



A YOUNG STUDENT.

## WHAT OUR READERS SAY.

"I have been a constant reader of your GOOD HEALTH magazine, and could not do without such a good, useful, sensible book."

"I am in every way getting stronger than a few years ago, when I had meat four times a day, and took five or six meals to keep up my strength."

"As a reader of your paper, and one greatly interested in its teachings, I am very pleased to see the improvements in each issue, and I look forward every month to enjoying its reading."

"I have only recently made the acquaintance of your interesting little publication, GOOD HEALTH, which I enjoy very much, and am recommending it to my friends, having already secured one new subscriber."

"Allow me to say how pleased I am with GOOD HEALTH. I think it the best pennyworth on the market, for it is not only instructive, but edifying also, both bodily and spiritually. It causes one to look to the source of all our blessings. Wishing you prosperity and good health, etc."

"I believe that GOOD HEALTH is just what is needed in these days of business, hurry, and bustle, and if only people will pay attention, and carry out the simple instructions given in your book, they will need no doctors, and consequently incur no doctors' bills. I intend to be a regular subscriber."

"I am pleased to say, after three months of complete abstinence from flesh foods and following the suggestions I find in GOOD HEALTH, that the title of the magazine fitly describes my general state. Certainly I have made great gain, and have no desire for the old method. My sister also finds increasing satisfaction with her health."

"You may depend I shall do all I can to make your book known. I only saw it quite by accident in Bilson's fruit store when going in to see if I could buy something that would agree with me. I bless the day when I saw it, and expect that I shall still more. Enclosed please find a small offering for the good of the cause, which I am sure is bound to flourish."

"Allow me to thank you for the valuable hints I have received from reading GOOD HEALTH. My occupation is that of a locomotive driver. I was greatly afflicted with bile on my stomach, having an attack about every five weeks. My work was on a heavy midnight goods train, and I was continually on the alert with no time for meals except while running. I thought I would have to try some other method of feeding. I have followed the principles I found in your paper with great success, and I have not had an attack since I altered my diet, which is now about twelve months ago. One of our drivers stopped me in the street some time ago, and asked what I was doing with myself as I appeared so much better. I introduced him to the GOOD HEALTH principles of dieting, and he is now an interested reader also."

## CURRENT HEALTH LITERATURE.

### The Way of Understanding.

A VERY neat and dainty little volume entitled, "The Way of Understanding," has recently come to our desk. It is written by George Black, Esq., M.B., Edin., and is published by Simpkin Marshall, Hamilton, Kent, & Co., Ltd., of London. The book contains selection from the scriptures, with prayers by the author. The Prayer of Humanity is permeated with a spirit of trust and tenderness that is beautiful. The book is one that cannot fail to stimulate spiritual life and draw its readers nearer to our heavenly Father. It would make an excellent birthday or holiday gift.

### Health in the Home.

"HEALTH IN THE HOME, or Children and Their Ailments," is the title of a new book by the well-known medical author, J. Johnson, M.D., Edin., late Hon. Surgeon to the Bolton Infirmary. All of our readers who have read his work on "The Wastage of Child Life" will want to read "Health in the Home." The book is well written, and makes a useful guide in the care of children. It contains 163 pages, and the price is only 6d. net. It is published by Messrs. John Howard, Ltd., 20 Lamb's Conduit Street, London, W.C.

### The New Baby Book.

THE New Baby Book by Mrs. Frank Stephens has now reached a circulation of 200,000 copies. If we should judge from the contents of the book, there is no reason why the million mark should not be reached shortly. "The Baby Book" contains a vast amount of wholesome and useful information, which we can endorse. Among the golden rules advocated are the following:—

- Discard corsets and tight clothing.
- Eat moderately only wholesome food.
- Avoid all forms of alcohol.
- Take plenty of gentle exercise.
- Be cheerful.

Suckle the baby. Remember that a breast-fed baby has a much better chance of life than a bottle-fed one.

- Fresh air and sunshine are essential.
- Dirt is poison to babies.

It is published by Horace Marshall & Son, of Temple House, 125 Fleet Street, E.C., and can be had for 1d. from all newsagents or booksellers, or post free from the publishers for 2d.

OF the "Duty and Discipline" series, we have received No. 6, an address by the Earl of Meath, on "Duty and Discipline in the Training of Children," which was delivered before the Mother's Union at Winchester and Dublin; and No. 14, on "The Everyday Training of Children," by Miss Isabel D. Marris. Both leaflets are thoughtfully written, and contain sound counsel concerning the training of children, and we take pleasure in recommending them to our readers. No. 12 is written by Prebendary Carlile, the founder of the Church Army, and is entitled, "The Decay of Parental Responsibility." These leaflets and others can be obtained from the Secretary, Miss Isobel Marris, 22 Chepstow Place, Bayswater, London, W. The price is 1d. each, or 9d. per dozen.

# Good Health

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## Editorial Chat.

**National Vitality.** PROFESSOR IRVING FISHER, of Yale University, has recently prepared a report on "National Vitality, Its Waste and Conservation," for the National Conservation Commission of the United States of America, and we purpose calling attention to this report and giving our readers a few items of interest from it.

♦ ♦

**Waste of Life.** WITHIN very recent years a number of scientists and other thoughtful men in the States have been giving special attention to the great annual waste of health and life through preventable causes of one kind or another. A committee of one hundred has been formed for the purpose of studying the problems relating to national health, and the committee includes some of the leading medical men, scientists, publicists, and others specially interested in this question. It was the late Pasteur who told us that "it is within the power of man to rid himself of every parasitic disease," and thinking men and women are now realizing the truth of this dictum. At least a large percentage of such diseases can be and ought to be prevented even if they cannot be exterminated entirely.

♦ ♦

**Preventable Diseases.** OF these preventable diseases the report calls special attention to typhoid fever, the annual cost of which in the United States, according to Dr. George M. Kober, is no less than £70,000,000, taking into consideration not only the cost of illness but also the loss to the State through premature death. Prevention of typhoid fever may be secured through absolute cleanliness.

If one takes only clean water and clean food, and particularly clean milk, he may enjoy complete immunity from typhoid. To cite only one example, typhoid fever in Munich was common, reaching as high an annual mortality as 291 per 100,000 population, until a pure, clean water supply was obtained, and then the death-rate fell markedly, reaching as low as ten per 100,000 in 1887. Through the adoption of personal and public hygienic measures the mortality of typhoid fever is falling practically everywhere now, and the disease ought to be eliminated completely, at least from civilized lands.

♦ ♦

**Consumption.** THE great white plague of tuberculosis is another striking instance of a distinctly preventable disease. It is encouraging to note that the death-rate from consumption is falling in all those countries where strict attention is given to sanitary matters. The annual mortality in England at the present time is only about one-third of what it was seventy years ago, and it is still falling. The waste entailed by consumption alone, through loss of earnings by illness, and of potential earnings cut off by death, together with the cost of illness and other necessary expenses, amounts to over £200,000,000 per annum in the States. What an enormous waste! It does not seem extravagant to believe that at least half of this loss through illness and premature death could be saved by stricter measures of personal cleanliness and public sanitation.

♦ ♦

**The Social Scourge.** IT is estimated that there are no less than 2,000,000 syphilitics in the States, a figure so great

that it is almost incredible. Syphilis is now regarded by many as an incurable disease. No other disease is more likely to exert an evil influence upon unborn children than this terrible scourge. All medical men are agreed that syphilis is responsible for a large proportion of the degeneratives, defectives, and deformed that are born into the world. There is practically no excuse for having syphilis except in the poor infants who inherit it from depraved forebears. Syphilis would be stamped out completely in the course of a generation or two if social purity were practised by all members of the community. Were it possible to estimate the cost of syphilis, the figure would doubtless be a very large one.

**Infantile Mortality.** IN all countries the death-rate amongst infants is so high that it is nothing less than a blot on our civilization. Out of every thousand children born in one year, from ten to twenty per cent, and sometimes even thirty per cent, die before they reach the age of twelve months. Such a death-rate is out of all proportion to what it ought to be. Take Huddersfield, for example. For ten years the average infantile death-rate was over 300 per year for every thousand infants born. Then a serious attempt was made to educate the mothers in the care of their babies, with such good results that the mortality dropped to 212 per thousand in 1907. We think that four or five per cent is high enough, and that the balance ought to be, and would be, saved through better care of both mother and child.

**Millions Sick.** OUT of a population of about 85,000,000 it is estimated that there are constantly 3,000,000 on the sick list in the United States. Of this number about half a million are suffering from one disease, consumption. The annual death-rate in the United States is about 1,500,000. These are all large figures and, according to Prof. Fisher, no less than forty-two per cent of the deaths could be prevented by proper attention to hygiene, sanitation, and other health- and life-saving measures.

**Causes of Illness and Premature Death.** IF we agree that forty-two per cent of the deaths are preventable, it gives us an annual saving of 630,000 lives, the commercial value of which alone is very conservatively estimated at £200,000,000. Prof. Fisher also estimates that one-half of the illnesses could be prevented, reducing the number of the annual sick to a million and a half, and saving the country no less a sum than £100,000,000 each year. Again we say, what a great waste not only of health and life but also of commercial resources

**Alcohol, Tobacco, and Drugs.** PROF. IRVING'S report very properly calls attention to the harmful influence of alcohol, tobacco, and drugs upon the health of the nation. The report states that alcohol and effective work are incompatible, and with this conclusion no sensible man or woman will quarrel. The report also points out that the inhalation of tobacco-smoke poisons the bloodstream and reduces physical endurance. Intoxication of any kind lowers the resistive powers of the body and favours the invasion of disease. Alcoholic beverages in the States, and in England, too, and absinthe in France, must all be looked upon as a real menace to the health and the lives of the people.

**Life Lengthening.** AFTER considering the awful waste of life that is going on in civilized countries, it is interesting and satisfactory to note that where there is a marked improvement in both personal and public hygiene, life has been gradually lengthening during the last few hundred years. There seems good reason to believe that in Europe alone, the average length of life has nearly doubled during the past 350 years, and has now reached about forty years. In Sweden the average length of life is fifty years. According to Prof. Fisher, the application of hygienic measures in the States would increase the average length of life there at least fifteen years, and perhaps more. This we regard as a conservative estimate, and one that ought to be readily realized by taking the proper measures. Just think of it, an

average of fifteen years of comfortable health and active life added to the life of each person.

♦ ♦

**A Normal Lifetime.** THIS leads us to ask what should be regarded as the normal or natural length of life. The average death-rate from old age is given as eighty-three, but this figure is undoubtedly a fallacious one under existing circumstances, and the years of a natural life must certainly be more than eighty-three. The eminent Swiss physiologist Haller estimated the normal life of man at 200 years.

♦ ♦

**Drakenburg.** THERE are authentic cases of very long lives, such as that of Drakenburg, the Scandinavian, who lived to the ripe age of 146, and Thomas Parr, of England, who lived to be 150 years. Only recently we read of an old woman of 125 and her son of 100, both living in Bulgaria, and the case of an old man of 124 in Russia. Why do these people live so much longer than the great masses of mankind?

♦ ♦

**Mortality Diminishing.** WITH the lengthening of life there must be a diminishing rate of mortality, and this is true of all civilized lands. In England the annual mortality reached last year the lowest figure on record, 14·7 per thousand. In the United States it was 16·5; in France 20, and in India something more than 40. London, the largest city in the world, has, we believe, the lowest death-rate of any great city. In 1908 the death-rate for greater London was only 15·2.

Prof. Fisher's report on National Vitality costs 4/2 post free, and can be obtained direct from the National Health Committee, 69 Church Street, New Haven, Connecticut, U.S.A.

♦ ♦

**"Kissing the Book."** WE wonder if our readers know that ever since 1888 it has not been necessary in England to kiss the Bible when swearing. The Scottish oath, as it is called, with the uplifted hand, is legal in the English courts of law.

### Dealing with Inebriates.

THE inebriate is either a potential criminal, a burden upon public funds, a danger to himself and others, or a cause of distress, terror, scandal, or nuisance to his family and those with whom he associates. Every inebriate, moreover, by precept, example, neglect of children, and possibly by direct procreation of his species, is contributing to the supply, reproducing his like, to the detriment of national welfare in years to come. Interference with the liberty of the inebriate, so that the persons and liberty of others may be safeguarded, is therefore justified, and to carry out this supervision, amply protected against misapplication, legislation is needed. Any law for inebriates must be elastic enough to permit the application of the mildest possible measures, and at the same time of stronger powers when the milder have proved ineffectual. Our existing Inebriates Acts are defective in these attributes, but there is reason to expect extensive changes in the near future, departmental committees having recently reported in favour of extending the existing powers for dealing with inebriates. For the benefit of drunkards who have not become criminals, the English committee suggest as a preliminary measure an officially witnessed pledge to abstain from alcoholic liquors; on failure to keep this pledge, the inebriate might be enabled to place himself under care of a guardian or in a licensed retreat; failure of these measures to be met by power to enable certain friends of the inebriate to apply for a compulsory order of guardianship or committal to a retreat.

Up to the present a considerable number of criminal cases sent to inebriate reformatories have proved too confirmed in habits, too morally degraded, or too mentally defective for any real hope of permanent benefit to be entertained. The necessity on the part of temperance workers of greater interest in the inebriate is claimed on the ground of humanity, the saving of life, and the reduction of misery, and also in the interests of the community as a means of reducing drunkenness, poverty, lunacy, and crime.—*Dr. H. Welsh Branthwaite, H. M. Inspector under the Inebriates Acts.*



## THE MILK PROBLEM.

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

A LAND flowing with milk and honey is the Scriptural description of a well-favoured country. From time immemorial, milk from the cow and other domestic animals has been regarded as a wholesome and valuable food. Milk is a valuable food, and for infants and children it is one of the most perfect foods available. And if pure and clean and obtained from healthy cattle, milk is also perfectly wholesome as well as nutritious.

### Milk and Dirt.

But this is a very big "if," for as ordinarily taken, milk is perhaps the dirtiest and most dangerous food served on the table, and, in the case of children, it is sometimes nothing less than poison, bringing sickness and death. Of the average milk sold in our cities and towns, it may be fairly said that most of it is reeking with excretal filth and germs which beggar description, and which make the milk positively dangerous to both health and life. The sediment that is almost invariably found in milk is nothing less than filth of the most horrible and malignant kind.

### Disease in Milk.

For many years we have known that milk is capable of carrying disease, but it is only within comparatively recent times that we have begun to recognize fully the vast amount of disease which is caused by the use of impure milk. Among the diseases which have been definitely traced to contaminated milk are typhoid or enteric fever, consumption, tuberculosis of the bowels, cholera, foot-and-mouth disease, scarlet fever, diphtheria, dysentery, epidemic diarrhoea, stomatitis, ptomaine poisoning, various throat illnesses and numerous other minor disorders.

We do not say that cattle suffer from all these diseases, but it is well known that milk may not only transmit the disease of the cow, such as consumption, but that, even if it is obtained from a healthy animal, the milk is liable to contamination before reaching the consumer, and may thus be the means of distributing enteric fever, for example, from which cattle do not suffer, according to our present knowledge. But that disease is fairly common

amongst cattle requires no proof. Take one disease alone, tuberculosis. It is conservatively estimated that from fifteen to twenty per cent of our milking-cows suffer from this disorder.

#### Other Germs.

Aside from containing germs that are actually capable of producing the diseases enumerated above, even the cleanest milk always contains an abundance of excretal germs, all of which are more or less inimical to health and likely to cause various minor disorders, such as nausea, indigestion, flatulence, etc. Generally speaking, these are the germs which produce putrefaction in the intestinal canal, thus interfering with both the digestion and assimilation of the food, and causing needless waste. Professor Metchnikoff, of the Pasteur Institute in Paris, believes that the various putrefactive processes caused by these germs have a distinct shortening influence upon life.

#### Milk a Good Food.

Nevertheless, pure milk is one of the most important foods that we have, and this is particularly true in the case of infants and children. Milk and milk foods in early life are almost essential. They are also almost equally essential in the feeding of invalids and the aged. Milk is one of the most complete foods that we know of, containing as it does all the food elements required by the body, and in just the proper proportion required by a growing child.

#### Boiled Milk.

Granting this, that milk is such an all-round excellent food, the question arises, what can be done to render it pure, and hence safe to take? Sterilizing the milk at a temperature of about 160 degrees Fahrenheit for twenty or thirty minutes, or boiling it thoroughly, is sufficient to destroy the germs, and consequently render them inert. But sterilizing usually requires special apparatus, and is always more or less difficult to perform. Again, boiling the milk changes it somewhat, and makes it less palatable as well as more difficult of digestion. Boiled milk is also constipating to the bowels, and for this reason cannot be taken by many people.

#### Metchnikoff Milk.

There is a very simple way out of the difficulty, and that is to boil the milk first, thus ensuring destruction of the germs, and then allow it to sour in a clean, warm place, where it will be protected from dust. The process of souring is greatly facilitated and hastened by the addition of the lactic acid bacillus. Prepared in this way, the milk becomes a most wholesome and easily-digested food, suitable alike to child, invalid, or adult. Instead of having a binding effect upon the bowels, the sour milk may be regarded as a very gentle laxative. Further, sour milk thus prepared is not only easily digested, but also exerts a wholesome influence on the stomach and bowels by checking the growth of putrefactive germs, thus preventing, or at least retarding, fermentation and flatulence.

#### "Old Age Microbe."

The Bulgarian bacillus of lactic acid, the one ordinarily used in the preparation of sour milk, has been happily styled "The Microbe of Long Life." Professor Metchnikoff believes that the free use of sour milk exercises such a wholesome effect upon health as to materially prolong life. It is a well-known fact that centenarians are far more common in Bulgaria and other countries where the sour milk is more largely used than elsewhere, and there does seem good reason to believe that the sour milk is an important factor in the prolongation of life.

#### To Prepare Sour Milk.

Metchnikoff milk can be secured from the leading dairies of London and other large cities at a reasonable price, but it can also be prepared in the ordinary home with comparatively small trouble. There may be a little difficulty at the very beginning, but with a little experience the process is easily mastered. The directions are as follows:—

Boil new or skimmed milk (either can be used) for twenty minutes, and then allow it to cool in a clean place, free from dust and flies, until it is about the temperature of the blood, or between 90 and 110 degrees Fahr. Then add the lactic acid preparation in the proportion of

or two capsules or tablets to each pint of milk. Stir well with an egg-beater or spoon, and set in a warm place for six to twelve hours, or until the milk is set and has acquired the desirable degree of acidity. Beat well with an egg-beater, and it is ready to serve. If no warm place is convenient, the milk may be soured in a bottle or jug, around which is wrapped a large woollen cloth which has been wrung well out of boiling water. A fomentation cloth serves the purpose very well. The moist cloth is again wrapped snugly with

a piece of dry flannel to conserve the heat. One cloth is usually sufficient to procure the desired effect, but, if necessary, it may be removed in the course of two or three hours, and a fresh hot flannel applied.

Those who wish it can obtain an apparatus for the home preparation of the milk, which costs only 3/6 or 3/11, post free, and is simplicity itself. The apparatus is supplied by the Sanitarium, Caterham, or by the makers, The Anglo-American Pharmaceutical Company, Ltd., 3 and 5 Frith Road, Croydon.

## FIGHTING DISEASE IN THE SICK-ROOM.

BY MRS. E. G. WHITE.

THOSE who minister to the sick should understand the importance of careful attention to the laws of health. Nowhere is obedience to these laws more important than in the sick-room. Nowhere does so much depend upon faithfulness in little things on the part of the attendants. In cases of serious illness, a little neglect, a slight inattention to a patient's special needs or dangers, the manifestation of fear, excitement, or petulance, even a lack of sympathy, may turn the scale that is balancing life and death, and cause to go down to the grave a patient who otherwise might have recovered.

The efficiency of the nurse depends, to a great degree, upon physical vigour. The better the health, the better will she be able to endure the strain of attendance upon the sick, and the more successfully can she perform her duties. Those who care for the sick should give special attention to diet, cleanliness, fresh air, and exercise. Like carefulness on the part of the family will enable them also to endure the extra burdens brought upon them, and will help to prevent them from contracting disease.

Where the illness is serious, requiring the attendance of a nurse night and day, the work should be shared by at least two efficient nurses, so that each may have opportunity for rest and for exercise in the open air. This is especially important in cases where it is difficult to secure an abundance of fresh air in the sick-room. Through ignorance of the importance of

fresh air, ventilation is sometimes restricted, and the lives of both patient and attendant are often in danger.

If proper precaution is observed, non-contagious diseases need not be taken by others. Let the habits be correct, and by cleanliness and proper ventilation keep the sick-room free from poisonous elements. Under such conditions, the sick are much more likely to recover, and in most cases neither attendants nor the members of the family will contract the disease.

To afford the patient the most favourable conditions for recovery, the room he occupies should be large, light, and cheerful, with opportunity for thorough ventilation. The room in the house that best meets these requirements should be chosen as the sick-room. Many houses have no special provision for proper ventilation, and to secure it is difficult; but every possible effort should be made to arrange the sick-room so that a current of fresh air can pass through it night and day.

So far as possible, an even temperature should be maintained in the sick-room. The thermometer should be consulted. Those who have the care of the sick, being often deprived of sleep or awakened in the night to attend to the patient, are liable to chilliness, and are not good judges of a healthful temperature.

An important part of the nurse's duty is the care of the patient's diet. The patient should not be allowed to suffer or become unduly weakened through lack of



nourishment, nor should the enfeebled digestive powers be overtaxed. Care should be taken so to prepare and serve the food that it will be palatable, but wise judgment should be used in adapting it to the needs of the patient, both in quantity and quality. In times of convalescence especially, when the appetite is keen, before the digestive organs have recovered strength, there is great danger of injury from errors in diet.

Nurses, and all who have to do with the sick-room, should be cheerful, calm, and self-possessed. All hurry, excitement, or confusion, should be avoided. Doors should be opened and shut with care, and the whole household be kept quiet. In cases of fever, special care is needed when the crisis comes and the fever is passing away. Then constant watching is often necessary. Ignorance, forgetfulness, and recklessness have caused the death of many who might have lived had they received proper care from judicious, thoughtful nurses.

## DOES ALCOHOL ELEVATE?

BY W. T. BARTLETT.

EVERY one is agreed that excess in the use of alcohol is injurious, but there is great division of opinion as to what constitutes excess. Some claim that, used in moderation, alcohol is a boon to the race, that men need such a stimulus as it affords, and that the nations which have made use of it are those that lead the world in pro-

gress and civilization. Such sentiments have entered freely into the composition of popular melodies in the past, but in the cold light of modern science the "ruby wine" has lost something of its fascinating glow.

In spite of the revelations of chemical analysis, however, it still exerts some of its ancient sway over poetic genius. Mr. William Watson, in his last volume of poems, seeks thus to combine the modern evolutionary theory with the old Anaerontic fervour.

### God's Gift, the Air.

NOW, is there anything that freer seems  
Than air, the fresh, the vital, that a man  
Draws in with breathings bountiful, nor dreams  
Of any better bliss, because he can  
Make over all his blood thereby, and feel  
Once more his youth return, his muscles steel,  
And life grow buoyant, part of God's good plan

Oh, how on plain and mountain, and by streams  
That shine along their path; o'er many a field  
Proud with pied flowers, or where the sunrise  
gleams

In spangled splendours, does the rich air yield  
Its balsam; yea, how hunter, pioneer,  
Lover, and bard have felt that heaven was near  
Because the air their spirit touched and healed!

And yet—God of the open!—look and see  
The millions of Thy creatures pent within  
Close places that are foul for one clean breath,  
Thrilling with health, and hope, and purity;  
Nature's vast antidote for strain and sin,  
Life's sweetest medicine, this side of death!  
How comes it that this largess of the sky  
Thy children lack of, till they droop and die?  
—Richard Burton.

"Lady, I hold that  
man grew great,  
And climbed to  
starry station,  
Urged evermore by  
delicate  
And fine intoxica-  
tion.

"From little lordlier  
than the ape,  
Full slow had been  
his growing,  
Had not the Grape,  
the mighty Grape  
Kept Evolution  
going."

Let us resist the  
seductiveness of  
the rhythm and  
inquire into the  
facts.

Is it true that  
alcohol serves  
some such good  
and necessary  
use in the uplift-  
ing of mankind?  
Is human nature  
dependent for its

highest and noblest expression on the aid  
of beer or gin?

Physiology teaches us that the human body is composed of innumerable tiny cells, and the differing functions of the various organs are traced to the diverse activities of their component cells. Gland cells have the power of secreting; muscle-cells of contracting. While the cells are able to maintain their activity, the body lives; when the activity ceases, the body dies. That which promotes the health and well-being of the cells is good for the body; what affects them injuriously is likewise injurious to the body.

Now the way to determine positively whether alcohol is good or bad for the human body is to ascertain its effects upon the cells, or corpuscles. When we have determined this, we may know certainly, notwithstanding personal idiosyncrasies and reactions, what is the actual effect of alcohol upon the body.

The essential part of the corpuscle is the substance of which it is composed. This substance has been named protoplasm, or first-formed, because it is the physical basis of all life. Some living creatures consist of but a single cell, while higher forms of life may consist of myriads of cells, but in every case the protoplasm is the basis of life.

What is the effect of alcohol upon protoplasm? Science has but one answer to this question. Alcohol is a prominent protoplasmic *poison*, even though taken in extreme moderation. Sir B. W. Richardson experimented on fresh-water medusæ and found that one part of alcohol in three thousand of water was fatal to them. The effect of alcohol on minute forms of life, vegetable and animal, is always the same. Anyone can demonstrate it for himself. Alcohol is death to protoplasm.

That settles the question. If alcohol

is injurious to the protoplasm out of which every organ in the body is built, how can it promote the well-being of those organs? It must undermine and destroy the very foundation of health. Instead of making for the uplifting of those who use it, the tendency of alcohol is to break down and disable. The observed effects of alcohol upon cell-life explain fully why the free use of alcohol, as Dr. Lankester states, "destroys the quality of the blood, congests the membranes of the brain, produces incurable affections of the liver and kidneys, and effects changes in the muscular structure of the heart, the result of all which are painful and lingering diseases, or sudden death."

Just as we may gauge the effect of alcohol upon the human body by its action upon the individual cell, so we may go on to infer its influence upon a nation or race. How can that which weakens the very source of activity issue in influences that exalt and invigorate mankind?

Next month we will consider this matter from the point of view of the community instead of the individual cell, and note experiments which disprove with equal force the theory that the human race owes anything to the elevating power of alcohol.

## VARICOSE VEINS.

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

WHEN we speak of varicose veins, we usually refer to the veins of the lower extremities, although the same condition might affect other parts of the body. Hæmorrhoids are a common example of varicose veins. In this brief article we shall discuss only varix of the legs.

### Varix Defined.

The terms varix and varicose are both derived from the Latin *varus*, which means "bent." In varix the veins only are affected. They become dilated, tortuous, and twisted. The enlargement varies much at different points of the same vein. These changes in size and direction are accompanied by certain pathological changes in the walls of the vessels which are usually described as degenerative. As these degenerative

changes progress, the diseased condition becomes more and more chronic and permanent. Swellings also form at various points in the course of the veins, producing obstruction to the flow of blood. The veins of the legs are most commonly affected, doubtless because of their dependent position.

### The Venous Blood Flow.

Normally the flow of blood in the veins is very much slower than in the arteries. The blood flow is greatly accelerated by contraction of the muscles. Veins are supplied with numerous little valves which permit the flow of the blood in the direction of the heart, but immediately close when the blood attempts to go back again. It must be obvious to anyone that just as soon as the vein dilates suf-

ficiently these valves become useless, and hence the flow of the blood is very much retarded and sometimes it is almost at a standstill. In the early stages of varix, it is often possible to produce a cure or at least great alleviation by adopting various hygienic measures, such as rest, elevation, massage, and applications of cold water. The cold applications stimulate the muscle tissue of the veins, and thus strengthen the vessels and favour circulation of the blood.

When the veins have become thoroughly diseased there is little chance of producing such favourable results, and then one has to resort to various mechanical means of support, which will be described later.

#### The Causes.

To begin with, there is usually more or less physical debility and muscular weakness. A healthy, well-developed man or woman ought to be able to do a great deal of walking or standing without developing varicose veins. But those who are already weak from one cause or another are more susceptible to the disorder. Prolonged standing is one of the most common causes, and is far more likely to produce tortuous veins than walking. Bands, garters, stays, and constriction of the body at almost any point or from any cause favour the disorder. It must be remembered that the veins are superficial vessels as a rule, and consequently a snug garter or band, even though it is not very tight, has the effect of hindering the flow of the blood. Stays and belts produce their evil effect by crowding the internal organs of the abdomen, and pushing them against the large veins which carry the blood from the lower extremities. Constipation, too, encourages the formation of

varicose veins, and the same is true of abdominal tumours.

Anything that would be likely to interfere with the return flow of the blood from the lower extremities must be regarded as a more or less direct cause of varix.

#### The Symptoms.

The early symptoms of varicose veins are often slight and scarcely noticeable. There may be a feeling of fatigue after prolonged standing or an exceptionally long walk. There is a sense of weariness in the lower limbs, a feeling of fullness and heaviness, accompanied by more or less discomfort. Later there may be a dull aching pain which is absent in the morning and most pronounced towards evening or after long standing. In extreme cases there is general discomfort and dull pain in the lower limbs almost continuously. There are also evidences of general physical debility. Furthermore, the presence of the tortuous large veins in the limbs will always confirm the diagnosis.



WINTER SOLITUDE.

#### The Treatment.

Rest and the elevation of the affected limb or limbs bring almost immediate relief. Upward stroking of the limbs, rubbing, and particularly skilful massage, very quickly reduce the swelling of the limb and give great relief.

It is oftentimes necessary for the patient to seek a change of occupation. Hall porters, shop-assistants, and others who have a great deal of standing may find it impossible to get permanent relief or anything like a cure unless they give up their work and seek an occupation that does not have such an aggravating effect upon the disorder.

### Bandages.

Various elastic bandages are sometimes recommended. Woollen, flannel, or good crape makes a useful bandage which, if carefully wound round the limb, beginning at the foot, will sometimes be sufficient to support the circulation and prevent further progress of the disorder. Before applying a bandage of any kind or an elastic stocking, elevate the limb for some time in order to reduce the tension and swelling. It is not necessary to apply the bandage tightly. Wind it snugly about the limb, but not tightly,

have accumulated during the day, and let it dry over night. Once or twice a week the stocking should be washed with soap and soft water to which a little soda has been added. It is very important to keep the stocking perfectly clean, for otherwise an infection might occur through a scratch or slight abrasion of the skin, and inflammation of the veins result.

### Complications.

Various complications may occur. Eczema is one of the most likely. It is encouraged by irritation of the skin through friction of coarse garments. A scratch or bruise of the affected limb usually heals very slowly, and may give rise to a chronic ulcer, which is oftentimes most obstinate to deal with. Rest, elevation, and massage, combined with hot and cold applications, are usually the best means of healing the ulcers.

Infection of the skin is liable to lead to phlebitis, or inflammation of the veins. It is

of the greatest importance that the limbs, as well as the elastic stocking or bandage, should be kept perfectly clean.



CARRYING THE HAY ON PONIES IN ICELAND.

making it as comfortable as possible, and taking care to avoid creases.

### The Elastic Stocking.

The most efficient support is doubtless to be obtained from a suitable elastic stocking. It is important to obtain a stocking of good material, and one that fits the limb fairly well, but the best elastic stockings wear out in time, and must be renewed.\* The stocking should be applied in the morning before getting out of bed, and can then be worn with comfort during the day. On taking it off at night, wipe the stocking with a moist cloth to remove dust and perspiration that

\*Walton and Curtis furnish a very good elastic stocking at the modest price of 2/6, which we can commend to our readers.

### Prevention.

The best cure is, of course, prevention, and this means the taking of proper precautions at the earliest stages of the disorder. Just as soon as the veins of the lower limbs become more prominent and have a tendency to become tortuous, it is time to begin the treatment. Cold applications morning and evening, followed by stroking and rubbing upwards, are the most efficient preventive measures. Rest, and particularly rest with elevation of the limb, is equally important. It is a good practice to put the limb on a pillow or a



THE SQUARE.

Showing Parliament House, Cathedral, and Statue of Thorwaldsen,

couple of pillows at night. Anyone who has a tendency to varix of the limbs must avoid prolonged standing, even though it is necessary to change the occupation. A great deal of walking is also undesirable, but not nearly so harmful as standing still. Cycling is generally regarded as the most suitable exercise, and when taken with moderation doubtless does have an excellent effect upon the circulation of the blood in the legs.

which line every valley. Iceland itself is altogether well worth visiting, the best months for a tourist being July and August, when the climate is comparable to that of the Aberdeenshire hills, but more exhilarating.

The staple articles of diet are skyr (a sort of sour milk curd), dried fish, and black rye bread, now being displaced by white bread made from very low grade flour. It may be of interest to give a day's rations as served out at the farm in

## ICELAND.

[We have received a very interesting communication from Mr. B. C. Forder, of Blandford, on the subject of Mr. David Ostlund's article on Iceland, which appeared in our November issue. The following paragraphs are taken from Mr. Forder's letter, and we also reproduce some of the photographs he sends.]



FARM AND CHURCH. MOWERS IN FOREGROUND.

which we were staying last summer— Breakfast, 10 a.m., a bowl containing a mixture of three parts of skyr with one part cold oatmeal porridge, bread and butter, coffee. Dinner, 3 p.m., a portion of dried fish (five or six ounces), bread and butter, coffee. Supper, 8 p.m., same as breakfast. Women only eat a quart bowl of skyr and porridge. For the most part fresh fish is available in the summer instead of dried fish. Abundance of sea fowl and wild fowl's eggs are to be had at some farms. These, with a little mutton (salted except just at killing time in the autumn) and perhaps some whale flesh, form the dietary year in year out with the country Icelander. Potatoes and turnips are grown in a small strip of garden, and potatoes are always eaten with salt fish or meat. In some of the gardens at the seaports may be found a rather wider range of vegetables, including lettuces, and a few currant bushes, wild-grown bilberries, cranberries, and crowberries, which are eagerly sought for in their season. Servants are boarded in the house either by the year or for the haymaking season, which usually lasts from midsummer until mid-September. Hours of work are long, from about 6 a.m. to 10 p.m., in the hayfield in the middle of summer.

The people are kindly and as cleanly as could be expected under the conditions, which do not make for cleanliness. Knowledge of sanitation is practically nil. Fortunately in that pure air germs cannot thrive as they do with us. If any reader of GOOD HEALTH should look to Iceland as his next summer holiday ground, I feel sure he (or she) would not regret it. Travelling is easy now on the more fre-

quented routes for ladies who are not adverse to simple fare and simple lodgings. Messrs. Turnbull & Co., and Messrs. Salvesen & Co., of Leith, N.B., are always ready to give lists of sailings to Iceland and to assist tourists to the best of their ability, while in Reykjavik Mr. Helgi Zoega and Mr. Thorgrimur Gudmunsson provide everything required in the way of ponies, guides, and carriages, or tours can be arranged and paid for through Messrs. Cook before leaving home. Comfortable quarters in Reykjavik are to be found with Mrs. Zoega at the Hotel, Reykjavik. I look back with pleasure to



GROUP OF WORSHIPPERS. PASTOR IN THE CENTRE.

many enjoyable holidays in Iceland, from the first in 1894, when conditions were much more primitive, to the last in 1909.

### ABOUT COFFEE.

THE aroma of a cup of well-made coffee is very attractive to many people, notwithstanding the fact that the cup contains a full dose of medicine, technically known as *caffeine*. Taking coffee really means taking a drug, for coffee by itself is in no sense a food, and does not possess any nourishing properties.

Besides the alkaloidal poison *caffeine*, which exerts harmful narcotic effects upon

the nerves, coffee also contains tannin. The latter has a deleterious effect upon the mucous membrane of the stomach and digestive organs, and is anything but wholesome.

Nevertheless, coffee is being utilized more and more in this kingdom, and there are some fallacies current about it which ought to be corrected. We are pleased to note in a recent number of the "Vegetarian Messenger" a letter from Mr. A. H. Mitchell, B.Sc., F.C.S., dealing with certain phases of this question. As a chemist and public analyst, Mr. Mitchell is thoroughly qualified to tell us the truth with reference to this matter. In a more recent letter Mr. Mitchell writes as follows:—

There have been published of late by the — Co. and by — Co. in the "Vegetarian Messenger" what I consider very inaccurate and totally misleading statements with regard to the coffees sold by the said firms, and I consider that the public should be informed of the inaccuracy of such statements, which strike me as amounting to a species of quackery.

Supposing the analytical statements of the analyst employed by the aforesaid dealers would bear verification it would not be so bad, but, on the other hand, I do not find the analytical results, and their style of setting out by their analyst, as either correct or reasonable. For instance, one firm advertised their coffee as "practically caffeine-free," and I wrote them asking what percentage of caffeine they believed their coffee contained. In reply they sent me a sample of coffee, also a number of post cards and letters which had been sent them by customers in praise of their coffee.

Again, after testing their coffee, and finding the caffeine present in quantity equal to the average amount usually present in coffees, I wrote to see whether they could inform me why they thought it to be caffeine-free, seeing they advertised it as such.

No definite answer was given, but I was told that they all used it four times a day and were never ill. My inference from their reply was that they supposed it must be caffeine-free because of the testimonials received, and that they used it with apparent impunity and their sale of it was large.

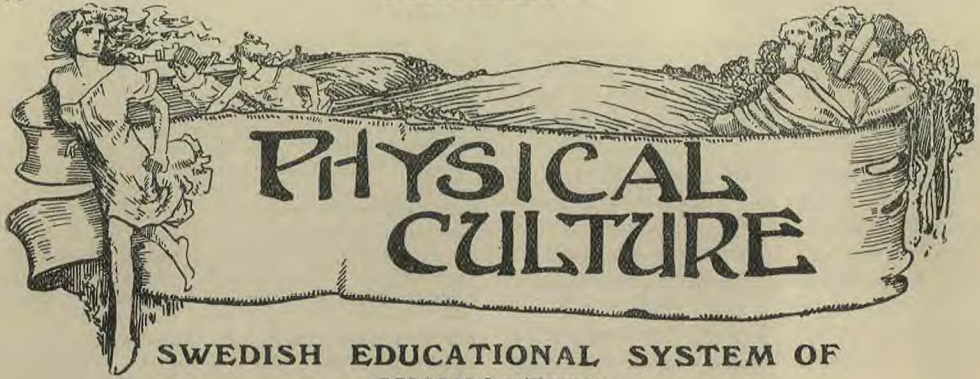
With the kind permission of the "Vegetarian Messenger," we reproduce Mr. Mitchell's letter, which reads as follows:—

May I be allowed to say why I am unable to accept certain statements one reads in your magazine, in regard to coffee? First, as to so-called caffeine-free coffees, I may say that in my work as a Public Analyst, I have tested certain coffees, advertised as caffeine-free, but have found the usual amount of caffeine present in such brands.

In one case, as an instance, the coffee infusion was made by pouring boiling water on to one ounce of coffee and immediately pouring the infusion backwards and forwards, several times, from one vessel to another—the liquid was not left on the grounds any longer than the time of pouring. From this extract I isolated more than three grains of caffeine. (Medicinal dose of caffeine is three to five grains.) Another brand of coffee, I found, had been largely freed from caffeine, but I was not able to check the accuracy of the analysis printed on the tin's label, owing to the percentage of water that the coffee contained not being stated on the label, but here the caffeine was not so low as the advertisement led one to expect. We should expect coffee, roasted in closed cylinders, to contain more moisture than the average. Hence the more moisture left in the coffee, the lower the percentage of caffeine will appear. The percentage of water should be stated if one is to judge correctly from a published analysis the percentage of caffeine. You have an advertisement which asks us to consider as a fact that the daily drinking of one pint of coffee, containing 1-100th oz. of caffeine would need twenty-seven years to enable the person imbibing it to consume one ounce of caffeine. But surely it is self-evident that if one takes the hundredth part in one day, then 100 days, and not twenty-seven years, would be required to consume one ounce. The error appears to have arisen by taking '01% as stated by their analyst, as meaning 1-100th of one ounce instead of 1-10,000th ounce. I should like to see the method of making the infusion of coffee given, that yielded only '01% of caffeine. How misleading it is possible for an analysis to be if nothing is said as to the time taken in making the coffee infusion, because the shorter the time of contact, the less the amount of caffeine extracted. I do not see how one can get a caffeine-free coffee by means of anything connected with the roasting of it, but it appears to me necessary to extract the caffeine, as in some patent processes, by a suitable solvent. There are two expressions that, to me, are very misleading, and should be avoided by those who wish to state facts. Thus, whatever is meant by saying caffeine is not developed in coffee, by utilizing a certain method of roasting? Raw coffee should contain more caffeine than roasted, especially as roasting in the usual cylinders (not closed) allows a small amount of caffeine to volatilize. The expression "uric-acid-free" coffee should not be used, as I note is the case in one issue of the "Messenger." I understand that much of what is called "Mocha" coffee is really East Indian coffee. The percentage of caffeine in different brands varies much: therefore I suggest that dealers in coffee should buy that brand which contains the least percentage of caffeine, e.g., real "Mocha" coffee, containing half as much caffeine as the highest, and, further, state the amount on the tin in proof.

\* \* \*

"If you want to make a person repent of all the sins of his life, refuse to believe any evil of him; if that does not do it, nothing will."



## SWEDISH EDUCATIONAL SYSTEM OF GYMNASTICS.

BY WM. M. SCOTT.

WITHOUT going into the history of its founder, or of the progressive development of Ling's Swedish Gymnastic System to its present day completeness and perfection, we will mention but one fact which has appealed to us in a very conclusive manner, and that is that we have yet to discover the "system" that is not based upon its methods.

### **Develops Grace and Symmetry.**

The graceful, queenly bearing of the squad of young ladies who the year before last came over from Sweden to compete in the International Gymnastic Competitions of the Stadium at the Franco-British Exhibition was constantly being remarked upon by the spectators who were privileged to witness their splendid demonstrations.

To us, the supreme advantage and utility of the system is in the fact that it can, to real advantage, be applied in individual as well as in class training, its movements being suited for private as well as public use, producing grace, symmetry, and physical efficiency, as well as strength and endurance.

### **Thoroughly Scientific and Physiological.**

Those who have studied its principles and put them into practice are persuaded that it is thoroughly scientific, being based upon the findings of a careful student of nature, who devoted many years of his life to painstaking study of the anatomy and physiology of man. It stands exalted high above and far in advance of many of the petty "systems" of physical culture,

so-called, which aim at the development of a few groups of muscles or the acquirement of a few showy evolutions for exhibition purposes, oftentimes to the entire neglect of and injury to the pupil's general health. Ling's system does not appeal to the sense of what is abnormal or pretty, neither does it exercise one group of muscles to the almost entire neglect of others, nor fatigue unduly certain muscles by adding artificial weights or resistance as with dumb-bells, spring or elastic exercisers, but aims at an adequate and harmonious action of all the muscles, joints, and organs of the body.

### **The Vital Organs Not Overlooked.**

Upon the healthy action of the heart and lungs, the welfare of all the other functions of the body depends. This is the very foundation of rational and scientific physical culture. It is the aim of the Swedish Educational System to develop those fundamental functions by a series of movements of the voluntary muscular system which shall be so arranged and executed as to bring about a healthy response of the involuntary muscular system controlling the circulatory, respiratory, and excretory organs.

Theory and experience demonstrate that a system of training may be followed which, while developing large masses of muscle upon the arms, legs, chest, and elsewhere, may lead to grave injury in enlargement of the heart and dilatation of the lung cells. By only exercising a limb or group of muscles a limited number of times and interspersing suitable breathing



movements and periods of rest during a drill, this danger is entirely done away with in the system of Ling.

The constant attention required of the pupil to ever-changing commands for new movements as the drill progresses, as well as the exactitude required in the execution thereof, tends to develop surprising will-power and control of the whole body, as well as precision and mental activity.

#### Corrective and Curative.

In reading and writing, or in the pursuit of certain sedentary occupations wrong positions of the body are assumed, leading to incurving and contraction of the chest and consequent downward pressure upon the vital organs, curvatures of the spine and other deformities on the skeleton. The first aim of a properly applied system of gymnastics should be to correct or counteract these evil tendencies by corrective exercises, and relieve the congested brain of its surfeit of vital fluid by distributing the blood to the extremities, thus reinstating a healthy and even circulation throughout the entire body.

#### Its Application to the Individual and to Classes.

It will be our aim in the course of lessons which follow to not only make them suitable for the individual, but to make the explanations and positions taken in the exercises so plain, by appending suitable diagrams and illustrations, as to enable them to be applied in classes for the young or to Good Health Schools of Physical Culture. We will also append, where necessary, the Swedish nomenclature and commands to enable the teacher to readily understand and apply the system in class. The writer has found the lack of such simple help a great drawback to the physical culture devotee who would have liked to use the knowledge for such laudable ends.

#### Fundamental Principles and Positions.

It is scarcely possible to bestow too much attention and care upon the exact teaching of the underlying principles of rational exercise, and we have but briefly stated some of them in our introduction. Of equal importance is the acquisition of

the initial or fundamental positions which are assumed in all of the exercises, if we are to reach satisfactory results with ourselves or our class. Progress ought to be aimed at, and there will be no satisfactory progress unless the primary principles and position are thoroughly mastered. Those who have been following some more intricate and advanced series of movements will kindly therefore bear with us if our first lessons appear to be elementary.

By an initial gymnastic position is meant the posture which must be correctly assumed before a gymnastic movement of either an active or passive nature can be properly executed. As a rule (which has but very few exceptions), this position must be strictly maintained throughout the entire movement, the only deviation from it, of course, being in that part of the body which is actively brought into play thereby.

An *active movement* is one that is performed entirely by the individual's own volition, and by means of his own effort.

A *passive moment* is one that is applied by an assistant to the patient without the latter offering any resistance.

The assuming of correct initial positions is of equal importance in both cases.

*Gymnastic Positions* are divided into:—

I.—Fundamental.

II.—Secondary or Derived.

I. The Fundamental Positions number five:—(1) standing, (2) sitting, (3) lying, (4) kneeling, (5) hanging.

(Our next lesson, which will be given in the February number of GOOD HEALTH, will deal principally with the (1) standing position and positions secondary or derived therefrom, and will contain a complete set of illustrations and words of command requisite to the application of the various positions.)

THE youthful author pocketed his rejected verses, but he could not swallow the editor's criticism.

"Sir," said he, not without dignity, "a poet is born, not made."

"Young man," returned the editor blandly, "it won't help your case to try to shift the blame on to your parents!"

### The Proper Use of Evil.

I KNOW what evil is. Once or twice I have wrestled with it, and for a time felt its chilling touch on my life; so I speak with knowledge when I say that evil is of no consequence, except as a sort of mental gymnastic. For the very reason that I have come in contact with it, I am more truly an optimist. I can say with conviction that the struggle which evil necessitates is one of the greatest blessings. It makes us strong, patient, helpful men and women. It lets us into the soul of things, and teaches us that although the world is full of suffering, it is full also of the overcoming of it. My optimism, then, does not rest on the absence of evil, but on a glad belief in the preponderance of good and a willing effort always to co-operate with the good, that it may prevail. I try to increase the power God has given me to see the best in everything and every one, and make that best a part of my life. The world is sown with good; but unless I turn my glad thoughts into practical living, and till my own field, I cannot reap a kernel of the good.—*Helen Keller, in My Key of Life.*

To have a clean, smooth, healthy skin:—

- Breathe pure air;
- Drink pure water;
- Keep regular hours;
- Take daily exercise;
- Wash in soft water;
- Dry the skin thoroughly;
- Eat plain food;
- Dress healthfully;
- Take a tepid sponge bath each morning;
- Eat fruit freely;
- Keep the skin sweet and clean;
- Take one or two warm baths weekly.

### The Two Sacks.

AN ancient legend describes an old man travelling from place to place with a sack hanging behind his back and another in front of him. In the one behind him he tossed all the kind deeds of his friends, which were soon quite forgotten. In the one hanging around his neck, under his

chin, he threw all the sins which his acquaintances committed, and these he was in the habit of turning over and looking at as he walked along day by day, which necessarily hindered his course.

One day, to his surprise, he met a man coming slowly along, also wearing two sacks.

"What have you here?" asked the old man.

"Why, my good deeds," replied number two. "I keep these all before me, and take them out and air them frequently."

"What is in the other big sack?" asked the first traveller, "it seems weighty?"

"Merely my little mistakes. I always keep them in the sack hanging from my back."

Presently the two travellers were joined by a third, who, strange to say, also carried two sacks—one under his chin and one on his back.

"Let us see the contents of your sacks," exclaimed the first two travellers.

"With all my heart," quoth the stranger, "for I have a goodly assortment, and I like to show them. This sack," said he, pointing to the one hanging in front of him, "is full of the good deeds of others."

"Your sack looks full; it must be very heavy," observed the old man.

"There you are mistaken," replied the stranger; "they are big, but not heavy; the weight is only such as sails are to a ship. Far from being a burden, it helps me onward."

"Well, your sack behind can be of little use to you," said number two, "for it appears to be empty. And I see it has a great hole in the bottom of it."

"I made that on purpose," said the stranger, "for all the evil I hear of people I put in there, and it falls through, and is lost. So, you see, I have no weight to drag me down backwards."—*Selected.*

### An Outdoor Religion.

I HAVE gained a new conviction—new at least to me—that Christianity is an out-of-doors religion. From the birth in the grotto at Bethlehem (where Joseph and Mary took refuge because there was no room for them in the inn) to the crowning death on the hill of Calvary outside

the city wall, all of its important events took place out-of-doors. Except the discourse in the upper chamber at Jerusalem, all of its great words, from the sermon on the mount to the last commission to the disciples, were spoken in the open air.—*Henry Van Dyke.*

♦ ♦

### It Pays.

To be deeply grateful for all good things is not only a mark of superior character and manhood, but it pays. When you are never grateful for anything, you fall to recognize the best that is in things; you recognize only the inferior, and thus keep your mind concentrated upon inferiority. To concentrate the mind habitually upon inferiority is to think the most of the inferior, and we grow into the likeness of that which we think of the most. Through this mental law the mind that is always ungrateful will finally become inferior, while the mind that is deeply grateful at all times will finally become superior. It is not possible to be sincerely grateful for all good things without giving constant attention to the larger, the higher and richer side of things; and we mentally move into those qualities and conditions that receive our undivided attention. The grateful attitude is expansive; therefore the more grateful we are the larger and broader and deeper will our

minds become. When you live in the grateful attitude, your mind will go out in every direction, and it will always go out toward the best, having only the best in view. Such a mind constantly lives with the best, thinks of the best and daily grows more and more like the best.—*Progress Magazine.*

♦ ♦

### How to Eat.

HERE are Horace Fletcher's rules for eating, which are given to all patients of the Harvard Dental School Dispensary:—

1. Eat only in response to actual appetite, which will be satisfied with plain bread and butter.

2. Chew all solid food until it is liquid and practically swallows itself.

3. Sip and taste all liquids that have taste, such as soup and lemonade. Water has no taste, and can be swallowed immediately.

5. Nevertake food while angry or wor-

ried, and only when calm. Waiting for the mood in connection with the appetite is a speedy cure for both anger and worry.

5. Remember and practise these four rules, and your teeth and health will be fine.—*The Steward.*



BABY LONDON, aged eighteen months. His father writes: "Up to the age of nine months the doctor did not think he could live as he feared consumption. A lady friend told me to try Granose Flakes. He is now a beautiful boy and still enjoys his Flakes."

“THE difference betwixt the optimist  
And pessimist is droll;  
The optimist sees the doughnut,  
The pessimist the hole.”



## WALNUTS.

NUTS are distinguished by the large quantity of both proteid and fat that they contain. As a class, they contain more fat than any plant food. Hence nuts possess a very large nutritional value, and when well masticated, and particularly if cooked thoroughly, they make a wholesome and nourishing food.

All nuts contain a varying amount of fibrous or woody material which is known as cellulose. Some nuts, such as coconuts, contain a considerable amount, making them difficult of digestion unless great care is taken to chew them thoroughly.

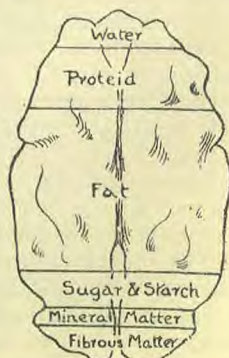
On account of the large percentage of nitrogenous and fatty matter which they contain, nuts make an admirable and natural substitute for animal flesh. For this purpose, and especially when they are cooked thoroughly, they are to be preferred to pulses, such as haricots and lentils.

There is no objection to taking nuts raw, either fresh or dried, providing they are given sufficient mastication. Many people complain of the indigestibility of nuts, and claim that they are unable to take them. We believe the chief reason for this is the inefficient chewing that is usually given to nuts, and furthermore, that they are often taken as a dessert at the close of an ample meal, and then hastily eaten. Under such circumstances they are quite likely to give trouble to the digestive organs, which are already more or less overburdened with too great a supply of food. Fletcherize the nuts thoroughly and efficiently, and take them as a part of your meal rather than at the end of it, then little or no difficulty will be experienced with them.

What we have said above in a general

way applies to walnuts, which are among the finest and best nuts which come to our table. The walnut belongs to the genus *Juglans* and is largely grown in the United Kingdom, both for its beautiful foliage and shade and for its fruit. The walnut may be eaten fresh in season, or preserved by drying. Fresh walnuts naturally keep only a few weeks, when they are likely to go mouldy or wormy unless properly dried. The juicy, fresh walnut makes a very toothsome, as well as wholesome, article of diet, but the skins are tough and difficult of mastication. It is necessary for those who have a weak digestion to peel the skins from the fresh nuts, and even then the nuts must be masticated most assiduously in order to prevent gastric disturbance. Dried walnuts are usually regarded as more digestible than the fresh nut, but they also require the efficient mastication which we are emphasizing so much.

Walnuts, like many other nuts, make a useful and palatable table butter. Containing as they do more than sixty per cent of fat, they may well take the place of ordinary dairy butter. To prepare walnut butter, the nuts are first ground and then thoroughly cooked, making a soft, pulpy mass, which spreads on the bread the same as butter would. Walnut butter possesses a pleasant taste, and is preferred by most to



peanut butter, which, by the way, is more common.

The composition of the average dried walnut is as follows:—

Proteid.....	15.6	per cent
Fat.....	62.6	" "
Carbohydrates (starch and sugar).....	7.4	" "
Mineral matter.....	.2	" "
Cellulose (fibrous matter).....	7.8	" "
Water.....	4.6	" "

Below we give some recipes for the making of various nut meats and other nut preparations, all of which are taken from "Science in the Kitchen," by Mrs. E. E. Kellogg, the best and most complete book on healthful cookery with which we are acquainted.

*Nut Butter*—Various vegetable butters are made from coco-nuts, peanuts, walnuts, almonds, etc., and can be obtained at a reasonable rate from all health food stores.

Most of these butters, except coco-nut butter, can be prepared for table use by adding a small quantity of water, and stirring thoroughly in a basin until the proper consistency is obtained.

Nut cream is made by adding a still larger amount of water.

To make nut milk, take four parts of water to one of the nut butter which has already been prepared for table use. Both walnuts and almonds make an excellent table butter, and are also useful for making nut creams and nut milks.

*Peanut Butter*.—A nut butter mill is desirable for the preparation of nut butter at home. If one designed for the purpose is not obtainable, a coffee or hand wheat mill may be used. Blanch the nuts, but do not roast or grind. The meal thus prepared may be cooked by putting it (dry) in the inner cup of a double boiler, and cooking for eight or ten hours. As it is required for use, add water to make of the desired consistency, and cook again for a few minutes, just long enough to bring out the essential oil of the nuts. Water may be added as soon as the nuts are ground, and the mixture placed in a covered bean-pot and baked from eight to ten hours in a moderate oven, if preferred. Walnut butter and almond butter can be made in practically the same way.

*Nut Meal*.—Chop blanched almonds, filberts, or hazel nuts fine, or crush with a rolling-pin, then press through a fine colander or sieve. If the nuts

have been blanched with boiling water, they must first be well dried before making into a meal. Hickory nuts, walnuts, pine-nuts, and pecans may be pressed through a sieve or colander without blanching.

*Nut Rolls*.—Take four cups of flour, mix one and one-half cups of nut meal, and use water as wetting. Pour the water into the flour slowly, a few spoonfuls at a time, mixing each spoonful to a dough with the flour as fast as poured in. When all the liquid has been added, gather the fragments of dough together, knead thoroughly for ten minutes or longer, until perfectly smooth and elastic. The quantity of flour will vary somewhat with the quality, but in general, the quantity given will be sufficient for mixing the dough and dusting the board. When well kneaded, divide into two portions; roll each over and over with the hands, until a long roll about one inch in diameter is formed; cut this into two-inch lengths, prick with a fork, and place on perforated tins, far enough apart so that one will not touch the other when baking. Each roll should be as perfect as possible and with no dry flour adhering. Bake at once, or let stand after forming, unless on ice. From thirty to forty minutes will be required for baking. When done, spread on the table to cool, but do not pile one on top of another.

*Walnut Roast*.—One cup of lentil pulp, one-half cupful of 30% gluten, one-half cup of avenola, and one-half teaspoonful of salt, one cupful of nut meal made by pressing walnuts through a fine colander, with salt and sage to season. Place in a baking-dish, spread the top with cream, and bake for thirty-five or forty minutes.

*Protose Roast*.—Cut a pound of protose lengthwise through the centre. Place in a baking-pan, and baste with a thin tomato sauce to which one or two bay leaves have been added, with salt to season. A tablespoonful of coco-nut or other nut butter added to the tomato is thought by some to be an improvement.

*Nut Croquettes*.—Chop one cup of walnut meats, and add one cupful each of mashed potatoes and fresh bread-crumbs; moisten with one-fourth of a cup of the water in which the potatoes were boiled, and season with salt.

Beat until light the yolks of three eggs, and add them to the mixture with the white of one egg. Mix thoroughly, convert into small croquettes, egg and crumb them, and bake in a moderate oven until a rich brown. Serve hot.

*Protose Sandwich*.—Place slices of protose between thin slices of white or brown bread, biscuit, or wafers, spread with nut or dairy butter.



PROTOSE SANDWICHES.

# A PAGE FOR WOMEN.\*

CONDUCTED BY MARIE BLANCHE.

I WAS talking to a woman the other day who had knitted herself a woollen "nose-bag" wherewith to protect her nasal organ from the cold! Surely, poor thing, she has reached the supremest heights of coddling. Could folly farther go? Having by nature an abnormally cold nose each winter had found her wearing a thickly-meshed veil for warmth, thereby increasing the supersensitiveness of her face, and making matters annually worse. Last winter in spite of the veil precaution, she indulged in a very unbecoming, not to say painful, chilblain on this prominent feature, and now she has gone a step farther on the coddling course, and the woollen "nose-bag" is the latest fad, the idea being to wear it always in the house during the cold snaps, but as this arrangement is designed only for home wear, what is to become of that unhappy coddled nose when facing the frosty world unmasked is a question I should not care to decide. If instead of pampering the face and coddling it to an absurd degree, she had turned her attention to improving the general circulation of the blood by exercise and massage, she would never have brought herself into this unenviable plight.

Chilblains come on the ears sometimes, and get very red and irritable, but it really is a mistake to wrap them up in scarves and woollen veils; it only makes them more sensitive than before.

This brings to mind an incident that amused me hugely at the time it happened, when an antediluvian-minded relative gravely counselled me to abandon hats and adopt a nice, warm bonnet. After much persuasion, prompted by a forty-one-year-old conviction on the point, this perfectly well-meaning old lady with fervent zeal offered to accompany me to a milliners' and help me choose one of the said bonnets. Inwardly, I was firmly rooted to the resolve not to be beguiled into bonnet wearing, but I thought I would like to know in what respect she regarded the one form of headgear superior to the other, so I asked the question point blank.

"See how nice and warm the strings would keep your ears, my dear," she replied. I don't remember exactly what I said after that, but I do remember that I burst into a peal of such uncontrollable laughter that my antique relative looked fairly scared, and I know that from that moment I vowed I would never let bonnet strings triumph over me, and if I live to be a hundred I shall still look upon those coddling appendages as the natural enemies of the "hardening cult," of which somewhat vague community I am emphatically an active member.

But bonnet-strings and "nose-bags" are not the only forms of coddling in matters of dress. Perhaps the most dangerous and the most common is the habit of wearing a neck-tie of fur

closely round the throat. Persons who do this are always subject to sore throats, and easily take cold. It is better to try and harden oneself, and so resist cold, and gradually dispense with the fur necktie altogether.

Then there is that particularly seductive comfort, the hot water bottle in the bed all night. Personally, I think it a better plan to warm the feet by brisk friction with rough towels before going to bed, but once the hot bottle becomes a habit, it requires a good stock of moral courage to give it up. A young friend of mine became so wedded to the use of one in her bed that she couldn't, or *thought* she couldn't, sleep without it even in the summer, and when I saw her last she told me that one night in the middle of June she awoke to find the cork had come out of the hot water bottle, and the contents had emptied themselves all over the bed, which, being one of the feather variety, made matters considerably more uncomfortable. Being wise enough to know that a damp bed was fatal, she ended by spending the rest of that night trying to sleep in an armchair. I hope it taught her a lesson.

And, again, there is the early cup of tea in the bedroom, and the closed windows, both the outcome of the coddling cult. I believe if women would try and harden themselves from youth they would very greatly lessen the tendency to cold catching and disease that seems to make such invalids of many. There is nothing more depressing, nor more lowering to the system, than a constant series of colds either in the head or on the chest, and to give way to coddling is simply to court these evils.

## ANSWERS TO CORRESPONDENTS.

LIZZIE.—Try the Sanitarium Hair Tonic. Get a couple of bottles and use it regularly for a few weeks, according to instructions.

Miss U.P.—At nineteen you should certainly not be suffering from varicose veins in the legs. Those who have worn elastic stockings made by Messrs. Walton and Curtis speak very highly of them, and I think you would find them very helpful to you. If the veins get really bad, you should go to the hospital about them and have advice.

Miss M.L.—The form of eczema from which you are suffering is no doubt inherited. It is called *psoriasis*, and always attacks the joints first. When more advanced, it appears on other parts of the body, and sometimes the scalp, but very seldom showing on the face. It is quite possible to keep the patches, which, as you say, are like white, crusty scales, out of sight by using an ointment, but I cannot give you any hope of being entirely cured of it. Medical men who have made special study of cutaneous diseases are agreed that *lepro-psoriasis* is practically incurable. Diet helps to keep the complaint down, and for this you must not eat such things as salt, vinegar, mustard, pickles, pepper, or sugary things. At the same time you must keep your general health well up by all the most nourishing things, such as milk and eggs and butter and cream, porridge, rice, beans, and lentils, avoiding all alcoholic drinks, tea, and coffee. The ointment you are using made of vaseline and carbolic, is as good as anything, I think, but you should really have treatment if the complaint gets very bad. If it gets a hold on the scalp you might lose your hair.

R.S.F.—Your letter was answered in the December number of this magazine.

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

## The Pioneers of Seamless Elastic Hosiery.

**DIRECT from MAKER to WEARER.**

The "Walcur" Elastic Stocking is made entirely without seams of any kind, and does not wrinkle, or cut the limb, gives an even pressure throughout, and is the most comfortable and economical garment in the world.

Offered to readers of "Good Health" at

**2/6 EACH**

Thousands of patients write every year testifying to their comfort and efficiency. Enclose measurements together with P.O. to the makers.



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SEASON 1909-1910.

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Every bottle guaranteed against any defect for two years. These are the cheapest bottles on the market.

PRICES:

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Covers for any size, 1/2d. extra.

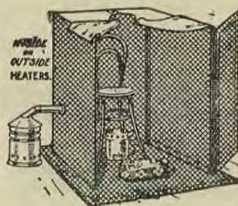
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## DOCTORS AGREE

that in the Home Turkish Bath Cabinet we have a simple, safe, ever-ready and pleasant means of preserving health and resisting disease.

"Should be in every home, hospital, city, and village in the land," is the opinion of S. E. Chaile, M.D.



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or Vapour Bath increases instead of exhausts the strength, and by exciting the vital action of the skin gives rise to a power of reaction, enabling it to resist colds much better than before," says Dr. Andrew Coombes.

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Used and Recommended by your Editor.

**THE GEM SUPPLIES Co., Ltd.** (Dept. G.H.),  
22 Peartree Street, Goswell Road, London, E.C.

## EVERY WOMAN

should own a **MARVEL WHIRLING SPRAY.**

The new Syringe. Best—Safest—Most Convenient.

It Cleanses Instantly.



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

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## FOOD REFORM RESTAURANT,

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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 advertisements kindly mention "Good Health."*

# QUESTIONS ANSWERS.

Address communications with stamp to the Editor, Good Health, Caterham. Anonymous communications are not considered.

**Piles—Catarrh.**—H.R.: "1. Please say if piles can be completely cured after the constipation has been removed. What treatment would you recommend? 2. Should fruit and bread be avoided by one suffering from piles? 3. Does too much fluid drink put constraint on the kidneys and heart? and is it liable to cause depression? 4. What is the cause of the nose being stopped up so that it cannot be breathed through? 5. What is the cause of discharge from the nose? 6. Does it show that impurities are present in the system, or is it a microbe that one is passing off?"

*Ans.*—1. A mild case of piles can usually be cured by cold or tepid sitz baths and the application of some wych hazel ointment locally. But it is essential to remove the constipation first. 2. No. 3. No; not in moderation, and by that we would mean from two to four pints a day. Free drinking is more likely to do good than harm. 4. Catarrh, or possibly the presence of a polypus or deformity. 5. Catarrh. 6. No, not necessarily. Catarrh is almost always caused by microbes of one description or another.

**Wallace's No. 1 Specific.**—L.M.S.: "Will you please say if you can recommend Wallace's No. 1 Specific for a child two and a half years old suffering from a rash of a strumous nature?"

*Ans.*—We are not in the habit of recommending any specifics of any kind. Give the child a daily bath, and after drying the skin administer an olive oil rub, using a very little of the oil. Plain vaseline may be used in place of the olive oil if preferable. Provide a liberal diet of plain, wholesome food, but avoid sugar, sweets, cakes, and similar preparations.

**Diet for Eczema.**—I.B.: "1. I am suffering from eczema; kindly indicate what foods would suit me. 2. What ought I to avoid? 3. May I eat fruit?"

*Ans.*—1. Cereals, breads, porridges, nuts, vegetables, grains, fruits, and dairy products may be

taken. 2. Alcohol in any form, tea, coffee, flesh (including fish), mushrooms, and pulses, such as haricots, dried peas, and lentils, also sugar and sweets. 3. Yes, there is no reason why most, if not all, fruits should not be taken.

**Demerara Sugar.**—D.M.: "Please say through the columns of GOOD HEALTH whether the colour of ordinary yellow sugar is natural or not, and oblige."

*Ans.*—Yellow sugar, also known as Demerara sugar, possesses a natural colour, and is quite as wholesome as white sugar.

**To Soften Hard Water.**—K.P.: "Will you please say in your next issue of GOOD HEALTH how to soften hard water for drinking?"

*Ans.*—Hard water may be softened to a considerable extent by boiling, which removes most of the temporary hardness. To get totally rid of the hardness it is necessary to distil the water. This is a simple process if one has a Gem Still, which is comparatively inexpensive and easily managed in any home.

**Blackheads.**—P.E.M.: "I shall be very grateful for any advice you can give me through the columns of GOOD HEALTH as to the cause and cure of blackheads."

*Ans.*—The cause is stoppage of the ducts of the oil glands, resulting in a retention of the secreted matter, which, on account of contact with the dust, soon becomes black. Bathe the part with warm, soft water, and wash thoroughly with a mild soap such as McClintock's and then press out the blackheads with a watch key of suitable size. Afterwards dust the part with Mennen's talcum powder.

**Yawning—Huskiess—Development of the Bust.**—M.A.M.: "I should be obliged if you would advise me through your columns as to the following: 1. Exhausting yawning on rising and very often an hour or so after meals. 2.

## 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, 1¼d.; 8 oz. pots, 2/-; 16 oz. pots, 3/4.

HIGHLY RECOMMENDED BY VEGETARIANS AND FOOD REFORMERS.

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**Shelled Nuts.**

- Walnuts.
- Hazels.
- Brazils.
- Pine Kernels.
- Etc.

Send for price list.

Mucus going down the throat, also huskiness. 3. As to the development of the bust."

*Ans.*—Yawning is a form of deep breathing, and means that more oxygen is required. Have your windows open, and get out-of-doors in the fresh air as much as possible. Take deep breathing exercises for five minutes two or three times a day. 2. You are probably suffering from chronic catarrh, and we would recommend the use of an instrument for spraying the throat such as the Globe Hand Nebulizer, which can be obtained post free from this office, including the inhalant, for 7/6. 3. We would recommend you to join the Glasgow Physical Culture Society, and attend their gymnastic classes regularly. You can obtain full particulars from Mrs. Crawford, 64 Woodland Road, Glasgow.

**Proteid — Albumin — Carbohydrates.** — F.W.B.: "Please tell me what is meant by proteid, albumin, and carbohydrates."

*Ans.*—Proteid is nitrogenous food, i.e., it contains nitrogen. A good example would be the white of an egg, which is practically pure proteid aside from the water that it contains. The white of an egg is also called albumen, which is simply one of the varieties of proteids. Gluten of wheat is another variety. Lean beef consists chiefly of proteid. Carbohydrate is a technical name that includes both sugars and starches. Cornflour, rice, or potatoes would be good examples of the former, as they contain but a slight amount of other nourishing material. Ordinary table sugar is a carbohydrate, and honey is another variety.

**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.

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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.

Ladies are advising their Friends to get the . . .

**"Nurse Ina" LAYETTE**

For Health! Economy!! and easy dressing.

Nun's Veiling Day Gowns. Hand-tucked Skirts, Yokes trimmed Soft Lace, Soft Saxony Flannel Blankets and Night Gowns. Fine Silk and Wool Vests, Turkish Napkins.

58 GARMENTS FOR 58/-.

Special! for Short Clothing. Fine Cashmere Frocks, yokes arranged to allow for growing. "Hand Made," 7/6 each, or in Nun's Veiling, 4/11 each.

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**The Ideal  
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Beverage is  
HYGIAMA.**

Hygiama is not a stimulating beverage like tea or coffee, but is

**A Real Food  
Highest Value,**

containing the necessary proteids, fats, soluble carbohydrates, and essential salts in a highly digestible and economical form, and in proportions exactly suited to the physiological needs of the body.

**There's nothing  
better in cold,  
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than a cup of  
Hygiama.**

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Sustaining,  
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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. **India Office:** Good HEALTH, 39/1 Free School St., Calcutta.

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

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

WE have received a copy of "Practical Psychotherapeutics," a lecture delivered before the Psycho-therapeutic Society by the Rev. Clinton A. Billig, M.A. The price is 2d., and it can be obtained from the Society, 3 Bailey Street, Bedford Square, W.C.

GEORGE SAVAGE & SONS have printed a new edition of their interesting booklet, "A New Era in Food," which all readers of GOOD HEALTH can obtain free by sending application on a post card. Page 9 of the booklet contains some excellent hints on the everyday use of nuts, which we commend to our readers. The address is 53 Aldersgate Street, London, E.C.

WE have received a copy of the Annual Report of the Health and Purity Social Union, which contains particulars of the work done by the Herald of Peace Mission Van during the past year, and also a complete list of subscribers. Mr. Jabez Haigh and Mr. James Sims are to be congratulated on their earnest and efficient work, and we trust that their efforts will meet with increasing success the coming year. Those interested can obtain full particulars of the report by applying to Mr. Jabez Haigh, c/o Mr. Higginbottom, 74 High Street, Sheffield.

THE problem of finding a wholesome and nourishing substitute for both tea and coffee has been solved by Theinhardt's Food Co. Their "Hygiama" makes an excellent food beverage, which is quickly and easily prepared in any home. Hygiama consists of carefully selected wheat, barley, and milk, with a trace of cane sugar, and just sufficient cocoa for flavouring purposes. It is really an all-round food rather than a drink, and makes an excellent breakfast cup for those who find it necessary to take some hot drink with their meals. Containing but a mere trace of cocoa, Hygiama may be truly regarded as a wholesome food beverage which can be taken freely by anyone, young or old. Hygiama is sold by chemists, stores, and health depôts throughout the kingdom, or can be obtained direct from the company, 6 Catherine Court, Seething Lane, E.C. On receipt of a post card the company will send free of charge to all readers of GOOD HEALTH an essay on "Food and Drink."



*The lightest loaves,  
the daintiest cakes,  
are those the thoughtful  
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**"PAISLEY  
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*The SURE raising powder.*

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

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Not only a comfort and convenience, at less than the cost of washing, but an absolute necessity to safeguard health.

**Sanitary,  
Absorbent,  
and of  
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Softness.**

The original invention and superior to any other's obtainable.  
**A Sample Packet** containing six towels in the four standard sizes, post free in plain wrapper for 6 stamps from the Lady Manager, 17, Bull Street Birmingham.  
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 Fills itself in a moment; Cleans itself instantly; No rubber to perish or other parts to get out of order; Does not leak or blot and always ready to write; Twin feed and all latest improvements. Being convinced everyone should use it.

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Liberal samples, post free, **1 d.**



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Is this the  
Biscuit  
that YOU  
have been  
looking for?

The P.R. Cracker is a very thin, crisp, unsweetened biscuit, as light as a feather, and yet made with finely-ground

**wholemeal,**  
and guaranteed absolutely free from the harmful chemicals, etc., which are almost invariably used in the manufacture of the "cracker" variety of biscuit.

**Easy to bite—  
Delicious with  
honey or butter,**

and just the thing with soup or soft dishes.

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**FREE SAMPLE**

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LONDON, S.W.

THE second International Food Congress recently held in Paris was attended by over two thousand delegates, representing twenty-eight countries, and proved a great success. It is the constant endeavour of the Congress to set a high standard of purity as regards various articles of diet, but we notice that they come short when dealing with colouring matters. We understand that the Congress approves of the use of artificial colouring in the manufacture of wines, syrups, confectionery, and drugs. It seems that the public is to blame for this, for they often prefer attractiveness to purity. In the case of wines, the addition of foreign substitutes, such as sulphurous acid, and pure alcohol derived from malt, were regarded as allowable. It is possible that the next year's Congress will be held in London, but the location has not yet been decided.

### The Sixty-Second Anniversary of the Vegetarian Society.

THE anniversary celebration of the Manchester or parent society of the vegetarian cause, which terminated on Monday evening, October 18th, 1909, was certainly a great success, and gave both encouragement and inspiration to disciples of the "simpler life" who attended. The attendance at the conference sittings and also at the public meetings was much larger than at any previous conference. A happy family gathering was that in the large assembly room of the Whitworth Institute, when the guests, numbering about 400, were welcomed by the hearty handshakes of the veteran, white-haired fathers of the movement, Professor Mayor, Dr. Axon, and Mr. William Harrison. We cannot in this brief announcement speak of the inspiring character of the speeches and value of the papers given by the home officials and foreign delegates. Our readers can secure these for themselves by getting the "Vegetarian Messenger" for December, which can be had from 257 Deansgate, Manchester.

A GOOD brand of pure olive oil makes one of the most wholesome and nutritious fatty foods that we know of. But olive oil is often more than a food, for it has a gentle laxative effect upon the bowels that is oftentimes most desirable, especially with those who have a tendency to constipation, and constipation is the *bête noir* of a very large number of people. Again, olive oil is not only a food and a natural medicine, but also a tonic, and we consider it far preferable for children, and adults as well, to cod liver oil, which is so often recommended as a tonic. Pure olive oil is not unpleasant to take with salad, or mixed up with a little orange or lemon juice, while cod liver oil, unless disguised by some strong deodoriser, tastes more or less highly of the putrid livers from which it is prepared. We have sampled the "Médé-Lois" brand, which is supplied by George Clayton, of 3 London House Yard, London, E.C., and find it first-class in every respect. We would recommend our readers to obtain a sample bottle by sending 4d. in stamps to Mr. Clayton. If seeing is believing, then tasting this olive oil will be the means of inducing many, if not all, to use it permanently.

## YOU will never miss meat

if you make nuts a regular item in your daily fare.

We invite you to send for a

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copy of our new 64-page booklet, the contents of which include valuable

**Hints on the  
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and 36 Simple Nut Recipes. This Booklet is an encyclopædia of fruitarian necessities.

Simply send name and address on a postcard, and ask for "G.H. Offer." Samples will accompany the Booklet.

We supply the highest quality in Nut Kernels, Sun-Dried Fruits, Unpolished Rice, Macaroni, Cereals, Olive Oil, etc., and we pay carriage to any address in the U.K. on orders value 5/- and upwards.



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**CATERHAM, SURREY.**

**T**HE location is delightful, being about 450 feet above sea-level, and surrounded by the picturesque hills of Surrey; the air is pure and bracing, and the water soft and exquisitely pure. 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—

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**MASSAGE AND MANUAL SWEDISH MOVEMENTS.**

**ELECTRICITY AND VIBRATORY MASSAGE.**

**DAILY DRILLS IN PHYSICAL CULTURE.**

With a carefully regulated and classified dietary.

The house is lighted throughout by electricity, and heated by low pressure hot water radiators, which makes the building warm and comfortable in winter.

Incurable and offensive patients are not received.

The establishment affords facilities for quiet and rest, skilled nursing, 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."**

ACCORDING to Dr. Marcus Neustaedter, chief medical inspector of the New York Public Schools, "a large percentage of the intellectually backward children are accustomed to use alcohol, tea, and coffee. Strong tea and coffee are fully as harmful for children as any alcoholic drinks."

THE Cookery and Food Exhibition in the Royal Horticultural Hall last November was a splendid success, and the honorary director, C. Herman Senn, Esq., deserves great credit and hearty congratulations. The exhibition was a practical one, and afforded an excellent opportunity for demonstrating the most successful methods of teaching children and women the vital art of cookery. We wish it were possible to multiply such teaching a thousandfold, so that all the girls in our kingdom could secure its advantages.

It is often a problem in winter time to provide the necessary heat in shops, offices, studios, entrance halls, workrooms and similar places without contaminating the atmosphere with unpleasant smells and smoke, and besides, there is the question of economy, some stoves being excellent in other ways but very expensive, and others requiring expensive fuel. The "Syphon" stoves are perhaps the most economical on the market, and they supply a maximum amount of heat at a minimum cost. These are made to burn either gas or oil according to choice, and in either case the stoves are so constructed that pure heat is supplied without either smell or smoke. This is a great desideratum, and we know of no better or more economical stove of the kind. "Syphon" Stoves are manufactured by S. Clark & Co., Compton Works, Canonbury Road, London, N., and they offer a large variety in size and price from which to select. Interested readers of GOOD HEALTH can obtain a catalogue giving full particulars of these hygienic stoves by mentioning GOOD HEALTH and sending a post card to the above address.

COCO-NUT butter is not only less expensive but also far more wholesome than the ordinary dairy butter which is used for cooking. Messrs. T. J. Bilson & Co., of 88 Grays Inn Road, London, W. C., make a speciality of coco-nut butter, and they furnish an excellent grade, which has a delicate and pleasing flavour, at the low price of 8d. per pound, carriage forward. Any of our readers who are not acquainted with Bilson's coco-nut butter would do well to obtain a sample tin for 6d. post free. This brand of coco-nut butter has been extensively used at various sanitarium in the Kingdom, and all who are acquainted with it speak well of it. Messrs. Bilson & Co. are also large importers of dried fruits, nuts, and colonial produce. Their Health Food Stores are the oldest in the Kingdom, and their long and intimate experience in the selection of health foods enables them to supply the highest grade goods at the lowest expense. They are also agents for the Ida Nut Mill, one of the best nut mills on the market. These nut mills can be obtained from 1/6d. each according to size of the mill. A price list containing particulars of the mill, and an infinite variety of fruits, nuts, and health foods generally, can be obtained by sending a post card to Messrs. Bilson & Co.

## Vytalle Oil

GIVES HEALTH.

It is a blend of pure, delicate vegetable oils, and most beneficial in raising the tone of the system.

1/- per bottle of all Health Food Stores.

The Vytalle Oil Co., Ltd., 145 County Terrace St., S.E.



## Orange Flower Honey

GIVES STRENGTH.

Specially matured, most delicious—there's no honey as good as this.

1/- per jar of all Health Food Stores.

## 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.

## 3 GOOD THINGS

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

### Massage Cream.

The finest preparation of a mild ointment that it is possible to get. Soothing, healing, invaluable for chapped hands, cracks, and scratches of the skin, and for those forms of skin disease accompanied with dry scaling. Ideal for massage purposes and oil rubs. Can be applied to the most tender skin without fear of irritation. Price, per tube, post free, 1/1½d.

### Hair Tonic.

We do not claim for this tonic that it will cause hair to grow where no roots exist, but it will strengthen, stimulate, and promote the growth of the hair; also remove dandruff. It is absolutely safe when used for the purpose for which it is intended, but, of course, must not be taken inwardly. Three oz. bottle, post free, 1/1½d.

### Tooth Paste.

This paste has mild antiseptic properties, contains no injurious ingredients whatever, and may be used freely each day without doing the slightest damage to the teeth. Its use leaves a pleasant taste in the mouth. It may truthfully be described as one of the most perfect cleansers of the mouth. Price, per tube, post free, 1/1½d.

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

# McCLINTON'S

Made from the ash of plants (the way soap was made 100 years ago) and pure vegetable oils 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 for Toilet and Shaving."

True satisfaction and happiness in life can only be had by living in simplicity. You should drink

### I. CRIPP'S PURE FRUIT COFFEE.

A Delicious Beverage, free from all substances that make ordinary beverages harmful. The best substitute for tea and coffee. Good for the nerves, brain, chest, stomach, and digestion. In airtight boxes,  $\frac{1}{2}$  lb. 45d.;  $\frac{3}{4}$  lb. 9d.; 1 lb. 1/9, carriage paid. Send for 3d. sample to I. CRIPP, 5 Spencer Street, Everton, Liverpool.

CLERGYMAN'S widow and daughter—wintering Vevey—well situated house, desires boarders or girls attending schools. Reform cookery. Family life, French and English conversation. References. Ward, Charlton, Blandford.

**GOOD HEALTH** is admitted to be the best medium for advertising articles of interest to those who study their health. Full particulars and rates on application to Advertisement Dept., Stanborough Park, Watford, Herts.

# PROTOSE Is the ORIGINAL Nut Meat.

Its use makes the giving up of flesh foods not only easy, but desirable, inasmuch as

**It contains more nourishment than meat, and is absolutely pure.**

Protose is similar in taste to meat, and can be used in any way in which meat is used. It is made up in three varieties and sizes, viz.: **Original, Pine-Nut, and Hazel-Nut.**  
 $1\frac{1}{2}$  lb. tin, 1/4; 1 lb. tin, 1/;  $\frac{1}{2}$  lb. tin, 8d.

LIBERAL SAMPLE sent post free on receipt of 3d. in stamps. Address:

**INTERNATIONAL HEALTH ASSN., Ltd., Stanborough Park, Watford.**

# Remington.

THE NAME THAT MEANS  
 TYPEWRITER EFFICIENCY.  
 See the New Models 10 and 11.

Remington Typewriter Company,  
 100 Gracechurch Street, London, E.C.



In answering advertisements kindly mention "Good Health."

# Three Reasons Why

YOU SHOULD  
**Get Your  
Dried  
Fruits and  
Nuts from  
the Savoy  
Health  
Food  
Stores.**

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

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

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

Price List free on application.

**SAVOY HEALTH  
FOOD STORES,**

7 Exchange Walk,  
Nottingham.

"THE WAY TO HEALTH" is the title of a new book which has recently appeared in Denmark. The book is thoroughly interesting and is got up in a handsome style, which makes it very attractive. Among much other interesting matter, the author discusses the signs of health. We all know the signs of disease, for sickness and ill-health abound on every hand, and the look of distress or pain, the pale face, the hectic flush, the indifferent appetite, the nervous twitching, *ennui*, the sense of general ill-being, if not actual pain, the feeble step, languor, and the feeling of anything but fitness for work, and mental depression more or less extreme—these are some of the indications of disease with which we are all familiar.

But what are the signs of health? Let us enumerate them in the order given us by Dr. Ottosen:—

1. *Freedom from pain.* This means no hint of either pain or ache throughout the entire body.
2. *Physical comfort,* which means physical ease, the very reverse of disease, which means lack of ease.
3. *Physical strength and endurance.*
4. *Fitness for work.*
5. *Love of work.* We hold that a healthy man loves his work and will be at a loss unless he is doing something useful. He takes pride in his work, and thinks it a pleasure all the day long.
6. *Love of life.* Have you ever heard of a thoroughly healthy person committing suicide?—No. It is those who are sick in body and sick in mind who are tempted to do away with themselves.
7. *Joy in living.*

Such in brief are the signs of health according to the Danish doctor, and we believe that anyone who embodies the characters above described must enjoy a full degree of sound health of both body and mind.

### Good Health Library Fund.

Miss K. A. White, ... .. 3/-.

READERS in Leeds and Nottingham are invited to attend the following lectures to be delivered by the Editor, Dr. A. B. Olsen:—

"The Essentials of Diet Reform," Wednesday, at 8 p.m., January 12, 1910, at the Thoresby Society Rooms, Park St., Leeds.

"Diet and Endurance," Thursday, at 8 p.m., January 13, 1910, at the Club Room, Cobden Hall, Nottingham.

### Hygienic Dress League, Birmingham.

Annual meeting, Wednesday, January 5th, at 8 p.m., Priory Rooms, Upper Priory.

Lecture: "Hygienic Dress" (illustrated by models and charts), by Dr. A. B. Olsen, of Caterham.

All interested are invited to attend.

Membership to the Hygienic Dress League is open to ladies and gentlemen in sympathy with the cause. Annual (minimum) subscription, 1/-. Application for particulars should be sent to the secretary, Miss Grace L. Alcock, 22 Sampson Road, Sparkbrook, Birmingham.

### Birmingham Natural Health Society.

MEMBERS of the Good Health League and all interested are cordially invited to the following meetings:—

January 6th: Annual Social. Lecture by Dr. A. B. Olsen. Subject: "A Satisfactory Diet."

January 19th: Readings and papers by members of the Dicken's Fellowship.

Full particulars of the Society may be obtained on application to the Hon. Secretary, Mr. J. Belling, 109 Vivian Road, Harborne; Mr. A. J. Morris, 28 Freeman Street, Birmingham.

### Glasgow Health Culture Society.

THE programme for the first quarter of the year 1910 could not be finished in time for publication in this issue of GOOD HEALTH. Copies of programme may be had from John P. Macmillan, 12 Afton Street, Langside, Glasgow.

# THERE'S SOLID COMFORT

IN A  
**Good  
Health  
Adjustable  
Bodice.**

We can't say much about it in this small space, but send us a card, and we will forward descriptive circular and prices. ✻ ✻

ADDRESS AS BELOW.

# Got Catarrh?

Our Catarrh Outfit will give you relief, and if faithfully used will effect a permanent cure. The Outfit consists of a Percussion Nasal Douche, by means of which every part of the nasal passages can be thoroughly cleansed from mucus, dust, and other impurities. Then there is another instrument, known as the Globe Hand Nebulizer, that will introduce a fine nebula of medicated air into every remote part of these organs. Thus the diseased portions are first thoroughly cleansed, and then treated with healing vapours. The Outfit complete, with full directions, and medicine to last for some time, will cost you 7/6 post free. Order now, and be ready for your next cold.

**GOOD HEALTH  
SUPPLY DEPT.,  
Stanboro' Park, Watford.**

In answering advertisements kindly mention "Good Health."