trees and shrubbery and flowers, and relaxing every muscle, just drink in the life-giving influences of nature.

Friends and Books.

Apart from light cooking, simple eating, and life in the open air, the home vacation may be further enlivened by the association of a few



BOATING TRIPS MAKE DELIGHTFUL HOLIDAYS.

portant spiritual lessons. With the blue sky overhead, and the birds and trees and flowers for company, how naturally the mind feels the presence of the divine, listens to the still, small voice of duty, and finds rest and peace in a new, strong resolve to live in touch with the Creator. The children are happy in camp, and how strong and vigorous they become. Many a delicate child has made a new start physically as a result of a couple of weeks spent in camp.

Cycle Camping.

Camping is, of course, equally fascinating for the young man, who is most likely to go in for one of the little tents that can be put in very small compass, and perhaps carried in a knapsack or on a bicycle. Thanks to the Cycle Campers' Association and other helpful organizations, many admirable conveniences may

now be had which render camping, whether for the family or the single individual, both economical and pleasant. The superiority of such a way of spending a holiday over the more conventional one is that it gives one a greater change, brings one more in touch with nature, and so increases health and vitality.

For those who are fond of boating, a trip down the Thames or any other river is a delightful way of spending one's vacation. Here, too, we have the life in the open, the simple feeding, and the leisure.

The Walking Tour.

The walking tour is another and still cheaper mode of spending the vacation. It is especially adapted to the young man. In Germany it is extremely popular

amongst University students, who with knapsack on back travel over mountain and plain, visiting all the most interesting corners in their own country, and also wandering abroad. The pedestrian gets all that is best in the countries he passes through. There is really only one way to travel to the best advantage, and that is the old-fashioned way. Walking is the finest all-round exercise that has ever been devised. Nothing will compare with it as a health-giver. To get a brand-new appetite, a new set of nerves, and a mind buoyant and happy as a child's, go on a walking tour. Of course, don't try to do thirty miles the first day. Do your travel-

ling in easy stages; never allow yourself to become utterly exhausted.

Back to the Soil.

One more mode of enjoying a health-giving vacation must be mentioned. It is

work on the soil—farming, gardening, fruit-raising—whichever may be available. Contact with the soil is a good thing for body and mind. If the young men of our large cities could spend their summer vacations in the harvest field, they would not only harden their muscles, but would get truer views of life and of the dignity of useful labour, and some of them might in time adopt a more wholesome mode of living.

Finally, whichever kind of a vacation is chosen, let the life be simple and natural. Let the desire for a "good time" be subordinate to the determination to spend the holiday in such a way as to brighten the life of the working year, increase one's vital efficiency, and make for higher and purer living.





WHAT IS CONSUMPTION.—II.

BY H. LEMMOIN-CANNON, A.R.SAN.I., ETC.*

PROCEEDING to notice other and less prevalent forms of tuberculosis, we come to that of the glands, bones, and joints. In the first, the glands of the neck are chiefly affected, due to the germs getting into the glands by way of the nose and mouth. Swellings, abscesses, and, on recovery, disfiguring scars, are accompaniments of this form of the disease.

As regards tuberculosis of the bones and joints, most become affected through knocking the limbs, thus injuring the blood-vessels, and permitting the bacilli to enter the tissues and there multiply. The backbone, shoulder, elbow, bones of the hand, hip, knee, ankle, are the parts usually concerned, and young children are the principal sufferers. In the case of the backbone, spinal curvature may result.

Children are also the most subject to a very fatal form, tubercular meningitis, in which the specific organisms find their way into the membranes of the brain.

Lastly, lupus, a form of tuberculosis of the skin, may be mentioned, in which the germs chiefly attack the face, and eat away at the features, with very distressing and disfiguring results.

Causes and Prevention.

The chief causes of the spread of the disease are the expectorations of consumptive patients, and the milk of tuberculous cows. We have already made some remarks on the latter point. As regards the

other, patients should expectorate into a suitable flask containing a satisfactory disinfectant, or even into a mug subjected to frequent scalding. Japanese handkerchiefs, or rags, which can be afterwards burnt, are useful. Consumptives should sleep alone.

In the earliest stages, many sufferers are quite unaware of their condition, and are therefore not only a potential source of danger to others, but are themselves becoming worse for lack of suitable treatment.

At the present time, however, no satisfactory means are available whereby the presence of the germs of tuberculosis can be proved before the disease has made headway in the system. Several experiments with this objective have been and are now being conducted. At the International Tuberculosis Conference in Vienna September, 1907, Professor Klemens Pirquet reported that he had experimented on infants with the object of detecting the presence of tubercular germs. In the case of healthy children, the effects were harmless; but the presence of these micro-organisms in the system caused a reaction in the shape of soreness and scarification.

On the other hand, scientific investigation has provided us with a tuberculin test for cattle, of which Professor Koch, of Berlin, was the discoverer. The serum, injected under the skin by means of a hypodermic syringe, will cause a reaction in the shape of scarification to take place in an affected

*Author of "The Sanitary Inspector's Guide," etc.

animal. Yet this method needs further improvement, because an animal, once it reacts to the test, will not do so again, even several months after. Thus a tuberculous milch cow in the early stages of the disease, showing no outward signs, may react to the test, get well of the scarification, be sold, again tested, without reaction following, and continue to act as a supplier of milk.

As regards the human aspect of the complaint, many scientists have for several years been considering the question as to whether human beings are susceptible to contagion from animals suffering from tuberculosis or not. The affirmative theory, first advanced by Professor Koch, was subsequently denied by him. The late Royal Commission on Tuberculosis, however, decided in favour of the theory, and this has been substantiated by experiments carried out in connection with the International Tuberculosis Conference in Washington, D.C., U.S.A., in October, 1908, as a result of which, not only did two children who were inoculated show indisputable signs of bovine tuberculosis within forty-eight hours, but two adult patients inoculated with the same serum presented well-developed cases of a similar description. With the adults, the development was much more rapid, and the results clearer. The serum employed was discovered by Professor Détré, bacteriologist at the Budapest University. These experiments only accentuate the need for the exercise of care in relation to the domestic milk supply.

Notification.

In New York, the Board of Health now enforce the prompt notification of all cases of tuberculosis, and the forcible removal of patients when there is a danger that the disease may spread. In Great Britain public opinion is not yet sufficiently advanced to permit the adoption of such forcible measures, but a few local authorities have

instituted a system of *voluntary* notification. In Ireland, however, as we hope to notice next month, and point to its applicability to Great Britain, the notification of tuberculosis may, since July 1st, be made compulsory in any urban or rural district. Under this, sufferers in the early stages are advised to enter the municipal sanatorium for a period, and afterward to follow some light outdoor occupation if possible. In other cases patients are visited at their homes. The treatment of the most advanced cases presents, however, the greatest difficulty under existing conditions.

Prospects.

Sir J. Crichton-Browne recently prophesied that within thirty years consumption would be stamped out in this country. Without wishing to go to the extremes of pessimism, we regret inability to share his optimism. Supineness on the one hand, coupled with ignorance on the other, will militate sadly against the attainment of that much-to-be-desired goal. The average person, however indisposed to admit it, is much inclined to be lackadaisical in health matters, and accordingly is not stirred by the need for prevention, but waits till a cure is called for, when it is not infrequently too late for the employment of effective measures. Hence the need for the propagandist work in which GOOD HEALTH is taking such a prominent part. In conclusion, we would say: Spend as much time as possible in the open air; and indoors, admit both air and sunshine. Do not omit to sleep with wide-open windows, having no fear of the "night air"; and, as Professor McWeeney has well said, "You will have struck a blow to save yourselves and your families from the *great white plague*, consumption."

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A DROP of nitric acid applied to the crown of a wart, covered with a little absorbent cotton and a rag, will allow of its being picked off the next day.

SUMMER DISEASES: HOW TO AVOID THEM.—II.

BY ALFRED B. OLSEN, M.D., D.P.H.

Dust as a Disseminator of Disease.

IT is in the hot summer weather that dust is most abundant and also most virulent. Dust is simply another name for filth, and it almost invariably contains a certain proportion of germs, some of which are capable of producing disease.

Dust is not only an unpleasant thing to deal with, but is distinctly dangerous, in that it may and often does contain pathogenic germs, which, when taken into the system, are capable of setting up disease of one kind or another. Great care should be taken, not only to avoid breathing dust as far as possible, but also to prevent food from being contaminated with

the dust. In the warm season of the year germs grow with exceeding rapidity, consequently food does not keep sound nearly so long as in the cool weather. This is largely due to the agency of flies, and also to the abundance of dust that is likely to spread germs everywhere in the home, and bring them in contact with the food.

The Danger of Unsound Milk.

Milk is probably the dirtiest food that anyone is likely to take. The method for analysing milk is identical with that for analysing sewage. There is always ample

opportunity for milk to become contaminated. In the first place, the cow-sheds are often by no means what they ought to be from a sanitary standpoint, and the cows are not kept in as clean a state as desirable. The udders become contaminated with manure, and this, drying, falls



A FOUNTAIN OF DISEASE.

into the milk as fine dust during the process of milking. Then, the milkers are often careless, and not only neglect to clean their hands properly; but are sometimes suffering from skin disease of one kind or another. The vessels, too, are not always clean, and are sometimes washed in contaminated water. This has been known to cause an epidemic of typhoid fever. Then we have to consider the milk-churns, the distribution of milk from the country to the cities, the dairies and milk-shops in the town, and the milk-boys who distribute the milk to the homes.

When one takes all these matters into consideration, one can only wonder that milk does not cause more disease than has yet been attributed to it. The safest precaution to take with milk is to Pasteurize it before giving it to children. This means keeping it at a temperature of 160° Fahr. for twenty minutes. The milk should be used as soon as it gets sufficiently cold, in order to prevent any further contamination. Milk-bottles should be scrupulously cleaned after feeding, and kept in clean water until required.

An excellent preparation of milk can be made in almost any home by the use of Yogurt tablets or lacto-bacilline. In the June issue we gave directions for making sour milk artificially. The milk is first boiled, and then, after being sufficiently cooled, the tablet of Yogurt is added, or a suitable quantity of sour milk made the previous day, and after a few hours the preparation is ready to serve. Sour milk, made carefully in this way, is perfectly wholesome, easily digested, equally nutritious with or even more nutritious than ordinary milk, and is quite safe as far as pathogenic germs are concerned. It can be given freely to children. If a little sweet cream is added, the sour milk becomes still more tasty and nutritious. This sour milk helps to purify the alimentary canal and so promote digestion.

Diarrhœa is one of the most serious disorders of infant life, and especially in the case of children artificially fed. But the artificial feeding is not necessarily the cause of the trouble, it is rather the artificial use of *unsound* food. This is clearly proved by the fact that diarrhœa is so exceedingly common in summer time and comparatively rare at other times of the year, although artificial feeding is probably equally common then.

Some Precautions to Take.

In summing up this rambling article, in which we have only been able to touch

the fringe of this great subject, we would suggest the following precautions:—

1. Use soap and water freely, for the purpose of keeping your rooms clean, and also to keep the body clean.

2. Bathe the children daily, and in the hot weather, when there is much dust about, twice daily, morning and evening.

3. Keep your food in a clean, cool place, and free from dust.

4. Have your milk served in bottles, if possible, and insist on having the milk bottled in the dairy, and not in the street.

5. Pasteurize your milk before using it.

6. Make it a point not to keep milk over night, but plan to use each day the milk bought on that day.

7. Insist on having your milk served to you with a guarantee that it contains no preservatives of any kind and no colouring matter. Colouring matter does not improve the milk, and preservatives are always more or less harmful. If for no other reason, preservatives are to be absolutely prohibited because they often enable milk venders to sell stale milk.

8. Clean the milk-vessels and the milk-bottles, especially those used in feeding children, as soon as they have been used; and store the milk in a clean, airy, wholesome place.

9. Always sample milk before giving it to children, and if there is the slightest suspicion of taint or of its having gone, get fresh milk.

10. Provide meals for children as well as for older persons at regular intervals, and prohibit eating between meals.

11. See that the children are clean before they come to the table to handle food. Children are like flies in at least one respect, they do not seem to mind getting into any kind of mess or filth, whatever it may be, and consequently they require frequent and thorough cleaning.

12. If you have reason to believe that your water supply is not above suspicion, boil all the water you use for cooking and for drinking purposes.



HOW TO BECOME A GOOD SWIMMER.

BY ALEX. LAWSON.

THERE are few forms of physical exercise which confer so many benefits and produce so much exhilaration as swimming, and none less conducive to strain. Besides exercising a large number of muscles in a thorough manner, it stimulates the heart, strengthens the lungs, tones up the nerves, and the subsequent rubbing improves the action of the skin. It is therefore highly desirable that every health-seeker should be a swimmer, and by acting on the following instructions anyone may, with a reasonable degree of application and perseverance, not only learn to swim, but what is even more important (if swimming is to be a source of real pleasure), lay down the foundation of a good style.

In the ordinary method, or rather lack of method, the beginner has to become master of strange movements, to learn to hold his head up, to breathe at the correct time, and to overcome his strangeness to the water—all at the same time; and, as a consequence, progress is slow and results often unsatisfactory. To begin, the movements should be practised out of the

water until they are thoroughly grasped *in all details*, and can be performed with ease and accuracy, then there but remains to become accustomed to the new conditions in the water. Apply the now familiar movements, and rapid progress will result.

To practice the arm movements, stand erect, bring the open hands, palms down, in front of the chest, keeping the elbows at the sides. This is the starting position. From this position, shoot the arms, with the hands touching each other, straight out in front and *pause* (arm movement 1); exhale slightly during this movement: now with the arms straight, palms still downward, sweep them round till they are in line with the shoulders; do not carry arms beyond shoulders (arm movement 2); then, by pulling elbows smartly in to sides and bringing hands in front of chest, resume starting position (arm movement 3). *Inhale during this movement.* Movements 2, 3, and 1 are continuous, and are performed as one, but there must be a decided pause after movement 1. This is an important point in the cultivation of a good style.



FIG. 1. Starting position for combined arm and leg movements.

To practise the leg movements, place the fronts of two chairs together, lay a cushion on the seats and lie across it, face downward. After adjusting to a position of comfort and balance, bring the heels together, toes pointing out, then by bending the knees outward pull the feet up. See Fig. i. This is the starting position. Now, by slightly raising the heels and then spreading them apart, *straighten* the legs (leg movement 1). See Fig. ii. Next, with the legs *quite straight* and toes pointing down, bring the legs together *quickly and vigorously* (leg movement 2), Fig iii. Exhale slightly during this movement, which is the main propelling part of



FIG. III. Position after performing one movement with arms, and two movements with legs; this is where the pause on the outstretched arms takes place.

stroke. Then bend the knees and bring the feet up to the starting position (leg movement 3), and *inhale*.

Care must be taken that the heels are sufficiently separated (leg movement 1) to permit of a good *side* motion in closing the legs (leg movement 2), and yet not too wide, as then there is a loss of power in the kick. See Fig. ii. for width. Leg movements 1 and 2 are continuous; there should be no pause between, but after a little practice combine as one movement. Pause after movement 2. Do not be in a hurry to combine the movements, but

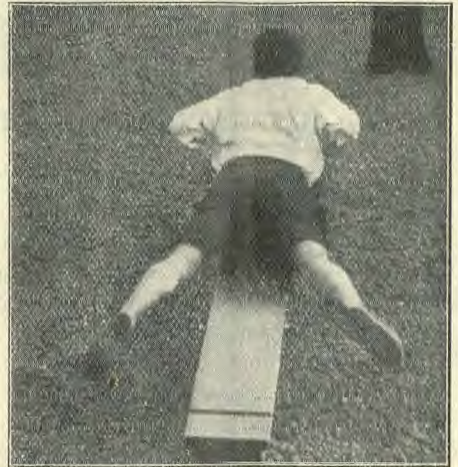


FIG. II. Position after performing first leg movement; also indicates the *width* of the kick.

make sure of the *accurate* performance of each first.

To practise combined movements. Lie over chairs as for leg practice, bring the hands up to chest, arms in starting position and feet up, knees bent leg starting position. See Fig. i. Now, keeping the head well up, straighten the legs and bring them smartly together (leg movements 1 and 2), and at the same time shoot out the arms in front (arm movement 1), and exhale slightly; now remember to pause on the outstretched arms. See Fig. iii. That is, perform two movements of the legs simultaneously with *one* of the arms. Then swing arms round (arm

movement 2, see Fig. iv.), and then resume starting position with both arms and legs. See Fig. i. Thus movements 2 and 3 of arms are performed with only movement 3 of legs. The application of this combination of the movements throughout the stroke is a most important factor in producing good style; only then does the swimmer get the full value of his expenditure of force.

When the full stroke can be performed with *ease* take to the water. A bath is the best place to learn in. If possible, get a swimmer to assist you at first. Be in no hurry to begin. Duck down by bending at knees till head is under water, then stand erect and take a deep breath. Repeat several times, exhaling when the head is under water and inhaling when above. This will accustom one to the water. If

there is a rail round the sides of the bath, grasp it with one hand, place the other hand under the water as far down the side as you can reach, then stretch the body on the surface of the water and practise the leg movements, remembering to separate the heels, and then to close the *straight* legs *vigorously*. Once you feel confident about the kick, stretch yourself well on the surface of the water, assume the starting positions and proceed as on land, keeping the head well up. Try only a few strokes at first and do them *slowly*. Do

not on any account hold the breath; if the breath is held it has to be exhaled ultimately, and then a fresh breath is usually taken at the wrong time and a mouthful of water swallowed with it. At first some difficulty will be experienced in securing good balance. The body should all be kept as near the surface of the water as

possible, particularly the hips. To attain this balance reach *well forward* every time the arms are shot forward in first part of stroke. Remember it is the accuracy of the movements which brings success and undue haste only retards progress in learning. The beginner who performs the movements slowly in the water usually learns quickly. If you cannot get a friend to support you in your early efforts, a pair of water-wings, which can be obtained from most

athletic outfitters, will be found of assistance.

“ALCOHOL,” says the great French chemist Berthelot, “is not a food, even though it be a combustible. It is true that the alcohol which is absorbed is partly burnt, but part of it becomes disengaged in the form of vapour, as is shown by the breath of drinkers, and combustion takes place without any profit to the building up of organic tissues.”—*The National Temperance Quarterly*.



FIG. IV. Position after performing movement 2 of arms. This movement follows from position in Fig. iii. Then resume starting position (Fig. i.).



DECORATING A JAPANESE ROOM.

THE PEOPLE OF JAPAN.—*Continued.*

BY A. MARIAN CLARK.

AS for the third quality, the refined, artistic taste, it is an inborn, national grace. Surely, I think no nation ever possessed such an innate sense of beauty. How struck we were by it, living our first few days in the country! Every temple or object of interest gave one the feeling of being perfectly disposed amid its natural surroundings. If an artist had been at work, allowing himself his "artist's licence" in the composition of his picture, leaving out a tree here and putting one in there to get a more perfect balance of line and colour, he could not have procured a more satisfactory effect.

Marvellous lines of beauty do they procure in the way they train the limbs and branches of their trees; and every house has its little feast of beauty somewhere. It may be a cluster of lilies or irises growing on the thatch of the roof, or it may be

a dainty little garden, or, if this luxury cannot be afforded, a whole garden will be laid out in miniature in a dish to stand in some alcove—small pebbles for rocks, a tiny stream, with a minute clump of dwarf trees. And every household utensil is beautified with some dainty little bit of design—every cup, every kettle, every rice bowl, every towel—generally something exceedingly simple, and yet instinct with dainty feeling; for is not simplicity one of the greatest qualities both of beauty and of virtue, in every direction?

Mr. Chamberlain concludes his remarks on the mental characteristics of the Japanese by saying that on various visits to England he brought with him sometimes cultured Japanese, sometimes Japanese servants; and he watched with interest to see what would be the points of English character which would strike them most.

He summed these up, likewise three in number, but alas, for us Englishmen! they were, dirt, laziness, and superstition!!

I can well imagine that smoky, grimy London, with its unwashed multitudes, would jar very much on Japanese feelings; and no doubt our frequent strikes and agitations for an eight hours' day seem odd to a nation which expects to work fifteen

and there you are. And these beams do not sink into the ground; there are no foundations; a stone slightly hollowed at the top rests upon the ground and supports the beam. This is found to be fine proof against earthquake shocks, which are a matter of almost everyday occurrence in some parts of the country. But, you will say, how about the walls? Both the out-



125 TEA CEREMONY

hours. I do not so plainly see how our superstition is so marked to them, but in any case that would be too vast a subject to embark on.

In house-building, as in many other things, a Japanese starts at the very opposite end of the matter from what we do; he starts with the building of his roof. A Japanese house is very light in construction; a beam at each corner, and perhaps one or two at intervals along the wall line serve to hoist the previously constructed roof,

side and the partition walls merely consist of sliding shutters or panels which can be removed at will; so that in summer, when a thorough current of air is desirable, you have merely to box up all the shutters in the cases provided for the purpose, and there is your house open to all the winds of heaven, with just the roof to provide the indispensable protection from the sun. What could be more ideal from a hygienic point of view?

And then the inside of the house

What could be more perfect and apt from a health standpoint than rooms which contain almost no furniture? For the Japanese sit upon the floor, and so need neither chairs nor tables; they sleep upon the floor, and so need no bedstead. Garments and bedding are neatly folded away behind a sliding panel, and there is no need for cupboards or wardrobes. Contrast this state of things with our crowded houses, overloaded with furniture, which is often badly decorated with poor machine-carving or made profusely ornate in some inartistic way, providing regular dust-traps, to engulf the time and energy of the orderly-minded housewife and over-burdened housemaid.

How different, too, the Japanese appreciation of their beautiful possessions from ours! A Japanese room generally contains three or four things of real beauty—a vase of flowers, maybe; an unhewn stone from the river bed, which has been chosen simply for its beauty of shape; and perhaps a small bronze or ivory figure. Then against the wall will hang a "rakemono," or scroll picture—a representation, perhaps, of their wonderful mountain Fuji-yama—or it may be only a beautiful thought of one of nature's countless gems of beauty, such as "the virgin snow upon the blossomed spray" (for fruit blossom and snow often

come together in Japan), set forth in their brush writing, which is based upon symbols, and is in itself a thing of beauty.

These three or four treasures will remain for a few days or a few weeks in the room and be thoroughly appreciated and enjoyed; then they will be replaced by others. In a house of leisure and means, these ornaments will even be changed during the day; one set being kept for morning light, and another set, which will have their beauty better displayed by the way the sun's light strikes upon the room later in the day, for the afternoon. I do not suppose the average Englishman even realizes that the furniture or the ornaments of his rooms gain or lose in beauty with the varying play of light upon them.

And how scrupulously clean the little "neesans," or maids, keep these dainty rooms! The verandas and ladder staircases and little passages are generally of unstained and unpainted wood, only polished by wear (and what beautiful woods they have in Japan), and several times a day one sees a little, dumpy, smiling neesan stooping along with her duster, adding a little more polish by the shuffling movement of her little socked feet and with her ever willing supply of elbow grease.

(To be continued.)

FRUIT JUICE FOR BABIES.

BY MRS. E. SISLEY-RICHARDS, M.D.

THE opinion is commonly held that children should not be allowed to partake of fruits until they have well passed the period of infancy. This may be true of fruits in general, but the giving of the strained juices of certain fruits is not only conducive, but is actually essential, to the baby's health. This principle is recognized in the large hospitals for sick children, but is unaccountably overlooked by a large number of general practitioners. In the hospitals above mentioned a teaspoonful of orange juice three times a day is pre-

scribed for hundreds of babies, especially such as are suffering from rickets, and other disorders of nutrition.

Artificially-fed infants are very likely to suffer from a disease commonly called scurvy. This disorder is analogous to the disease so prevalent among sailors a few decades ago. It is caused by the taking exclusively of cooked foods. There seems to be a certain living principle in fresh fruits and vegetables which is absolutely essential to health. Since regulations have been passed requiring all sea-going

vessels to provide some fresh foods for the sailors, this disease has practically been exterminated. In the same way we find that the only way of preventing or relieving infantile scurvy is the administration of some uncooked food substance. Since it is dangerous to give unsterilized milk, we must turn to fruit juices to satisfy this need. There are a number of mild fruits the juices of which may be given to even young infants.

The sweet oranges and mandarins head the list; then follow sweet grapes, strawberries, raspberries, pineapples, peaches, and possibly some other fruits. It is of the greatest importance to see that the fruit is in perfect condition; it must be soft and mellow, yet not over-ripe. It would

be dangerous to give the juice of under-ripe or decaying fruit to children. If oranges or mandarins are employed, the juice may be expressed with the ordinary lemon drill. If berries or other fruits mentioned are used, they must first be crushed, then strained through a fine wire sieve or butter muslin. The fruit should be so sweet in itself as to demand no sugar in addition.

There are several regulations which must govern the use of fruit juices for babies.

1. It must be obtained from fruit in perfect condition as described above, and it must always be strained.

2. It must never be given in connection with the milk feeding. It should be given not less than two hours after a milk feeding, and not nearer to the next milk feeding than one-half or three-quarters of an hour.

3. It should be given at least once daily, and more frequently if the child desires it. There is absolutely no danger in giving fruit juice to babies if these suggestions are followed. If these directions

are not followed there might be some unfavourable results. In almost every case the fruit juice is taken with the greatest enjoyment, this fact in itself being one of the greatest recommendations for its administration

Since mother's milk is free from the objections offered to all artificial foods, it is not neces-

sary to give fruit juices to breast-fed infants; however, it is often an advantage to do so.

Fruit juice is one of the best preventives of infantile diarrhoea, in that it is a natural disinfectant, and the bacteria which produce diarrhoea cannot flourish in its presence. It might be helpful to mention a few of the many cases in which the administration of fruit juice has been attended with beneficial results.

A baby six months old was suffering from malnutrition, the symptoms of rickets being marked. The mother had tried fruit juice, but as the baby always



JOSEPHINE. 11 months. Lives on Granose and milk, and declines other kinds of food. 29 lb. 6 oz. 31 inches high.

screamed after its administration she discontinued its use. Feeling certain that the fruit juice was required, we selected sweet oranges and administered the juice personally. Baby screamed after the taking of each teaspoonful; this was rather disconcerting, but as he continued to take it, we continued to give it. Concluding that he was crying for more, the administration was not ceased until the juice of three and one-half oranges had been given. Baby then seemed contented, going to sleep immediately, and slumbering for one and a half hours. This was the first day-time sleep he had had for many weeks. The giving of the fruit juice was repeated every day with the best results. His milk food was somewhat altered, and in two weeks' time he could scarcely be recognized as the same child.

A second baby, four months old was not doing well with his food; he was restless and slept scarcely at all during the day. The giving of orange juice was advised and carried out. Baby enjoyed it immensely, and began at once to improve markedly in general health. His mother wrote that the only difficulty was in satisfying him, as he always wanted more. When assured it was right to give it him as freely as he wished, she had no further trouble.

A third baby, though breast-fed, was given fruit juice daily from the time he was five days old. He took it with the greatest relish, and entirely escaped the slightest touch of diarrhoea, even during the trying time of teething.

A fourth baby, nine months old, was very ill with summer diarrhoea, so that life was despaired of. Nothing but strained orange juice was given for several feedings. This effectually cleansed the bowels from the disease-producing germs. Barley water and egg-white were then administered, and a gradual return was made to the milk foods; the baby made a good recovery.

A few words might be said concerning the use of bananas for young children.

Generally speaking, bananas ought not to be given to a child under nine months of age, and then only fruit which is fine-grained and perfectly ripe. It should be mashed with a fork and beaten until it is perfectly smooth and juicy. This may be given with the addition of a little cream and milk, or in connection with milk gruel, as a regular feeding.

Prescription for Good Cheer.

AN eminent doctor who is a specialist in diseases of the nervous system gives the following prescription:—

Take eight parts of elixir of charity, eight parts of the milk of human kindness, sixteen parts of tincture of self-sacrifice, thirty-two parts of good thoughts, eight parts of good deeds, together with all the oil of gladness that you can get. These ingredients are to be mixed thoroughly and well shaken. As soon as the slightest sign of mental heaviness or depression is noticed, take a large dose of the medicine at short intervals, the larger the dose taken the better. This medicine distinguishes itself above all other medicines as concerns its ingredients, for should an overdose be taken at any time, it will not, like the majority of other medicines, cause untoward or dangerous effects.

Further directions are given with the medicine which must be followed as soon as the medicine is taken. Smile! SMILE! SMILE! Keep on smiling! Do not stop; turn the wings of the mouth up, and not down. You say when you are depressed: "I can't do it." It is possible that you cannot do it the first time, but, unsuccessful at first, try again and again. Try the experiment now without reference to your present state of good cheer, and notice carefully the difference when the wings of the mouth are turned up. Then try turning them down, and elongate the face as far as possible, and notice the contrast.

Let kindness and unending charity saturate your very being. The sooner you let the overstrain and exhaustion, which tire the brain and nerves and cut off every desire of the heart, depart, the sooner you will experience health, good cheer, and joy. Let the good Lord help you; He is longing to support and sustain you. He is the great Physician. With His help and your own effort it is possible to lift the weary, depressed mind out of the abyss of doubt and darkness.

“THE pessimist is the man who always goes straight for the chair with a pin on it.”

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“Doctor, I am feeling very poorly.”

“Where do you suffer most?”

“In my stomach, doctor.”

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The individual did as he was told. After he had waited patiently for about ten minutes he opened his eyes and found himself surrounded by a crowd, who supposed that he was crazy. Dr. Ricord in the meantime had disappeared.—*Philadelphia Record.*

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Finger Cracks.—A.R. : "Please tell me the best way to prevent and cure the tops of the fingers and thumbs from going into deep cracks, which are very painful. I lead a quiet, simple life, but these cracks will come in winter."

Ans.—Sometimes the cracks are due to poor nourishment of the body, and if so, that matter would have to be attended to. More often it is due to the use of hard water, irritating or strong soap, insufficient drying, and exposure to all kinds of weather. Wash your hands in tepid rain water at a temperature of about ninety degrees Fahr. Use but little soap, and then a mild one, such as McClinton's, and then dry the hands well and do not go out for an hour after, if possible. The application of a very little vaseline or Sanitarium Massage Cream, which is well rubbed into the skin at night, would also prove helpful.

Fruit Skins and Seeds.—F.N.A. : "1. Are the seeds and fruit skins sometimes found in jams likely to aggravate appendicitis? 2. Is it safer to eat fruit jellies instead of such jams?"

Ans.—1. Not likely; but apple skins and similar tough skins ought to be avoided, also the larger seeds. 2. It matters but little, but we recommend plain barley malt as an excellent substitute for jams, marmalades, and jellies. In our opinion, malt is more nourishing as well as more wholesome and more digestible.

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Syphon Gas Stove? 3. Would it be suitable for a bedroom?"

Ans.—1. The ideal position for the house is the southern slope of a hill with the house facing south. 2. Probably one of the best gas stoves on the market. 3. Yes, provided the bedroom is well ventilated.

Strain of the Knee Ligaments.—A.D. : "I unfortunately severely strained the ligaments of the inner side of my knee. Kindly inform me through the columns of GOOD HEALTH if it would be well to indulge in long walks, swimming, and deep-knee exercises after I have recovered from the immediate effects."

Ans.—Yes, provided you begin them gradually, and do each of the exercises in moderation.

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Ans.—We would recommend the use of a Globe Hand Nebulizer for ten minutes three or four times a day. You will have to persist with the treatment for a number of weeks, and perhaps even months, if the case is a chronic one.

Bathing—Phosphorus.—"Promenade" : "I am sending you a copy of the 'Sunday Circle' containing an article entitled 'Don't Wash Too Often.' I am constantly using my Turkish Bath Cabinet. 1. Ought I to stop using it? 2. Do you recommend Dr. _____ 'Phosphorus'?"

Ans.—1. We confidently recommend the daily bath not only as a cleansing agent but also for toning up the system. A warm bath should be followed by a tepid or cold sponge before drying the skin. 2. No, certainly not.

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Constipation—Skim Milk.—C.R.: "I am suffering from gallstones and constipation, and have been advised, among other things, not to eat biscuits. 1. Would bran, plain wholewheat, barley, or plain oatmeal biscuits disagree with me? 2. Does skim milk constipate?"

Ans.—1. No. We consider plain wheatmeal and oatmeal biscuits wholesome and useful in constipation. Speaking of biscuits, we might add that "Granose Biscuits" are one of the most useful agents in combating constipation that we know of. 2. Yes.

Bleeding Piles—Sore Breasts—Warts.—L.E.: "1. I am suffering from bleeding piles. Kindly tell me how to get rid of them. 2. A friend of mine has severe sore breasts at times. What treatment would you recommend? 3. What is the best way to get rid of warts?"

Ans.—1. The use of tepid water enemas, to which a very little salt has been added, would help to move the bowels, and might relieve the local irritation sufficiently to enable healing to take place. Have a tepid sitz bath from two to five minutes after each motion, and then dry the parts well with a soft towel and dust with talcum powder. In chronic cases an operation is sometimes required. You should consult a surgeon. 2. Recommend your friend to try hot fomentations to her breasts, or a hot rubber water-bottle. 3. Warts can be removed by a slight operation or by the use of a strong mineral acid in the hands of a physician. Ordinarily it is quite as well to let them alone, for they usually disappear in time.

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A Page for Women.*

Conducted by Marie Blanche.

KONRAD KARL KURZROCK, the German clothes-philosopher, called by some people the Apostle of Sunshine, has some strikingly original ideas on the subject of clothing. No seriously thoughtful person can quarrel with some of his statements, though we cannot all follow his advice to the letter. I think, however, that those who have studied the question of hygienic clothing will be quite prepared to agree with this philosopher when he says: "Boots, corsets, and collars are bad;" and again when he strikes a note of warning with "Avoid alcohol, coffee, and tea." Other theories which he propounds, and which seem to me to be equally worthy of attention are: "Do not eat more than thrice a day," and "all women should learn to run." Some one has said that flattery and money are the corrupters of mankind, and somebody else has replied by assuring us that high heels and tight collars are the destroyers of sound health.

All this is, of course, delightfully sensible and eminently practical, but I do enter a protest when a health reformer stands up and sweepingly declares to his listeners: "Clothing is unnecessary in summer, except, perhaps, for engine-drivers." We do need very much to keep a level head in these matters of reform, and to steer clear of fanatics. I should not like to endorse the opinion expressed in my hearing the other day, to the effect that "a fanatic is a fool," but I am far from saying that I consider the fanatic a sage. Moderation in all things, if you please.

I think the man who objects so strongly to high heels and tight collars, and declares them to be, as indeed they are, injurious to health, should be supported in his views. It is, of course, women who are the slaves of high heels, and men who suffer martyrdom with their collars. True, we women wear high and well-boned collars nowadays, but they are not as a rule too tight, and they are generally made of some perfectly soft and supple material. Men, on the other hand, simply choke themselves with hard, unyielding neck-gear that needs much reforming.

Against the foolish, and to my mind very vulgar, fashion of wearing excessively high heels there is a great deal to be said. I was told the other day by a young doctor at one of the London Hospitals, that the number of women patients suffering from the effects of wearing high heels is a very considerable and daily increasing one. The following of this ridiculous fashion affects the spine, throws the body out of its natural position, and destroys the proper balance of the internal organs. Moreover, this same doctor told me that the wearing of high heels has a most injurious effect upon the brain and the nervous system, and should be strongly discouraged.

Of tight waist-bands I think I need not say very much, for I hope all readers of GOOD HEALTH know too much about the dangers of tight-lacing to need any warning on the subject.

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

There are, however, those into whose hands this magazine may fall for the first time, and should they chance to give a glance at this page, let me say once and for all that tight waist-bands and tight corsets are the finest things in the world for ruining your figure and destroying any natural grace you may have been blessed with. A tightly-laced figure is a hard one, and therefore an unyielding one, consequently it is ungraceful and destitute of those subtle curves that make for beauty and elegance. If you admire the outline of an hour-glass, and think that a human figure, when distorted into an imitation of it, is a thing of beauty, then I'm afraid you are in a state of hopeless ignorance as to what the term "beauty" really means. True beauty, whether of form or colour, is best found in nature, and those who tamper with it invariably make mistakes.

For myself, I always feel short of breath when I look at a woman who is boarded up in tight corsets, and I once heard a man say that the same sight produced in him some of the symptoms of acute dyspepsia. With regard to the high-heel question, apart from its evil effects physically, the wearer never walks well or gracefully, and, of course, to her a glorious spin across moor or country road is an impossibility, a delight far out of her reach unless she is ready to suffer the penalty with twisted ankles and blistered heels. True, one does see these fashionable instruments of torture on country roads now and again; and I have sometimes, when tramping my five miles with every comfort and a pair of rational flat heels, turned and looked with wonderment at some girl half crippled as she bravely tried to get along the rutty, ragged lanes with her silly little high heels threatening every moment to throw her down.

Answers to Correspondents.

W.A.L.—Thank you very much for saying such kind things about my articles. It is gratifying to know that they are useful to any reader. The subject of voice culture seems to have been interesting to many, and perhaps next month I may have more to say about it. In the meantime I'm afraid I cannot recommend you a book on the subject, and indeed books are of little use in teaching voice production. I will try to give you some hints next month.

DORA.—Yes, the ointment for the complexion is a very simple but a very excellent and beneficial one. It is purely vegetable.

HYGIENIC.—Send for a Good Health Adjustable Bodice, giving the measurements of your waist, bust, and hips.

MISS M.B.—There is no permanent cure for superfluous hair but electrolysis, a process which entirely destroys the hair root. Depilatories are useless, I am sorry to say.

P.A.L.—There are so many books on vegetarian cookery that it is difficult to say which you would find most suitable. I would recommend you to study the column on Food and Cookery in this magazine monthly.

MISS M.Y.—No, I have never written any books on the subject, but am always pleased to help my readers. I studied under William Shakespeare, the famous professor of voice production. All vocal tone is produced in the same way, and the different registers do not make any difference in that respect, every note in the compass, whether soprano or alto, is produced in the voice-box, and if the production is natural, and the throat loose, you will not feel any sensation at all, except perhaps, that what are sometimes called "head notes" resound more in the head than others. All vocal tone should come well to the lips, and the less you think about the throat the better. An unconscious throat is a healthy one, you know.

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Approved by "The Lancet," and all health reformers, including Your Editor. Booklet free.

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The new Syringe. Best—Safest—
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It Cleanses Instantly.



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supply send for Free Booklet giving
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Rooms to Let for Evening Meetings.

In answering advertisements kindly mention "Good Health."

Food and Cookery

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Steamed Rice.—2 cups rice; 5 cups water. Wash rice and put into boiling water slightly salted. Cook for an hour without stirring. If the rice is *boiled* instead of steamed, use four cups of water to one cup of rice. Cook rapidly the first fifteen minutes, stirring occasionally. *Cost for six persons, 3d.*

Browned Rice.—2 cups rice; 4 cups water. Spread rice on a shallow baking-tin and put into a moderately hot oven; bake until a yellowish brown. Steam as you would ordinary rice. Cooked this way, rice is undoubtedly more digestible than when cooked without browning. Serve with milk, dates, stewed currants, raisins, figs, or prunes.

Stewed Currants.—Wash and clean 1 lb. currants. Soak in cold water for a little while. Put into a saucepan in the water they were soaked in and simmer until tender. A very little cornflour may be used to thicken them when cooked if desired. *Cost for six persons, 4d.*

Rice and Nuttose Croquettes.—Take rice that is left over from breakfast yesterday morning. Add equal bulk of nuttose chopped finely and one egg. Salt to taste. Shape, roll in breadcrumbs and bake in a moderate oven with a little cooking nutter for twenty minutes. *Cost for six persons, 7d.*

Rice Cakes.—Another way of using rice that is left over. Make a batter with three eggs, a gill of milk, and some flour. Stir into the cold rice. Drop in tablespoonfuls into a pan well buttered, and cook until a nice brown on both sides. Serve with syrup or malt honey. *Cost for six persons, 6d.*

Rissoles.—Take grains, potatoes, rice, or vegetables that are left over and are perfectly fresh. Put all through a mill, or beat well together adding toasted crumbs if necessary. Shape, roll in breadcrumbs and bake. Serve with a sauce. *Cost for six persons, 5d.*

Tomato Sauce.—2 cups of strained, stewed tomatoes, heat to boiling, thicken with browned flour blended with cold water or a little cornflour. A little salt and small piece of butter. *Cost for six persons, 8d.*

Mock Fish.—1 pint milk; $\frac{1}{4}$ lb. ground rice; 1 onion; salt; and a small piece of butter. Grate the onion into the milk, and boil for a little while. Mix the ground rice to a paste and add to the milk. Boil until stiff enough to mould. When cold cut into slices, dip in breadcrumbs, and to bake a nice brown. Serve with parsley sauce. *Cost for six persons, 4d.*

Stewed Apple-Rings.—Wash 1 lb. apple-rings and put to soak in cold water. Put into an enamel saucepan and cook gently until tender. Sweeten to taste. *Cost for six persons, 6d.*



**The Juice of
Stewed Summer
Fruits boiled with
Corn Flour makes
delicious Natural
Fruit Jellies.**

The flavour, changing always as the different fruits come in, makes variety all through the summer, and these jellies are entirely healthful.

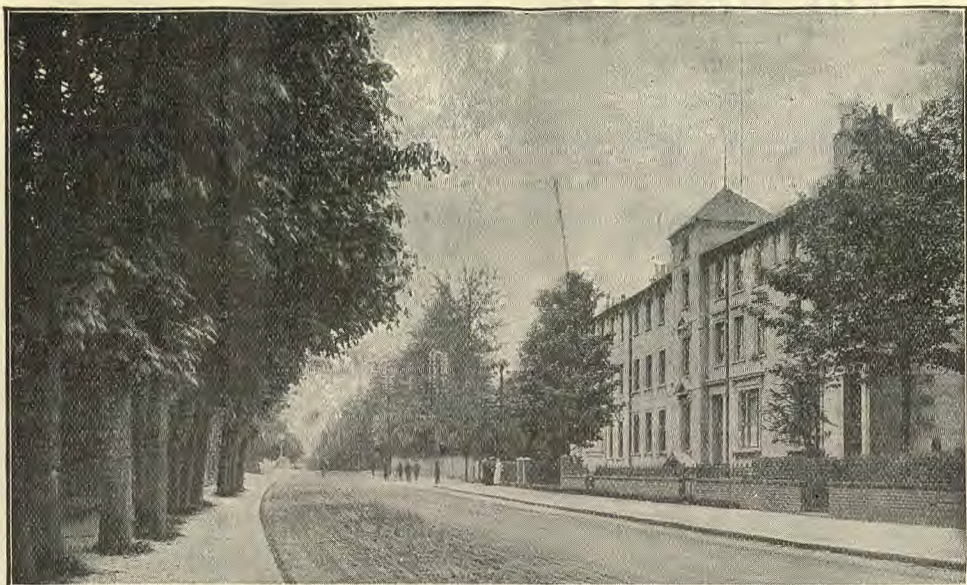
It stands to reason they are so, for there is in them all the goodness of the fruit combined with the wholesome Corn Flour to set the jelly.

This is only one of the many healthful combinations of Corn Flour and Fruit. But be sure to get Brown & Polson's "Patent," as the familiar yellow packet is closely imitated.

Send to Brown and Polson, Paisley for full recipes for these delicious jellies.

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CATERHAM, SURREY.

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DAILY DRILLS IN PHYSICAL CULTURE.

With a carefully regulated and classified dietary.

Sound health of body and mind is the fruit of obedience to natural laws. Health is largely the result of physical right-doing and correct training. Experience has demonstrated that chronic invalids of all classes, many of which are considered incurable, can be trained back into health by scientific regimen combined with suitable hydiatic measures, electrotherapy, phototherapy, massage, Swedish movements, Swedish medical gymnastics, and in short, by the use of what has been aptly called Physiological Therapeutics. Incurable and offensive patients are not received. The establishment affords facilities for quiet and rest, with skilled nursing and medical care and everything an invalid needs.

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

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In answering advertisements kindly mention "GOOD HEALTH."

GOOD HEALTH.

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

Editor: ALFRED B. OLSEN, M.D., D.P.H.
Address editorial matter to the Editor, St. Albans, Caterham Valley.

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

GOOD HEALTH may be ordered through any newsdealer. Yearly Subscription, post free, 1/6.

Indian Edition: Yearly subscription, post free, Rs. 2/8. Office: **GOOD HEALTH, 39/1 Free School St., Calcutta.**

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

S. African Edition: Yearly subscription, post free, 2/6. Office: 66 Roeland St., Cape Town, S. Africa.

EVERY parent ought to be acquainted with the elementary facts of physiology so that they may intelligently plan for the well-being of their children. The little ones quickly fall victims to unhealthy surroundings or injurious treatment; and those who have the care of them should understand the necessity of taking into careful account the needs of the frail bodies that may be so easily turned into vigorous and hardy boys and girls. One who has any knowledge of the exceedingly delicate texture of the lungs and the important work they perform in the purification of the blood would shrink with horror from the idea of exposing that delicate texture to the poison and defilement of a cloud of tobacco-smoke. If the boys were instructed in the nature and work of the lungs, they would recognize the criminal imbecility of introducing into their lungs the dirt and fumes of burning tobacco.

Again, if the important office of the skin in ridding the body of poisons were appreciated, children could be made to see the physical necessity for cleanliness. They would understand that an unclean body must necessarily be an unwholesome body.

A knowledge of the elements that compose the body and of how its wastes may be repaired would also correct many abuses of eating and drinking. The child has not yet contracted bad habits or established perverted cravings, and it is easy to form its tastes upon sound principles, and thus lay the foundation of a life of health and usefulness.

The work of the various organs of the body presents a most interesting study, far more deserving of attention than many things which occupy the minds of parents. If half the thought and time expended upon the decoration of the body were devoted to its upbuilding, there would be many more happy homes than there are.

We hope to arrange for a series of articles in **GOOD HEALTH** to begin shortly, which will take up a simple and practical study of physiology along these lines, with the idea of helping parents to train their children for health.

OUR lady readers who have not yet learned how to put up plums and other fresh fruit so that these are available for use all through the year would do well to send 1½d. in stamps to Mr. J. H. Cook, 139 Aston Brook Street, Birmingham, for his pamphlet, "Fruit Preserving." The fifteenth thousand of this useful little booklet is now off the press.

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

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

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Quickly and easily made

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

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Cause and Cure of Consumption

is the title of a new 1/- book by H. Valentine Knaggs, L.R.C.P., etc., which entirely revolutionizes the present theories as to the cause of this dread disease, and explains how it is readily curable in its early stages by means of diet and hygiene. Of booksellers, or post free for 1/2 from Jarrolds', 10 Warwick Lane, London, E.C.

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It should take the place
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"As the rise in the price of bread is a very serious matter to millions of our people, it is time to remind them that science has already shown us how we may halve our food bills, increase our mental and physical efficiency, and gain more pleasure from life.

"It was left to a layman to prove that the authorities were at sea as to the right quantity of food needed to produce the best results. His discoveries have since been verified by exhaustive experiments by scientific men, who are giving us, for the first time, a science of Right Nutrition. Edison, whose powers of work make the ordinary 'working-man' a comparative idler, gives the key-note when he says of America: 'the country is food-drunk!' When working his hardest he takes twelve ounces of food a day.

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"It matters little what we eat so long as we eat it rightly; that is, slowly, and when we have a true, not a habit-appetite; the *earned* appetite being the ideal. This rational and scientific system gives a new joy of life; a sense of exhilaration and of well-being; a mental and physical alertness that comes as a revelation to the ordinary eater. It costs absolutely nothing, makes a great saving in food and doctors' bills, as it gives practical immunity from many of the worst doctor-baffling diseases."



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In virtue of the pure and vital fruitarian sources from which they are made

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They include Orange Flower Honey (the Honey of Health), Vytalle Oil (invaluable for all fruitarians) and

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PRESERVE it NOW

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Tells you everything that is worth knowing about fruit preserving. Post free, 1½d.

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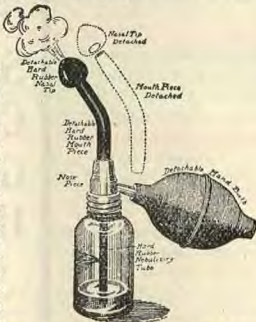
It is used mixed with fresh, new milk, and forms a delicate and nutritive cream which can be enjoyed and assimilated when other foods disagree. It is entirely free from the rough and indigestible particles which produce irritation in delicate stomachs.

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Finest Grenoble Walnuts, ...	1 lb., 1/-; 3 lb., 2/9.
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Pure Cane Dem. Guaranteed, ...	1 lb., 3d.; 7 lb., 1/6.
" Loaf " ...	1 lb., 3d.; 7 lb., 1/8.
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OLIVE OIL. The very finest cream that can possibly be obtained.
Pints, 1/3; quarts, 2/3. Bottles.

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FIGS. Natural. Exceptionally fine for stewing.
1 lb., 4d.; 5 lb. bags, 1/6

Maple Syrup, ...	quart cans, 2/-.
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BAX'S COKER BUTTER,

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**MY
SPECIAL
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and

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Nuts.

**Best Quality at
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Carriage paid on all
orders for Dried
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Send for Price List.

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THE Nature Cure Sanatorium at Erlenbach offers a good many advantages to those who may be planning to spend a holiday in Switzerland.

"MARMITE" makes a very tasty and wholesome addition to soups or gravies. You can get a sample by sending a penny stamp to the manufacturers. See their advertisement on page 246.

THOSE who take a special interest in the habits of the great will be glad to know that President Taft manages to maintain his prodigious bulk and support the weight of his official responsibility on two meals a day. An apple in the middle of the day constitutes his only lunch.

IF you would do GOOD HEALTH a friendly turn, get your newsagent to stock it. Send us his name and address if he proves favourable, and we will forward him free advance copy and poster. Some newsagents are doing very well with the magazine.

THE management of the Rostrevor Hills Hydro is organizing a Summer Health School for the month of August. Instruction will be provided in Hygiene, Physical Culture, Cookery, Home Nursing, First Aid, etc., and special lectures on Healthful Dress will be given to ladies.

Rostrevor is beautifully situated near the Mourne Mountains, close to the sea, and the Summer School would afford an excellent opportunity to combine a holiday on the Irish coast with a course of interesting and profitable study. The management of the Hydro will be glad to answer any inquiries as to the School. Write to the Manager, Rostrevor Hills Hydro, Rostrevor, Co. Down.

OF course, the rights of property ought to be respected, even in these days when the obligations of property are being emphasized, but if a pedestrian should be caught "trespassing" unawares on land that is supposed to be protected by the familiar warning, "Trespassers will be prosecuted," it is well to remember the dictum of a learned judge that "trespassers cannot be prosecuted." According to him, if the public is to be excluded from any place, it must be done by erecting a barrier that will accomplish the object. Trespassers can only be sued for the damage done by them, which, of course, in the case of an innocent tourist, who does not go about breaking hedges and digging up roots, will be practically nothing. Reasonable compensation should be offered on the spot if the name and address is demanded with a view to prosecution.

Glasgow Health Culture Society.

LECTURES:—

August 11th: "The Simple Life in Theory and Practice." Mr. Dugald Semple.

August 25th: "How Nature Cures." Mr. Robert Fleming.

The lectures during August will be delivered in the "Shepherds Hall," Bath Street, and any of our readers interested will be made welcome.

RAMBLES:—

August 14th: Short ramble to Hazelden and Crowstone Wood. Meet at Rouken Glen at 3.30 p.m. Long ramble to Pinnich Glen. Train leaves Queen Street Station (Low Level) at 3.12 p.m. for Milngairie.

August 28th: Short ramble to Bedlay House, Wallace Monument. Meet at Riddrie car terminus at 3.30 p.m. Long ramble to Blairskaitth Muir. Meet at Bishopbriggs car terminus at 3.30 p.m.

Short rambles from six to ten miles. Long rambles from twelve to sixteen miles.

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Our darling's spotless, cool as ice,
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