

# GOOD HEALTH



MENS SANA

IN  
CORPORE  
SANO

September, 1909.

Editorial Chat :

Drowning Accidents, "Purple as a Grape," Artificial Respiration, Artificial Warmth, Persistent Effort, Life Lost Through Inefficient Aid, "Disguised Alcohol," Open Your Windows, Refreshing Sleep, The Congress on Alcoholism, Alcohol and the Blood, Open-Air Schools, Nutrition Before Education, Scarlet Fever and Milk.

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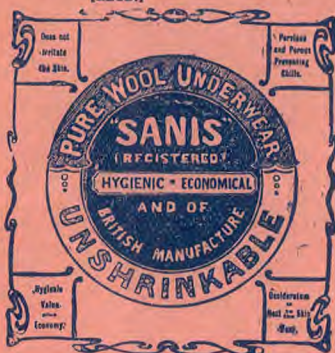
No. 9.

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

## LITERARY NOTES.

### "The British Health Review."

—The fourth number of our excellent contemporary, "The British Health Review," has just come to our desk, and we take pleasure in calling the attention of our readers to it. The magazine is got up in a very simple yet attractive style, and, as usual, it contains much important and useful information. Mrs. Sidney Webb has contributed a pertinent article dealing with the Poor Law and Public Health. As our readers know, Mrs. Webb is an authority on this subject, and was a member of the Poor Law Commission and signed the minority report. Some of the other articles dealt with are: "Cancer and Diet," "On the Delaying of Old Age," "The Man of Sixty Who Has Lived Well," and "The Cause of the Degeneration in the Birth-Rate." The latter article contains a lot of striking information and is contributed by the talented editor, Mrs. Hodgkinson.

There is a large field for such a magazine, and we trust that it will meet with the hearty support of all those who are interested in the national welfare of our country. The magazine is published by the British Health Review Company, 21 Paternoster Square, E.C., and can be obtained from all newsagents and booksellers. The price is 3d. per copy, or 4/- per annum, post free.

—\*—  
**"Health and Happiness, or The Way Made Plain"** is a book written by Jabez Haigh, secretary of the Health and Purity Social Union. The author gives a large amount of simple but useful information of a very practical nature. Little attention is paid to theory, but emphasis is laid on the details of daily life. There are sixteen chapters in all, some of the chapter headings being: "The Law of Respiration," "The Law of Physical Sanitation," "The Law of Recuperation," "The Law of Illumination," "The Law of Generation."

Part six contains some general directions for cooking, and is followed by a considerable number of wholesome, and we should judge tasty, recipes.

From the chapter on "How to Strengthen the Will," we quote as follows:—

Drop off one bad habit at a time and take to a better one in its place. Fill the mind with good,

useful thoughts. Don't be vacant-minded. Get interested in life. Keep well occupied.

This is sound advice, and it is a sample of the wholesome instruction contained in the book. "Health and Happiness" deserves a wide circulation, and we commend it to our readers. It is bound in paper covers at 1/-, or 1/3 post free, and in cloth with a neat cover design at 2/-, or 2/3 post free. Send your orders to Richard J. James, 3 and 4 London House Yard, London, E.C., the publisher.

—\*—  
THERE is no need of going to romance for pictures of human character and fortune calculated to please the fancy and to elevate the imagination. The life of Alexander the Great, of Martin Luther, of Gustavus Adolphus, or any of those notable characters on the great stage of the world, who incarnate the history which they create, is for this purpose of more educational value than the best novel that ever was written, or even the best poetry; but all minds are impressed and elevated by an imposing and striking fact. To exercise the imagination on the lives of great and good men brings with it a double gain; for by this exercise we learn at a single stroke, and in the most effective way, both what was done and what ought to be done.

Let therefore our young men study to make themselves familiar, not with the trifles, oddities, and monstrosities of humanity, set forth in fictitious narratives, but with the real blood and bone of human heroism, which the select pages of biography present. An Athenian Pericles, with noble magnanimity, telling his servant to take a lamp and show a scurrilous reviler politely the way home; a German Luther, having his feet shod with the Gospel of peace, and the sword of the Spirit in his hands, marching with cheerful confidence against an embattled array of kaisers and cardinals; a Pastor Oberlin in a remote mountain parish of Alsace, flinging behind him the bland allurements of metropolitan preferment, and turning his little rocky diocese into a moral and physical paradise—these are great stereotyped facts, which should drive themselves like goads into the hearts of the young.—  
*John Stuart Blackie.*



• AN • OUTDOOR • KINDERGARTEN •

# Good Health

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

Entered at Stationers' Hall.

VOL. 7.

SEPTEMBER, 1909.

NO. 9.

## Editorial Chat.

**Drowning Accidents.** THIS is the season for drowning accidents, and it behoves every one of our readers to be familiar, not only with the great value of artificial respiration, but also the method of carrying it out.



**"Purple as a Grape."** SOME time ago, a young man was nearly drowned on the Rhode Island coast, remaining in the water more than twenty minutes. On being rescued he was, according to the official report, "as purple as a grape."



**Artificial Respiration.** ALTHOUGH he was dead according to outward appearances and all precedents, nevertheless the water was emptied from his lungs, and Sylvester's method of artificial respiration was begun promptly. The arms were drawn up over the head to expand the chest, and then pressed firmly against the chest with a sort of bellows movement to deflate the lungs. This artificial respiration was conducted at the rate of about fourteen or fifteen times per minute.



**Artificial Warmth.** AT the same time an attendant was rubbing the limbs, and another built a fire and heated some stones, so that within half an hour's time the hot stones wrapped in clothing were applied to various parts of the body. This supply of artificial warmth by friction and the hot stones was second in importance only to the respiratory movements that were carried out.



**Persistent Effort.** ALMOST anyone would think it a hopeless task after working a full hour without any sign of success

over such an apparently lifeless body. It was not until the expiration of an hour and twenty minutes that the first sign of life was manifested. In the course of another twenty-five minutes, or one hour and forty-five minutes from the time of rescue, a physician arrived and pronounced that the heart was going. But a still longer time intervened before the young man regained consciousness.



**Life Lost Through Inefficient Aid.** WE do not wish to convey the idea that every one who has been under the water for twenty minutes can be resuscitated; but, on the other hand, we believe that a persistent effort should be made in behalf of such cases. Too often artificial respiration is carried on in an inefficient and almost useless way, while friction and the application of artificial heat is more or less neglected. We believe that artificial respiration should not only be given in an intelligent and efficient manner, but that it should be kept up continuously for at least two or three hours before giving up all hope.



**"Disguised Alcohol."** SPEAKING of the various tonics and other much advertised medicines on the market, the "British Medical Journal" says: "Many of them depend for their virtue, or at all events for their popularity and potency, simply on the fact that they are disguised alcohol in the strongest form." There can be no doubt about the truthfulness of this statement, and we trust that our readers will always bear it in mind when tempted to patronize any of these patent medicines. A common effect of their use

is to set up a habit of taking them regularly, so that dozens of bottles are consumed in the course of a few months. One dose sets up a craving for another dose, and there is soon a desire for increasingly large doses.



**Open Your Windows.** IF any of our readers are not accustomed to having their bedroom windows opened, now, while the weather is mild, is a good time to make a start and form the habit. It is just as important to have the windows open at night as in the daytime. Moreover, the air is more pure and wholesome at night than in the daytime, and this is particularly true of the towns and cities, where dust and filth abound.



**Refreshing Sleep.** IF you have a feeling of languor or tiredness in the morning, and have a desire to keep to your bed until the day is far advanced, the reason is probably due to a lack of fresh air at night. Invigorating and refreshing sleep is scarcely possible without an abundance of pure, fresh air in your room. The breathing of plenty of oxygen during the night will not only give sound, restful slumber, but also paint the cheeks with roses and give a fitness for the day's duties that is truly gratifying.



**The Congress on Alcoholism.** THE Twelfth Annual Congress on Alcoholism was held in London from July 8th to 24th. There was a large attendance, more than four hundred foreign delegates alone being present, and the meetings were very enthusiastic. One afternoon was given to the question of temperance teaching in our schools, and the great importance of first teaching the teachers was emphasized by different speakers. Unfortunately this question of securing competent teachers seems to be the greatest difficulty in many places.



**Alcohol and the Blood.** THE third Norman Kerr Memorial Lecture was given in connection with the congress by Professor Taav. Laitinen, M.D., of Finland.

The professor has done an enormous amount of investigative work on the action of alcohol upon the blood, and he has shown clearly and in a thorough-going, scientific way that the use of alcohol in any form lowers the resistive powers of the body against disease. To quote his words:—

It seems clear, therefore, that alcohol, even in comparatively small doses, exercises a prejudicial effect on the protective mechanism of the human body.



**Open-Air Schools.** AT the Health Congress recently held in Leeds, Miss Gibbs read a paper advocating open-air schools. She considered the open-air school one of the best means of promoting health and maintaining physical efficiency. We would not say that open-air schools are always and everywhere possible in such a climate as ours, as rain is such a frequent feature of our weather; but we do recognize, as all must recognize, the important part that fresh air plays in the maintenance of health. Altogether too often our children are crowded into small and poorly-ventilated rooms, where the conditions are such as not only to interfere with the health of the body but also with intellectual development.



**Nutrition Before Education.** AT the same congress, Sir James Crichton Browne laid down the dictum that nutrition of the body was of first importance as against nutrition of the mind. He maintained that millions of pounds are wasted by our efforts to force education into bodies that were not fit to receive it.



**Scarlet Fever and Milk.** FOR a number of years now we have known that milk is an important agent in the spread of scarlet fever. Recently forty-three cases of scarlet fever have been reported to the Westminster City Council, all of which are believed to be due to the milk supply. It is always well to pasteurize or boil the milk in the towns and cities, unless you are absolutely certain that it is pure and free from disease.



## PHYSICAL CULTURE IN SCHOOLS.

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

THE ordinary conception of school life is not only utterly inadequate, but often quite wrong. Many people think that all that our boys and girls are to get at school is mental culture. We hold that physical culture is quite as important, although, unfortunately, this is seldom recognized. The old Latin adage of "a sound mind in a sound body" is fundamentally correct, and we should do well not only to hold it up as an ideal, but also to put it into everyday practice. Any boy or girl with a poor, weak, or undeveloped body is seriously handicapped for life, no matter how good the intellect may be.

### The "Times" Letter.

We are glad to note that more attention is being given to the physical development of our public-school children. Only last winter five very eminent medical men sent a joint letter to the "Times," calling attention to the danger of competitive athletics in our public schools. These doctors believe that the great strain to which lads are often put when engaging in cross-country and other races is not only unsuitable for boys under nineteen, but often dangerous. Only those who are well developed physically and in sound condition would be able to engage in such violent exercises without

serious consequence. Heart strain, which is sometimes of a permanent and serious nature, is not infrequently a result of unwise athletic feats.

Some have criticized the "Times" letter, stating that the age is not necessarily the best means of determining the physical fitness of a boy or girl; furthermore, that a short race of a quarter or half a mile is often quite as exhausting, and perhaps even more exhausting, than an easier run of ten miles or more.

### Medical Education.

With this contention about the age we agree, for we believe that the only satisfactory method is a thorough medical examination, to which each child should be submitted on entering school; and this examination should be repeated at periodical intervals afterward. We believe that medical men and others who have given the subject careful attention are unanimously agreed as to the desirability of such a physical examination of all school-children.

This, of course, applies equally to girls, who should also be subject to an examination on entering school, and periodically thereafter.

### Hockey vs. Football.

Most people have considered football

one of the most trying and exhausting of games, but there seems ample evidence to show that hockey is often more exhausting than football. At any rate, hockey does require good lungs, a strong heart, and sound physical development.

#### Development Chart.

On entering school, each boy or girl should undergo not only an examination of the eyes, ears, nose, throat, lungs, and heart, but also have weight and height

which are of the greatest importance, we also think it desirable to make a strength test of the various groups of muscles of the body by the use of a suitable dynamometer. Such tests, we understand, have been made at the Yale University for a number of years, and we wish they could be universally adopted.

#### Systematic Exercises.

Sir Lauder Brunton has recently called attention to the importance of giving more



AN IDEAL PLAYGROUND.

taken, and measurements of the chest and waist before and after expansion, also measurements of the limbs, and the vital capacity of the lungs. All the data should be entered upon a suitable chart prepared for the purpose, which will serve as a record, and which has blank spaces for a certain number of succeeding examinations. As time goes on, this chart will show at a glance the physical progress of the child or youth.

#### Dynamometer.

Besides these measurements, all of

time to systematic exercises as opposed to athletic competition. This is sound counsel. It seems to us that there is always more or less strain in competitive exercises. While endeavouring to do his best, there is danger of the youth doing more than is wholesome, and consequently he is liable to suffer harm rather than gain benefit from the exercises. Most games are less dangerous than races, as a rule, and if they are engaged in with a reasonable amount of care, and only after the players have been pronounced fit for the exercises by a competent physician,



there ought to be little risk in them.

Let us pay more attention to the sound physical development of our children and

youth while they are at school, and thus enable them to obtain robust health, which of itself is a good start in the battle of life.

## THE NOTIFICATION OF CONSUMPTION.

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

ONE of the most pressing needs of the present day, from the standpoint of public health, is a measure to ensure the general compulsory notification of consumption throughout the United Kingdom.

### Some Startling Statistics.

Here are a few figures which will demonstrate the appalling extent of the disease. For every sixty-seven persons who die from acute infectious diseases, sixty are killed by tuberculosis. More than half the former are children under ten, whose loss is little felt except by their parents, whereas eighty-one per cent of the deaths from phthisis occur to persons between the ages of twenty and sixty, and fifty-six per cent between the ages of twenty and forty-five—the most valuable age in life. It is calculated that the deaths of male workers from tuberculosis—taking their wage or value at 20s. per week—cost the country nearly £10,000,000 each year; that the loss in wages during their illness is at least a million sterling; and that the disease costs the ratepayers of the country in poor rates over another million annually.

Ireland, thanks to the admirable educational work which has been carried on by the Women's National Health Association and the Itinerant Tuberculosis Exhibition, in connection with which the Irish Village was established at the Franco-British Exhibition, has secured an Act of Parliament on the subject. This came into operation on July 1st, and by it local sanitary authorities are empowered to adopt its provisions, whereby any medical practitioner, in districts where they are in operation, attending on any person, becoming aware that that person is suffering from any form of tuberculosis which, by reason of infective discharges, is liable to communicate the disease, must notify the medical officer of health of the district.

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

### Compulsory Notification Needed.

Although not all that is to be desired, because general compulsory notification throughout the British Isles is, we think, a *sine qua non*; yet this is a matter for congratulation, not only for the sake of the consumptives who will come under its provisions, but in the interest of public health.

As regards the former, the British delegates to the Seventh International Congress on Tuberculosis, held in Washington last autumn, say in their report, which, by the way, is chiefly remarkable for its vindication of compulsory notification in the United Kingdom: "We regard it as an indispensable step in the institution of a compulsory and successful organization for the suppression of tuberculosis by the co-operation of voluntary and official agencies."

In England, at the present time, Sheffield, Bolton, and Burnley have obtained special powers from Parliament, under which pulmonary tuberculosis is compulsorily notifiable and, to some extent, under the Poor Law. In Scotland it is officially estimated that twenty per cent of the population were under compulsory notification on March 1st through the adoption of optional legislation; and no hardship has been experienced therefrom. The chief value of such notification lies in the fact that sufferers in the early stages can be advised as to the most suitable measures to adopt in their own homes (if they cannot spend some time in a sanatorium): not to expectorate, except into a receptacle containing a suitable disinfectant; not to sleep in the same bed with another person, especially a child; the value of fresh air and suitable diet, etc. Patients can also be visited from time to time at home, and a cure possibly ensue.

Still, in Great Britain, generally speaking, public opinion is hardly yet ripe for

compulsion, hence it is incumbent on those who are impressed with its advantages to advocate it on such opportunities as lie in their power.

#### The Irish Act.

It will be interesting, and we hope useful also, to briefly notice the provisions of the Act which came into operation in Ireland on July 1st, and which, as has been previously remarked, local authorities may adopt and enforce.

Hospitals, sanatoria, and dispensaries may be established by county councils for the treatment of persons suffering from tuberculosis, and two or more such bodies may combine for the purpose. Unless a patient is too poor, the cost of maintenance in a hospital, etc., is to be recoverable from him. Where the Act is in force, lectures may be given and suitable pamphlets distributed; a bacteriologist and a veterinary surgeon may be appointed for the district. Samples of milk and milk products may also be taken for examination; and milch cows affected with tuberculosis of the udder are to be destroyed.

From the foregoing remarks, and this outline of the Act, the value of such a measure, generally applied in the United Kingdom, will be appreciated. At the same time, the work of voluntary organizations deserves the greatest appreciation; their value as educators of public opinion is very high. That the British public requires educating on this important matter is exemplified by the correspondence which the writer has carried on in the London "Daily Chronicle," which has demonstrated a general feeling of hostility thereto. Among these we would mention the National Association for the Prevention of Consumption and Other Forms of Tuberculosis, whose offices are at 20 Hanover Square, London, W., and whose honorary secretary, Mr. J. J. Perkins, would, we feel sure, welcome interested inquiries. In conclusion, we should also like to offer words of commendation on the value of the Tuberculosis Exhibition held in Whitechapel in June last, which is to visit also the great provincial centres.

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## THE TOBACCO HABIT—HOW TO BREAK IT.

BY W. T. BARTLETT.

EVERYBODY will acknowledge that when it reaches a certain stage the tobacco habit should be discontinued, for there is no question that, indulged in too freely, it reduces the human body to a wreck. But where should we set the danger-signal, beyond which it would be madness to advance? Should a man go on smoking until his vision is impaired, till his pulse is feeble and irregular, till he is tormented with flatulence, his throat is sore and inflamed, his nervous system breaking down, and insomnia or neuralgia is making his life a misery? Or should he break off the habit while his physical condition is still unimpaired, and he has not yet cast away the priceless boon of health? If the latter, at what point should he stop smoking?

Let it be remembered that while a man is smoking, every breath he draws carries into his lungs the fumes of tobacco-smoke, even though he does not deliber-

ately inhale it. In his lungs are to be found textures of marvellous delicacy through which the oxygen he breathes is able to mingle with the blood, which is his life. If into these wonderfully-devised chambers the foul smoke of burning tobacco is introduced, a great injury is done to the blood, the stream of vital fluid is poisoned instead of being cleansed and renewed, and through this polluted channel the deleterious principles found in tobacco-smoke are carried into every portion of the body. The character of the blood becomes changed, the sympathetic nerve cells are first excited by the nicotine, then depressed, and all the organs of the body which depend upon the blood for upbuilding and purification suffer the consequences of its defilement. No one can afford thus to injure himself. The only sensible point at which to part company with the tobacco habit is before the body has been affected by it.

Some one may say, I have smoked in moderation for years, and it has never harmed me. But the smoker is not competent to testify on this point. One of the effects of the use of tobacco is to lessen the sensitiveness of the nerves. This explains why the pangs of hunger can be assuaged by a pipe of tobacco, or a mind disturbed be, by the same means, calmed into contentment. Under the influence of tobacco, the nerves cease to reveal our true condition. The smoker's nerves are no longer reliable sentinels, and he seldom discovers that he is injuring himself until his constitution has suffered so seriously and extensively that the damage can be no longer concealed.

The very fact that the tobacco habit takes such a hold of the entire system makes it hard for a man to reform. Let the narcotizing influence die down by reason of abstinence from tobacco and the outraged system cries out in pain at every point, until the wretched victim feels

that he *must* resort to the familiar method of quieting his nerves. Such an ordeal must be faced by any man who decides to break off the vice. Its severity will depend upon many different conditions, but at the lightest, it will call for a firm and determined purpose if deliverance is to be gained. It will not help matters to reduce the allowance gradually. Total and immediate disuse is the best and easiest way, and those who take this course find themselves rapidly recovering from the evil effects of past indulgence.

One who determines to be free from the tobacco habit needs to recognize that he is saturated, more or less, with the poison, and that he must be thoroughly cleansed from it before the power of the perverted appetite will be broken. By prayer, contemplation of uplifting truth,

and faith in the promises of divine aid which abound in the Bible, he may get the necessary hopefulness and spiritual vigour. The mind must be well occupied with tasks that call forth all its energies in order that it may not be left to wander weakly into the regions of temptation. The body also should be well provided with exercise under the purest possible conditions. There should be a plentiful supply of light, warm, nourishing, and digestible food. Fresh fruit should be used freely at meals.

The weakened nervous system must be toned up by means of fresh air, moderate exercise, and warm baths. All necessary measures should be taken to improve the general health.

One most effective aid to a rapid deliverance from the craving for tobacco will be a thorough course of eliminative treatment. This means the employment of measures that promote free perspiration, such as Turkish baths, electric light baths, and



THE NATIONAL GAME.

wet-sheet packs. In combination with these, hot lemonade may be drunk in liberal quantities. The perspiration which flows from the body of an old smoker under such treatments will smell strongly of nicotine, and this is evidence that the system is being freed from the poison. It is imperative, of course, that the tobacco habit be discontinued before the treatment can take effect.

The measures necessary to secure the elimination of tobacco from the system will, naturally, vary with different cases, but it is along the lines above indicated that the greatest success has been achieved. Whatever time or trouble may be demanded for the cure will be amply compensated by the satisfaction of being no longer a slave in mind and body to what is really a degrading vice.

## DOLLY AND THE MICROBE.

### A TRUE HISTORY.

LILY and Winnie and Dorothy  
Were playful and roguish as children could be :  
They'd scamper like rabbits on the hills,  
Or leap like goats o'er rocks and rills ;  
They'd race and romp like lambs in May,  
Yet none could be more staid than they.

Now Dorothy, whom we all call Dolly,  
Was always merry and always jolly,  
But at school one day she met a little  
Microbe, smaller than a tittle—  
Yes, less by far than any jot,  
For it took but a very tiny spot  
To stand upon. In point of fact,  
A needle point would not have racked  
Its brain or body to find snug rest ;  
And ceremony it did detest—  
Flatly disdained to stand upon it,  
Unless, indeed, the sun shone on it.  
To come to the point, I may say its name,  
Which by all reports is known to fame,  
Or infamy, was Measles. 'Twas the king  
Of the measly tribes, which never ring  
At the front-door bell when they wish to enter,  
But brazen as brass they push to the centre  
Of your most cherished place,  
Right in front of your face.

So Dolly, before ever she saw the measles,  
Which was sharper far than any weasel,  
Had opened her mouth and swallowed him slicker  
Than a dog swallows butter, and very much  
quicker.

She swallowed him whole, like the fish swallowed  
Jonah,  
And he stuck to his lodgings, in spite of the owner.  
The example so long ago set by the whale  
Was faithfully copied, but did not prevail.  
In this case, 'twould seem, the unwelcome in-  
truder

Was either more "comfy" or very much ruder.  
His quarters he must have found much to his fancy,  
For he sent out invites for a very grand dance. He  
Invited his brothers, and sisters and cousins,  
Uncles and nieces and nephews in dozens,  
His wife and his children and grandchildren  
many—

They came in huge crowds, though they paid not  
a penny

For the room that they took, and the trouble they  
gave.

As for poor little Dolly, her case was quite grave,  
For th' unmannerly tribe, rough, cruel, and wild,  
Quite disconcerted that unhappy child—

They crowded her so in her sweet little dwelling ;  
They thronged in the corridors, rushing and  
yelling ;

They dinned in her ears, and blinded her eyes,  
And made her so ill that she scarcely could rise.

So the law was invoked, in the guise of a doctor,  
To drive out the crew who so shamefully mocked  
her.

Yet the ruffians still kept up their horrible riot,  
Till the doctor said firmly: "We'll cut off their  
diet.

Flesh meat is the thing above all else they dote on,  
It thickens the blood with just what they gloat on—  
Pure food, such as fruit, nuts, porridge, and  
lentils,

Will feed Dolly, but make all her foes into spent  
ills."

So we tried it, and all that foul brood jolly soon  
Had reason to sing to a different tune ;

For they found, when their favourite diet was  
lacking,

Their only safe course was to quickly start packing.  
Then away they all hustled, pell-mell, helter-  
skelter,

To seek for more genial and more fattening shelter.

Sweet Lily they spied, as out they hurried,  
And down her throat some quickly scurried ;  
There again they started their heathenish din,  
And made all *her* senses to reel and to spin.

And some of them came across winsome Winnie ;  
They would not have missed her for many a guinea.  
But the doctor was quickly again on their tracks,  
And again they felt his firm rule on their backs—  
Or should I say stomachs? For that's where he  
beat 'em.

They'd rather than butchers, than such doctors,  
should treat 'em.

They vowed that to *treat* them by stopping their  
meat

Was the act of an insolent, arrogant cheat—  
To feed men and microbes was what flesh was  
sent for.

All flesh feeds poor microbes, what else was it  
meant for ?

That's why it all fitted so well to their taste,  
While to doubt it were sin, and a scandalous waste.

They would not endure such privation much longer.  
They'd have doubtless said more, had they only  
felt stronger ;

But they then skulked away, where, I really can't  
say—

But they won't return here for many a day.

J. H. BOURDIN.

[The general teaching of this bright little poem  
is sound enough, but while it is necessary to with-  
hold meat from a patient suffering with the measles,  
it must not be understood that a vegetarian neces-  
sarily enjoys immunity from the complaint.—ED.]

—♦—

To do something, however small, to make  
others happier and better, is the highest  
ambition, the most elevating hope, which  
can inspire a human being.—*Sir John  
Lubbock.*

**PALPITATION OF THE HEART.**

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

THE blood of the body is driven through the arteries and veins by the muscular contraction of the heart, which acts like a force-pump. Each time the heart contracts it sends a new lot of blood into the large arteries leaving the heart, thus causing the expansion of their elastic walls which produces the pulse.

**Unconsciousness of a Heart.**

In a state of health the blood circulates freely throughout the body, and a normal person ought not to be conscious of the presence of a heart or its beating. Just as soon as the work of the heart becomes noticeable to the individual, there is evidence of debility and a lowered physical tone, which promptly makes for ill-health.

**Palpitation.**

But palpitation is something more than a mere consciousness of the heart-beat. When the heart palpitates, there is a distinct flutter of the organ which is exceedingly annoying and almost painful at times. Furthermore, there may be a feeling of apprehension or a foreboding of ill of some kind or another.

**Functional Disorders.**

In the majority of cases the palpitation is a mere functional disorder of the heart, and is not a consequence of organic disease of the organ. Associated with the palpitation there may be an irregular beating of the heart as well as more forcible and more rapid beating. The rapidity of the heart-beat sometimes reaches to 140 or even to 160 or more.

**Causes of Palpitation.**

There are certain times in life when a woman is likely to be subject to palpitation. The first comes in the early teens, and at that time rest and outdoor recreation, with freedom from care and worry,

will soon put the girl right. Another critical period comes between the ages of forty and fifty, and then palpitation is not at all uncommon, sometimes becoming a very unpleasant symptom which may give rise to a good deal of anxiety. In such cases it is always wise to get the word of a physician that the heart itself is sound, and that there is no real danger to apprehend.

**Another Group of Causes.**

In the second and largest group of causes, palpitation of the heart is due to errors of diet and drink. The use of either tea or coffee in some persons that are particularly susceptible is sufficient to set up palpitation. Indeed, we do not think that it is ever advisable to take these beverages as a routine drink. Neither is in any sense a food, and the human system is far better off without such narcotic stimulants.

**Tobacco and Alcohol.**

This group also includes such narcotic poisons as tobacco and alcohol, both of which have specific effects upon the heart, tending to weaken it and produce such functional disorders as palpitation. The persistent use of tobacco will sometimes produce what is known as a "tobacco heart," and one of the common signs of this disease is palpitation. Alcohol, too, brings on the same trouble, and it is difficult to understand how a healthy man or woman can risk the use of alcoholic beverages or tobacco when there is danger of injuring the heart, one of the most vital and important of all the organs.

**Flatulence and Dyspepsia.**

Still another common cause of palpitation is flatulence. When one realizes that the upper part of the stomach lies immediately behind the heart, being separated only by the diaphragm, one

ought not to be surprised to learn that flatulence can and often does produce palpitation, sometimes of a most annoying type. Indeed, there are numerous gastric disorders which in one way or another interfere with the action of the heart, and thus cause various heart symptoms which are, strictly speaking, not associated with the heart but with the stomach.

#### Organic Disorder.

The third group of causes is associated with some form of organic disease of the heart, and for this reason is more serious and requires more careful attention. In any case of organic disease of the heart it is always wise to have the counsel of a competent physician, so as to know how far to go in exercising the heart; otherwise there is danger of over-doing.

#### Symptoms of Palpitation.

The symptoms are usually so obvious that they need scarcely be mentioned. There is more or less mental excitement, marked palpitation, with heaving of the breast and a very frequent pulse. There may also be some pain in the region of the heart, and shortness of breath. The patient sometimes complains of a great sense of weakness or "goneness." In some cases the beating of the heart is exceedingly violent, and the hammering against the chest wall is marked. The arteries, too, may throb, and the patient be in a state of great distress.

#### Treatment.

Very often quietness, calmness, and absolute rest of mind and body are all that is necessary to bring relief. Where there is stomach trouble or dyspepsia in one form or another, these conditions must be treated and put right. Harmful habits, such as tobacco-using, tea- and coffee-drinking, must be given up. Various hygienic measures should be carefully tried and persisted in. Dieting may be

necessary. Bad combinations of food should be avoided, and but a small variety taken at the same meal. Drinking with meals favours hasty eating and dyspepsia, hence it is better to take the fluids some hours after meals.

It is always important to assure the patient and quiet her mind. If there is no organic disease, it is safe to tell the patient that no danger whatever may be anticipated.

It is rarely necessary in cases of merely functional disorders of the heart to avoid exercise. Indeed, a moderate amount of exercise is beneficial and should be recommended; but violent exercise, or any form of physical strain, as well as mental excitement, ought to be avoided.

#### Regime.

A patient subject to palpitation should adopt regular hours and lead a quiet, even life. She should spend nine or ten hours in bed each night, and lie down for at least an hour about the middle of the day.

There is no objection in the majority of cases to taking a tepid bath in the morning, followed by friction. But Turkish baths, electric light baths, and hot baths in any form must be avoided.

Alcohol, tea, coffee, tobacco, and all similar narcotic stimulants should be strictly avoided.

Let the diet consist of plain, wholesome food. Be careful to avoid overeating. Large meals of themselves are likely to produce flatulence and bring on an attack of palpitation.

Sexual excitement, too, is harmful, and must be avoided.

The application of a cold compress or ice-bag to the heart will sometimes bring great relief. The galvanic current has also been recommended, and there is no objection to its use.

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THE wealth of a man is the number of things which he loves and blesses, which he is loved and blessed by. — *Thomas Carlyle.*

## THE PEOPLE OF JAPAN.—Continued.

BY A. MARIAN CLARK.

WHEN bedtime comes, a stuffed mat, not nearly so substantial as a mattress—much more resembling a thickly-stuffed quilt—is laid upon the floor, and a block of wood for a pillow. Over this is spread a huge, wadded wrap to serve for blankets, with large sleeves in it through which you may poke your arms, if you wish. Inside,

tion—that of the kimono. This consists of a straight breadth on each side of the opening front (and by the way, Japanese materials are only made in fourteen-inch widths), two straight breadths joined for the back, and two sleeves consisting of straight pieces joined up, sewn plainly into the arm-holes, with no gathers in



89. GIRLS IN BED ROOM.

GIRLS IN BEDROOM.

a piece of cotton material is tacked, which can be removed for washing purposes. This serves instead of sheets. The wooden pillow is necessary because a more comfortable head-rest would disarrange the elegant *coiffure*, and a Japanese has her hair dressed only two or three times a week—perhaps more often if she can afford it—by a professional.

Now let us consider the national costume. Men's and women's garments alike are all based upon one form of construc-

tion—either kimono or sleeve. The neck is a little shaped, and is finished off with a shaped piece which continues down the fronts on both sides. The sleeves as they hang provide pockets in their corners.

There are no fastenings on the garments at all. They are secured by a sash tied round the waist. A man's sash is only about ten or twelve inches wide, and is generally of silk or *crêpe*, tied in a knot behind. The women's sashes, or *obis*, are the choice part of the costume,

and well-to-do people will have them made of the most choice and beautiful silks of exquisite design, often with gold woven into the pattern. Such costly ornaments are handed down as family heirlooms. Silkworm rearing and weaving form one of the great industries of Japan, and much interested we were in the silkworm season to see all the different processes: the hatching of the eggs, the tending of the worms by the thousand, the spinning of the silk

colouring more sober, until the little old woman goes on her way almost unnoticeable in her grey, patternless garments. Women wear no jewellery, with the exception of the adorning of the hair—and they do love to have beautiful combs and pins, and sometimes bright ribbons, which are very strikingly set off by the dark hair. Neither men nor women wear hats, except the men of the labouring classes, when they need protection from the sun while



A JINRICKSHA MAN.

from the delicate cocoons, and finally weaving on hand looms.

On going to buy material for a Japanese kimono, the first question the salesman asks is: "How old are you?" This seems strange. But every woman chooses the material suitable for her years: a baby is arrayed in a minute kimono, with a pattern so enormous that a repeat can hardly be found upon it; and it is gorgeous with a mixture of the strongest and most vivid colours. But every year of age sees the patterns become less telling, and the

at work. And here they have hit on a most sensible and hygienic device. The mushroom shaped hat is of bamboo, covered with cotton material, and it is held in its place as a shade *above* the head by four small supports, which are fixed on to a bamboo ring fitting around the head. So there is a big space between the head and the hat, allowing of a free passage of air.

Then the footgear. Boots are an unknown evil, and consequently so are cramped feet. But I cannot advocate the



“geta,” or wooden clogs, which are worn instead of boots. They are clumsy, noisy things, slipping off at the heel with each step; but they have this merit, that they are easily slipped off the feet and left outside the house on entering.

No stockings are worn, only the “tabi,” a short sock reaching to the ankle, and this has a compartment for the big toe. The thong which holds on the clogs and sandals passes between the big toe and the other toes. Jinricksha coolies and labouring folk wear only straw sandals (very often without any tabi). These they can plait themselves, so their foot apparel need not be much expense to them. And very often they go barefoot altogether. It was very interesting to me, when this was the case, to watch the wonderful use the jinricksha runners made of their toes. They spread them out like fingers, and literally spurned away the ground from beneath their feet as they ran.

I must not fail to say that nowadays

there is a terrible craze among the Japanese for European clothes, with the most amusing but most unpicturesque results. For to get *something* European on to one's person seems to be the ambition of each individual, the craving often being satisfied by sporting with intense satisfaction an undergarment as a top dressing! Imagine the altogether disastrous effect of a Japanese gentleman, beautifully got up in silk kimono, sash, and “haori” (outside coat), crowned at top by a billycock hat!

When we were there, there was a fashion among women to wear little plush shawls (like tablecloths) of the most crude, brilliant colours; and many years ago an Englishman was one day seen coming from his early morning dip with a bath-towel round his neck, whereupon there was a regular boom in bath-towels, for every Japanese must needs swathe some part of his person in a Turkish towel!

*(To be concluded.)*

## RUBBING EXERCISES—SUNSHINE—FRESH AIR—THEIR INFLUENCE ON HEALTH.

BY W. M. SCOTT.

### The Sun—Light Influence.

LIGHT is a powerful disinfectant. Bacteria and all forms of moulds that are harmful to the animal creation flourish in the dark and damp, but are destroyed or their growth inhibited by being subjected to the direct rays of the sunlight. It is also a direct stimulant of the higher forms of cell growth. The sweetest fruits, the most beautifully-tinted flowers, and the finest vegetable growths reach their perfection only under its influence. The ruddy tint on the peach and apple, as well as the rich, crimson red of the tomato, are painted by the light rays from the sun. But it also acts as a stimulant to the growth of our bodily cells, more especially those on the surface of the body, such as those of the skin. Dr. A. T. Schofield recently wrote: “It is a powerful nerve stimulant, and thus, as I have reason to know, a great restorer of lost nerve force in neurasthenic patients and others.” With such an authority to support us, health-

seekers need not be afraid of exposing their bodies more freely to the beneficent rays of “Old Sol.” It is a great pity that in our island home we see too little of his benign countenance, but we must court it when it does come from under its misty veil. There can be no doubt of the great stimulus the light of the sun is to health, and especially nerve health—and it is that we need more than muscular health. Let us place ourselves under its influence, by taking sun baths frequently and wearing very light (white or grey) porous garments during the season when it is most evident.

### The Sun—Heat Influence.

Heat, in moderation, is also a great factor in the cure of disease and establishment of health. The heat rays from the sun help the action of the skin, quickening the circulation and all the vital activities. The exposure of local areas over diseased organs, such as the stomach, liver, or in-

testines, or the lungs from the chest or back, will often bring about wonderful relief from distressing symptoms. These we might term local sun baths, but a full sun bath, where possible, is most beneficial, and the more of the body that can be exposed to the direct rays of the sun in a temperate climate, the better. Where available, especially in the winter time,

—proceeds. It is sunlight that enables the chlorophyll, that makes all nature green, to store up food for the plant. And not only so, but all vital organisms are quickened, and all processes assisted, by the 'chemism' of the sun's rays. Enough has been said to show how precious to health sunshine is in this country; and we should secure far more of it than we do.



INSIDE A SUN BATH.

when the sun shines but seldom, and that but fitfully, much of the benefits described may be had from electric light baths, especially the arc electric light.

#### The Sun's Life-Giving Powers.

Dr. Schofield, in the same article, further writes: "The sun is not only the source of light and heat, but of life. It is by its rays that all natural metabolism—or that incessant change that indicates life

Living-rooms and nurseries should face the south, and children should be out in the sunshine all day long. For invalids, convalescents, and all nerve sufferers it is invaluable, and it invigorates and stimulates the whole system. One of the points insisted upon when planning for the family holiday should be to obtain the maximum amount."

[The conclusion of this article, together with the illustrations that accompany it, will be given in our next issue.]

### SIMPLE RULES FOR RIGHT LIVING.\*

**ESSENTIALS** of success: Knowledge, self-control, enthusiasm.

**Essential rules:** Plenty of fresh air, both for the lungs and the skin, proper bathing, exercises, resting, sleeping, thinking, feeling, and willing.

Many, if not most, changes of habits require a period of physiological adjustment, and, therefore, should be made gradually. The foregoing lead to the following specific rules:—

\*By Irving Fisher in "World's Work" (U.S.A.). Professor of Political Economy at Yale, and President of the Committee of One Hundred.

#### Air.

Keep outdoors as much as possible.

Breathe through the nose, not through the mouth.

When indoors, have the air as fresh as possible: (a) by having the room aired before occupancy; (b) by having it continuously ventilated while occupied. (In winter, the ventilation is best secured by a window-board deflecting the entering cold air upward.)

Not only purity, but coolness, dryness, and motion of the air, if not very extreme,

are advantageous. Air in heated houses in winter is usually too dry, and may be humidified without injury and probably with advantage.

Clothing should be sufficient to keep one warm. The minimum that will secure this result is the best. Porosity is very important, not only in underclothes, but in all clothes. The more porous the clothes, the more the skin is educated to perform its functions with increasingly less need for protection. Take an air-bath as often and as long as possible.

#### Water.

Take a daily water-bath, not only for cleanliness, but for skin gymnastics. A cold bath is better for this purpose than a hot bath. A short hot, followed by a short cold, bath is still better. In fatigue, a very hot bath lasting only half a minute is good.

A neutral bath, beginning at 97° or 98°, dropping not more than five degrees, and continued at least fifteen minutes, is an excellent means of resting the nerves.

Be sure that the water you drink is free from dangerous germs and impurities. "Soft" water is better than "hard" water. Ice water should be avoided, unless sipped and warmed in the mouth. Ice may contain spores of germs, even when germs themselves are killed by cold.

Cold-water drinking, including especially a glass half an hour before breakfast and on retiring, is a remedy for constipation.

The judicious use of enemas is advantageous where there is auto-intoxication—that is, absorption of poisons through the colon. They are especially needed when one is not feeling well from almost any cause, as a cold. A warm enema is likely to have as an after-effect the inability to defecate without its use. For this reason, cool enemas—temperature of 80° down to 75°—are best.

The best way, however, of regulating the bowels is by exercise and diet.

#### Food.

Teeth and gums should be brushed *thoroughly* several times a day, and floss silk used between the teeth. Persistence in keeping the mouth clean is good not only for the teeth but for the stomach.

Masticate all food up to the point of

involuntary swallowing, with the attention on the taste, not on the mastication. Food should simply be chewed and relished, with no thought of swallowing. There should be no more effort to prevent than to force swallowing. It will be found that, if we attend only to the agreeable task of extracting the flavours of our food, nature will take care of the swallowing, and this will become, like breathing, involuntary. The more you rely on instinct, the more normal, stronger, and surer the instinct becomes. The instinct by which most people eat is perverted through the "hurry habit" and the use of abnormal foods. Thorough mastication takes time, and, therefore, one must not feel hurried at meals if the best results are to be secured.

Sip liquids, except water, and mix with saliva as though they were solids.

The stopping point for eating should be at the *earliest* moment when one is really satisfied. Normalized instinct is the best guide here, provided one eats without hurry and masticates thoroughly.

The frequency of meals and time to take them should be so adjusted that no meal is taken before a previous meal is well out of the way, in order that the stomach may have had time to rest and prepare new juices. Normal appetite is a good guide in this respect. One's best sleep is on an empty stomach. Food puts one to sleep by diverting blood from the head, but disturbs sleep later. Water, however, or even fruit, may be taken before retiring without injury.

(To be concluded.)

THE daughter of a village doctor was complaining to her father of the drudgery of the home work. The doctor pointed to some empty bottles and said: "These bottles are of no value in themselves, but in one I put a deadly poison, in another a sweet perfume, in a third a healing medicine. Nobody cares for the vials; it is that which they carry which kills or cures. Your daily work, the dishes washed or unwashed, or the floors swept, are homely things, and count for nothing in themselves; but it is the anger, or the sweet patience, or zeal, or the high thoughts, that you put into them that shall last. These make your life."



## CONTROL OF THE APPETITE.

BY MRS. E. G. WHITE.

WHERE wrong habits of diet have been indulged, there should be no delay in reform. When dyspepsia has resulted from abuse of the stomach, efforts should be made carefully to preserve the remaining strength of the vital forces by removing every overtaxing burden. The stomach may never entirely recover health after long abuse; but a proper course of diet will save further debility, and many will recover more or less fully. It is not easy to prescribe rules that will meet every case; but with attention to right principles in eating, great reforms may be made, and the cook need not be continually toiling to tempt the appetite.

Abstemiousness in diet is rewarded with mental and moral vigour; it also aids in the control of the passions. Overeating is especially harmful to those who are sluggish in temperament; these should eat sparingly, and take plenty of physical exercise. There are men and women of excellent natural ability who do not accomplish half what they might if they would exercise self-control in the denial of appetite.

Many writers and speakers fail here. After eating heartily, they give themselves to sedentary occupations, reading, study,

or writing, allowing no time for physical exercise. As a consequence, the free flow of thought and words is checked. They cannot write or speak with the force and intensity necessary in order to reach the heart; their efforts are tame and fruitless.

Those upon whom rest important responsibilities, those, above all, who are the guardians of spiritual interests, should be men of keen feeling and quick perception. More than others, they need to be temperate in eating. Rich and luxurious food should have no place upon their tables.

Every day men in positions of trust have decisions to make upon which depend results of great importance. Often they have to think rapidly, and this can be done successfully by those only who practise strict temperance. The mind strengthens under the correct treatment of the physical and mental powers. If the strain is not too great, new vigour comes with every taxation. But often the work of those who have important plans to consider and important decisions to make is affected for evil by the results of improper diet. A disordered stomach produces a disordered, uncertain state of mind. Often it causes irritability, harshness, or injustice. Many a plan that would have been a blessing to

the world has been set aside, many unjust, oppressive, even cruel measures have been carried, as the result of diseased conditions due to wrong habits of eating.

Here is a suggestion for all whose work is sedentary or chiefly mental; let those who have sufficient moral courage and self-control try it: at each meal take only two or three kinds of simple food, and eat no more than is required to satisfy hunger. Take active exercise every day, and see if you do not receive benefit.

Strong men who are engaged in active physical labour are not compelled to be as careful as to the quantity or quality of their food as are persons of sedentary habits; but even these would have better health if they would practise self-control in eating and drinking.

Some wish that an exact rule could be prescribed for their diet. They overeat, and then regret it, and so they keep thinking about what they eat and drink. This is not as it should be. One person cannot lay down an exact rule for another. Every one should exercise reason and self-control and should act from principle.

Our bodies are Christ's purchased possession, and we are not at liberty to do with them as we please. All who understand the laws of health should realize their obligation to obey these laws which God has established in their being. Obedience to the laws of health is to be made a matter of personal duty. We ourselves must suffer the results of violated law. We must individually answer to God for our habits and practices. Therefore the question with us is not, "What is the world's practice?" but, "How shall I as an individual treat the habitation that God has given me?"

### Baby Smoker.

THE medical inspector of the Oxfordshire Education Committee has discovered an interesting case in the course of his daily rounds. This is no less than a child

not yet four years of age who is suffering from "smoker's heart." The wretched little being is said to be supplied by his father with no less than ten cigarettes a day, and to exhibit his accomplishment at local shows for the edification of gaping yokels. We are glad to learn that the Education Committee are going to hold an inquiry into the case, as not only are its pathological features worthy of investigation, but the conduct of the father, if what is said of him is true, is so inhuman that the Society for the Prevention of Cruelty to Children might well turn their attention to it. Dr. Kerr has already shown in his reports what effects cigarette-smoking may have on children, but we do not remember that any case of a mere baby has ever been brought forward in connection with tobacco-poisoning. The effect, however, is notoriously more marked in the young than in adults, and whereas large numbers of grown people habitually exceed moderation in smoking cigars without ill effect, a very few whiffs are generally enough for the most hardy schoolboy.—*Medical Press and Circular.*

### The Preparation of Cottage or Sour Milk Cheese.

COTTAGE cheese is usually made from milk which has become thickened by exposure to the air, but it is better to prepare it from fresh milk after the cream has been removed by a separator. If preferred, it may be made also from sweet skimmed milk. Warm the milk to blood heat, about 100° Fahr., and add strained lemon juice. Mix well in the proportion of two tablespoonfuls to each quart of milk, and set aside, after covering with a clean cloth, till the milk has become "bonny-clabber," i.e., thickly curdled. This will take some time, an hour or more. When thickened, heat slowly over a pan of hot water or on a low fire, stirring very frequently till the curds and whey separate.

The milk should *not* boil. The proper temperature is about 135° to 145° Fahr.

When the white curd is separated from the whey, spread a piece of clean butter muslin or cheese cloth in a colander as for a pudding, and strain the whey off through the muslin. Then hang up the cloth containing the curds till the whey ceases to drip. Turn into a clean dish, mash up thoroughly with a fork, and add a trifle of salt, or sugar if desired, also some cream.

One pennyworth of cream to each quart of milk used makes it quite rich enough. Mix well, and the cheese is ready to serve.

Finely-chopped parsley may be mixed with the cheese, or it may be formed into balls and rolled in chopped parsley, or garnished with parsley as desired.

This cheese may be made from fresh buttermilk or from Yogurt-soured milk in the same manner as described above. In any case, care must be taken not to let the

milk become too hot, for that would make the curds tough and difficult of digestion.

Properly-made cottage cheese is a most wholesome and nourishing proteid food.

M. P. O.

### What the Patient Had.



STILL WATERS.

A MEDICAL student asked a famous surgeon: "What did you operate on that man for?"

"Two hundred dollars," replied the surgeon.

"Yes, I know that," said the student. "I mean, what did the man have?"

"Two hundred dollars," replied the surgeon.

"I'm troubled a good deal with headaches in the morning," said a patient to his oculist. "Don't you think I need stronger glasses?"

The oculist looked closely at the man. "No," he said, "I don't think you need stronger glasses so much as you need fewer glasses."

#### Glasgow Health Culture Society.

##### LECTURES:—

September 8th: "British Ferns and How to Know Them." With exhibits of living and dried specimens.  
Dr. James Knight, M.A., F.C.S., F.G.S., F.R.S.E.  
September 22nd: Preliminary meeting. "What the G.H.C.S. Stands For." Mr. Alex. Lawson.  
September 29th: "At Home." Members, friends, and others interested are cordially invited. Tickets 1/- each, on sale August 25th.

These lectures will be delivered in the High School Hall, 71 Holland Street, off Sauchiehall Street, and any of your Glasgow readers who are interested are cordially invited.

##### RAMBLES:—

September 11th: Short ramble to "The Auld Wives Lifts,"

Meet at Milngavie. Long ramble to "Ballagieoch Hill, Loch Goin." Meet at Giffnock.

September 25th: Short ramble to Tambowie Hill. Meet at Bearsden. Long ramble to "Calderwood Castle." Meet at Cambuslang.

The short rambles are from six to ten miles; long rambles from twelve to sixteen miles. All the meeting places (except Bearsden and Milngavie) are car termini, and the starting time from them all is 3.30 p.m. For Bearsden and Milngavie, leave by 3.12 p.m. train from Queen Street Station, L.L.

A copy of our programme and the pamphlet, "How to Be Healthy," post free from Mrs. Crawford, 64 Woodlands Road, Glasgow, or John P. Macmillan, 12 Afton Street, Langside, Glasgow.

**"Facing" Rice.**

ALL our readers may not understand why we always recommend unpolished rice. One reason is that in polishing rice various mineral substances are used in order to produce a smooth, glossy surface. Sometimes French chalk is used for this purpose. Moreover, colouring matter is also used in some of the processes of polishing. Dr. J. M. Hamill has recently made important investigations relating to the polishing of rice, and he has found in some cases as much as 1'25 per cent of mineral matter which has been added to the grain by the polishing process. It must be obvious to anyone that such mineral matter is not only undesirable, but likely to be injurious.

The other reason is that the "facing" or polishing process removes considerable of the nutritious material from the rice grain, and especially the proteid, of which rice at best contains but a comparatively small portion. For these reasons we would recommend our readers, when ordering rice, to see that they get the unpolished variety, which is not only cheaper as a rule, but also more nutritious.

**Rain and Lowered Death-Rate.**

DURING the past few weeks the average death-rate of London as well as for other great towns of the country has been very low. For the week ending July 3rd the death-rate in the seventy-six largest towns in the kingdom was 11'8 per thousand, and for London 11'1. Rain is a fine cleansing agent, not only purifying the air, but also laying the dust. It is an undisputed fact that a rainy season is, other things being equal, healthier than a dry season, and the chief reason is doubtless that in dry weather dust and filth of all kinds abound in the air, polluting the lungs and air passages, and also contaminating both food and drink.

**Cure for Kleptomania.**

"DOCTOR," said he, "I believe I'm a victim of kleptomania. What ought I to take for it?"

"Don't take anything," said the doctor, curtly.

**Holidays**

Pure food is essential to an ideal holiday. Hence the value of the following

**Special  
Announcement.**

**Wallaceite (reg.) Biscuits**, assorted as desired, value 5/- and upwards, can be had carriage paid to any address in the United Kingdom direct from the manufacturers, whose address is at foot.

**Wallaceite (reg.) Biscuits** are

**Real Foods,  
Ideal Foods,**

and cannot be surpassed for purity, quality, flavour, and nutritive value. They are sold by all Health Food Stores, high class Grocers, etc.

Booklet and price list post free.

Box of 25 samples post paid, 1/5.

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P.R. FOODS CO.,**

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LONDON,  
S.W.

Mention "Good  
Health."

**Nuts**

Nuts should be a regular item in your daily fare. We have established a wide reputation for supplying highest quality Nut Kernels

**all the year  
round**

on easy carriage-paid terms, as well as a great variety of other pure and natural foods, such as sun-dried fruits, unpolished rice, genuine olive oil, the finer varieties of pulse, cereals, macaroni, whole-meal flour, etc., and we also stock the I.H.A. and all other reliable Health Foods.

You can get anything, from 5/- worth upwards, of these things carriage paid to your door in whatever part of the United Kingdom you reside. See how convenient it is!

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# QUESTIONS AND 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.

**Walking—Cycling—Clubs—Big Appetite.**—T.S.: "1. Do you recommend walking as an exercise? 2. Is it safe to cycle? 3. I am told that young men have gone into consumption through cycling. How does this come about? 4. The weight of my clubs is 4 lb.; are they too heavy? 5. I have a very big appetite. How often ought I to eat, and how much food should I take?"

*Ans.*—1. Yes; there is no better exercise than a brisk walk in the fresh air. 2. Yes, in moderation. 3. Through strain in climbing hills, racing, and sitting in a wrong position. It is not wise to engage in competitive cycling. You should always sit in such a position as to give free play to your lungs while riding. 4. No, providing you have a good chest and well-developed muscles; but lighter clubs will give more suppleness and grace. 5. Three meals are ample and the last one should be taken at half-past six or seven. If you take time to chew your food well there will be little danger of overeating. The proper quantity to take is that which you can comfortably digest and assimilate.

**Bad Stomach—Sluggish Liver.**—E.M.: "I have a bad stomach, and my liver is sluggish, and I get very yellow at times. 1. Do you think I ought to eat cheese? 2. Should I take stewed fruit? 3. Would nuts in puddings suit me? 4. How about eggs and milk? 5. Would you recommend malted nuts? 6. Might I take cream with my pudding? 7. What sort of an aperient should I take? 8. Should I do without breakfast?"

*Ans.*—1. No, for you will probably find it difficult of digestion. But home-made cottage cheese

(which is prepared by heating sweet milk and turning it with lemon juice or rennet) is nourishing and would agree with you. 2. Yes, certainly. 3. Yes, provided the nuts are well cooked and you chew them well. 4. You would do well to take eggs sparingly. Soured milk or Yogurt would suit you better than fresh milk. 5. You would find malted nuts more digestible than ordinary nuts. They are very nourishing as well as wholesome. 6. There is no objection to your taking pure cream with your pudding. 7. Home-made fig syrup, stewed prunes, stewed sultanas, baked apples, and banana *purée* are better aperients than drugs. Should you require anything more, take a soap enema. 8. No, but you might take a light breakfast of fruit and bread, which should be well masticated.

**New Growth—Varicose Veins—Rupture—Insomnia—Sciatica.**—J.G.: "Last July I had a growth removed from my lip. Now I have a curious sensation in the lip, but no pain. 1. What should I do about it? 2. I have varicose veins on my left leg, for which I wear a bandage. They do not cause pain. Should I go on wearing the bandage, or do something else? 3. I suffer much with insomnia, and also have noises in my head and ears. What treatment would you recommend? 4. I am ruptured on the right side and wearing a truss. Is the wearing of a truss advisable in such a case? 5. What would you recommend for sciatica? 6. Is rest good for sciatica? 7. What diet do you recommend me to take?"

*Ans.*—1. You should consult the surgeon who did the operation for you last year. 2. An elastic stocking would be more satisfactory. Those sup-

## 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, 3/1.

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# Long Life.

PROFESSOR METCHNIKOFF's assertion that life is shortened chiefly by the accumulation of poisonous waste matters in the alimentary canal is receiving a good deal of attention, and sensible people are taking care to bring about wholesome conditions in this much-neglected part of the body.

## YOGURT

is a harmless preparation, put up in tablet form, which has proved a most effective agent in treating all such cases. For full particulars address—

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SUPPLY DEPT.,  
Stanborough Park,  
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# The Hair.

## A RELIABLE HAIR TONIC.

Removes scurf or dandruff and stimulates the growth of the hair without inflicting the least injury.

3-Ounce Bottle,  
Post Free, 1/1 $\frac{1}{2}$ .

GOOD HEALTH  
SUPPLY DEPT.,  
Stanborough Park,  
Watford, Herts.

plied by Walton & Curtis (see their advertisement on page 281) are most comfortable, and we can recommend them. 3. To relieve the insomnia, take a neutral full bath from 92° to 98° Fabr. for ten to thirty minutes just before retiring; or take a hot foot bath for eight or ten minutes. 4. You will either have to wear a truss or submit to an operation. If the truss holds the bowel in place and does not cause too much irritation, you could go on with it. 5. The application of hot packs, hot water bottles, and fomentations will relieve the sciatica. 6. Yes, especially in the acute stage. 7. You would do well to adopt a vegetarian diet of wholesome, nourishing food. Take time to chew your food well. Avoid all stimulants and appetizers.

### Unfermented Wine—Natural Dentrifrice.

—A.K.: "1. Kindly give me directions for preparing unfermented wines from either fresh or stewed fruit. 2. Can you tell me of a natural dentrifrice, that is, one free from harmful ingredients? 3. What is the natural way of curing dyspepsia?"

*Ans.*—1. To prepare an unfermented wine, cook the fruit, grapes for example, and strain through suitable cloths to get the pure juice. This is again brought to the boil and then put in clean glass bottles or fruit-jars which have also been boiled, and these should be covered in such a way as to make them air-tight. Water may be added to dried fruit and the juice prepared in a similar way, which can be bottled as above directed. Sugar may be added to taste. For a pure, wholesome grape wine we would recommend Welch's Invalid Port, which can be had from your grocer, or from Mr. Taylor, 61 Farringdon Road, London, E.C. It is one of the best tonics we know of. 2. The antiseptic dentrifrice prepared at the laboratory of the Caterham Sanitarium answers to your description. It can be obtained for 1/1 $\frac{1}{2}$ d, post free, from Good Health Supplies, Stanborough Park, Watford. 3. Wholesome food with thorough mastication and exercise in the open air are the essentials in the cure of dyspepsia. It is well to avoid taking too large a variety. Drink should be taken between meals rather than with the food.

**Good Health Foods.**—S.H.: "I have been recommended to use the Good Health Foods prepared by the International Health Association, but before ordering a supply I would like your advice as to what foods would be best suited to a person who has suffered many years from neuralgia and muscular rheumatism."

*Ans.*—All the preparations of the International Health Association, of Stanborough Park, Watford, would prove helpful, but we would especially recommend toasted wheat flakes as a breakfast food, granose biscuits and nut rolls as breads, malted nuts for a wholesome, nourishing drink, and bromose and protose as substitutes for flesh foods. You can get a package of samples by sending a shilling to the International Health Association.



## The Ideal Food for Infants

from birth to 2 years of age is

## Infantina

Infantina has been proved by the experience of twenty years to be . . .

## The NEAREST APPROACH to A PERFECT SUBSTITUTE for MOTHER'S MILK, - - -

and if used with rice water only,

## Cures Diarrhoea

and other digestive Disorders **WITHOUT THE USE OF DRUGS.**

It also prevents and corrects acidity, cures rickets, is pleasant to the taste, easily prepared, and is most economical. Sample tin, 7 $\frac{1}{2}$ d. of all chemists.

Valuable booklet on the care of "Baby in Health and Sickness," post free on mentioning "Good Health."

Theinhardt's Food Co.,  
6 h Catherine Court,  
Seething Lane, E.C.

In answering advertisements kindly mention "Good Health."

# A Page for Women.\*

Conducted by Marie Blanche.

THERE are surely very few of us so ignorant that we need to be told that exercise is beneficial to physical health, and there are not many, I hope, who require telling that breathing exercises are amongst the most valuable for the development of a robust constitution and a well-proportioned physique. There are, however, scores of people who find these simple breathing exercises very wearisome and tedious, and I confess that I am quite in sympathy with them on that point. But when our pulmonary gymnastics are combined with the exercise of the singing voice, what a very different colour the matter takes on. This is not the first time by a long way that I have urged the cultivation of the singing voice as a healthful occupation and a charming study. There is nothing more certain to strengthen and develop the lungs, the chest, and the throat, than the proper and natural use of the voice. I was much gratified to receive, as the result of some remarks which I made on the subject of singing in this magazine some months ago, a number of letters, asking advice on the matter, and for hints for beginners in the study of voice culture. My correspondents have each been answered briefly either on this page or directly through the post, but I have promised to enter more fully into details this month, so let us consider preliminaries, always, of course, supposing that—as most of you say—you are unable to take up this study with any of the noted professors.

I believe that ninety-nine people out of a hundred can learn to sing tolerably well, and very, very few indeed are destitute of the gift of song. Voices, of course, vary, but *all* can sing more or less. My first and most important hint to the beginner, then, will shape itself into the advice *don't shout*. Remember always that *quality*, not quantity, is what we must aim at. Practise your simple breathing lessons each day, either at an open window, or right out in the fresh air, emitting at the same time one or another note easily within the range of your voice, using any of the Italian vowel sounds.

After a week or two of this sustained sort of thing, you will find it quite easy to sing up and down the scale slowly in one breath, and then two or three times in one breath at a quicker rate. An exercise for gaining looseness and an easy poise of the throat and surrounding muscles is by sustaining one note as long as the breath holds out, changing the sound several times without taking in a fresh supply of air. Commence on any note you like with a full breath on the word *tha*, then slowly, and without the slightest movement of the throat or jaw, change (merely by a movement of the tongue) the sound to *la*; and again, slowly, and with the same breath, change the sound to *daw*, taking great care that at each change of vocal sound there is absolutely no movement of

the jaw, the consonant being sounded by the action of the tongue alone. In time, you will be able to do this throughout the entire range of your voice, and you may with benefit say the alphabet through on every note in the octave.

Let your chiefest care be to forget your throat. Keep the voice well forward, and articulate with great nicety and care. Never sing second-rate music; rather select a few good songs by the best composers, and sing them well. Do not let vaulting ambition overleap itself or persuade you to attempt "vocal fireworks" or heavy operatic works beyond your powers. Learn to walk before you run. In other words, learn to sing with a steady flow of good vocal tone, and with expression, before you attempt runs and trills and complicated, florid passages.

Whenever possible, sing to another person's accompaniment. The somewhat cramped and restricted position induced by sitting at a piano playing an accompaniment while singing handicaps the breathing organs considerably, and if you accustom yourself to practise breathing and vocal exercises together as you stand at an open window, you will not find it difficult to dispense with the piano when called upon to sing to a room full of people, should there be nobody present to undertake the duty of accompanist.

Try, in addition to healthy living and the abundant use of that great tonic, cold water, to improve your voice by a nourishing diet. Plenty of new milk, and good, creamy butter, and fresh, ripe fruit. Meat is not beneficial to the voice, and all carnivorous birds have the most rasping and unmusical notes. On the other hand, raw eggs are always beneficial, and one whipped into a froth with a little milk is a better voice tonic than a whole ounce of "pastilles," though I have a sly corner in my heart for a ginger lozenge about ten minutes before singing. However, even the "ginger habit" has its snares, and it doesn't do to place reliance on any such "prop." Better be independent.

## Answers to Correspondents.

E.T.W.—"Eye-drills" are very simple exercises for strengthening the muscles of the eyes. No, thank you, there is no charge whatever for answering questions on this page.

A.M.H.—You must have proper treatment, and I am sending you a prospectus of the Caterham Sanitarium, where you would, I am sure, benefit. You should communicate direct with the superintendent there.

G.L.M.—Rheumatism may come through damp and cold, or it may be the blood. If the former, diet would be insufficient, and you should have other treatment as well. If, however, it is caused by acid in the blood, you must always adhere to a special diet very similar to the diet prescribed for gouty patients. Of course, you must give up sugar, and never touch beer or stout; they are poison to you.

O.Y.—If you want to avoid superfluous hair on your face, you should be very careful not to use any cream or ointment containing glycerine, lanoline, or animal fat.

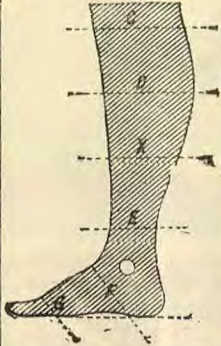
\*Correspondents should address Marie Blanche, Sunny View, Caterham Valley, enclosing stamp.

2/6

# GREAT ADVANCE IN SURGICAL MECHANICS.

OUTLAY OF 2/6 ONLY, BRINGS  
RELIEF TO SUFFERERS FROM

## VARICOSE VEINS



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The method employed by Walton & Curtis is to fit to the affected limb a special type of Knitted Elastic Stocking known as the "WALCUR." It is made without a seam, and fits like a skin. Never wrinkles, rubs or cuts the limb. No laces to fasten, no eyelets to irritate, but an equal and even pressure throughout. Offered to readers of "Good Health" at 2/6. Send measurements with P.O. to

**WALTON & CURTIS,** Orthopaedic Specialists,  
190 Broadhurst Gardens, West Hampstead, N.W.

## 800 Cases of Typhoid and 40 Deaths



caused by bad water in Lincoln would have been prevented by the use of the

### Gem Pure Water Still

which produces sparkling oxygenated, distilled water, free alike from disease germs and all mineral, vegetable, and other impurities. Invaluable in the treatment of rheumatic and gouty complaints, stone, gravel, skin, and blood diseases.

Price, 41/-, post free.

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Approved by The Lancet.

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use the **Gem Steam Cooker,**

and save time, fuel, food, labour, worry, and conserve health. Cooks an entire meal of meat, vegetables, pudding, fruit, etc.

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**USED AND RECOMMENDED  
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## EVERY WOMAN should own a **MARVEL WHIRLING SPRAY.**

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



Ask your Chemist for the Marvel and accept no other. If he cannot supply send for Free Booklet giving full particulars and information invaluable to ladies.

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

When in the City visit the

## **FOOD REFORM RESTAURANT,**

4 FURNIVAL STREET, HOLBORN, E.C.  
(Opposite Prudential Assurance Building.)

**The Largest First-Class Vegetarian  
Restaurant in the City.**

Exceptional value offered for teas after 3.30.

Quiet, restful rooms. Moderate prices.

Rooms to Let for Evening Meetings.

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

# Food and Cookery

## QUICKLY PREPARED BREAKFAST DISHES.—TOASTS.

A WELL-PREPARED toast is one of the best of breakfast dishes. The foundation of all toasts is zwieback, or twice-baked bread.

**Milk Toast with Poached Eggs.**—Heat a pint of rich milk almost to the boiling point, adding a little salt. Moisten slices of zwieback with it, and serve hot with soft-poached eggs. *Cost for six persons, 10d.*

**Tomato Toast.**—Strain a tin of tomatoes, and heat to boiling. Thicken with two table-spoonfuls of flour rubbed smooth in a little cold water. Season with salt and a small piece of butter. Moisten slices of zwieback in hot water or milk, pour over this the tomato sauce, and serve. *Cost for six persons, 7d.*

**Fruit Toast.**—Take stewed apricots or plums and rub through a colander. Heat to boiling, thicken with a little cornflour, sweeten to taste, and pour over moistened zwieback. *Cost of apricot toast for six persons, 10d.; plum, 6d.*

**Banana Toast.**—Moisten slices of zwieback in hot water. Cut bananas into thin slices and place some on each slice of toast. *Cost for six persons, 6d.*

### Quickly Prepared Dishes.

Granose flakes, granose biscuits, avenola, zwieback, toasted wheat flakes—served with hot milk without any cooking.

Granose biscuits and poached eggs.

Egg omelette. Stewed fruit.

Dates washed and baked in the oven.

Bread and butter. Almond butter. Peanut butter.

Nut rolls. Bromose. Malt honey.

Gluten. Malted nuts. Fresh fruit.

Coffee. Coco-nut crisps.

Hygiama. Pulled bread.

**Coco-nut Crisps.**—1 cup flour; 1 cup desiccated coco-nut. Rub the coco-nut through a colander to remove coarser pieces. To this add equal parts of flour, mix well together, wet with cold water sufficient to make a stiff dough, roll very thin, cut into three-inch squares, and bake in a moderate oven.

**Stewed Apricots.**—Wash 1 lb. of apricots in warm water. Put into a saucepan, adding hot water in the proportion of three parts water to two parts apricots. Cook quickly but gently until tender. Remove from the fire as soon as done. Sweeten to taste. *Cost for six persons, 9d.*



## 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.**

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

For further information, rates, etc, apply to

**THE SANITARIUM, CATERHAM, SURREY.**

**In answering advertisements kindly mention "GOOD HEALTH."**

# GOOD HEALTH.

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

Editor: 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. Indian Office: **GOOD HEALTH, 89/1 Free School St., Calcutta.**

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

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

## A Holiday in Ireland.

To all of our readers who are looking for a place in which to spend their holiday, we would recommend the beautiful district of Rostrevor, which nestles among the southern slopes of the Mourne Mountains in Ireland. This is one of the charming beauty spots of the Emerald Isle, and it is well worth a visit from the standpoint of health as well as for beautiful scenery. The Rostrevor Hills Hydro lies back of the village about a mile, and overlooks the Carlingford Lough. The elevation of the house is 300 feet or more, and the grounds are ample, containing, as they do, 130 acres. The Hydro is open to guests who wish for rest and recreation, as well as for those who would like to take advantage of the baths, massage, and other forms of physiological treatment. A post card addressed to the manager of the Rostrevor Hills Hydro, Rostrevor, will bring full particulars.

WE are requested to announce that the autumn number of "The National Temperance Quarterly" will be devoted chiefly to a Report of the Twelfth International Congress on Alcoholism, and will contain summaries of the most important papers. A resumé of the principal points presented in the Scientific Section of the Congress, specially prepared for the League's Annual Breakfast at the British Medical Association Meeting in Belfast, will also be included. The issue will be found to be of exceptional value to the student of the modern movement against alcohol, as well as of that in favour of light ales, which is engaging the attention of so-called "True" Temperance Reformers. Single copies may be obtained by sending a shilling P.O. to the secretary, N.T.L., Paternoster House, London, E.C.

THE old firm of John R. Neave & Co., of Ford-bridge, via Salisbury, supplies one of the most delicious and wholesome health foods on the market. Their food consists of a combination of milk and cereal, which is especially suited for invalids of all kinds, and particularly those suffering from stomach troubles. Delicate children, feeble persons of all classes, convalescents, and the aged, would find Neave's Health Diet a most wholesome and valuable one. The food can be obtained in tins from all chemists and grocers at 1/3 each. Samples can be obtained by sending two penny stamps to the manufacturers at the address given above.

A LADY with small but comfortable cottage would like to meet with one who would share it. One who would board herself preferred. Close to Redhill and Earlswood Com-mons. Healthy situation. Reform foods obtainable. "Beta," 25 Woodlands Avenue, Redhill.

## ON THE SUNNY SOUTH COAST.

**For Sale.** Sound business of a first-class Fruiterer and Health Food Stores. Main road, near station. Good opening for anyone looking for a sound concern. Low rent, 2 shops. Good dwelling-house, stock, fixtures, all at £800. Well recommended. 18 years to run. Write: **S.F., c/o Good Health, Stanborough Park, Watford, Herts.**

## NOW OPEN.

**LIVERPOOL**  
**Reform Food Stores**  
84 Whitechapel.

**ALL HEALTH FOODS**  
**IN STOCK.** ❁ ❁  
Call or write for Price List.

## "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.

## 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.

## PLYMOUTH FOOD REFORM DEPOT, 8 Tavistock Road.

Thoroughly up-to-date stock of Health Foods. Sole Agents for International Health Foods, Pitman Specialties, etc. Visitors should not fail to call. Ladies should ask to see the Health Boddices.

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

# TWO Standard Health Foods

## Granose

In a grain of wheat is found every element necessary for the building up of a healthy body.

In **GRANOSE** is found simply the whole-wheat berry, thoroughly dextrinized, and in the form of crisp, dainty flakes.

**GRANOSE** is easily digested, thus making a splendid food for babies, as well as adults and children; and it is fully twenty-five per cent richer in nutritive value than ordinary bread.

It should take the place  
of bread in every home.

Granose Flakes, 7½d. pkt.

“ Biscuits, “ “

Toasted Wheat Flakes,  
8d. pkt. (sweetened  
with malt honey).

## Protose

IS THE ORIGINAL  
STANDARD NUTMEAT

Its use makes the giving up of flesh foods not only easy, but desirable, inasmuch as it contains more nourishment than the best meats, and is free from all impurities. It is similar in taste to meat and can be used in any way in which meat is used.

**PROTOSE** is made up in three varieties and sizes:—

Original Protose.

Pine-Nut Protose.

Hazel-Nut Protose.

1½ lb. Tin, 1/4.

1 lb. Tin, 1/-.

½ lb. Tin, 8d.

Send us your name and address and 3d. in stamps, and we will send you a liberal sample of each.

## International Health Association, Ltd.,

Dept. A 7, Stanborough Park, Watford, Herts.

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

ONE of our readers has kindly sent us the following excerpt from the late Mr. Cobbett's book entitled, "Rural Rides," and we take pleasure in publishing it. Some of our readers will doubtless remember that Mr. Cobbett was a great health reformer, who lived in the early part of the last century.

"At Gloucester (as there were no meals on the road) we furnished ourselves with nuts and apples, which, first a handful of nuts and then an apple, are, I can assure the reader, excellent and most wholesome fare. They say that nuts of every sort are unwholesome; if they had been, I should never have written 'Registers,' and if they were now, I should have ceased to write ere this; for upon an average I have eaten a pint a day since I left home. In short, I should be very content to live on nuts, milk, and home-baked bread."

### Glasgow Health Culture Society.

#### An Enticing Prospect.

In October the Winter Session of the Glasgow Health Culture Society commences, and it promises to surpass all our previous records. In addition to some of the finest lecturers from the University and elsewhere in Glasgow, we are to have Dr. Alfred B. Olsen, of Caterham, Mr. Eustace Miles, and Lieutenant Müller. No fewer than eight exercise classes will commence in October, catering for beginners, for advanced pupils, and also for those requiring less active forms of exercise. It is coming to be recognized that in city life exercise is a necessity if good health is to be preserved. This applies equally to the youth, the young man and woman, and those who are no longer as young as they were—perhaps it applies with more force to the latter, as they are apt to allow themselves to stagnate, with evil results. It is to help such that we have inaugurated the special classes.

Our rambles, as usual, continue through the winter, and each one will terminate in one of the best city restaurants, where, after a substantial tea, we will have a musical evening with games, etc.

We are adding about 200 volumes to our Library, making our total collection about 700 volumes—an almost unique collection of books on health, physical culture, games, sport, nature study, outdoor life, and all subjects pertaining to healthy living.

It would take up too much space to refer to our Nature Study Class, Ambulance Class, etc., but we invite your readers to send a stamped envelope for a copy of the programme to the undernoted address.

We inaugurate our winter programme on September 29th with an "At Home," to which your readers in this neighbourhood are cordially welcome. Tickets, 1/- each, may be obtained from J. P. Macmillan, 12 Afton Street, Langside, Glasgow (enclose stamped envelope).

**The Food Value of Alcohol,** 1½d., post free, is a good pamphlet to circulate in these days. Needless to say, it shows that alcohol is in no true sense a food at all.

# Darlene

"Pure as a Lily."

A DAINTY FAT FOR EVERYDAY USE.

Best for all cooking purposes. Excellent, too, on toast or zwieback. 1 lb. 9d.; 3 lb. 2/2; 7 lb. 4/0. Of all Health Food Stores. Dainty pamphlet free. The Vyalle Oil Co., Ltd., 145 County Terrace Street, London, S.E.

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

Certificated Nurse Masseuse requires **Maternity Engagements,** massage cases, or daily visits—reform diet—well recommended. Nurse Peggram, 4 Upper Baker St., London, W.

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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."

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NUTS, CEREALS, AND ALL HEALTH FOODS.

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## Ask for Nut Cream Rolls

and you will get a perfect combination of golden wheat and fresh, sweet nuts. Eleven varieties. Sold by all Health Food Stores in 1 lb. cartons. Full particulars from the sole makers:—

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LONDON, S.W.**

**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 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.**

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**S**OME folks are never free, summer or winter. To all such our outfit for the home treatment of catarrh will come as a blessing. 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 malady.



**GOOD HEALTH SUPPLY DEPT.,  
Stanborough Park, Watford.**

# BAX'S HEALTH FOOD DEPOT.

**The Oldest Established Stores in the  
United Kingdom for absolutely pure and  
RELIABLE FOODS.**

The following are a few of

## Our Special Lines:

### NUTS.

Finest Grenoble Walnuts, ...	1 lb., 1/-; 3 lb., 2/9.
" Levant Hazels, ...	1 lb., 1/-; 3 lb., 2/9.
" Italian Pignolias, ...	1 lb., 1/2; 3 lb., 3/8.
" Pine-Kernels, ...	1 lb., 1/2; 3 lb., 3/8.
" Pea-Nuts, raw or roasted, ...	1 lb., 6d.; 3 lb., 1/4.
Mixed Shelled Nuts, ...	1 lb., 10d.; 3 lb., 2/8.
Nut Mills, 2/6 and 3/6 each.	

### RICES.

Real Carolina Unpolished, ...	1 lb., 5d.; 7 lb., 2/6.
" Japan " ...	1 lb., 8d.; 7 lb., 1/8.
Bax's Special " ...	1 lb., 3d.; 7 lb., 1/6.

### SUGARS.

Pure Cane Dem. Guaranteed, ...	1 lb., 3d.; 7 lb., 1/6.
" " Loaf " ...	1 lb., 3d.; 7 lb., 1/8.
" " Castor, " ...	1 lb., 4d.; 7 lb., 1/10.

**OLIVE OIL.** The very finest cream that can possibly be obtained. Pints, 1/3; quarts, 2/3. Bottles.

**HONEY.** Bax's Pure Clover, from our own Apiary in Hertfordshire. 1/- per jar.

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

Maple Syrup, ...	quart cans, 2/-.
Maple Sugar, ...	1 lb., 1/-; 4 lb., 3/9.
Banana Flour, ...	1 lb., 8d.; 4 lb., 2/5.
Chestnut Flour, ...	1 lb., 6d.; 4 lb., 1/10.
Walnut Flour, ...	1/- per lb.
Hazel-Nut Flour, ...	1/- per lb.
Almond Flour, ...	1/6 per lb.

## BAX'S COKER BUTTER,

as most food reformers know, is the very best for all cooking and frying purposes. **Clean and sweet. No taste, no smell.**  
1 lb., 7d.; 7 lb., 4/-; 14 lb., 8/-; 28 lb., 15/6.

### WRITE FOR OUR NEW PRICE LIST.

Wallace Foods, International Health Association's, Mapleton's, London Nut Food Company's; we stock them all. Special rates for free delivery. 5/- worth free to any part of London. 20/- worth free to any station in England.

Full address:—

**FREDK. BAX & SON,**

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## SPECIAL OFFER

FOR ONE  
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To enable you  
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### The Extra Quality of Our Goods

we will send as  
follows :—

- 1 lb. Extra Walnut Halves.
- 1 lb. Hazel Kernels.
- 1 lb. Finest Pale Peanuts.
- 1 lb. Fancy Cal. Sun-Dried Peaches.
- 1 lb. Extra Choice Cal. Sun-Dried Apricots.
- 1 lb. Extra Choice Cal. Sun-Dried Pears.
- 1 lb. High Grade Cal. Sun-Dried Plums.

5/- carriage  
paid to any  
Railway  
Station.

SAVOY  
HEALTH FOOD  
STORES,

7 Exchange Walk,  
NOTTINGHAM.

WE have received the eighth Annual Report and Financial Statement of the Psycho-Therapeutic Society. It includes a full report of the proceedings of the Eighth Annual Meeting, held at Kingston Hall, Westminster, on July 5th. The price of the book is 2d., and it can be obtained from the Psycho-Therapeutic Society, of 3 Bayley Street, Bedford Square, London, W.C.

FRESH fruit juices and cornflour pudding make a delicious dessert for the warm weather. Brown & Polson's Patent Corn Flour is the best brand that we know of, and it can be had of grocers everywhere in the familiar yellow packet. There are numerous light dishes that are both wholesome and useful for invalids, as well as for healthy persons, which can be made from their cornflour. A book of recipes can be obtained on mentioning the "Good Health" magazine and sending your address to Brown & Polson, Paisley.

ANYONE who has not obtained a copy of Savage's Revised Nut Recipes can do so by mentioning "Good Health" and sending address on a post card to 53 Aldersgate Street, London, E.C. Messrs. G. Savage & Sons claim to be nut experts, and we know they give a great deal of attention to this important food substance. We understand their nuts are used very largely at some of the leading sanitariums in the kingdom, and this of itself is a high recommendation. More nuts on the table and less flesh food would bring added health and physical vigour to thousands of people.

#### "Wastage of Child Life."

WE take pleasure in calling attention to Dr. Johnston's book, the "Wastage of Child Life," which was first published a few years ago, and is now republished in a new dress. The book contains much information concerning the conditions of child life in Lancashire. The first chapter deals with "National Degeneration," and the author proceeds to give some striking evidence of physical deterioration. Other chapters deal with "Infantile Mortality," "Parental Ignorance and Neglect," "Infant Feeding," "Motherhood and Relation to Alcohol," and similar subjects. The "Wastage of Child Life" is a book which ought to rouse any thoughtful man or woman to the vast importance of this great problem. The tale told is a terrible one, and we trust that the book in its new and improved form will reach a still larger circulation, and be the means of arresting the attention of our leading men and women to the awful wastage of child life that goes on in this highly-civilized country. It is true, as the author states, that although there has been a marked decline in the general death-rate in the past fifty years, the infantile death-rate has been reduced but very little.

The book is published for the Fabian Society by A. C. Fifield, 44 Fleet Street, E.C., and sells for 6d. net. It may be ordered from the news-dealers and booksellers, and we would recommend our readers to get a copy and study it carefully.

## The Good Health Adjustable Bodice.



### A Splendid Substitute for the Conventional Corset.

It gives the body all the necessary support without harmful pressure, thus affording to its wearers . . .

## Solid Comfort Good Health.

There are no stays to break, and the price is reasonable.

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The Manager, FRED. FELLEBERG.

Cure can easily be taken along with Swiss Tour.

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When summer sun cold winter mocks,  
And summer girls don summer frocks,  
The rich, ripe strawberry contrives  
To give our children rash or "hives,"  
Our darling's spotless, cool as ice,  
We follow Dr. Kirk's advice.

Dr. Kirk, Edinburgh, in his "Papers on Health," says:—

"Make a lather of McClinton's Soap and spread it over the itchy places; cover with a soft cloth. This lather will cure hives [rash], and will never, we think, fail to do so."

### McCLINTON'S SOAP

is made from pure vegetable oils  
and the ash of plants. ✱ ✱ ✱

"IT IS NATURE'S SOAP."

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Free samples on receipt of 2d. to cover postage. Mention this paper.

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**NUT ROLLS.**—Made from wholemeal flour in thin rolls. 1 lb. box, ... .. 5d.

**WHOLEMEAL BISCUITS.**—Sweetened or unsweetened. 1 lb. 5d.; 7 lb. tin, 2/11.

**OATMEAL BISCUITS.**—Best Scotch oatmeal and wheat flour. 1 lb. 6d.; 7 lb. tin, 3/6.

**RYE BISCUITS.**—Finest rye flour. Very nutritious. 1 lb. 5d.; 7 lb. tin, 2/11.

**COCOANUT BISCUITS.**—Similar to Wholemeal with coco-nut. 1 lb. 6d.; 7 lb. tin, 3/6.

**BARLEY BISCUITS.**—Barley flour sweetened with malt honey. 1 lb. 6d.; 7 lb. tin, 3/6.

**FRUIT WAFERS.**—Best materials only. A delicacy. 1 lb. 8d.; 7 lb. tin, ... 4/8.

**WATFORD WAFERS.**—Wheat flour and special blend of fruit. 1 lb. 8d.; 7 lb. tin, 4/8.

**NUT-FRUIT WAFERS.**—Very nutritious. Children enjoy them. 1 lb. 8d.; 7 lb. tin, 4/8.

**GRANOSE BISCUITS.**—The flakes pressed into biscuit form. ... Large box, 7½d.

**These Biscuits Are Absolutely Pure  Nourishing.**

They are palatable, digestible, and sustaining, free from baking-powder, soda, and other chemicals generally used to impart crispness. Send 1/- for package of Assorted Samples to

**THE INTERNATIONAL HEALTH ASSOCIATION, LTD.,**  
STANBOROUGH PARK, WATFORD, HERTS.

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Once You Try It You'll Always Buy It.

Made in response to innumerable requests from friends of "Artox." An ideal biscuit—wholesome, nutritious, economical, and most palatable. **THE BISCUIT** for all who value health, and yet appreciate delicacy of flavour. Sweetened and unsweetened. The latter with butter or cheese is delightful. Sold at Health Food Stores and high-class grocers at 8d. per lb.

**WE OFFER** to send a dainty tin of either and a copy of our handsome booklet **post free for 9d.**

THEY ARE MADE FROM  
**"ARTOX" WHOLEMEAL,**

which makes the most delicious bread, cakes, etc., and keeps the system regulated.

Sold in 3 lb., 7 lb., and 14 lb. sealed linen bags; or 28 lb. will be sent direct, carriage paid, for 5/-.

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

Strongly recommended by "The Lancet."

Our handsome booklet, "Grains of Common Sense," full of recipes, post free if you mention "Good Health."

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Send for prospectus to—  
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What all sick, weak, tired and nervous people need is "a change." Possibly a change of air or of environment is all that is needed, but in a great many cases nothing but a complete change of one's living conditions will suffice to restore the health. Just as dying plants revive when transplanted and given proper care, so chronic invalids recover when transferred to such favourable conditions as can be found in a thoroughly equipped Sanitarium.



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Rheumatism, Sciatica, Neuralgia, Lumbago, and kindred Uric Acid Diseases, Neurasthenia, Dyspepsia, and other Stomach, Liver, and Kidney Disorders successfully treated. \* \* \* The Best of Everything at Moderate Cost.

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afforded at the Leicester Sanitarium enable patients to recover in the shortest possible time. Everything that is latest and best is employed, including High Frequency, Faradization and Galvanism, Russian, Hydro, Electric, Nausein, Acid, and Sulphur Baths, while the Electric Light Bath is of the latest pattern. Massage, Medical Gymnastics, and Carefully-Regulated Diet is a special feature of the Sanitarium System.