

GOOD HEALTH



October, 1909.

Editorial Chat :

Secret Remedies, What They Cost, What They Contain, Claims of Venders, No Particular Skill, Popularity of Secret Drugs, A Few Samples, Dr. Lane's Catarrh Cure, Stearn's Headache Cure, Munyon's Blood Cure, Munyon's Kidney Cure, Pink Pills for Pale People, Annual Expenditure.

Out-of-Doors for Health.—*Illus.*.....293
 The Evils of Fashionable Dress.....295
 Economic Losses from Moderate Drinking.....297
 Rubbing Exercises.—*Illus.*.....298
 The People of Japan. —*Illus.*.....302
 Simple Rules for Right Living.....304
 Green Vegetables.....306
 How to Treat a Cold.....3 7
 Page for Women.....310
 Questions and Answers.....312

Vol. 7.

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No. 10.

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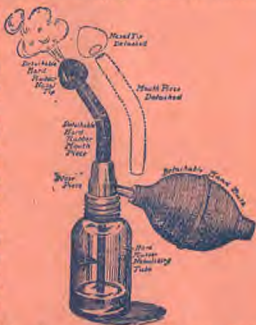
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THE following letter is one among many similar appreciations which are constantly received at the Caterham Sanitarium. Some of our readers may not be acquainted with the real nature of the Institution, and for this reason we publish it.

"I am very grateful to say that I found my wife decidedly better yesterday. We walked to Godstone, had our evening meal there, and by her own request we walked back, and she was scarcely tired. Three weeks ago, one mile would have been agony. She is still depressed, but after last evening, I am very confident of a speedy restoration. We returned to the Hydro in time for the missionary meeting. I was delighted to be present. I left my wife cheerful—very cheerful—and I am writing urging her to remain a week longer.

"I have no words strong enough to express my admiration of your Hydro. It is ideal: the master mind is seen in the selection of your staff. With all my heart I say, God bless you in your work on behalf of suffering humanity."

DOCTORS'

Opinions of Drugs

I VERILY believe that if the whole *materia medica* could be sunk to the bottom of the sea it would be all the better for mankind and all the worse for the fishes.—*Dr. Oliver Wendell Holmes.*

I have no faith whatever in our medicines.—*Dr. Bailey.*

The administration of our powerful medicines is the most fruitful source of deranged digestion.—*Prof. E. R. Pleaslee, M.D.*

If the arts of medicine and surgery had never been invented, by far the greater number of those who suffer from bodily illness would have recovered, nevertheless.—*Sir Benjamin Brodie, M.D.*

There has been a great increase of medical men, and, upon my word, diseases have increased accordingly.—*Dr. Abernethy.*

Nature cures while the doctor takes the fee.—*Dr. Franklin.*

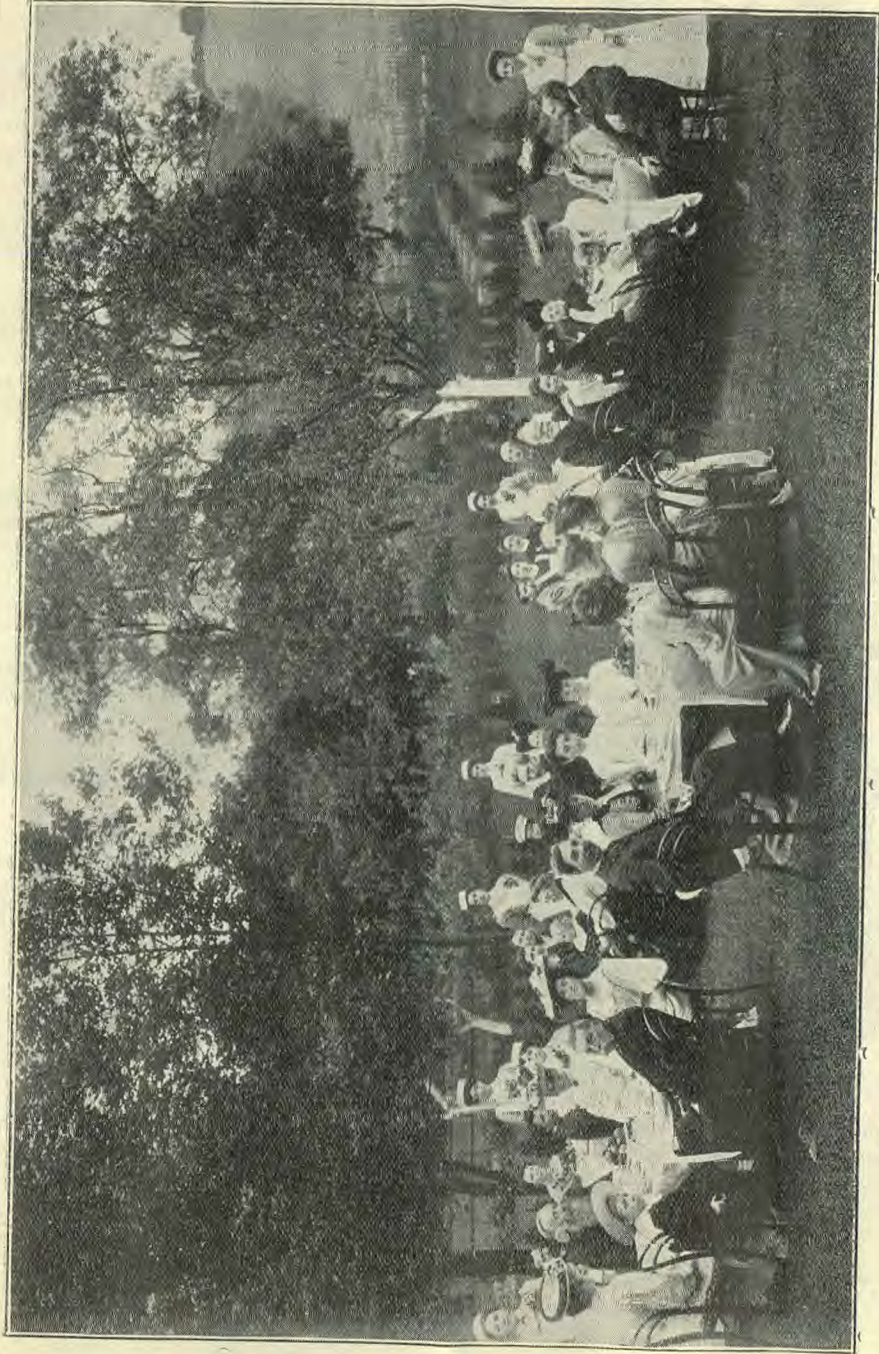
We have not yet learned the essential nature of healthy actions, and cannot, therefore, understand their derangements. *Dr. Wood, in Practice of Medicine.*

The world, I must confess, would be happier if drugs were unknown.—*Dr. B. W. Richardson.*

All medicines are poisonous.—*Prof. St. John, M.D.*

All our curative agents are poisons, and, as a consequence, every dose diminishes the patient's vitality.—*Prof. Clark.*

The "vital effects" of medicines are very little understood. It is a term employed to cover an ignorance.—*Prof. Davis.*



AN AL FRESCO DINNER AT THE SURREY HILLS HYDRO.

Good Health

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

Entered at Stationers' Hall. 1

VOL. 7.

OCTOBER, 1909,

NO. 10.

Editorial Chat.

Secret Remedies. THE British Medical Association has done the public a real service by publishing in book form the results of their analyses of so-called "secret remedies."

What They Cost. THE book gives the regular retail price of the various preparations, and also a careful estimate of the cost of the ingredients, based on the prices quoted in an ordinary wholesale drug list, and hence takes no account of the cost of bottles, boxes, wrappings, etc.

What They Contain. THEN follows a table giving the results of the analyses, which in each case have been made with great care and accuracy. From the interesting preface to the book we extract the following paragraphs:—

Claims of Venders. "THE articles in this volume have not been confined to a mere dry statement of the results of analysis. Care has been taken to reproduce the claims and exuberant boasts of the venders, and the contrast between them and the list of banal ingredients which follow must strike every reader. This juxtaposition of analytical facts and advertising fancies is instructive and sometimes entertaining, the fancy is so free and the fact so simple.

No Particular Skill. "IT must not be assumed that the concoctors of these mixtures and powders and ointments show any particular skill in the compounding of drugs. On the contrary, they appear curiously indifferent to taste and appearance, and perhaps count on the belief, common among the poorer classes,

at least, that the nastier the drug the more effective it is. There is, at any rate, the excuse for this belief that the effort to subdue the repugnance to the draught produces a glow of virtue which may, perhaps, have a certain stimulating effect on the mind; the patient, having not only spent his money, but suffered some discomfort, is anxious to justify his faith by assuming himself to be the better for the double sacrifice.

Popularity of Secret Drugs. "ONE of the reasons for the popularity of secret remedies is their secrecy. It is a case in which the old saying, '*Omne ignotum pro magifico*,' applies. To begin with, there is for the average man or woman a certain fascination in secrecy. The quack takes advantage of this common foible of human nature to impress his customers. But secrecy has other uses in his trade; it enables him to make use of cheap, new, or old-fashioned drugs, and to proclaim that his product possesses virtues beyond the ken of the mere doctor; his herbs have been culled in some remote prairie in America, or among the mountains of Central Africa, the secret of their virtues having been confided to him by some venerable chief; or, again, he would have us believe that his drug has been discovered by chemical research of alchemical profundity, and is produced by processes so costly and elaborate that it can only be sold at a very high price."

A Few Samples. TO give our readers an idea of the contents of this instructive book, we select a few samples of the analyses. We regret that lack of space forbids us quoting in full the particulars given.

Dr. Lane's Catarrh Cure. "THE price is 1/- a bottle, containing $2\frac{1}{2}$ fluid ounces. The preparation is described on the wrapper as: 'The *only reliable* and effective preparation for the permanent and *radical cure* of this most dangerous disease.' Analysis showed the composition of the liquid to be:—

Phenol (carbolic acid),.....0'4 parts.
Sodium chloride (common salt), 3'3 parts,
Water, to.....100 fluid parts.

"The traces of impurities usually present in common salt were also found. The estimated cost of the ingredients in $2\frac{1}{2}$ fluid ounces is one-thirtieth of a farthing.

Stearn's Headache Cure. "THIS remedy, advertised by an American company with agents in London, is recommended as 'a speedy, certain, and safe cure for headaches of all origins, whether sick, bilious, nervous, or hysterical.' The package contained twelve wafers for 1/-. Analysis showed the composition of the powder to be:—

Acetanilide,.....3'92 grains.
Caffeine,.....0'98 grains.
Sugar of milk,.....4'90 grains.

"The estimated cost of the drugs (118 grains) in a packet is a little under $\frac{1}{2}$ d.

Munyon's Blood Cure. "ON the outer package it was stated: 'It eradicates all impurities from the blood, and cures scrofulitic eruptions, rash on the scalp, scald head, itching and burning, and any form of unhealthy, blotchy, pimply, or scaly skin,' and similar claims were put forward on the label and in a circular enclosed with the bottle. The bottle cost 1/-. and contained about 200 pellets or pilules, of the average weight of half a grain. They consisted of sugar; careful search was made for small quantities of medicament, but no other ingredient could be detected. Quantitative determination of the sugar showed just 100 per cent. The estimated cost of the pilules is one-thirtieth of a penny.

Munyon's Kidney Cure. "THE price is 1/- a bottle, containing 135 pilules. The label bears the words: 'Cures Bright's disease, gravel, all urinary trou-

bles, and pain in the back or groins from kidney diseases.' The pilules were found to vary much in size, the average weight being 0'6 grains. Analysis showed them to consist of ordinary white sugar; no trace could be detected of any alkaloid or other active principle, or of any medication. The sugar was determined quantitatively, and found to be just 100 per cent of the weight of the pilules. Estimated cost of contents of bottle, one-thirty-fifth of a penny.

Pink Pills for Pale People. "THE price is 2/9 a box, containing 30 pills. The following is from the concluding paragraph of one of their advertisements, and the others ended in a similar way: 'When the muscles and nerves are tortured by poisons in the blood, be the result rheumatism, sciatica, or lumbago, the only way to a cure is to enrich and purify the blood. Dr. William's Pink Pills, in this way alone, have cured not only rheumatism, but anæmia, indigestion, palpitations, influenza's after effects, eczema, sciatica, St. Vitus' dance, spinal weakness, the many forms of nervous ailments dreaded by men, also the special disorders of women!'

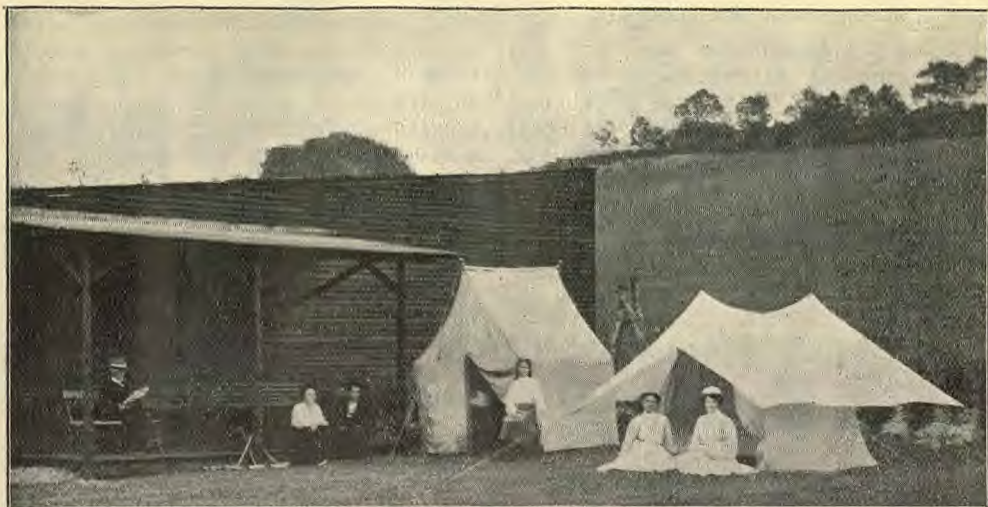
"The pill is . . . merely one of the many variations of Bland's pill. The quantities of the different ingredients found indicated the following formula:—

Exsiccated sulphate of iron,.....0'75 grns.
Potassium carbonate, anhydrous, 0'66 "
Magnesia,.....0'09 "
Powdered liquorice,.....1'4 "
Sugar,.....0'2 "

"The estimated cost of the ingredients for thirty pills is one-tenth of a penny."

Annual Expenditure. IN an appendix the publishers estimate that £3,230,401. 5s. 6d. was spent by the public on secret remedies for the year ending March 31, 1908. This estimate is based on the amount of stamp duty on patent medicines paid to the Government, which totalled £334,141. 19s. 2½d.

"Secret Remedies" can be obtained from any newsdealer for 1/-. or direct from the publishers, the British Medical Association, 429 Strand, W.C., for 1/3 post free. We recommend all our readers to obtain a copy at the earliest opportunity.



OUT-OF-DOORS FOR HEALTH.

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

THE value of fresh air, sunshine, and outdoor life as healing agents is gradually—but oh, so slowly!—being recognized by both the medical profession and the laity. But the transition from the close, stuffy sick-room, with windows tightly closed and shades drawn—yes, and sometimes with the old-fashioned hangings about the bed, which almost completely conceal the patient from view—the transition from this state of affairs to a cot or reclining chair under a friendly oak, with a green carpet of living verdure underneath and a broad expanse of blue sky above, is a big one, and not likely to be realized for some years to come.

Rational Treatment for Consumptives.

Such rational treatment is now conceded to the consumptive, and with the best of good results from every standpoint, but the burning fever patient has still altogether too little of the luxury of fresh air, and the idea of giving him the benefits of a natural healing in the open is scarcely even thought of. It is still his lot, and we fear will be for some time to come, to remain housed up in a more or less ill-ventilated room, for the fear of fresh air on the part of the common people is almost ineradicable.

Fresh Air a Tonic.

Nevertheless, fresh air is a genuine tonic, and one of the best as well as cheapest tonics we know of; but its wholesome, stimulating effects are not half appreciated. Invalids are languid, tired, and feeble; they lack energy sadly; anything like vim and vigour is totally unknown to them. But how are they to get the energy and vitality which they require?

Vitality from a Bottle?

Are they to get energy from a medicine-bottle, or vitality from a pill-box? Nay, verily; put in this form, the very idea is ridiculous, although vast multitudes of otherwise sane men and women resort implicitly to the bottle and pill-box for health. What must I take? seems to be the natural question of every patient and invalid, and when asking this question, they are thinking of draughts and pills and powders. With a faith most marvellous to behold they swallow the drugs which are so freely and alluringly advertised in our public Press, religious as well as secular. Receiving no real benefit, sustaining no cure, they are recommended to take more, or to try some other drug or nostrum: and so they go on indefinitely, for life is too short to run through the whole gamut of secret medicines.

Vitality from Air and Food.

Fresh air and proper food, and not drugs, are what the sick and suffering require. They are in a state of debility: the muscles are weak, the nerves unsteady, and the general health is much below par. What they require is physical building up of the whole body. Will drugs of any description build the body? Do draughts and pills give strength? Certainly not: and so we must resort to the natural re-

with the bounties that nature has given us, such a table could scarcely fail to be attractive and tempt even the poorest appetite. Just try it, and be convinced. Have a picnic out of doors daily, and not merely once or twice in the year.

Restfulness in Nature.

Invalids suffer as a rule from weary, sensitive nerves that are crying out for rest and quiet which it is well-nigh im-



IN THE GROUNDS OF THE CATERHAM SANITARIUM.

quirements of the body, namely, fresh air, pure water, and wholesome food. The vitalizing oxygen of the fresh air is essential to the recovery of good health, and not brandy, wine, or even stout, and still less drugs of any kind.

Fresh Air an Appetizer.

Many invalids have a very indifferent appetite, if any at all, and take their food with reluctance, as a medicine rather than a pleasure. To all such we would recommend setting the table in the open air, under the shade of a neighbouring tree, amid the flowers and green grass. Spread

possible for them to obtain indoors. Why not turn to the country? The quietness of the green meadows, the calmness of the majestic trees of the forest, the cooling zephyrs that rustle among the leaves, and the beauty of the flowers and grass—all these creations of nature attract the eye, rest the wearied mind, and bring a sense of freedom and peace that is wonderfully satisfying.

More Country and Less Town.

What we all require, young and old, feeble and strong, the healthy as well as the sick, is a more intimate acquaintance

with the handiwork of nature, more freedom in the great out-of-doors, and less confinement in the close, narrow, dark cages which we call houses. There is a vital need of more country and less city life for all classes of society, and especially for the children and invalids. It is strange that such practical people as we claim to be should have departed so far from the principles of natural living; but some of us, at least, are beginning to realize our mistake, and we are more and more turning our attention to the splendid possibilities of a simple life in the country.

The Chronic Invalid.

To the chronic invalid we would say: Don't become discouraged or give up to despair. Throw away your health-destroying drugs and medicines, and turn your attention to nature and her remedies. Go to the country or to the seaside, if possible, to some quiet, rural village, where you can live practically all the time in the open

air, surrounded by the beautiful things of nature.

Or, if your case is an obstinate one, and requires baths, massage, and other tonic treatments, go to some well-regulated hydro or sanitarium, where you can obtain rational treatment as well as a natural, non-flesh diet and the outdoor life. Such physiological treatment, skilfully given by competent and sympathetic attendants, when accompanied by the simple life in the open air, and a liberal diet of wholesome, tasty food, soon works marvels, and many who have considered their cases incurable quickly respond to the call of health.

The outdoor life is a natural incentive to courage and good cheer. Listening to the merry music of the birds soon drives away worry and depression, while the fragrance of the flowers helps one to forget ills and aches of all kinds. To nature, then, for healing as well as for happiness, and for the joyous life of daily usefulness!

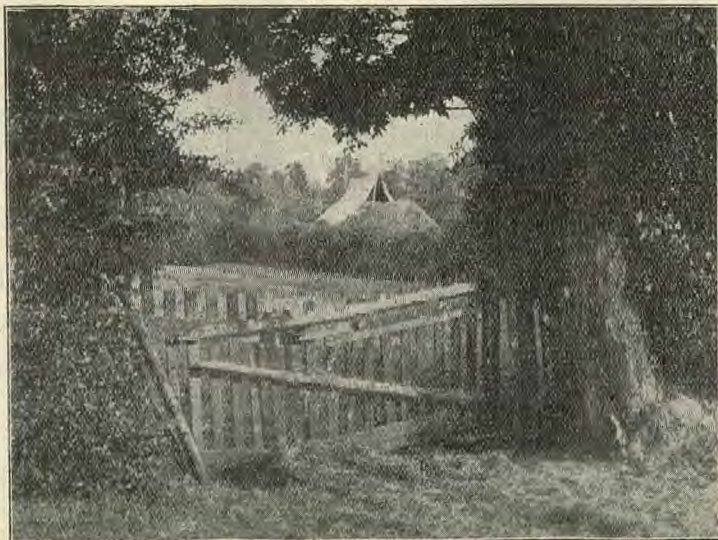
THE EVILS OF FASHIONABLE DRESS.

BY MRS. E. G. WHITE.

IT was the adversary of all good who instigated the invention of the ever-changing fashions. He desires nothing so much as to bring grief and dishonour to God by working the misery and ruin of human beings. One of the means by which he most effectually accomplishes this is the devices of fashion, that weaken the body as well as enfeeble the mind and belittle the soul.

Another evil which custom fosters is the unequal distribution of the clothing, so that while some parts of the body have more than is required, others are insufficiently clad. The feet

and limbs, being remote from the vital organs, should be especially guarded from cold by abundant clothing. It is impos-



A RESTFUL SPOT.

sible to have health when the extremities are habitually cold; for if there is too little blood in them, there will be too much in other portions of the body. Perfect health requires a perfect circulation; but this cannot be had while three or four times as much clothing is worn upon the body where the vital organs are situated as upon the feet and limbs.

A multitude of women are nervous and careworn, because they deprive themselves of the pure air that would make pure blood, and of the freedom of motion that would send the blood bounding through the veins, giving life, health, and energy. Many women have become confirmed invalids when they might have enjoyed health, and many have died of consumption and other diseases when they might have lived their allotted term of life, had they dressed in accordance with health principles, and exercised freely in the open air.

In order to secure the most healthful clothing, the needs of every part of the body must be carefully studied. The character of the climate, the surroundings, the condition of health, the age and the occupation, must all be considered. Every article of dress should fit easily, obstructing neither the circulation of the blood nor a free, full, natural respiration. Everything worn should be so loose that when the arms are raised, the clothing will also be lifted.

Women who are in failing health can do much for themselves by sensible dressing and exercise. When suitably dressed for outdoor enjoyment, let them exercise in the open air, carefully at first, increasing the amount of exercise as they can endure it.

Let women themselves, instead of struggling to meet the demands of fashion, have the courage to dress healthfully and simply. Instead of sinking into a mere household drudge, let the wife and mother take time to read, to keep herself well-informed, to be a companion to her husband, and to keep in touch with the developing minds of her children. Let her use wisely the opportunities now hers to influence her dear ones for the higher life. Let her take time to make the dear Saviour a daily Companion and familiar Friend. Let her take time to study His Word, take time to go with the children into the fields and learn of God through the beauty of His works.

The Autumnal Disease.

WE speak of typhoid fever as an autumnal disease, its death-rate being highest in that season. And urbanites have, as a corollary to this, considered that "city typhoid is bred on the farm;" that the disease has been contracted by urban sufferers during their vacations. Such is no doubt often so, especially since the bacillus is enormously diluted in the water supply of cities; whereas, on the other hand, the infection drained from a privy will easily saturate a near-by well. However, our comparatively recent literature concerning the fly as an intermediary explains many cases of urban typhoid for which rural districts are not responsible.

One need but count back two months from the autumn typhoid mortality to the time when flies became rife, and to reflect that this period corresponds with the inception and course of "autumnal" typhoid. Of course, the higher temperature must also be considered; but only as a contributory, not as an essential factor. It is most congenial to fly-breeding, and its enervating influence is a predisposition to infection, typhoid or otherwise.

Other means than water (and ice) by which typhoid may be contracted are vegetables, fruits, meats, and other foods (especially milk), upon which flies may have deposited the bacilli. . . . Other means of typhoid infection are by contaminated oysters and clams; and possibly also by lobsters and crabs.

We have from time to time made known to our readers the possibility of dissemination by "typhoid carriers," who, it would seem, for months or years after they have recovered from the disease retain typhoid bacilli in the gall-bladder as a reservoir, so that their dejections are a constant danger.—*The Boston Medical and Surgical Journal*.

How We Ought to Eat.

THE act of eating is the starting-point of the long series of processes whereby our bodies are nourished. It is the only act of them all which lies within our own control. We can directly supervise the work of our mouths; we can watch over the action of the teeth and tongue and

palate; but we cannot supervise the work of the stomach or of the intestinal tube. Once we have swallowed our food, our mastery over it has ceased—except for some hit or miss participation in the

further processes of its digestion by means of pills or potions. Realizing this, we come to recognize the basic importance of knowing the right way of eating.—*Upton Sinclair.*

ECONOMIC LOSSES FROM MODERATE DRINKING.

BY WILBUR F. CRAFTS, PH.D.*

HITHERTO we have reckoned as the chief economic losses to a nation from the use of intoxicating beverages their direct cost to the people, and the cost of their social products in crime and dependency. These together average annually not less than \$150 (£30) per family in the United States—more than one-fourth of the average family income—and as the people of every European country drink more per capita on a smaller income, their case is certainly as bad.

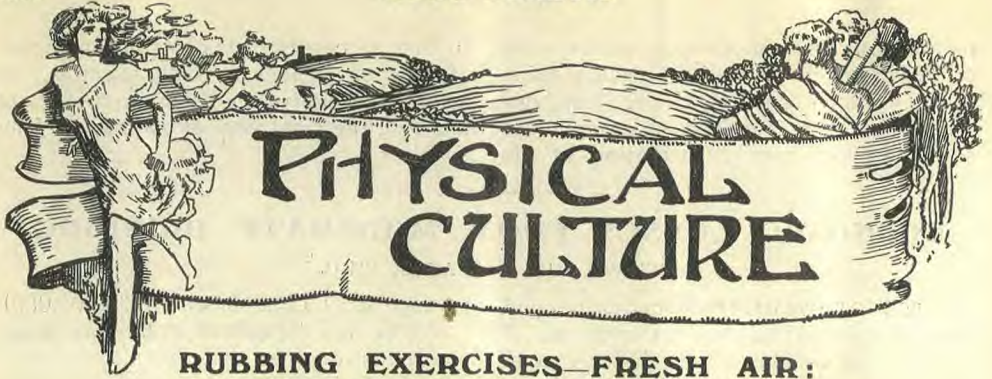
But recent scientific experiments show an average loss in daily productivity, of typesetters, for example, in quantity and quality, of not less than ten per cent, from a daily "bottle of ordinary wine" or its equivalent in beer (Henry Smith Williams' "Alcohol," p. 19). These experiments suggest that a nation's largest loss by drink is the diminished efficiency in body and mind of the great host of moderate drinkers.

The consumption of all forms of intoxicating beverages in the United States in 1907 was twenty-three gallons *per capita*, and, as our women and children seldom drink, the average consumption of the one-third of our people who are breadwinners must have been nearly three times as much, that is, about a gallon and a half a week, two pints a day, which is more than the daily portion that in German experiments decreased the work of typesetters from six to fourteen per cent. Of our more than eighty-three millions of people, about twenty-five millions are wage-earners, and not less than two millions are "captains of industry" and their salaried lieutenants. The average wage is about \$1.50 (6s.) per day, but the product is worth at least \$2 (8/-) to the employer, who must have a profit, and at least as much to the nation. One-tenth of that for 300 days means \$60 (£12) per year for each workman, and a total for all wage-

earners of \$1,150,000,000 (£230,000,000).

We are not dependent on laboratory experiments for proof that even a moderate use of alcohol impairs efficiency. Benjamin Franklin, in the eighteenth century, observed as a printer what Dr. Aschaffenburg has just proved by tests, that sober printers do more and better work than drinkers. That is why fifty-one per cent of a representative list of American employers, questioned by the U.S. Bureau of Labour some years since, reported that they discriminated in all or part of their work in favour of abstainers as employes. The athletic records and the tests of soldiers in marksmanship and marching all tell the same story, that even the moderate use of intoxicants decreases efficiency. When we turn to the "captains of industry" and their lieutenants, from whose ranks life insurance has obtained most of the test cases that have shown that total abstainers, other conditions being equal, live fully fifteen per cent longer than even those very moderate drinkers who are allowed to insure, we see that the losses in valuable lives must rise to millions more. The loosening of the tongue and drugging of judgment and conscience, and the shortening of a life worth £2,000 a year, become very costly matters when the man is the manager of a great business, or the leader of an army, or the arbiter of a nation's politics. In this age of keen competition, national as well as individual, it is the "fit" that "survive" and succeed. Many Japanese gave up *sake* during the war with Russia, that they might contribute the money thus saved as a patriotic offering to the nation's war fund. In Britain, Germany, and other lands, patriots might well abstain for a patriotic reinforcement to the nation's efficiency, by which the supreme industrial "battle of the nations" shall be ultimately decided.

*Chairman of the Official Delegates of the United States to the Twelfth International Congress on Alcoholism.



RUBBING EXERCISES—FRESH AIR: THEIR INFLUENCE ON HEALTH.—II.

BY W. M. SCOTT.

Fresh Air—a Tonic.

FRESH air, correctly speaking, can only mean outdoor air. Be a room ever so well ventilated, it is never actually "fresh," as it always contains more or less carbonic acid gas. "Fresh" outdoor air has four parts to the 1,000; "fresh" (?) indoor air has six. This is owing to the "stillness" or lack of circulation in some parts of the room. We know how slowly bad odours leave even a well-ventilated room after they have got admittance, even with windows and doors open. Carbonic acid gas, being heavy, is less easily "moved" than odours which are perceptible. Therefore, to get the full benefits of the air, we must see that it is as near as possible "fresh" outdoor air, and live out-of-doors as much as possible, or have our doors and windows so fully opened that they will admit of the maximum of "freshness," making our homes more of the nature of "shelters" than prisons.

But to come to its "tonic effects." We know, when we step out into a clear, breezy atmosphere, how soon our spirits rise and continue to rise as we walk along at a brisk pace. This results from deepened respiration and the more complete oxygenation of the blood.

When the red blood-cells—the "oxygen carriers" of the body—are supplied with an abundance of oxygen, more "life" is really established in our tissues—"in the blood is the life"—and so we decide that "fresh" air, in which is the "life," is nature's best "tonic." It is the cheapest, too.

But we would also draw attention to its tonic effects in another direction. When cold air strikes the uncovered surface of the body, the little muscles controlling the pores contract, causing "goose-flesh." This is a protection against "taking cold," and when the skin is in a healthy muscular condition and responds very readily to changes of temperature, it is in a "tonic" state, its "tonicity" is at high level. Frequent exposure of the body to the direct influence of cold air is as good for "health's sake" as the much-lauded "cold tub," and far better in the majority of cases.



FIG. 1.

Pleasure and Benefit.

As an accompaniment to the sun and air bath, especially in cold weather, the rubbing-massage exercises which we are illustrating this month are highly pleasurable and decidedly beneficial.

Anyone who, after some game or gymnastic

exercise in the open air, has had a good "rub down" following a "cold sponge," will remember with keen pleasure its exhilarating effects. Others, who have not been able to engage in physical exertion, but who may have been at some of the sanitariums now established in this country, will likewise remember the fine feelings of comfort and well-being which have followed an "oil rub," "centripetal friction," or "Swedish massage."

Physiological Effects.

Very few people realize the wonders of that largest of all our organs, the skin. Like a "harp of a hundred strings," it

the body, its flow is stimulated, and the arterial is also influenced, reflexly as well as directly. Massage stimulates vital activity in the muscles, so that the interchange of supply and waste goes on much more freely in the muscular tissue. It is also a cleansing process, the friction rubbing off the dead scarf skin or epidermis which is constantly being shed from the body. The person who practises regularly the rubbing exercises demonstrated herein will soon find his or her skin take on a rich, healthy colour, and its texture become like soft velvet to the touch, instead of being rough and sticky. We believe that a person can be cleaner

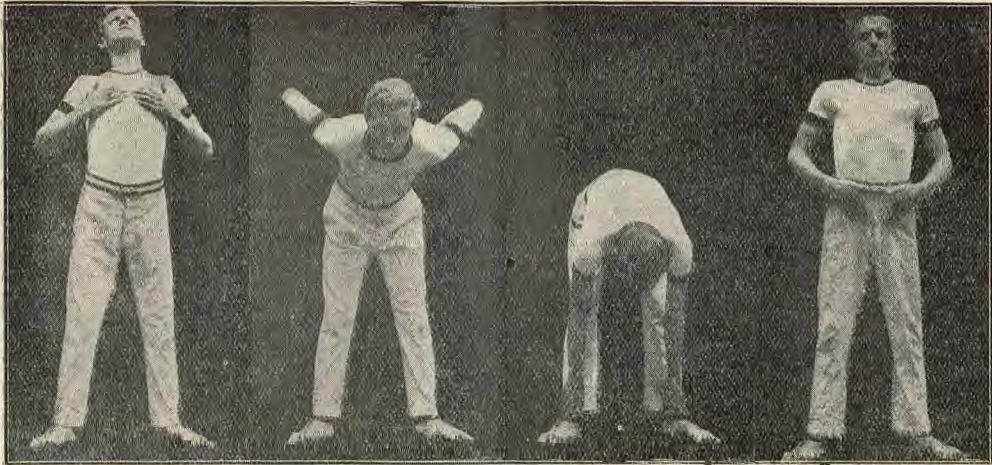


FIG. 2A.

FIG. 2B.

FIG. 2C.

FIG. 2D.

can be played upon in such a way as to produce beautiful harmony in the human body, through the nervous system.

Upon or rather just under the surface of the skin are the endings of millions upon millions of nerve fibres, which are highly sensitive to touch, temperature, etc. The soothing effect derived from gentle stroking is produced through these, as is also the stimulation from slapping, beating, etc., as used in Swedish massage. It is also the irritation of these nerve endings which makes a scald so very painful, producing death when large areas of skin surface are involved.

Very helpful effects are produced by hand massage or rubbing. The venous circulation being near the surface of

by means of sun, air, and friction baths than by simply having an ordinary water bath with but little friction in the drying process afterwards.

Now, if most of the effects outlined above arise from simple rubbing or friction by another person, how much more pronounced will be the beneficent effects when a system of rational, healthful exercise accompanies it, the individual himself taking the benefit of the exercise, by administering the rubbing with his own hands, and in such a way as to bring into play most of the more important muscles of the body?

Excellent after the Morning Bath.

This system is excellent, and its most

salutary benefits follow the morning sponge or other form of bath. After thoroughly drying with a couple of towels—one to dry off the water and the other to polish the skin afterwards—commence by rubbing the one foot with the other at the same time rubbing the face and neck with the hands, and then go all over the body with the exercises illustrated herewith in the order given, or as you may decide for yourself is best. You have only to keep this up for a week or two, and we believe you will never again give it up.

Excellent for Insomnia.

Taken in a gentle, easy-going fashion, the rubbing massage exercises just before going to bed will often quieten the whole nervous system and produce sound and refreshing sleep. If one cannot get to sleep, it is well to get up, throw off all garments, and go quietly through the movements in as sleepy a fashion as can be simulated, and get quietly back into bed again. Sleep will follow.

Rubbing-Massage and Cold Air Bath.

In cold weather the many people—and in the case of the majority of people low in vitality—these exercises taken in a quiet manner in a well-ventilated room will bring about a marked improvement in the health and especially in the appetite and general nutrition of the body. There are those who cannot take the cold bath, not even the sponge, who can yet derive the same beneficial results from the cold air bath with light rubbing-massage exer-

cises. Every one will improve health and increase vitality by exposure of the entire surface of the body to the tonic influence of cold air, as well as deriving the benefits outlined from the massage and physical exercise.

Commence now, and then write and let us know how you get on. We shall be interested in your progress.

Directions for All the Exercises.

Stand erect, chest well raised, head held erect and slightly backwards, in a well-ventilated room before widely-opened windows, or, better still, out in the open air. Breathe regularly and deeply. If you find yourself taking short, quick breaths, stop exercising and take a few deep inhalations and long exhalations, and commence again. See that the hands lie in close contact with the skin, slightly grasping it in folds as they pass over its surface.

No. 1. Feet twelve to eighteen inches apart from heel to heel. Reach the arms forward at full stretch, and place the palm of the right hand on the back of the left, then carry the left arm outwards and backwards as far as possible with a vigorous sweep, the right hand in the meantime passing over its upper surface well up

over the shoulder. Reverse the movement. Then place the palm of the right hand in contact with the palm of the left, and repeat the movement, only that this time the under surface of the arm is rubbed. Now do the same with the right arm, and repeat the alternate movement from six to a dozen times.



FIG. 3A.



FIG. 3B.

No. 2. Same position. Raise the arms upwards and then bring the palms of the hands down upon the upper chest with a slap; carry them downwards over the chest, separate, and slip them around the sides, carrying them upwards towards the neck as far as possible; then commence stroking down the spine, over the hips, and downwards to the heels: here bring them forward, stroking upwards from the ankles, along the inside of leg, to position shown in the illustration, and there, pressing the hands into either side of the abdomen draw them upwards to the base of the

as it would be if the knee were only lifted up directly in front of the body to the chest. In time, after some practice, the knee will touch the chest.

No. 4. Take up a position similar to that shown in the illustration, only that the feet ought to be farther apart, shoulders and head well held back, and kept in this position throughout the entire movement, and the knee more fully bent. There ought to be only side-bending of the trunk, not forward-bending. While drawing the hands upwards over the outside of the straight leg and across the abdomen, the



FIG. 4.



FIG. 5.



FIG. 6.

chest, when they are lifted off and the movement repeated.

No. 3. Same position. Raise left knee outward and upward towards the chest, the hands being simultaneously passed down either side of the leg until the ankles are reached. Extend the leg, the hands at the same time retracing their course upwards to the top of the leg. Repeat in this way three times. Now bring the knee of the same leg directly forwards and upwards towards the chest three times. Then again, with the knee pointing to the right, across the body three times. Do the same with the other leg in the three positions the same number of times. By so doing the leg-lifting muscle is exercised to its fullest extent, and not only partially,

straight leg is bent slowly and steadily at the knee and the other bent one straightened. Repeat the movement until slightly tired.

No. 5. Assume position shown in illustration, i.e., with right hand well up under the arm-pit, left extended to the knee, now while bending the body strongly and fully from side to side, bring the palms of the hands upwards and downwards as shown.

No. 6. Same position as No. 1. Twist the body (from the waist upwards) quickly round on its own axis to the left as far as you can, at the same time laying the hands on the right breast, as illustrated. As you twist the body to the right you slip the hands across the chest, that is, in an opposite direction to that in which the body

is moving. Repeat. Observe that the same hand moves continually in a horizontal line, but it is advisable to change the position of the hands each day, so that the upper one is in the lower position on alternate days.

We would not be doing justice to one who

has done yeoman service in this direction—that of putting before the public at large the benefits to health of sun, air, and friction baths—if we did not mention the name of Lieut. Müller. The exercises illustrated are principally those given in his book, "My System."

THE PEOPLE OF JAPAN.—(Concluded).

BY A. MARIAN CLARK.

FOR over a thousand years the Japanese diet has been principally a vegetarian one, for Buddhism, then introduced, taught that it was wrong to take life. But circumstance, in the shape of national poverty, has induced the national conscience to relax this rule to the extent of including fish. Such a very large proportion of the land being mountainous, only a very small proportion is cultivable, and although the people sedulously make use of every available nook and corner, even terracing the hill-sides, it is difficult for them to live off the produce of mother earth. Their very extensive sea coast (for Japan is

composed of many islands) affords excellent opportunities for fishing, and so it comes about that fish is largely used for food. I heard of some one whose scruples would not allow him to eat venison, until he bethought himself of serving it under the name of "mountain whale!" Three meals a day is the usual thing, and rice being the staple food, they are called in Japanese, morning rice, noon rice, and evening rice. But even rice is out of the reach of a large proportion of the people, and so cheaper foods, such as barley, millet, etc., are used by the poor as a substitute.

Rice with a little fish or egg or vegetable



JAPANESE AT DINNER.

or seaweed—the vegetables and seaweeds often pickled—is the usual dinner. For beverages, green tea, made with water which must not boil, and taken without sugar or milk, and *sake*, a spirit distilled from rice, are the choice. Very difficult did we find it to get on with the meals at first when we went up country, but it was distinctly amusing to find ourselves seated upon the floor, chop sticks in hand, the little serving *neesan* kneeling before us, supplying us with endless bowls of plain boiled rice served with the most unutterable accompaniments—such as raw fish, pickled vegetables and seaweeds, with condiments largely composed of *soy*. No bread, no milk, no stewed fruit, no butter, no meat,

O-hira.—Boiled fish, either alone, or floating in soup.
 Tsubo.—Seaweed, or some other appetizer, boiled in a small, deep bowl.
 Namasu.—Raw fish, cut in slices and served with vinegar and cold stewed vegetables.
 Aemono.—A sort of salad made with bean sauce or pounded sesamum seeds.
 Yakimono.—Raw fish, served in a bamboo basket, but generally only looked at, not eaten.
 Ko-no mono.—Pickled vegetables, such as egg-plant, cabbage leaves, or the strong-smelling radish (*daikon*), which is as great a terror to the noses of most foreigners as European cheese is to the Japanese.

SECOND COURSE.

Soup.
 Raw fish (but only if none has been served in the first course),
 Rice.



JAPANESE LADIES.

no puddings, and we dared not drink the water. We seemed to have to begin all over again to learn our food, just as a baby learns to take one thing after another.

Here is the menu of a typical Japanese banquet, as given in Chamberlain's book:—

MENU.

Preliminary course served with Sake.

Suimono.—Bean curd soup.

Kuchitori.—A relish, such as chestnuts boiled soft and sweet.

Kamaboko.—Fish pounded and rolled into little balls and baked.

Sashimi.—Minced raw fish.

Uma-ni.—Bits of fish, or sometimes fowl, boiled with lotus roots or potatoes in soy.

Su-no-mono.—Sea-ears or sea-slugs served with vinegar.

Chawan.—A thin fish soup with mushrooms: or Chawan-nashi.—A thick, custardy soup.

FIRST COURSE.

Shiru.—Soup made of bean-curd or fish or seaweed.

I believe that during the late war with Russia, rations of meat were served daily to the soldiers in the field, but probably the great efficiency of the men was due far more to the diet these soldiers had been brought up on all their lives, than to what they were actually taking just at the time—at least, in so far as diet had to do with their efficiency. And I believe it is a fact that the Japanese army beat all the previous records of armies in the field for freedom from sickness owing to the vigorous sanitary precautions which were so conscientiously carried out.

I should like to say a word about the women of Japan; for I believe that though their life is such a quiet, secluded one, they are a very great force in the country. They are essentially wives and mothers, and it seems to me this is what women

ought to be. I fear that so great is the subservience of women to men, that they do only too often become mere domestic drudges; they do not go out into society, neither do they seek outside professions. Their profession is to look after the home, and the old people and the children are their especial care. There are no such things as unions or workhouses in Japan. Any Japanese would be *ashamed* to cast off his or her responsibility for the old parents. Reverence for the old is, I fancy, intimately connected with the "ancestor worship." When a woman marries she takes her husband's parents into her care as if they were her own, and they and her husband and children become the interest and care of her life. Now is not England suffering for lack of this spirit among her women? So many women to-day altogether shirk the cares of motherhood; or if they are mothers, they are too selfish and pleasure-seeking to give their little ones the time and care which they do so imperatively need. And so the children are either

handed over to the care of nurses, who are only too often ignorant women with no real affection with which to mother the little ones, or else the poor little things must drag themselves up, dependent upon any chance influence, good or bad, by which they are surrounded, for their early impressions. It has so often struck me, in reading the biographies of good and famous men, how large a part the mother's training and influence had played in the inspiration of their sons' lives. How Browning loved and revered his mother! And does not James Barrie's beautiful book, "Margaret Ogilvie," show what his mother had been to his life?

So after all, what a position of dignity and responsibility the women of a nation hold, if only they would realize it, and pour out all the love and self-sacrifice of which their natures are capable on the future men and women of their country.

Yes—I do indeed think that England is suffering sadly for lack of proper mothering.

SIMPLE RULES FOR RIGHT LIVING.*—(Concluded.)

AN exclusive diet is usually unsafe. Even foods which are not ideally the best are probably needed when no better are available or when the appetite especially calls for them.

Use some raw foods—nuts, fruits, salads, milk, etc., at each meal.

The following is a very tentative list of foods in the order of excellence for general purposes, subject, of course, to their palatability at the time eaten:—

Fruit.	Eggs.
Nuts.	Cane-Sugar.
Grains (including bread).	Chocolate and cocoa.
Honey.	Meat, fish, game, poultry, shellfish.
Butter.	Liver.
Potatoes and other vegetables, if fibre is rejected.	Digested cheeses when new, such as cottage cheese, cream cheeses, pineapple cheese, Swiss cheese, Cheddar cheese, etc.
Buttermilk.	Curds, whey.
Salt, in small quantities.	Vegetables (other than potatoes) if fibre is
Cream.	
Milk.	
Custards.	

swallowed.	bouillon, meat extracts.
Sweetbreads.	Tea and coffee.
Putrefactive cheese, such as Limburger, Roquefort, etc.	Condiments (other than salt.
Meat soups, beef-tea,	Alcohol.

None of these should be absolutely excluded, unless it be the last half-dozen, which, with tobacco, are best dispensed with for reasons of health. Instead of excluding specific food, it is safer to follow appetite, merely giving the benefit of the doubt, between two foods equally palatable, to the one the highest in the list. In general, hard and dry foods are preferable to soft and wet foods.

The amount of protein required is much less than that ordinarily consumed. Through thorough mastication the amount of protein is automatically reduced to its proper level.

The sudden or artificial reduction in protein to the ideal standard is apt to produce temporarily a "sour stomach," unless fats be used abundantly.

To balance each meal is of the utmost importance. When one can trust the

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

appetite, it is an almost infallible method of balancing, but some knowledge of foods will help, such as of the proper proportion of protein, fat, and carbohydrate. The aim, however, should always be—and this cannot be too often repeated—to educate the appetite to the point of deciding all these questions automatically.

The character of the *fæces* is greatly improved if the diet is proper in respect to protein and is properly eaten with respect to mastication; otherwise there is always absorption of poisons through the colon. Thorough mastication, moderation in amount—especially of protein—are the best disinfectants. The use of buttermilk and sour milk has an advantage, mentioned by Metchnikoff, of reducing the putrefactive bacteria in the colon. There is, therefore, great hygienic value in sour milk, buttermilk, lactic acid koumiss, (not the same as yeast-made koumiss), kefir, yogurt, etc.

Exercise and Rest.

The hygienic life should have a proper balance between rest and activity of various kinds, physical and mental. Generally, every muscle in the body should be exercised daily.

Muscular exercise should hold the attention and call into play will-power. Exercise should be enjoyed as play, not endured as work.

The most beneficial exercises are those which stimulate the action of the heart and lungs, such as rapid walking, running, hill-climbing, and swimming.

The exercise of the abdominal muscles is the most important in order to give tone to those muscles and thus aid the portal circulation. For the same reason, erect posture, not only in standing but in sitting, is important. Support the hollow of the back by a cushion or otherwise. A rocker or a tilted chair is restful to the portal circulation if the lower back is properly supported. Breathing exercises, both by suction and otherwise, for pumping the portal circulation free of stagnated blood are very helpful.

Exercise should always be limited by fatigue, which brings with it fatigue poisons. This is nature's signal when to rest. If one's use of diet and air are proper, the fatigue point will be reached much later.

One should learn to relax when not in activity. The habit produces rest, even between exertions very close together, and enables one to continue to repeat those exertions for a much longer time than otherwise. The habit of lying down when tired is a good one.

The same principles apply to mental rest. Avoid worry, anger, fear, excitement, hate, jealousy, grief, and all depressing or abnormal mental states. This is to be done not so much by repressing these feelings as by *dropping* or ignoring them, that is, by diverting and controlling the attention. The secret of mental hygiene lies in the direction of attention. One's mental attitude, from a hygienic standpoint, ought to be optimistic and serene, and this attitude should be striven for not only in order to produce health, but as an end in itself, for which, in fact, even health is properly sought. In addition, the individual should, of course, avoid infection, poisons, and other dangers.

Occasional physical examination by a competent medical examiner is advisable. In case of illness, competent medical treatment should be sought. Finally, the duty of the individual does not end with personal hygiene. He should take part in the movements to secure better public hygiene in city, State, and nation. He has a selfish as well as an altruistic motive to do this. His air, water, and food depend on health legislation and administration.

All the foregoing rules are important. The results which may be obtained by following them largely depend on the thoroughness with which they are followed. This is true especially of fresh air and mastication. If all the rules are followed and followed thoroughly, including the one most commonly neglected, namely, keeping within the fatigue limit, the average man may reasonably expect, if not to equal the record of Cornaro, at least to double his own length of life, his activity per day, and to increase his satisfactions and his usefulness.

The laws of "humaniculture" can be depended upon as much as those of agriculture, horticulture, or stock-raising.

ALL work, when it rises into freedom and power, is play.—*Hamilton Wright.*



GREEN VEGETABLES.

The nutritive value of green vegetables is comparatively small, and varies from two to nine per cent. Greens contain a large amount of water, but practically no proteid or fat, so that their nourishment depends upon the starchy matter they contain. Nevertheless, greens possess some excellent properties. They are comparatively rich in salts, in which is comprised their chief value. Furthermore, greens have a laxative effect upon the bowels, and are useful in giving bulk to the food.

Diabetic patients find green vegetables most helpful, for they are quite safe to

take on account of the trifling amount of carbonaceous matter they contain.

Greens should be cooked conservatively, that is, in such a way as to retain their salts. Thorough steaming is perhaps the best way of cooking them. By boiling them in water a certain percentage of the salts is lost, and this is obviously undesirable when the principal value of the vegetable lies in the salts which they contain. Greens require thorough cooking, so that they will become tender. The more free they are from stringy, woody matter, the more wholesome they are.

COMPOSITION OF SOME GREEN VEGETABLES.

	WATER.	NITRO-GENOUS MATTER	FAT.	CARBO-HY-DRATES.	MIN. MATTER	CELLULOSE.	FUEL VALUE PER LB.
Cabbage.....	89.6	1.8	0.4	5.8	1.3	1.1	165
Cauliflower (head).....	90.7	2.2	0.4	4.7	0.8	1.2	175
Spinach.....	90.6	2.5	0.5	3.8	1.7	0.9	120
Brussels Sprouts.....	93.7	1.5	0.1	3.4	1.3		95
Tomatoes.....	91.9	1.3	0.2	5.0	0.7	1.1	105
Greens.....	82.9	3.8	0.9	8.9	3.5		275
Lettuce.....	94.1	1.4	0.4	2.6	1.0	0.5	105
Leeks.....	91.8	1.2	0.5	5.8	0.7		150
Celery.....	93.4	1.4	0.1	3.3	0.9	0.9	85
Turnip Cabbage.....	87.1	2.6	0.2	7.1	1.5	1.3	145
Rhubarb.....	94.6	0.7	0.7	2.3	0.6	1.1	105
Cucumber.....	95.9	0.8	0.1	2.1	0.4	0.5	70
Asparagus.....	91.7	2.2	0.2	2.9	0.9	2.1	110

These figures are taken from "Food and the Principles of Dietetics," by Robert Hutchison, M.D., Edin., M.R.C.P.

Prune Purée.—Select medium-sized Californian or good French prunes, and wash them thoroughly in cold water. After soaking in cold water for an hour or two, wash them again, and then put them to soak over night in cold water. In the morning add sufficient water to cover them one and one-half times, and then stew slowly for two or three hours or until the skins as well as the prunes are very tender. When thoroughly cooked, rub the pulp from the stones and skins

through a coarse wire sieve, and the *purée* is ready to serve. It may be served plain, or with the addition of a little cream, which makes it still more palatable. No sugar is necessary.

Fig Purée, or Fig Syrup.—Stewing figs should be thoroughly washed according to the directions given for the prunes, and then soaked in cold water overnight. Add more water in the morning if necessary, and stew them gently for

two or three hours or even longer, until the figs are quite tender. Pass them through a fine sieve or finely-perforated strainer which will keep back the seeds. This makes a fig *purée* which can be served with or without cream according to taste, and, of course, no sugar will be required.

To make the fig syrup, dilute the *purée* with boiling water to the proper consistency.

Banana Puree.—For making banana *purée* one should select fat, ripe, tender bananas. After peeling and the removing of stringy matter the bananas should be crushed with a fork, and then well beaten with a patent egg beater or an egg-whip. In other words, you treat it much the same as you would the white of an egg, and the *purée* becomes very light and frothy. Cream may be whipped

with the *purée* or added afterwards. Banana *purée* makes a most wholesome and nourishing dish, which is especially acceptable to children.

Zwieback.—"Twice-baked bread," which is the English equivalent of "zwieback," can be easily prepared in any home. Take stale bread, cut it into thin slices, and then dry these in a rather slow oven until they are crisp and slightly brown. Zwieback is most tasty when it is prepared fresh each day. In this form it makes an ideal health food, and can be utilized in many ways. When ground up in a nut mill, or crushed into crumbs, and mixed with an equal quantity of nuts, it forms the basis of many excellent roasts. Cutting the slices thin makes the zwieback more crisp and easy to masticate.

HOW TO TREAT A COLD.

BY KATE LINDSAY, M.D.

THE first thing to be done is to give the digestive organs a rest, and in many cases, where there is catarrh of the stomach and indigestion, a large and thorough enema or a mild saline cathartic will help matters greatly. The old and feeble, and infants and young children, should have complete rest in bed for twenty-four hours. During this time no food should be taken, unless it be mild, strained fruit juices. After the acute stage is passed, as manifested by the cessation of sneezing, aching, fever, and change in the character of the expectoration and cough, the former being now thicker, more like yellow pus, and the cough what is known as "loose" and "easier," gruels, well cooked grains, and zwieback may be added, but still no full meals should be taken.

The lessening of the constitutional symptoms indicates that Nature is doing her work of cleaning, and is being successful in the battle with disease, and, if given a chance, will succeed. But extra work for the liver, kidneys, lungs, and mucous surface, caused by chilling and dampness, an over amount of food, fatigue, or any other cause which adds to the work of the eliminative organs, may cause a relapse and further extension of the disease, involving not only the air passages, but extending to the lung cells and causing pneumonia; involving also the digestive tract and causing catarrh of the stomach and bowels, and even infecting the bile ducts of the liver.

A neglected common cold in the aged and feeble may and often does lead to a fatal pneumonia because of want of proper treatment at the outset.

Few either of people or physicians give much attention to the treatment of a "common cold," as it is called, until some grave symptom develops. Then it is sometimes too late to save the patient. A few days' rest, fasting, bathing, and cleaning the system at the outset of a cold might have saved many a life which, because of neglect of proper treatment at this time, was speedily taken by pneumonia; or perhaps the patient partially recovered, only to succumb to tuberculosis.

Infants and small children, allowed to acquire the cold catching habit by neglecting proper treatment at the outset, are likely to develop enlarged tonsils, chronic nasal catarrh, adenoid growths in the nose, and inflammation of the middle ears. These disorders may wreck their lives from mouth-breathing and deafness, causing dullness of intellect as well as physical ill health and weakness. Such patients suffer from repeated attacks of tonsillitis, and take cold easily. Mouth-breathing also greatly increases the danger of throat and lung infection, because the inspired air is not filtered and freed from germs and dirt by passing over the mucous surfaces of the nasal membranes, which, when healthy, free this important gaseous food from dirt, and also disinfect it by destroying disease germs.

The old and oft-repeated adage, "Feed a cold and starve a fever," is responsible for much damage to both classes of patients. Undoubtedly the cold-taking victims have suffered the more from the bad treatment.

The chief directions for treating a cold hydropathically run something like this: Get the skin active by taking a hot bath and inducing free perspiration, or take a hot foot bath and drink plenty of hot teas or other warm drink. So the sneezing, watery-eyed city victim of a cold in the head rushes off to some bathing establishment to get rid of his coryza by sweating in a hot water, Russian, Turkish, or elec-

several hours after. A hot bath is best taken before going to bed at night. It should be followed by a cool sponge, spray, or cold mitten friction, etc., so as to tone up the skin. In fact, the moderately strong toning up of the skin by cool or cold bathing, especially in the morning, is much better than parboiling the cuticle and paralyzing the coats of the cutaneous blood-vessels by overheating through excessive hot bathing.

Summing up the treatment for an incipient cold: First, stop eating, to give the digestive organs needed rest, and the eliminative organs a chance to expel the toxins from the body. If the patient is



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tric light bath. Then a ride home in the cold in a bus or a tram-car, or a walk in the cold, damp air, chills the heart relaxed cutaneous surface. More congestion and more wastes for the already overburdened mucous membranes and excretory organs result, and the patient is surprised to find his cold worse instead of better; in fact, he feels ill enough to go to bed, which is just where he should be.

The hot treatment for the purpose of increasing the action of the skin is all right in theory, but fails in practice because improperly administered. A hot bath should never be taken unless the patient suffering from cold has freed the alimentary canal, is giving the digestive organs a rest, and can lie down in a moderately warm, well-ventilated room for

weak, or a young child, he should rest in bed from twenty-four to forty-eight hours in a well-ventilated room, the temperature of which is not above 65°. If there is nausea and loss of appetite, with coated tongue and constipated bowels, give a lavage, enema, or saline cathartic. To tone up the skin, give two or three cold mitten frictions, sponges, sprays, or quick, short, cold, full baths, being sure to leave the skin warm and ruddy. At night a thorough hot bath may be taken once or twice at the outset, being careful to avoid chilling afterward. When the throat is sore and dry, spraying with hot water and salt—a teaspoonful of salt to the pint, or, better still, a nasal douche of the same—may relieve the pain and discomfort, and cleanse the mucous surfaces of the throat.

and nose. A pocket menthol inhaler is also useful in cases of this kind.

In infants, who often suffer from being unable to nurse when the nose is stopped up, the nostrils should be freed from dried mucus by cotton saturated in warm sweet oil or liquid vaseline. Wrap small pieces of the cotton around wooden toothpicks, making small swabs, and, dipping in the oil, cleanse out the nose thoroughly. Also apply oil to the outside, and gently massage the nose downward from root to openings. Keep the eyes cleansed with a warm saline solution; and watch closely for middle-ear infection in cases where a baby has a cold in the head.

Air baths, sun baths, and oil rubs are all good treatments for colds; also the use of soothing and disinfecting solutions by means of inhalers, sprays, nebulizers, etc. But when a cold has been contracted and the symptoms manifested, it indicates systemic infection. Then the main treatment to shorten the attack and prevent complications and troublesome or dangerous after-effects is to fast, rest, cleanse the alimentary canal, and by judicious water treatment tone up the skin, avoiding overheating, and chilling afterward by exposure to cold and dampness. Breathe pure air of moderate temperature.

A robust adult may overcome a cold at the very outset by fasting and by out-of-door exercise, provided he keep active enough to avoid chilling the skin, and does not expose himself to dampness or allow his feet to become cold.

Ice-Cream.

ON August 6th, at Marylebone Police Court, the hearing of a case of permitting ice-cream to be manufactured under insanitary conditions disclosed a revolting story. The defendant occupied a shed and two rooms, one of which, where the cream was manufactured, was described as "partly water-closet, and partly dust-bin," having besides in one corner an open gully leading to a drain. A quantity of hot stuff for making the cream was found in one bed-living-room in two large, uncovered tins. This room was described as filthy; it was occupied by two adult females and one male during the night, and by one adult male during the day. The finished "cream," was retailed in the streets, exposed in open pails to further contamination from an atmosphere loaded with foul dust. The magistrate expressed the hope that people reading this case would think before purchasing "ice-creams" of such quality, and "save themselves from typhoid fever, or something of that sort." As the customers for street vended ice-creams are almost entirely children, it is not likely that the magistrate's suggestion will have much effect. It would be an advantage if, instead of the maximum fine of 40/-, which was imposed in this case, the law would allow of a sentence of imprisonment with hard labour upon wilful offenders, whose methods are likely to be followed by widespread injury to the public health.—*Medical Press.*



A LADIES' EXERCISE CLASS.

A Page for Women.*

Conducted by Marie Blanche.

WITH the winter before us, one wonders what kind of a season, climatically, it is going to be. We cannot congratulate the clerk of the weather upon a very brilliant summer, and I think he owes us a nice, mild winter if only by way of compensation. However, it is as well to be prepared for cold weather at this season, and I would suggest a timely review of the family wardrobe.

Now is the time to turn out last year's coats and skirts, blouses and warm underclothing, and now is an excellent occasion for taking up the study of home dressmaking, that most useful of all hobbies. Girls, no matter what their position in life, should one and all learn to use their needle and thimble. Not in order to become proficient in making such things as antimacassars, doilies, or mantel hangings, which are not only useless, but snares for dust and microbes; not to spend the precious hours and still more precious eyesight in making elaborate embroideries for cushion covers and tablecloths: but rather that they may be expert needlewomen in fashioning garments for their own use or for others belonging to them.

Those who have not yet taken up the study of home dressmaking have no idea what an absorbing and fascinating hobby it can be. And what a difference it makes to the slender purse if a girl can set to work and make her own frocks and blouses, her own linen, gloves, and stockings. Why, the dress allowance will go double the distance. Take, for instance, the question of blouse making. You only get a very inferior kind of thing, and very badly shaped, for say 2/11d. in the shops, yet if made at home you can turn out a really charming and durable blouse for about 1/6d. The pattern from which you cut your material, is of course, the all-important thing to consider. A bad, misleading pattern will dishearten any needlewoman, and sore vexation of spirit will be the result. Therefore, buy a reliable pattern and stick to it.

Children's garments are always simple to make and are the easiest things to commence with, but there is really no difficulty in making blouses or skirts, or even plain coats if carefully cut and nicely pressed after stitching. For morning wear a simple skirt can be cut on Kimono lines, without shoulder seams, and when nicely tucked and neatly finished is altogether satisfactory and effective. A sewing-machine is not at all necessary for this sort of work, and, indeed, to my way of thinking, all blouses and light things are much nicer made entirely by hand; but for heavy things, skirts, coats, etc., a machine is absolutely necessary for the seams.

I was shown the other day a charming little wrap made of an inexpensive cloth cut in two pieces and just the simplest pattern in the world, yet astonishingly smart when worn. The clever little dressmaker, quite an amateur, had fashioned a set of twelve quaint buttons worked in coloured thread and coarse string, and these, together with a rolled-over collar, formed the only ornamentation.

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

The beauty of this garment lay in its perfect simplicity and its most elegant cut. The maker of it confided to me the quite astounding fact that the cost was only four shillings and sixpence all told. I should add that this wrap was cut to hang in four points, two back, and two front, and fell well below the line of the knees, so it promised to be a cosy garment for chilly days.

Again, a knowledge of dressmaking is extremely useful in the matter of making alterations in any costume of last season's that requires bringing up-to-date by the re-cutting of a sleeve perhaps, or the length of a back, or the removal of a collar, or possibly the addition of a new vest or revers. Such alterations come expensive when they have to be done by professional hands, but cost comparatively little to do at home.

Then there is another great thing that makes the subject of home-dressmaking worth consideration. It gives occupation, work with a purpose, an interest, an object to girls who have much spare time on their hands during the long winter days and evenings. If girls would spend less time devouring trashy literature, and do more useful work, they would grow up with healthier minds and bodies than many of them do. You know it has been very truly said that Satan finds some mischief for idle hands to do, and I am convinced that the penny novelette—and the six-shilling novel, too, for that matter—is responsible for untold evils.

In conclusion, let me urge mothers to do all that lies in their power to encourage the needlework industry amongst their girls. Think, too, how they will bless you when in the future they become wives and mothers themselves and have, perhaps, to live on small means and yet have to keep themselves and their children nicely dressed. I was told the other day by a girl of two or three and twenty—one of a big family—that she had not touched a needle for three years! "What!" I said, "then how about darning your stockings?" "Oh, mother does all that sort of thing for us," was the shameless reply. Poor mother! I mentally ejaculated, and I tried to picture this girl's position if she married in due course a man of limited means. I didn't care to think about it, and preferred the more optimistic view wherein a rich husband should arrive upon the scene, because then my young friend could keep her own needle-maid upon the premises, and could afford to employ expensive dressmakers and tailors. At the same time I know she would lose that vast amount of pleasure and amusement that falls to the lot of the more domesticated girl who has learned to regard her needle and thimble as her most useful and reliable companions.

Answers to Correspondents.

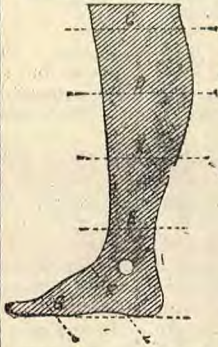
L.G.—I think if you friction the parts affected with a soft towel frequently you will find the blackheads gradually disappear. Bathing the parts alternately with hot and cold water also helps to make the skin act, and gives it a healthy tone. Do not press out the little blackheads till after the skin has been thoroughly softened by hot bathing and friction afterwards. Then, after pressing out, dab on a little eau de Cologne. All this must of course be done at bed time.

2/6

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800 Cases of Typhoid and 40 Deaths



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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.

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For HOT WEATHER COOKERY

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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BY LEADING VEGETARIANS.**



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EVERY WOMAN should own a **MARVEL WHIRLING SPRAY.**

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

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**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 advertiser kindly mention "Good Health."

QUESTIONS & ANSWERS

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

Tooth Abscess—Itching.—A.B.: "Some months back I had a tooth stopped after the nerves were destroyed, but since then there has been a swelling in the gum with the formation of an occasional blister. The dentist tells me it is an abscess, and advises me to have the tooth out. As the tooth appears sound, I do not wish to part with it. What would you recommend? 2. Towards the end of the day my back often itches. What can I do to relieve the itching?"

Ans.—1. As the swelling does not seem to give you any serious inconvenience, you might let it alone, and it may disappear in time. Should it become painful, you will probably have to have the tooth drawn. 2. Take a daily full warm bath. When your back itches, apply lead lotion or a solution of bicarbonate of soda. This will probably relieve the itching.

Granose—Piles.—G.W.G.: "A short time ago I obtained samples of the International Health Association's foods, and am pleased with them all, especially the granose flakes, which I am now getting from a local dealer. Since leaving off flesh food I have felt much better and stronger. I would like some advice about piles, from which I have suffered for a long period. Can you recommend me some book dealing with the treatment of this disease?"

Ans.—The use of a tepid sitz bath for three to five minutes in the morning, followed by gently drying the parts, and the application of a very little wych-hazel ointment, would doubtless benefit you, and in a mild case produce a cure. We are not acquainted with a popular book dealing solely with piles. The "School of Health," which is really a handbook of health and hygiene, gives directions for the treatment of piles along with a number of other common diseases. You can obtain it from the Good Health Supply Department, Stanborough Park, Watford, Herts.

Catarrh.—J.P.: "I have had catarrh for a long time, and have tried many remedies, but still it remains with me. I feel that there is something wrong in the left side of my throat. What would you recommend?"

Ans.—The faithful use of a Globe Hand Nebulizer for ten minutes three or four times a day would probably give you permanent relief. You can obtain it, with the medicine, from the Good Health Supply Department, of Stanborough Park, Watford, Herts, for 7/6, post free. Hot cloths to the throat, followed by a cold compress to be left on overnight, is another form of treatment that we believe would prove helpful. In any case we believe it would be wise for you to be examined by a throat specialist.

Nervous Debility—Indigestion—Constipation.—J.S.: "I am suffering from nervous debility, my digestion is very bad, and I am constipated. What treatment and diet would you recommend?"

Ans.—Rest, recreation, fresh air, and plain but liberal diet, are what you require. Apply fomentations to the stomach and bowels for about ten or twelve minutes, and then bathe the parts with cold water and dry gently. Have a neutral foot bath (92°-95° Fahr.) for three to five minutes immediately before retiring. To combat the constipation, take coarse brown bread, oatmeal porridge, tender greens, and plenty of fruit, especially stewed figs and prunes.

Flatulence.—"Eager": "I should be glad if you would tell me the best dietary for the cure of flatulence, as I am greatly troubled with this complaint, especially after any meal of which vegetables have formed a part."

Ans.—You will need to give attention to two things in particular, diet and exercise. For break-

MARMITE.

(A Pure Vegetable Extract.)

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

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

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

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

HIGHLY RECOMMENDED BY VEGETARIANS AND FOOD REFORMERS.

From all Health Food Stores. Free sample on receipt of 1d. stamp for postage by mentioning "Good Health."

THE MARMITE FOOD EXTRACT CO., LTD., 59 EASTCHEAP, LONDON, E.C.

In answering advertisements kindly mention "Good Health."

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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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, 1/1½.

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

fast we would recommend you to take a dish of granose flakes, quite dry, or with a little stewed fruit, brown bread and butter, and an occasional egg or some nuts, which you must masticate thoroughly. For dinner you could have a little soup, provided you ate it with biscuits or hard bread; a plain nut roast, or several slices of protose or nuttolene, or some shredded nuts; a mealy baked potato; a little tender green, such as spinach; and a plain rice pudding, custard, or junket, if you require it. You should avoid other vegetables than those we have mentioned, as they are likely to encourage the flatulence. Two meals a day would probably suit you best, and they should be taken at an interval of six or seven hours. If you take a third meal, have it early, not later than seven, and let it consist merely of bread and fruit. Chew all your food well. Entirely avoid drinking with your meals, but take water freely between meals. As to exercise, you should take it daily, and out-of-doors if possible. Brisk walking is an excellent means of promoting digestion. Cycling, riding, golfing, lawn tennis, and other similar games are useful for exercising the body.

Adenoids.—L.E.C.: "Do you recommend treatment for adenoids?"

Ans.—No, we do not recommend the taking of drugs or medicines of any description for adenoids. If they seriously obstruct breathing, it will be necessary to have them removed. If not, practise deep breathing for five minutes four or five times a day with the mouth closed, and strictly avoid mouth-breathing at any time.

WESTCLIFF-ON-SEA. Health Home and Board Residence on food reform lines. Best position. Close to sea and promenade. Three minutes from station. Large, airy rooms. Good cooking. Late dinner. Terms: from 2/-. Address: Proprietress, "Evanston," Cobham Road, Westcliff-on-Sea.

FOR SALE. An Aladdin Oven, perfect slow cooker for oil or gas; cost £5.5s., in perfect order. Highly praised in Hutchinson's work on Dietetics. Write T. Stephenson, 7 Grove Road, Wrexham.

Cause and Cure of Consumption

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

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

ALSO FOR . . .

Musson's Wholemeal Specialties.
ALL HEALTH MAGAZINES.



How's Baby?

PERHAPS he couldn't be better, but there are many who are a long way from being what they should be.

In health and sickness the best possible food for infants under two 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

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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, 7½d. of all chemists.

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

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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."

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Indian Edition: Yearly subscription, post free, Rs. 2/6. Indian Office: **GOOD HEALTH**, 39/1 Free School St., Calcutta.

West Indian Edition: Price, 8 cents per copy. West Indian Office: International Tract Society, Port-of-Spain, Trinidad; and Kingston, Jamaica.

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

WITH this number we are inaugurating a Household Department, which will be under the management of Mrs. Mary Poole Olsen, M.D. The department will deal with various matters relating to hygiene of the home, as well as diet. Readers are invited to send in questions concerning these matters, and they will be dealt with by Mrs. Olsen in this department.

Next month we shall have an article dealing with the common Irish potato, giving its nutritive value, and a number of recipes for preparing it for the table. But few people realize the splendid properties of this common vegetable.

OUR readers will be glad to learn that Mr. W. M. Scott, who has had a wide experience in matters pertaining to the training of the body, has consented to take charge of our new Physical Culture Department. Mr. Scott wishes to express his thanks for the many cordial words of appreciation which he has from time to time received from various readers of **GOOD HEALTH**, and he now invites all who are interested to correspond with him concerning any questions relating to physical training. These will be dealt with as space will permit in the new department, which we trust will be the means of drawing reader and writer together in mutual helpfulness.

Good Health League.

IT is time that the various branches of the Good Health League should prepare for the winter campaign. The usual arrangement of monthly meetings is a good one, and we trust that all the branches will plan to hold meetings at least from October to May. It is a good rule to fix upon some definite day each month, say the first Wednesday of the month, as they do at Caterham and Watford, or some other fixed date that will suit the largest number. We are preparing some matter for the branches which we believe will prove helpful in planning the meetings. It is proposed to prepare a series of outline programmes which can be followed more or less closely by the different leagues, according to circumstances. All who would like to obtain these skeleton programmes and other suggestions for making the meetings successful should send name and address to the secretary of the League, St. Albans, Caterham Valley, Surrey.

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Time has tried
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and has proved that with it home baking becomes a pleasure.

But do not use too much. —"Paisley Flour" is not a self-raising flour, but a raising powder to be used mixed with ordinary flour. For common bakings 1 part "Paisley Flour" to 8 of ordinary flour is quite sufficient. Mix dry, then add the other ingredients.

You will do your baking in less time and gain in lightness, fineness and digestibility.

**"Paisley
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(Trade
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—the sure raising powder—

is made by Brown & Polson,
Paisley, and sold in 7d., 3½d.
and 1d. packets everywhere.

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).

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IS THE ORIGINAL
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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.

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1½ lb. Tin, 1/4.

1 lb. Tin, 1/-.

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

International Health Association, Ltd.,

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Nuts

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

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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.

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**Our 56-page
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Mention "Good Health."

WE take pleasure in announcing that the twentieth Universal Cookery and Food Exhibition will be held at the Royal Horticultural Hall, Westminster, London, S. W., from November 2nd to 6th. This Exhibition, which is held under the special patronage of Her Majesty the Queen, is the most important of the kind in the Kingdom, and is always well worth a visit by all who are interested in food and cookery.

These annual exhibitions are promoted to awaken public interest in the art of cookery, and to place it in a position worthy of its increasingly vital importance to national health and progress.

The editor of the well-known journal, "Food and Cookery," Mr. C. Herman Senn, is the general honorary secretary and honorary director of the exhibition; and we have no doubt but that the enterprise under his able management will meet with the same splendid success that has been attained in the past.

We would like our readers to understand that the exhibition is not a commercial enterprise, and must not be regarded as a mere advertisement. The promoters intend it to be of real educational value to the community at large.

A schedule of classification of exhibits with other information can be obtained from the exhibition offices, 327 Vauxhall Bridge Road, near Victoria Station, London, S. W.

THE quality of the food one selects for the table is of the utmost importance. It is a mistake to think that the cheaper articles of food will do, for they are almost invariably inferior both in nutritive value and wholesomeness. All should adopt the practice of selecting that which is best and purest for the purpose of putting into the stomach, to build up and maintain good health. This is a principle which the managers of "Good Health" observe in selecting the advertising matter which goes into the magazine. They do not wish to advertise any articles whatever that they would hesitate to recommend in the body of the magazine. It has often been necessary to refuse advertisements simply because they did not come up to the high standard required by "Good Health."

It is an unfortunate thing, but nevertheless true, that a large number of people suffer from difficult digestion and a delicate stomach. Such invalids must needs give most careful attention to their diet, and take food that is easily digested and assimilated. When other foods disagree, it will often be found that Benger's Food will suit even the most feeble and delicate stomach. Benger's Food is entirely free from all rough and fibrous particles which are likely to produce gastric irritation and interfere with digestion. We consider this food one of the best on the market, not only for invalids but also for the aged. Little children, too, do very well on it, and there are few persons who do not relish it and find it pleasant to take. All of our readers who are interested in securing a wholesome, nourishing, and at the same time, most easily digested, substantial food, would do well to send for a copy of the booklet, "Benger's Food and How to Use It." It can be had post free by applying to Benger's Food, Ltd., Otter Works, Manchester.

**A
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a
steady
cure.**

It has been demonstrated in thousands of cases that a diet consisting chiefly of

**"P.R."
Malt
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and fresh, ripe fruit, exerts a steady, natural curative influence in overcoming Dyspepsia, Diabetes, and other forms of weakness. There are sound, solid reasons for this, which are clearly set forth in an interesting pamphlet which is sent free (on application) to "Good Health" readers, accompanied by

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Ask your Health Food Stores for P.R. Malt Biscuits.

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CATERHAM, SURREY.

THE location is delightful, being about 450 feet above sea-level, in the beautiful valley of Caterham, surrounded by the picturesque hills of Surrey; the air is pure and bracing, and the water excellent. Situated within five minutes' walk of the Caterham Station, on the S. E. Railway, with an hourly service of trains from Charing Cross, Waterloo, Cannon Street, and London Bridge, the Institution is remarkably easy of access, while it is sufficiently far from London to be out of range of the fogs and smoke of the metropolis. The treatments consist of

BATHS OF EVERY DESCRIPTION, Including the
Electric Light Bath.

MASSAGE AND MANUAL SWEDISH MOVEMENTS.

ELECTRICITY AND VIBRATORY MASSAGE.

DAILY DRILLS IN PHYSICAL CULTURE.

With a carefully regulated and classified dietary.

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

For further information, rates, etc, apply to

THE SANITARIUM, CATERHAM, SURREY.

In answering advertisements kindly mention "GOOD HEALTH."

THE London Nut Food Company have always been famous for the dainty and wholesome Nut Cream Rolls that they prepare. Their long experience has enabled them to arrive at perfection in the combination of the best grade of wheat and fresh nuts. They are now able to offer eleven varieties of nut rolls, all of which we can recommend. Some varieties are plain, and make a good substitute for bread. Others are more dainty, and would serve as excellent substitutes for less wholesome cakes and other confectioneries which are so largely used by many people. These nut rolls can be obtained from any health food stores, or direct from the London Nut Food Company, 465 Battersea Park Road, London, S.W.

It is a common custom for women and children to use elastic garters in supporting the hose. Such bands, if they are snug enough to keep the hose in place, are bound to interfere with the free circulation of the blood and lymph in the cutaneous vessels. It is a mistake to use bands or garters of any kind, not only on account of their interference with the circulation, but also because of the tendency they have to produce varicose veins. It is the duty of mothers, not only to provide proper hose support for themselves, but also for the children; for garters are likely to do them more harm than in the case of grown-up people. All mothers who have not already made a trial of the Portia Combined Shoulder Brace and Stocking Suspender would do well to obtain a sample from the makers. This suspender supports the stockings properly, and also serves as a gentle shoulder brace, which is a most desirable feature in the case of children. The suspender holds the stockings in place without tearing or destroying them. To our knowledge the suspender used by both ladies and children gives great satisfaction and benefit, and we might add that they are quite as suitable for boys as for girls. The Portia Suspender may be had in silk or mercerized elastic, the latter costing only 2/6. They are strongly and durably made, and consequently will last a long time. They may be had from all drapers, or from the manufacturers, Portia Suspender Co., 182 Norwood Road, West Norwood, London, S. E.

THE daintiest and best flavoured of all sugars is that prepared from maple syrup. Pure maple sugar in a solid form is at once both a wholesome food and a delicious sweet, which can be enjoyed alike by old and young. Maple syrup is a vastly different product from the ordinary golden syrup that is so commonly sold. True, it is more expensive; but this added expense is more than compensated for by the wholesomeness and delicious flavour of the maple product. We know of no better sweet to recommend for children than maple sugar, and we know of no children who do not thoroughly appreciate this delicious sugar, and desire more than the modest allowance that ought to be given them. Messrs. Bax and Sons, of 35 Bishopsgate Street Without, London, E. C., are prepared to supply both maple sugar and maple syrup at very reasonable prices, considering the purity of the goods. To all who are not acquainted with these products of the maple tree, we would recommend that they send a trial order to Bax's Health Food Dépôt.

"Pure as a Lily."

Darlene

A DAINTY FAT FOR EVERYDAY USE.

Best for all cooking purposes. Excellent, too, on toast or swieback. 1 lb. 9d.; 3 lb. 2/2; 7 lb. 4/6. Of all Health Food Stores. Dainty pamphlet free. The Vytalio Oil Co., Ltd., 145 County Terrace Street, London, S. E.

A Food. A Medicine. A Tonic.

DO YOU WANT PURE OLIVE OIL?

George Clayton's "MÈDE-LOIS" Brand is absolutely pure, and comes direct from the growers (Nice) to the consumer.

Expert's Opinion: "I've never tasted finer olive oil."

Bottles, 2/- and 3/4, carriage paid anywhere

B. Isles. Terms: Cash with order.

DOUBTFUL? Send for sample bottle, 4d.

G. CLAYTON, 3 London House Yard, E. C.

Note.—The "M.L." Olive Oil, being of the highest quality and flavour, does not compete with the mixed and Italian Olive Oils now being sold.

A Seaside Home

Conducted on Food Reform principles.

Delightful location, near the chimes, pleasure gardens, and town.

Highest recommendations.

Accommodations exceptional, including facilities for the electric light bath, Russian and shower baths, and skilled massage.

Charges—moderate.

Write for terms, mentioning "Good Health."

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

GOOD FOR YOUR COMPLEXION.

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

An effective home treatment for wrinkles and blackheads. The simplicity of this scientific system of self-applied massage, and the speed with which it clears the complexion, are almost beyond belief. A single soothing application of the Little Beauty-Cup will often produce remarkable results. Blackheads in many cases are banished in sixty seconds. It removes impurities by atmospheric pressure, helps to round out the cheeks, arms, and neck, and to make the waste places in the body plump and healthy. Acts directly on the circulation, and feeds fresh blood to the tissues, thus making the flesh firm and fair, and the skin soft and satiny. Sent in plain wrapper, with FREE Book, "Health and Beauty" Secrets of Priceless Value, for 2/1 P.O. (abroad) 2/6 M.O. Call or write: H. G. Highwater Hygienic Inst., 9, 11, Exchange Bldg., Southwark St., LONDON.



AGENTS WANTED.

In answering advertisements kindly mention "Good Health."

HEALTH FOODS

Write for new
PRICE LIST

TO

Fredk. Bax & Son,

35 Bishopsgate Street, E.C.

OLDEST ESTABLISHED

FIRM IN ENGLAND.

"Our Speciality":

**CHOICE CEREALS & PULSES.
SHELLED NUTS, CREAM OLIVE
OILS, MAPLE SYRUP, Etc.**

New Important Rates for Free Delivery.

Have You Tried NUTO CREAM SOUP?

Made from the Cream of Nuts.

If you have, it needs no recommendation, if you have not, you have yet to try

"THE BEST OF ALL SOUPS."

Children of nine months thrive on it. Old folks of ninety easily digest it, and epicures praise it.

All who have tried it are enthusiastic about it. They eat it summer and winter; at breakfast as a change to porridge; at lunch made into a cold savoury mould with salad; at dinner for sauce and soup; and at supper made with cold vegetables. "Left-overs" into an Irish stew. This is one only of the 13 delightful surprises that comprise

Pitman Vegsal Soups

all of which are

More tasty and nutritious than meat soups, and are made in a moment.

VARIETIES: Asparagus, Brown Haricot, Celery, Green Pea, Lentil, Mulligatawny, Mushroom, Nuto, Nuto Cream, Spinach, Nutmarto, Yigar.

Per 2 oz. tin, 3d. to make one pint soup; 1 dozen assorted box, 2/-; 1 lb. tins, 1/8; with full instructions. Ask your stores for them, or sample tin sent post free 3d., 1 dozen box, 8/6; 2 dozen, 6/- carriage paid from

"PITMAN" HEALTH FOOD CO.,
147 Aston Brook Street, BIRMINGHAM.

Full catalogue of Health Foods 88 pp., with Diet Guide and "Aids to a Simpler Diet," post free, two stamps.

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

Gold Medal awarded, Health and Toilets Exhibition, London.

Mothers should see that their children wear the



PORTIA Combined Shoulder
Brace and Stocking
SUSPENDER,

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

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

NOW OPEN.

LIVERPOOL
Reform Food Stores
84 Whitechapel.

**ALL HEALTH FOODS
IN STOCK.** ❀ ❀

Call or write for Price List.

McCLINTON'S

Made from the ash of plants (the way soap was made 100 years ago) and pure vegetable oil only. Free samples on receipt of 2d. to cover postage. McClinton's, Donaghmore, Ireland. ❀ ❀

"It is
Nature's
Soap" vide
Prof. Kirk.

SOAPS.

"Mildest
in
the
World."

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SPECIAL OFFER

FOR ONE
MONTH ONLY.

To enable you
to try

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.

ANY of our readers who purpose going to Switzerland for the autumn or winter, would do well to visit the Erlenbach Nature Cure Sanatorium, which is delightfully situated on the beautiful Lake of Zurich. The Sanatorium affords excellent facilities for both sun and air baths. They also have well-equipped bath-rooms for giving hydropathic remedies, massage, and electric light treatment. Those who desire a food reform diet can obtain it at the Sanatorium, and those who are not quite so far advanced are also catered for. The delightful location, combined with the splendid advantages afforded by the Sanatorium, cannot fail to attract a large patronage. Those who do not read German or French can obtain an English prospectus by applying to the Manager, Fred. Fellenberg, at the above address.

WE are indebted to Mr. C. W. D. Conacher, the energetic hon. secretary of the Glasgow Health Culture Society, for the class photographs which we show on pages 308 and 309. These photographs show two of their last winter's exercise classes, of which they conducted seven in all, the combined membership being 250. During the coming winter they are arranging for an increased number of classes, and they have been successful in securing the services of some of the very best instructors and instructresses in Glasgow. These classes are conducted in three bright and airy gymnasiums, conveniently situated in different parts of the city, all of which have recently been fitted up with the most modern apparatus. If the general public could but realize the vast benefit to be derived from a systematic course of such exercises, we dare say that the Society would have a far larger number of applications than they could possibly accommodate. It would seem that in such an enterprising place as Glasgow is known to be, at least 1,000 young men and young women could be found who would want to join these classes this coming season. Any of our readers living in or near Glasgow can obtain full particulars by addressing the Hon. Secretary, Mr. C. W. D. Conacher, 51 Grant Street, Glasgow. We might add that the expense connected with the class is but a trifle, and can easily be met by anyone.

Glasgow Health Culture Society.

LECTURES:—

October 6th: "Exercise and Health." With limelight illustrations. Professor D. Noël Paton, The University, Glasgow.

October 20th: "Health: A Business Proposition." Mr. Bustace H. Miles, M.A., Vice-President of the National Food Reform Association.

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

RAMBLES:—

October 9th: "Mugdock Castle." Train from Queen St., Low Level, at 3.12 p.m., to Milngavie.

October 23rd: Dumbuck Hill. Meet at Dalmuir at 3.15 p.m.

All rambles take place regardless of weather, and stout boots and old clothes are therefore desirable.

A copy of our winter 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.

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.

For descriptive circular and prices write to

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

In answering advertisements kindly mention "Good Health."

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

Neave's Health Diet

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

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

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

Quickly and easily made

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

THE ALLINSON WHOLEMEAL

Is a pure meal, made from carefully-
selected and finely-ground wheat. A grain
of wheat is a perfect food IN ITSELF. It
contains everything the body requires, and
in nearly the proportion needed; therefore
those who eat Allinson Wholemeal Bread
have the full benefit of the wheat,

NATURE'S BEST FOOD.

THE ALLINSON WHOLEMEAL

Should be used by all who would be well ;
it is a NECESSITY, not a luxury. Those
who use it regularly do not suffer from con-
stipation and its attendant evils.

It makes delicious bread, cakes, scones,
pies, etc., and can be obtained in 3½ lb. bags,
7d.; 7 lb. bags, 1/2, from all the leading
Vegetarian Food Stores, also from most
Grocers and Co-operative Stores. Full list
of agents on receipt of post card to—

THE NATURAL FOOD CO., LTD.,
Room 151, 305 Cambridge Road, Bethnal Green.

I.H.A. Health Biscuits.

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 and 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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HEALTH and LUXURY

ARE EVENLY BALANCED IN THE "ARTOX" BISCUIT

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 unweetened. The latter with butter or cheese is delightful. Sold at Health Food Stores and high class grocers at 6d. 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.

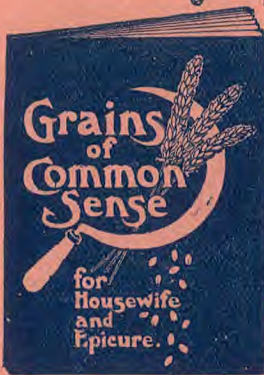
Sold in 3 lb., 7 lb., and 14 lb. sealed linen bags; or 28 lb. will be sent direct, carriage paid, for 8/-.

IMPORTANT.—"ARTOX" is only to be had 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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ROSTREVOR HILLS HYDRO.

ONE of the most charming locations in Ireland, 400 feet above Carlingford Lough. Near Rostrevor and Warrenpoint, famous seaside resorts. Protected on the north and east by the Mourne Mountains. Sea and mountain air. 180 acres of wooded park and mountain.

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

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

The Sanitarium System

Is a Rational Method of Re-gaining Health, Promoting Happiness, Lengthening Life.

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.



"A Home Away from Home."

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.

For full particulars write to—

THE LEICESTER SANITARIUM, 82 REGENT ROAD, LEICESTER.

The Facilities

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, Nauheim, 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.