

[See article on page 40.]

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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.

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CURRENT HEALTH LITERATURE.

Scientific Living.

"SCIENTIFIC LIVING FOR PROLONGING THE TERM OF HUMAN LIFE" is the title of a very interesting and useful volume of nearly three hundred pages by Mrs. Laura Nettleton Brown. The author is a faithful disciple of the simple life and she deals with the old problems of what we eat, how to prepare it, and how to eat it, in a very instructive and sensible way. Mrs. Brown is an advanced health reformer. She advocates a natural, non-flesh diet, the no-breakfast plan, and an abstemious life generally. In chapter eighteen she classifies luxuries under two heads, as follows:—

1. The Poisonous in Nature; including common condiments, vinegar, fruit essences, meat extracts, tea and coffee.
2. The Non-Poisonous in Their Own Nature; sugar, pure candy (sweets), fruit juice flavours, fruit juice acids, cocoa, etc.

The book is replete with much wholesome information, and it could not fail to prove helpful in any home. The chapters on "The Chemistry of Food" and "The Chemical Changes within the Body" are particularly interesting, and must prove helpful to the reader. "Scientific Living" is in no sense an ordinary cookery book, for it approaches the subject of nutrition from a far broader standpoint than the mere preparation of food. Still, it contains a few excellent recipes and many suggestive menus. The final chapter on "Associated Influences" calls attention to the cold morning bath and its invigorating effects upon the system, points out the importance of breathing pure, fresh air, and emphasizes the value of exercise and physical culture. "Scientific Living" is a valuable contribution to existing health literature, and we bespeak for it a large and wide circulation. It is published by L. N. Fowler & Co., of Ludgate Circus, London, E.C., at the modest price of 4/6 net, or 4/9 post free.

"ALCOHOL and Motherhood" is the title of a little booklet by Professor G. Sims Woodhead, M.A., M.D., of Cambridge University. The booklet contains a large amount of most useful and important information which is put in plain, simple language, and we should be glad to see it in the hands of all mothers who read GOOD HEALTH. Among the subjects dealt with are "Nutrition in the Unborn Child," "Influence of Alcohol on the Nutrition of a Healthy Man," "The Greater Influence of Alcohol on the Nutrition of a Child-bearing Woman and Her Child," "Why Does Infant Mortality Continue So High?" and "Alcoholism and Defective Development of the Breast," and others. We quote one sentence: "There is abundant evidence that children of alcoholic parents often manifest great lack of mental ability, also vitality, a physical weakness, often of a very serious nature." The booklet can be had for one penny, or post free 1½d. For the purpose of encouraging the free distribution of this important booklet among the public, we will send twelve copies post free for 10d., twenty-five copies for 1/6, fifty copies for 2/6, and one hundred copies for 4/6, all carriage paid. Address all orders to GOOD HEALTH, Caterham Valley, Surrey.

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Editorial Chat.

The Morphia Habit. RECENTLY a book entitled "The Morphia Habit and Its Voluntary Renunciation," by Dr. Oscar Jennings, has been published in London.* Dr. Jennings has had a long experience in dealing with patients suffering from the morphine habit, and, consequently, he speaks with authority on this subject. According to him, the pernicious morphia habit is spreading not only in England but also in other countries.

Craving for Narcotics. THE unnatural craving for drugs, and particularly for narcotic drugs, which benumb the sensibility and paralyse pain seems to be increasing everywhere with the progress of civilization. As a rule, the well-to-do classes are chiefly affected by the habit, and members of the medical profession as well as society women.

One-Fourth of the Doctors Affected. IN his book Dr. Jennings states as his belief that one out of every four doctors is a slave to some drug, most commonly morphine. This seems to us an enormous proportion, and it is difficult to believe that so many medical men are under the bondage of narcotic drugs. It may be that the doctor refers to some particular class of medical men. At any rate, the habit is altogether too common in that profession.

Cocainism. COCAINE is another narcotic drug that is being utilized more and more as a means of obtaining temporary relief from pain and physical distress. Cocainism is, if anything, even worse than morphinism.

The awful effects of cocaine, which is one of the most poisonous of drugs, upon the nervous system beggar description. Very few who come under its influence are ever able to throw off the bondage and obtain freedom from the terrible curse.

No Cure. MANY eminent authorities believe that when the habit of cocainism or morphinism is once formed there is no cure. Although this is doubtless true of a large number of cases, still we can recall instances of a permanent cure even after the habit had been fixed for some length of time. But the fight is a tremendously stiff one, and all the powers of a sturdy manhood or womanhood, combined with divine aid, are essential to success.

Opium in China. IT is estimated that there are in China alone twenty-five million men living under the curse of opium slavery. We pity them and perhaps wonder why they should give way to the pernicious habit, but now they are making a gallant fight to cope with the opium evil, and through Government measures as well as other means a great effort is being made to do away with the curse. According to Dr. Jennings' book, western nations are following rapidly in the footsteps of the heathen Chinese, and if we are not careful we shall soon see the tables turned and western nations even more subject to the opium evil than the Chinese.

Other Drug Habits. BUT cocaine, opium, and morphine are not the only narcotic drugs to beware of. L. F. Kehler, Ph.C., M.D., and Drs. F. P. Morgan

*Ballière Tynedale & Cox, price 7 6.

and Philip Rupp issued a report to the United States Government on the "Harmfulness of Headache Mixtures" last September. A Food and Drugs Act was passed by the United States Congress in 1906 which requires all patent medicines and advertised drugs to be properly labelled with their contents. Some manufacturers endeavour in one way or another to evade this law and describe various medicines in such a way as to deceive the public. This report is an attempt "to obtain full and reliable information with regard to the harmful effects of acetanilid, antipyrine, and phenacetine." The "investigation shows that many medicines containing these or other dangerous agents bear statements which are not in harmony with the facts. The misrepresentation often takes the form of assertions to the effect that the remedy is harmless or that it contains no poisonous or harmful ingredients. Again, the public is given to understand in many cases that the medicine can be taken freely and safely until the desired effect is obtained."

"Brain Food." "SOME of the manufacturers of acetanilid preparations go even farther, and assert that the medicine, in addition to being an efficient remedy, acts as food or nourishment for the upbuilding of some particular part of the body; that it is, in short, a "nerve food" or a "brain food." Claims of this character are, however, without foundation, because so far as known there is no substance which acts as a food for one part of the body without acting as a food for the rest of the body as well. Moreover, as already stated, the frequently-repeated or continued use of acetanilid tends to impair the nutrition of the body."

Headache Tablets. ALL medical men recognize the great danger there is in the promiscuous use of such poisonous medicines as these coal-tar derivatives, and many doctors are using them less frequently as the years go by. But it is easy for the ignorant public to resort to such preparations. Finding that they relieve pain promptly, they soon come to depend upon them.

True Poisons. THE record goes on to say that "the fact that they are poisons in the true sense of the word is generally recognized by physicians, but it is doubtful whether the people generally realize that they possess any harmful properties whatever. Certainly there is nothing to indicate an appreciation of this fact, if one can judge from the extent to which these drugs and the preparations containing them are used without the advice of a physician."

"Habit-Forming Drugs." "IT has long been known that acetanilid, antipyrine, and phenacetine are habit-forming drugs, particularly acetanilid. The habit is usually acquired through the use of the remedy without the supervision of a physician for the relief of minor aches and pains, especially headache. Troubles of this kind are peculiarly likely to return again and again, and the remedy has but a temporary effect; hence the dose must be repeated, and in time the patient may become dependent upon the drug. Furthermore, the ache or pain for which the medicine was first taken is often worse than ever after the effects of the remedy have passed away, because of the weakened condition of the system which may result from the use of these agents, and hence there is additional call for the remedy. Thus a habit may be established—more drug, impaired bodily health, lessened resistance, more pain, more drug."

The Effects on the Body. "THE principal symptoms which were reported by the physicians to have resulted from the habitual use of these agents were blueness of the skin, heart weakness, impoverishment of the blood, shortness of breath on exertion, nervous depression, sleeplessness, and loss of memory. In not a few cases the patients were reduced to a condition of invalidism."

Death from Headache Tablets. WE quote the following case from the report, which is by no means an exceptional or an extreme one: "On Friday, December 13, 1907, at 9.20 p.m., a girl of

16.5 years, in good general health but having a headache and feeling that she had taken cold, took two headache tablets and went to bed. Later, her mother heard her coughing and went to her. There was nothing at this time to cause alarm, but a little before eleven o'clock the girl's lips and face began to become blue, and in consequence a physician was sent for. He responded at once, and found the girl with great weakness of the heart. Before he could administer any remedy she was dead.

Fever Remedies. THESE three coal-tar drugs, acetanilid, antipyrine, and phenacetine were formerly used by medical men almost exclusively in the treatment of fevers. However, when the doctors began to recognize the marked weakening and depressing effects that these drugs have upon the heart and circulation, they discontinued their use in fevers largely, so that at the present time they are not prescribed nearly as frequently as in former days. What we wish to emphasize is the great danger in resorting to these or similar patent medicines and advertised remedies under any circumstances whatever. Drugs and medicines should never be taken except under the counsel and direction of a competent physician.

Secret Remedies Containing These Drugs. ACCORDING to analyses published by the British Medical Association in a book entitled, "Secret Remedies, What They Cost and What They Contain," the following preparations contain one or more of these coal-tar products, namely, acetanilid, antipyrine, and phenacetine, as well as other ingredients:—

Dr. MacKenzie's "One Day" Cold Cure.
Keene's "One Night" Cold Cure.

Stearns' Headache Cure.

Bell's Fairy Cure.

Kaputine.

Hoffman's Harmless Headache Powders.

Dipsocure.

Daisy Powders.

Curic Wafers.

"Good as Gold" Headache Powders.

Zox.

Expectoration. THE spitting habit seems to be almost universal and well-nigh incurable. On consideration, scarcely anyone can deny that it is a most reprehensible habit, which is often fraught with serious danger to the public health. It is impossible to estimate the number of diseases that are spread or are likely to be spread by this nasty habit.

The Mouth a Cesspool. IT would not be straining the truth to describe the average mouth as a miniature cesspool. The contents of the mouth almost invariably include decaying teeth, more or less putrid food particles, and a goodly variety of germs, many of which are associated directly or indirectly with infectious diseases, such as common colds, nasal catarrh, influenza, diphtheria, pneumonia, consumption, meningitis, etc.

Crusade against Spitting. LET all those who read these lines and are more or less subject to the habit resolve henceforth to join in a strenuous crusade against the spitting habit. This is a small service that every one can render to the cause of good health, and if the crusade should become general throughout the kingdom it would be difficult to estimate the enormous amount of good that would be accomplished. Members willing to join this crusade would, first, avoid expectoration in the trams, trains, public thoroughfares, and everywhere except into the fire or into a proper expectoration cup or into a handkerchief, and, second, would encourage all others to do the same. Let all our readers heartily join the anti-spitting crusade, and thus assist in the maintenance of public hygiene and the prevention of infectious diseases.

So Much Easier.

A TOURIST while travelling in the north of Scotland, far away from anywhere, exclaimed to one of the natives: "Why, what do you do when any of you are ill? You can never get a doctor."

"Nae, sir," replied Sandy. "We've jist to dee a natural death."



LUMBAGO: Its Prevention and Hygienic Treatment.

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

LUMBAGO may be regarded as a form of muscular rheumatism which attacks the lumbar muscles in the small of the back and loins. It is often akin to neuralgia, and doubtless some so-called cases of lumbago might be more properly described as neuralgia of the lumbar muscles. The word lumbago is derived from the Latin *lumbus*, loin.

Causes.

In a goodly number of cases there seems to be a family history of rheumatic and gouty disorders, so that the question of heredity must be taken into consideration. Briefly, cold and wet, worry and overwork, muscular strain, and wrong habits of drink and diet may be looked upon as the chief causes of lumbago. Men, doubtless on account of being subject to greater exposure and to extremes of weather, suffer far more often than women.

The Symptoms.

Lumbago is both a common and a painful disorder. The onset of the disease is usually sudden, and the symptoms are by no means difficult to recognize. The typical stoop when walking, and the peculiar attitude when attempting to rise from the chair, are quite characteristic of lumbago. The muscles are painfully tender and stiff, and there is marked limitation of movement. There is a dull or sharp aching pain in the region of the loin, which may become very violent at times,

and is often worse at night. The pain on attempting to move is sometimes so sharp as to cause the patient to cry out. A severe attack of lumbago puts an end to all activity, and renders the patient bedridden for a time. He may be so prostrated and afflicted as to be unable to rise in the chair, or even turn in the bed.

The Treatment.

Absolute rest for the affected muscles is essential to a prompt recovery, and this of course means going to bed, or at least keeping the couch. Hot baths, and particularly electric light, Turkish, and vapour baths, are in order. A hot hip pack will often afford almost immediate and complete relief. Hot fomentations across the loins are at least soothing, and often relieve the pain entirely. Blisters and porous plasters are also recommended. Galvanic electricity is useful in relieving the pain. In mild cases, a rubber bottle containing very hot water, if applied to the seat of the pain, will greatly ameliorate the symptoms. Various liniments of chloroform, laudanum, and belladonna are often resorted to, and sometimes prove helpful.

If available, massage, gentle at first, is helpful. But this is a more appropriate treatment for the later stages of the attack.

It is, of course, essential to keep the patient warm, and woollen underclothing, and also sleeping between blankets, are desirable.

If the patient is constipated, clear out the bowels with a soap enema of two or three pints.

The duration of an attack of lumbago varies greatly, but it is usually transient, and only lasts a day or two, or perhaps a week.

Prevention.

In considering the preventive measures that one must take against lumbago, it is necessary to give careful attention to the predisposing causes already mentioned. Warm, porous clothing, and prompt measures to neutralize the effects of any temporary exposure to cold and damp are necessary. Merely sleeping in a damp bed has brought on many an attack of lumbago. Sitting or standing in wet clothing is also a prolific exciting cause.

It is always unwise for a man in middle life to engage in any exercise or labour that involves strain of the muscles and ligaments. Such violent

exercises are, we believe, a more frequent cause of lumbago than mere overwork.

On the other hand, a sedentary life is not conducive to freedom from rheumatism. Moderate exercise taken with regularity daily is essential to the maintenance of all-round good health. Using the muscles keeps them in a supple, healthy state.

Drink and Diet.

Rheumatism in any form appears to be a constitutional disorder, and hence we should infer that both diet and drink are important factors. This is true, and Dr. Haig and other medical men have succeeded in demonstrating the direct causal

effect of errors in diet in the production of both rheumatic and gouty diseases. Dr. Haig's work is more concerned with the use of foods containing uric acid or its equivalent. According to him, one should abstain entirely from tea and coffee, and also animal flesh in all forms if there is the slightest tendency to rheumatic affection.

For a much longer time medical men have recognized the evil influence of alcoholic beverages in the case of patients with a gouty or rheumatic diathesis. Total abstinence from such drinks is essential, in our opinion.



FOMENTATION ACROSS THE HIPS.

Additional Precautions.

In addition to the above preventive measures, we would offer two further precautions.

First, as to clothing. There seems good reason to believe that loose, porous, woollen garments are more satisfactory for patients inclined to rheumatism than any other variety. This is particularly true of the winter season, but also applies to cold, damp weather at any time of the year. It is of vital importance to keep the feet both dry and warm, and if it is necessary to change the hose even two or three times a day to ensure this, it should be done. Boots with thick, waterproof soles should

be provided, and even then it is wise to wear goloshes if one is obliged to be out in the wet for any length of time. But they should be removed on coming indoors.

Second, as to baths. Persons who have had a touch of rheumatism in one form or another would do well to have an electric

light, Turkish, vapour, or hot water bath once or twice a week regularly. The hot bath, ensuring free perspiration, appears to be one of the best preventive measures that we have. It should always be followed by a cold sponge, spray, or mitten friction, and an oil-rub or massage.

A NATIONAL QUESTION.

BY W. T. BARTLETT.

LAST month we noted the effect of alcohol upon the individual cells out of

health suffers, asylums, hospitals, and workhouses are more in demand, the



VIEW FROM REAR WINDOW OF CATERHAM SANITARIUM.

population is poorly nourished, energy that should be exerted for the common good is diverted into criminal channels, necessitating the expenditure of still other energy for its repression by means of reformatories and prisons, child labour is necessitated, the average output of work is reduced, and by all of these consequences, together with many more

which every living organism is built. When we study the action of the poison upon a larger scale, the effect is the same. Alcohol is as destructive of national life as it is of cell life. The result is, of course, more quickly seen in the single cell, but the difference is only one of proportion.

Even though the alcohol be diluted until there is barely a trace, it is capable of inflicting serious injury upon the cell, the structure of which is weakened, its nature perverted, and its function interfered with. So in the case of the community affected by alcoholism, the public

which flow from them, the physical, mental, and moral development of the nation is arrested.

Just as individuals become convinced, by painful experience, of the harmful effects of alcohol, and seek to avoid those evils by moderation, so a nation may in its collective consciousness awake to a sense of the injury it is suffering, and seek by appeals to the better judgment of its citizens, and by legislative restraints upon their grosser habits of indulgence, to keep itself as a nation within the limits of moderation.

But just as the would-be moderate

drinker realizes, in many cases, that total abstinence is the only effective protection against the evils of alcoholism, so to-day the nations are beginning to learn that prohibition of alcohol as a beverage is the one way of deliverance for them from the demoralizing effects of strong drink.

Look at the map we are reproducing in this issue, and note the change which has come over the United States during the last fifteen years in this matter of prohibition. Observe how, in almost every quarter of the vast territory, not excluding its most advanced and intelligent sections, there has been a remarkable conversion to the principle. Such a transformation in such a land can be explained in no other way than by the conclusion that the practical and progressive citizens of the great Republic have come to see in alcoholism a deadly foe to their national well-being. Even the southern States, where the prevailing sentiment has been far from anti-alcoholic, have "gone dry," because they recognize that for their own protection they must put the temptation as far as possible from the negroes in their midst.

When an individual abandons the use of strong drink, he obtains quick relief from some of the unpleasant symptoms for which he is indebted to his bad habit. Here again the parallel holds good, and doubtless some of the communities which have recently signed the pledge have been persuaded to the step by hearing the glowing reports of pioneer communities who had made the experiment earlier. Worcester, Massachusetts, for example, with a population of over 100,000, has voted twice for prohibition. As compared with the last year under the licensing system, 1908 shows a decrease in arrests for drunkenness from 3,924 to 1,843; for assault and battery, from 382 to 263; for larceny, from 343 to 255; for neglect and non-support, from 112 to 87; for disturbing the peace, from 210 to 109. The patients in the alcoholic ward of the city hospital fell from 274 to 144, and the deaths from alcoholism from 30 to 6.

While these figures show that a vote for prohibition does not mean an instantaneous stop to all the evils of alcoholism,

they do present a powerful argument for prohibition. Think of the enormous saving in health and social virtue and family happiness secured for the city of Worcester by the adoption of prohibition. Then think what a difference it would make to the whole of the United States Republic if every city were to do as Worcester has done, and it will begin to dawn on the mind that national efficiency and prosperity depend in no small degree upon the decisiveness and thoroughness with which a people set themselves to accomplish the prohibition of strong drink.

The great Prussian general, Von Moltke, declared that the daily glass of German beer was a more dangerous enemy to the Fatherland than all the French army. There is probably no civilized country in Europe to-day which does not stand in greater danger from its own intemperance than from any hostile power without its borders. Every year we pay away the price of a hundred "Dreadnoughts" for a crushing burden of ignorance, inefficiency, pauperism, and crime. There is the enemy.

Sweets versus Shoes.

A CORRESPONDENT writes: "When the half-timers who work in the mills in Bradford give their wages to their parents, they are often allowed to keep the odd coppers, so as to keep them contented. These coppers may amount to as much as ninepence. In many instances the whole of that sum is spent on sweets, even when the child has not a decent pair of shoes. An article of diet that has such a fascination surely partakes of the nature of a stimulant."

We cannot help but believe that the large use of sweets by children, yes, and older ones, too, is due to an unwholesome craving, and is not in the best interests of health. The money which is often spent in sweets might be far more wisely spent in providing more rational food as well as clothing. According to statistics we are rapidly becoming a sweet-eating nation, and the sweet-shops seem to be multiplying on every hand.

FEAR not the anger of the wise to raise,
Those best can bear reproof who merit praise.
—Alexander Pope.

"CARRYING" TYPHOID.

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

IT is well for the general public that an increasing interest is being taken in matters relating to health by a large section of the community, and in the results of the latest researches as they become known. Perhaps one of the most interesting of subjects in this connection is that concerning the study of pathogenic (disease-producing) germs. Many are well known; of others but little, if anything, is at present known, and interesting discoveries are being continually made.

Vitality of Microbes.

Though much is known, much has yet to be learnt of the ubiquitous microbe. Many classes have been ascertained to carry on varieties of work which are of the utmost value to mankind. Others, fortunately for man's sake, have cannibal propensities, and thus very largely keep down the numbers of certain harmful species. An extraordinary feature of some disease germs is their longevity, frequently under what appear to be most adverse circumstances.

An instance is on record in connection with the devastating plague which broke out in Haarlem, Holland, about the same time as the Great Plague of London in 1666. A whole family who died of this disease were interred in one grave, and it was found necessary a few years since to repair the tomb. The masons who were employed in this work proved the vitality of these germs, after more than two hundred years, by contracting, in a mild form, the original disease.

Enteric Fever.

Typhoid fever, or enteric fever, it would be well to bear in mind, is an infectious disease very prevalent in the fall of the year, in which the infection is mostly water-borne. Cases in which contagion has been spread by direct contact, as in small-pox, typhus, and scarlet fever, for instance, are very rare.

Milk and water are the chief media for conveying the specific bacilli of the com-

plaint; and the evacuations of the bowels, and sometimes the urine of typhoid patients, are the primary causes. True, watercress and oysters to which infected sewage has gained access, and infected matter diffused in the air as dust, or flies carrying the germs, may be the means of contaminating food and so causing the disease.

As regards flies, their propensities of breeding on *fæcal* or decaying vegetable or other matter is becoming increasingly understood; and when it is realized that a fly can carry about a million germs on the 7,200 hairs on its six legs, and also that those of typhoid can be so carried, and that flies will walk over all kinds of food, it is essential to keep the latter suitably covered.

Some Strange Cases.

One of the most baffling of recent typhoid epidemics in this country (others equally curious have occurred on the Continent) occurred a while back in Glasgow. Incidentally, it afforded an illustration of the value of the compulsory notification of cases of infectious diseases to the local sanitary authority. No fewer than 126 cases were reported in the same district within a few days of each other. The cause of the outbreak was in due course traced to the milk supplied to the residences of the patients, and then to the dairy farm, and there, extraordinary as it may seem, to a milker who, with other members of her family, had suffered from enteric fever *sixteen years* previously. Since that time it appeared she had been associated with cases of the disease, but had not been again a sufferer herself. (It has been satisfactorily proved that a typhoid patient on recovery is immune from further attacks.) The milker was then placed under observation, and the result clearly proved that the dejecta was the cause of the contagion, due to the fact that the gall bladder, despite the intervening years, was still occupied by the specific organisms of the disease—the *bacillus typhosus*, as it is scientifically called—some of which were voided by the bowel.

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

In another case, a woman, six years after recovery from typhoid fever, was employed as a servant in a public institution, in kitchen work, in the preparation of food, and in the dairy. Soon after her arrival several inmates developed the complaint. When the fact of her having been a sufferer from the disease became known, suspicion fell upon her as being the possible cause of the outbreak, and she was excluded from her work in connection with the food. The result was a cessation of the spread of the complaint. Further observation proved her to be the unsuspecting cause of the epidemic.

"Carriers."

So far as at present discovered, no means are available whereby typhoid or enteric germs can be definitely eliminated from the system of sufferers. Although it cannot be said that every person who recovers from typhoid is liable indefinitely to be a means of

spreading the disease, as so far as investigations have revealed such cases are comparatively rare, yet it is well to bear in mind that every such person may, for a prolonged period, be a potential "carrier" of the infection.

The Moral.

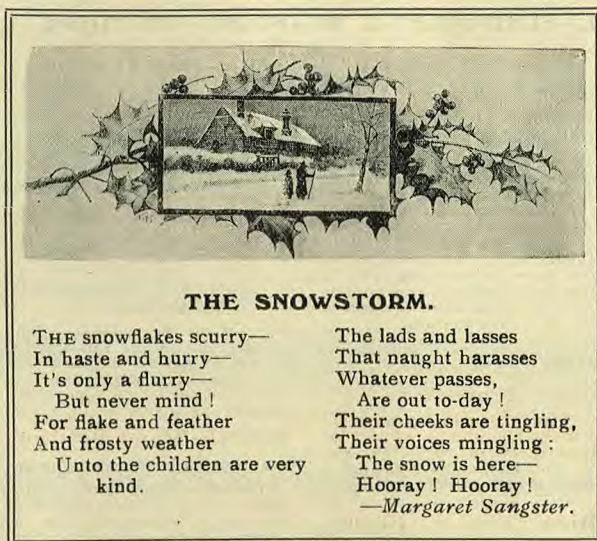
The cases referred to above illustrate the need for the exercise of cleanliness by all; and more especially by those who have recovered from typhoid, or have been attending a person so suffering, particularly if occupied at any time in the preparation of food, or in dealing with milk, for in these cases the infection was conveyed by hand, doubtless by omission to wash the hands after attending to the calls of nature.

The moral seems to show the need for cleanliness in the habits; and, apart from this, that milk should not be drunk raw but pasteurized: and that water should be boiled, filtered, or distilled.

Anæmia.

VARIOUS preparations are given for this condition, usually containing iron or arsenic; but after all, as admitted by the foremost medical magazine of America, "perhaps the most important of all treatment of anæmia is fresh air and sunlight, in the best possible hygienic and climatic surrounding s.

Some anæmic patients do best in the country, others at the seashore, others best in the mountains. The next important element in the blood improvement is diet." Of course, as might be expected, the writer of the foregoing quotation believes meat to be a necessary

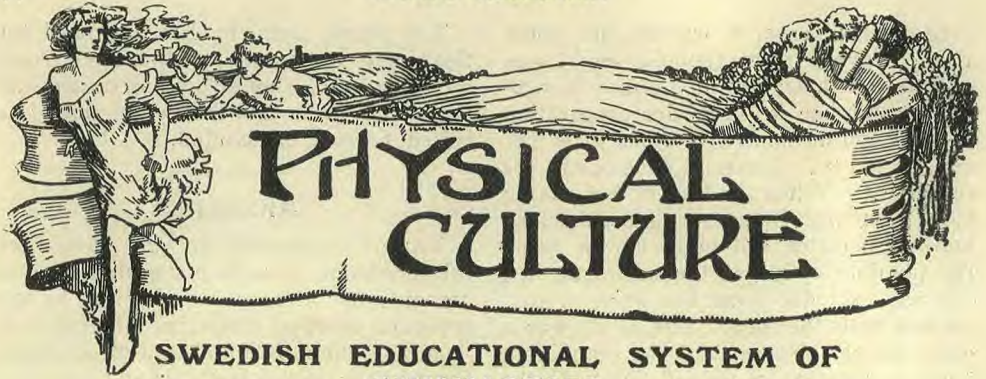


THE SNOWSTORM.

THE snowflakes scurry—
In haste and hurry—
It's only a flurry—
But never mind!
For flake and feather
And frosty weather
Unto the children are very
kind.

The lads and lasses
That naught harasses
Whatever passes,
Are out to-day!
Their cheeks are tingling,
Their voices mingling:
The snow is here—
Hooray! Hooray!
—Margaret Sangster.

food for anæmic patients. But an extended experience at a properly-conducted sanitarium where meat does not form a part of the menu, would convince one that this is not the case. A dietary of milk and eggs, with the green vegetables, especially spinach, and fruits, particularly strawberries, together with potatoes, bread, and butter, in accordance with the digestive capacity of the patient, will furnish a diet fully capable of enriching the blood. In addition to fresh air, sunlight, and diet, a most important measure to be applied in anæmia is a course of tonic hydrotherapy, given by a trained nurse in the home, or preferably in a properly-equipped institution.—G. H. Heald, M.D.



SWEDISH EDUCATIONAL SYSTEM OF GYMNASTICS.

BY WM. M. SCOTT.

LESSON II.—FUNDAMENTAL STANDING POSITIONS.—(Continued.)

Stand Position. (No. 1.)

Command: *At-tention! Po-sition!* (The emphasis after the last syllable in each case, with a slight hold on the first syllable.)

Directions: In the initial standing position the heels are placed close together, and turned equally outward at right angles; knees straight or extended, not stiff; hips straight beneath the trunk; chest arched forward; shoulders drawn backward; fingers extended and held close together; head erect; chin inwards; eyes to the front.

Note: After assuming this and other positions as directed and repeating three or more times, the command *Rest!* In place, *rest!* is given, which means that an easy position free from strain is taken, one foot being moved forward or backward, but one heel always remains in place.

Wing-Stand Position. (No. 2.)

Command: *At-tention! Hips—Firm!*

Directions: From the "Stand" or initial position the hands are moved quickly to the hips and placed over the heads of the bones, thumbs backward, fingers forward; elbows in the plane of the shoulders, which ought not to be raised, but remain in fundamental position.

Rest-Stand Position. (No. 3.) (Illustrations *a* and *b*.)

Command: *At-tention! Neck—Firm!*

Directions: From the initial stand position the hands are moved quickly up, and placed behind the head, fingertips resting upon the occipital bones (not touching those of the opposite hand); elbows kept in the plane of the shoulders.

Bend-Stand Position. (No. 4.)

Command: *At-tention! Arms upward bend!*

Directions: From initial position the forearms are flexed (bent) quickly up against the upper arm, palms turned inwards, and fingers slightly bent towards the shoulders; elbows held close to the sides; positions of the shoulders unchanged.

Swim-Stand Position. (No. 5.)

Command: *At-tention! Arms—forward—bend!*

Directions: From the initial position the arms are quickly flexed at elbows and raised to horizontal position across the chest; hands and fingers extended; palms facing downwards; arms drawn backward in the plane of the shoulders which remains unchanged—i.e., not raised or lowered.

Yard-Stand Position. (No. 6.)

Command: *At-tention! Arms—sidewise—raise!*

Directions: From the initial position the arms, straight at the elbows, are raised quickly outwards and upwards in the plane of the shoulders to horizontal position, hands and fingers extended; palms facing downwards.

Heave-Stand Position. (No. 7.)

Command: *At-tention! Arms—sidewise—raise! Palms—turn! Bend!* Or a shorter command is sometimes used: *Arms half sidewise bend!*

Directions: From initial position arms are raised to horizontal position as in "Yard-standing," they are then turned so that the palms of the hands face upwards; forearms are then flexed at the elbows until they form an angle of forty-five degrees with the upper arms; palms facing directly towards one another.

Stretch-Stand Position. (No. 8.)

Command: *Arms—upward—stretch!*

Directions: From initial position arms are first carried quickly to the "Bend" position (No. 4) and then smartly upwards to the perpendicular position over the head; palms of the hands turned towards each other; arms shoulders' breadth apart.

Or command: *Arms—forward—upward—raise!*

Directions: Here the arms are carried, in full extension forwards and upwards, moving parallel to each other to full stretch position above the head.

Reach-Stand Position. (No. 9.)

Command: *Arms—forward—stretch!*

Directions: From initial position, 1st. Bend-position; 2nd. extend arms forcibly forward to the horizontal; palms of hands facing each other, shoulders' breadth apart.

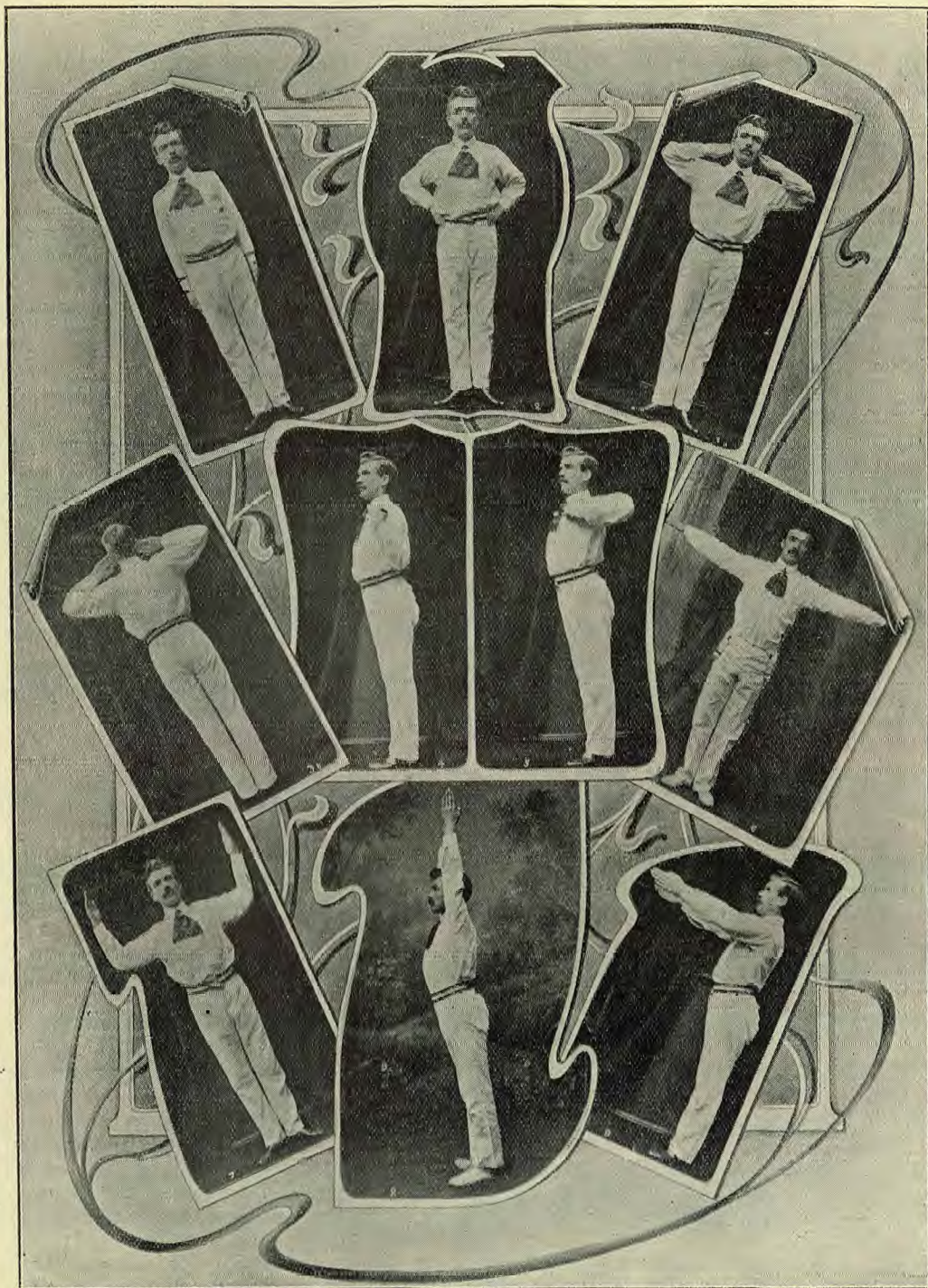
Or command: *Arms—forward—raise!*

Directions: From initial position arms are carried to a horizontal position, keeping them parallel, shoulders' breadth apart; palms facing, fingers together and extended.

Notes on Lesson II.

Besides these eight fundamental standing positions, there are one or two others, but these are so seldom used in ordinary class drills that we have not deemed it necessary to introduce them in this course.

It will be observed that only the arms have been moved in assuming all of these positions, the feet remaining quiescent. In our next lesson we will illustrate a few positions where the feet are moved alone or in combination with the arms.



FASHION OR INDIVIDUALITY?

BY MISS A. MARIAN CLARK,

FASHION, or individuality! Which interests us most? Which do we most care about in those we love? Which reveals to us more about the character and inmost being of those around us? Surely the prevailing idea of Fashion is a mistaken one.

Why should human beings who are born into the world each with certain

latent characteristics of temperament waiting for development, prefer to behave like a flock of sheep—each one looking to see what the one in front says and does and wears, that he may say and do and wear precisely the same? Does it not lead to a terrible tameness and sameness, and a dull, flat level of lack of originality? I once knew two old friends who were

parting; one was going to start out on a fresh career in a foreign land. When the final parting came, the stay-at-home said: "I know you will come back different!" "No," was the unspoken word of the hand-grasp; "I shall be always the same to you."

There was the friend dreading lest the individuality which had been the source of love and affinity should be so changed or developed that heart would not beat to heart on the reunion. What we love in our friends is their individuality, or the part of them which makes them special to us individually. This is why we so seldom find real satisfaction in a photograph or picture of our nearest and dearest. We miss the beam of the eye, the play of the expression of the beloved features, as our friend communicates to us his mind. Let us then preserve and cherish character and individuality. And does not individuality appear in externals, as well as in the depths of character?

Do you not love to see your friend dressed as becomes her best? It is the duty of everyone to dress becomingly, that



FIG I.

Costume made all in one, so that the weight is carried by the houlders.

they may give pleasure to those around, for whether we recognize the fact or not, we do derive pleasure from beauty and neatness, or we feel dissatisfaction when the eye is met with showyness or slovenliness or bad taste.

But first of all we must each of us find out what is becoming to us. Most important of all is a style of dress which will be easy and healthful in the wearing—light in weight, and giving plenty of freedom of movement. Then, perhaps, warmth comes second in importance. And let us remember a warm dress is not necessarily a heavy dress. If carefully chosen, materials can be procured (such as the Ruskin homespuns) which are of pure wool, and yet light in weight, giving satisfaction both in washing and wear.

After this we may consider colour. Find out what colour or colours suit you best: generally to repeat the colour of the eyes or the hair gives a charm; and having determined this, keep to your own colouring, and let alone the newest shades of fashion. It is a great economy and convenience to confine oneself to two colours, and with the many shades which these afford there is an infinite variety; and the result is that one finds new things work in well with old ones, and one is saved the constant worry of, "Will this go with that?"—"This goes with neither."

Then as to style and make: having found out a style which makes the best of your build and figure, keep more or less to that style, just varying each costume a little in detail and trimming, so that



FIG. II.

Summer costume. Here the skirt is buttoned to the bodice, and the fastenings are hidden by the ribbon band.

monotony may be avoided. It will be an endless saving of time and energy; and one will not be confronted with the difficulty of this or that garment having become old-fashioned, should it have been laid by for a few months. Surely money and time are too valuable gifts to be thrown away on mere personal adornment, which after all is not going to give any solid satisfaction.

It is a good thing for the weight of the skirts to be carried by the shoulders. An

under-bodice to which the petticoat can be buttoned meets this need; and the dress can either be made all in one to hang from the shoulders as in the first of our illustrations, or else the skirt can easily be made to button or hook on to the bodice, with a folded band or ribbon to hide the fastenings.

It is well to avoid elaborate trimmings and flounces which only add to the weight and give trouble when soiled or torn.

Simplicity is the essence of real beauty; and a woman ought to look womanly, neat, and dainty; these are the real charms of personal appearance.

And for children and infants, too; how unsuited to their simplicity and innocence are elaborately-trimmed and ornamented clothes! Let them be clothed in the simplest of garments, let them look always fresh and clean; and look for beauty not to the flounces and frills of the small garments, but to the bright, loving little faces of the wearers.

What Every One Should Know about Tuberculosis.

1. TUBERCULOSIS is a preventable disease, and also a curable one if taken in time.

2. Tuberculosis is cured by fresh air, rest, and proper food, but cannot be cured by any of the widely-advertised "consumption cures."

3. Tuberculosis is a contagious disease caused by microscopic germs.

4. These germs grow in the lung or other diseased part of a person, and are coughed up in great numbers.

5. Therefore sputum or pus from tuberculous sores is a deadly poison which infects whatever it falls upon. It even poisons the air, for it dries and blows about as dust.

6. Every one should guard his own mouth and use his influence to prevent other people from spitting in any place where the sputum can dry and become a source of danger.

7. No one should ever eat food that has been bitten into by another; drink from a glass or cup that has been used, or use a spoon or fork after another person.

The danger in this is not alone from tuberculosis, but from other common contagious diseases such as colds, influenza, pneumonia, diphtheria, etc.

8. Sputum may infect the spitter himself, as well as others, if he spits carelessly; but it is almost sure to infect him if he habitually swallows his sputum.

9. There is but one safe thing to do with sputum. It should be spit into properly-made cups and burned before it dries.

10. By far the most important measure of prevention is to keep the body vigorous and healthy by good food and cleanliness, and by avoiding all kinds of bad habits and dissipations both in work and in play.

—*Journal of the Outdoor Life.*

Essentials of Health.

IN spite of our complicated modern notions on the matter, the essential conditions to life and health are few and plain. Through all the ages they have been food, air, sunshine, and exercise. Upon the supply of these, in proper kind and amount, depends the health of everything that lives.—*Clinic, Philadelphia.*

The Deadly Cigarette.

A LITTLE boy,
A little smoke,
A little roll between,
A little grave,
A little stone,
"Our Darling" (nicotine).

IT is better to lose health like a spendthrift than to waste it like a miser. It is better to live and be done with it than to die daily in the sick-room. All who have meant good work with their whole hearts have done good work, although they may die before they have the time to sign it. Every heart that has beat strong and cheerfully has left a hopeful impulse behind it in the world.—*Robert Louis Stevenson.*

BY three methods we may learn wisdom; first, by reflection, which is the noblest; second, by imitation, which is the easiest, and third, by experience, which is the bitterest.—*Confucius.*

THE MOTHER'S TASK.

BY MRS. E. G. WHITE.

GREAT is the honour and the responsibility placed upon fathers and mothers, in that they are to stand in the place of God to their children. Their character, their daily life, their methods of training, will interpret His words to the little ones. Their influence will win or repel the child's confidence in the Lord's assurances.

Happy are the parents whose lives are a true reflection of the divine, so that the promises and commands of God awaken in the child gratitude and reverence; the parents whose tenderness and justice and long-suffering interpret to the child the love and justice and long-suffering of God; and who, by teaching the child to love and trust and obey them, are teaching him to love and trust and obey his Father in heaven. Parents who impart to a child such a gift have endowed him with a treasure more precious than the wealth of all the ages—a treasure as enduring as eternity.

In the children committed to her care, every mother has a sacred charge from God. "Take this son, this daughter," He says; "train it for Me; give it a character polished after the similitude of a palace, that it may shine in the courts of the Lord for ever."

The mother's work often seems to her an unimportant service. It is a work that is rarely appreciated. Others know little of her many cares and burdens. Her days are occupied with a round of little duties, all calling for patient effort, for self-control, for tact, wisdom, and self-sacrificing love; yet she cannot boast of what she has done as any great achievement. She has only kept things in the home running

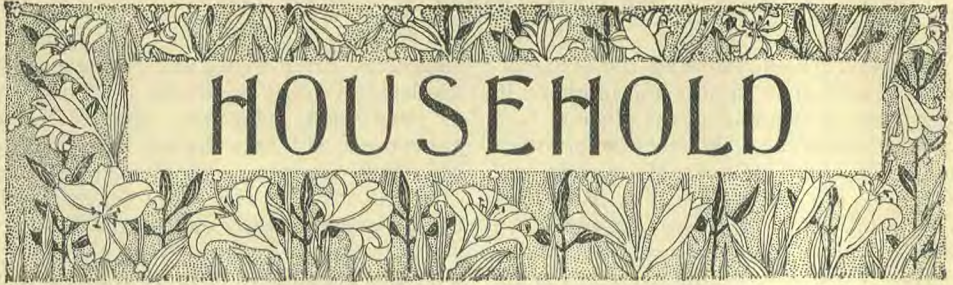
smoothly; often weary and perplexed, she has tried to speak kindly to the children, to keep them busy and happy, and to guide the little feet in the right path. She feels that she has accomplished nothing. But it is not so. Heavenly angels watch the care-worn mother, noting the burdens she carries day by day. Her name may not have been heard in the world, but it is written in the Lamb's book of life.

There is a God above, and the light and glory from His throne rests upon the faithful mother as she tries to educate her children to resist the influence of evil. No other work can equal hers in importance. She has not, like the artist, to paint a form of beauty upon canvas, nor, like the sculptor, to chisel it from marble. She has not, like the author, to embody a noble thought in words of power, nor, like the musician, to express a beautiful sentiment in melody. It is hers, with the help of God, to develop in a human soul the likeness of the divine.

The mother who appreciates this will regard her opportunities as priceless. Earnestly will she seek, in her own character and by her methods of training, to present before her children the highest ideal. Earnestly, patiently, courageously, she will endeavour to improve her own abilities, that she may use aright the highest powers of the mind in the training of her children. Earnestly will she inquire at every step: "What hath God spoken?" Diligently she will study His Word. She will keep her eyes fixed upon Christ, that her own daily experience, in the lowly round of care and duty, may be a true reflection of the one true Life.



SIX BONNIE LIFE VEGETARIANS.



THE BANANA.

WITHIN the last ten or fifteen years there has been an enormous increase in the consumption of bananas in this country, and we believe this consumption is likely to go on increasing as people become better and better acquainted with the food value of this excellent fruit. The banana is believed to have been first grown in the East Indies, but now it is very widely distributed throughout tropical countries. It is an herbaceous plant which looks not unlike a palm. The leaves are large, varying from five to eight feet in length, and about two feet or more in breadth. The banana is the fruit of the *musa sapientium*, but there are several other varieties which are also edible.

Generally speaking, we can distinguish two varieties of bananas, the large size, which are usually called Jamaicas in this country because they are brought to us from the island of Jamaica. These are rather starchy, but nevertheless make a wholesome, nourishing article of diet. Our small bananas come from the Canary Islands, and they are more sweet and sugary, and less starchy.

The banana is a very productive fruit, and it is estimated that if an equal amount of ground were devoted to the cultivation of both wheat and bananas, the latter would furnish more than one hundred times as much food as the former.

The bananas that we get in England are picked green for the purpose of trans-

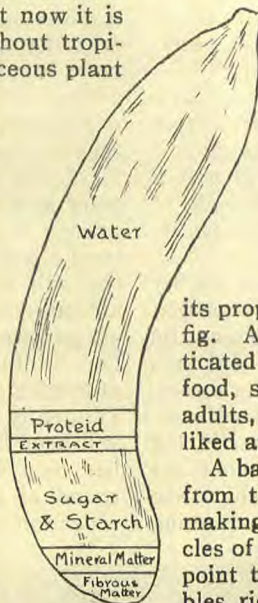
portation, and are then allowed to ripen on the stem as they are used. The natives of the tropics, millions of whom are largely dependent upon the banana for their daily food, cook the unripe fruit, and use it as a vegetable. They also dry the ripened fruit in the sun or by means of artificial heat. In this form they will keep a considerable length of time. But comparatively few dried bananas are imported to this country, although, in the matter of food value, dried bananas are quite as wholesome and tasty.

The banana is distinctly a food fruit, and must be looked upon as a nourishing food, which is somewhat related in its properties to both the date and the fig. A mellow, ripe banana well masticated makes a very easily digested food, suitable for children as well as adults, and is a fruit that is generally liked and appreciated by old and young.

A banana flour or meal is prepared from the fruit, which can be used in making bread, biscuits, and other articles of diet. From a nutritional standpoint the banana flour strongly resembles rice, for it is rich in starch, and contains but little proteid. The following analyses from Hutchison's book on "Food and Dietetics" show the composition of the ripened fruit and of the flour.

THE RIPE BANANA.

Proteid.....	1.5	per cent.
Extract.....	0.7	" "
Sugar and starch.....	22.7	" "
Mineral matter.....	0.9	" "
Fibrous matter.....	0.2	" "
Water.....	74.0	" "



BANANA FLOUR.

Moisture.....	13.0	per cent.
Proteid.....	4.0	" "
Fat.....	0.5	" "
Starch and sugar.....	80.0	" "
Mineral matter.....	2.5	" "

We are better acquainted with the banana as a dessert fruit than perhaps in any other form, but there are numerous ways of preparing it in a tasty and wholesome fashion, a few recipes for which we give below. Banana purée, with or without the addition of cream, makes an excellent food for little children. It has a mildly laxative effect upon the bowels and is also very nutritious and easy of both digestion and assimilation. The banana may be sliced and mixed with other fresh or stewed fruit for the preparation of desserts. Baked in the oven in its skin, it becomes very tender and sweet, and still more digestible.

The following recipes are taken from "Science in the Kitchen," by Mrs. E. E. Kellogg:—

Baked Bananas.—Bake fresh, firm, yellow bananas with the skins on fifteen minutes in a moderate oven. Serve hot.

Escalloped Bananas.—Cut one-half dozen bananas into half-inch slices. Cut some bread into small pieces and put a layer of this into the bottom of an oiled pudding-dish. Add a layer of bananas, and one-half tablespoonful of lemon juice. A sprinkle of sugar may be used. Repeat three layers until all have been used, having bread as the top layer. Sprinkle the top with malted nuts or sugar, and bake one-half hour in a quick oven.

Filled Bananas.—Remove a section of the peel from large, ripe bananas; then lift out the pulp so as to leave the shell. Crush raspberries or strawberries slightly and sweeten to taste; add a few drops of lemon juice. Sugar may be omitted and malted nuts used instead. Fill the shell and serve on a dish garnished with any appropriate leaves.

Banana Salad, No. 1.—Slice well-ripened bananas very thin, and serve with a dressing of thick grape pulp or orange juice.

Banana Salad, No. 2.—Remove the skins from six perfectly sound bananas, roll them lightly in sugar, place on a drifter, and bake in a moderate oven for twenty minutes. Serve in halves with a red fruit dressing of cherry, cranberry, raspberry, or currant juice.

Banana Custard.—Prepare a custard with a quart of milk; two well-beaten eggs; four tablespoonfuls of sugar; and one of cornflour. When the custard is cool, pour it over thinly-sliced yellow bananas, over which a tablespoonful of

sugar and a teaspoonful of water have been sprinkled. Serve cold.

Banana Dessert.—Soak a cup of tapioca overnight. In the morning cook in a double boiler in a quart of water until transparent. When done, add a cup of sugar and three or four sliced bananas. Serve cold with cream.

Banana and other Fruit Moulds.—Prepare a lemon, pineapple, or other fruit jelly. About one minute after it has been poured into moulds, slice into it some ripe bananas. If the slices do not readily sink to place, they may be put there with the end of a knife. Other fruits may be substituted for the banana; viz., cherry, strawberry, raspberry, pineapple, etc.

Banana Shortcake.—Prepare a crust by stirring into a cup of thin cream a little yeast and two cups of flour. Let this become very light, then add sufficient flour to mix soft. Knead for fifteen or twenty minutes very thoroughly, roll one-half inch in thickness, making the centre a little thinner than the edges, so that when risen the centre will not be the higher, and then bake in two layers. Spread one cake with sliced bananas, for every three of which add the juice of one orange, a little of the grated rind, and a half cup of sugar, and cover with the other.

The Kitchen Sink.

AN eminent physician once said: "If I am called in to a case of diphtheria, the first thing I look at is the kitchen sink." The dangers arising from a badly-kept sink cannot be exaggerated, nor can any degree of care in avoiding them be considered extreme. The waste-pipe from a kitchen sink should have boiling water and ammonia, or washing soda, poured down it each day. At least once a week it should be treated to a dose of some good disinfectant, such as chloride of lime.

This old stand-by is very inexpensive and quite as good as many of the modern, high-priced articles. Put a large teacupful of chloride of lime into two quarts of water, and use as required for cleansing the sink.—*Food and Cookery.*

Cookery as a Science.

COOKERY has now gained its true position as a science. It is an art, too; but this has been recognized for many years, whereas it is only recently that the laity have come to learn that the true cook has to judge not only the tastiness and digestibility of his creations, but also the ratio of the various nutritive elements.—*Food and Cookery.*

WHAT IS VEGETARIANISM?*

THERE appear to be a number of misapprehensions concerning the question, "What is Vegetarianism?" In few words, it means wholesome living. According to Professor Mayor, of Cambridge University, the term vegetarianism is derived from the Latin word *vegeo*, which means to thrive, to be strong. From this verb two distinct terms are derived, vegetarian and vegetable, vegetarian meaning healthy and strong, and vegetable referring to plant foods because the plant is conceived as giving life power.

One might distinguish two groups of vegetarians, first, those who include dairy products in their diet of fruits, nuts, cereals, pulses, and vegetables. And second, strict vegetarians who avoid milk, butter, and eggs. The vast majority of vegetarians take milk and egg foods freely, and consequently do not find the slightest difficulty in getting all the food elements in abundance that the body requires. The distinguishing feature between ordinary vegetarians and flesh-eaters is that the first give more attention to fruits and nuts, making both these foods an important article of diet, while the mixed feeders regard them more as a luxury, and seldom consider them an important food. Both vegetarians and mixed feeders take vegetables in pretty much the same proportion, so that there is little or no difference on this score.

Nuts and nut foods make the ideal substitute for animal flesh, since they are rich in both proteid and fat. Nuts are perfectly wholesome if they are well masticated. Those who find it difficult to chew nuts properly on account of poor or absent teeth would do well to take them ground up in the form of nut meal, or they might resort to one of the numerous and wholesome nut preparations on the market.

The vegetarian or food reformer has an ample choice of both wholesome and nourishing articles of diet. He takes fruit freely, both fresh and stewed, and finds it the best medicine that nature can afford for regulating the functions of the body. In the place of beefsteak he

takes nuts, nut foods, or eggs, and thus gets ample proteid for the building up and repair of the tissues. This solves the only serious question connected with vegetarianism, namely, an ample supply of wholesome, nitrogenous food, which everyone rightly regards as essential to good health. As to obtaining sugar, starch, and fat, all authorities are agreed that the vegetarian has opportunities equal to, if not better than, those of the mixed feeder in this respect.

The transition from a flesh-eater to a food reformer is consequently very simple. Discard animal flesh in all forms, including fowl and fish, and in their place take milk, eggs, nuts, and nut foods. Haricot beans and lentils also afford a rich supply of proteid food, and make an excellent substitute for animal flesh.

Many people take far too much flesh food; they would enjoy better health of both body and mind were they to use it more sparingly, or better still, avoid it entirely, and give vegetarianism a fair trial.

The Poisons in Flesh Food.

MEAT contains poisons, and increases the production of poisons in the body. It is well known that animal tissue is a "factory of poisons." Even the purest foods produce some poison when consumed. The liver and the kidneys, in fact, are organs the chief work of which is to destroy and eliminate poisons. The flesh of an animal must necessarily contain a certain amount of these poisons on their way toward elimination. When, therefore, flesh is used for food, our bodies have to deal not only with the poisons which are manufactured by us in consuming the flesh, but also with the poisons already manufactured by the animal whose flesh we eat.

Furthermore, it has recently been discovered that meat encourages the growth of bacteria in the large intestine, and that the poisons produced by these bacteria are very likely to be absorbed into the system, producing depression and other disagreeable symptoms—at times, it is believed,

*Condensed report of a lecture given by Dr. A. B. Olsen before the Edinburgh Vegetarian Society, Dec. 13, 1909.

causing acute diseases, such as rheumatic gout and pernicious anæmia. In a recent experiment it was found that without meat the fæces of the person experimented upon contained from twenty to fifty million bacteria per gramme. The same person, after two days of meat-eating, excreted fæces containing no fewer than twenty-five thousand million bacteria per gramme—or five hundred times as many as when abstaining from flesh food.—*Professor Irving Fisher.*

Bygones.

LET bygones be bygones: if bygones be clouded
By aught that occasioned a pang of regret,
Oh, let them in darkest oblivion be shrouded,
'Tis wise and 'tis kind to forgive and forget.

Let bygones be bygones; and good be extracted
From ills over which it is folly to fret;
The wisest of mortals have foolishly acted,
The kindest are those who forgive and forget.

Let bygones be bygones; remember how deeply
To Heaven's forbearance we all are in debt:
They value God's infinite goodness too cheaply
Who heed not the precept, "Forgive and forget."
—*Selected.*

The Care of the Handkerchief.

TOO little care is taken in the ordinary household in the matter of cleansing of that most necessary and frequently-used article of attire—the handkerchief.

During the winter and spring, when colds and influenza are common, it is most necessary that great care be taken to keep the handkerchiefs of the persons affected separated from those of the remainder of the family, both in the laundry and in the clothes-hamper. Indeed, it is advisable to use soft squares of cheesecloth, that may be burned after using, thus eliminating to a degree the possibility of infection from the discharge. This should be done, not only in the interests of sanitation, but out of consideration for the laundress, who ought not to be obliged to handle articles covered with loathsome matter.

It would be quite possible for her to contract influenza, catarrhal infection, or tuberculosis in this manner, and convey it to her entire family—thereby making you directly responsible for the suffering and hardship on those whose burdens, perhaps, are already great.

In cases where the trouble is in the nature of chronic catarrh, and it is not found practicable to use the cheesecloth squares, the soiled handkerchief should be kept in an individual laundry-bag until conveyed to the laundry.—*Selected.*

The Educated Man.

ANY man is educated who is so developed and trained that, drop him where you will in the world, he is able to master his circumstances and deal with the facts of life so as to build up in himself a noble manhood and be of service to those that are about him. That is what education means; that is what it is for. Knowledge of foreign tongues, a list of historic facts concerning the past, information poured into a man's brain—these things are not education. There are learned fools!—*Rev. Mimot J. Savage.*

Chinese Pork.

THE absolute necessity of a rigid control over the importation of Chinese pork has been amply demonstrated by a recent report upon the subject by the medical officer of health for the city of London. Out of 2,131 carcasses dealt with, no less than 214 were condemned. It is somewhat of a shock to learn that ten per cent of Chinese pigs imported into this country are in a condition capable of spreading disease among consumers. A further danger has been revealed by the Local Government Board, which has issued information that consignments of pigs' stomachs have been sent from Hamburg packed in salt, and that some of these stomachs show signs of gastritis. The fact that they are used for sausage-skins suggests a further lurid danger. Indeed, in our opinion, the whole matter of sausage-skins demands legislative treatment. The use of the intestinal canal of various animals for packing sausages opens up an obvious danger of infectivity by bowel organisms, especially when the sausages are eaten uncooked. Considering the revelations that are constantly being made about sausages, it is a wonder that their consumption has not dwindled long since to vanishing point, as in the case of the incriminated oyster.—*The Medical Press.*

A PAGE FOR WOMEN.*

CONDUCTED BY MARIE BLANCHE.

At a recent exhibition where bread-, cake-, and biscuit-making formed the principal industry shown, a paper was handed to me by a stallholder where a certain well-known brown bread was being advertised. I forget the name of that bread, but I well remember the witty lines printed on the leaflet, and I make no apology for quoting them here, for they are too delightful not to share them with my readers. To withhold them would be greedy. Here they are :—

"Two loaves of bread were rising in an oven side by side
One rose because it had to, but the other rose with pride,
'I'm poor in salts,' the first bemoaned, 'and pale as death
 all through,
If folks eat me, they must expect to be anæmic, too.'
But the other loaf said proudly as it rose above its tin,
'I'm rich in salts—so tasty, too—and golden brown within,
And when they see my name, I know they'll out and
 come again,
For every slice of — makes for muscle, bone, and
 brain."

Of course there is a lot of truth in the impression most people have that brown bread is more nourishing than white, but the idea seems in danger of becoming exaggerated because people forget that while the whole meal contains a larger proportion of nutritive material than the white flour, it also contains more indigestible and therefore more wasteful material. The fact is, the coarser the meal the greater the waste. The outer husk of wheat is merely bran, and not at all digestible. Wholemeal certainly does contain more sugar and dextrin than white flour, its ash is richer in alkaline phosphates, it holds water more freely, and therefore keeps moist much longer. Then, again, we know that coarse brown bread is in a sense aperient, but this is chiefly by irritation, and a fine brown bread is really more wholesome. Malted bread, too, has a high dietetic value, and is quite digestible, but the use of malt extract opens the door to unscrupulous adulteration of a most pernicious kind, and from this it appears that neither the baker nor his customer have any safeguard.

That very fine white flour is not by any means the best with which to make your bread or cakes. Unbolted flour is the better. The process of bolting, although it produces a fine-looking flour, deprives the latter of some nitrogenous substances that go to form blood and living tissues, and leaves behind the starch and gluten, which are comparatively useless as vitalizing agents.

With regard to machine-made bread, I think it is distinctly preferable to that made by hand, unless, of course, you can make it at home yourself, and so ensure strict cleanliness. In those bakeries where the kneading of the dough has to be done by hand, the process is generally most unhygienic. The heat of the place, and the hard, manual labour, always make the workers perspire very freely, and it is no uncommon thing for the perspiration from the men's faces and arms to drop into the dough! Not a particularly appetizing fact to be aware of you will admit. However, we ought to be very thankful for the Bakehouse Regulation Act of 1863, which certainly

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

secures us a measure of cleanliness and hygiene, and without which it is quite certain anything but home-made bread would be little less than dangerous to eat. In the South Sea Islands, where the bread-fruit grows so abundantly, the people knowing its value as a farinaceous food, gather it just before it is fully ripe and bake it whole. It contains a very large amount of starchy matter, and when baked is eaten as a pudding with treacle or butter and sugar. In the Pacific Islands it is preserved by storing in pits where the fruit ferments and becomes like a kind of cheese. It is baked under hot stones, and then it is a very wholesome and pleasant food. Another way is by cutting it in slices and drying it in the sun, then the dried slices are crushed into a powder or used for making bread and biscuits, or it is sometimes eaten without grinding. It is very seldom that we can see bread-fruit in this country, and when we do it is a great deal too expensive and scarce to pound it into powder for bread-making. If any of my readers have travelled in Sweden they will have remarked upon the absence of ordinary bread in the menu, such as we have at home, and they will have wondered why the hard rye cakes should be expected to take the place of household bread. The fact is, ordinary bread as we know it is scarcely ever made in some parts of Sweden. In its place they have very hard rye cakes baked only twice in the year. In buying flour for making bread at home you should test a bag before ordering any large supply. Sometimes it is adulterated with plaster of Paris, and sometimes it contains seeds of Darnel grass, a very undesirable addition. Alum also is used by second-rate bakers to make inferior flour white and fine in texture. This, however, is an adulteration which, if discovered, brings heavy fines upon the baker. To test for alum in the bread cut some thin slices and place them in a shallow vessel. Get a solution of logwood and ammonium carbonate from any chemist and pour it over the bread. Allow it to soak ten minutes, pour it off and leave the bread to dry in an oven for two hours. A violet, lavender, or blue tint means that there is alum in that bread, and you would do well to change your baker at once.

ANSWERS TO CORRESPONDENTS.

L.M.T.—As you say you are washing your hair with soft water and a good soap you are doing the best thing, also massaging the scalp is quite correct. Excessive oiliness of the hair is not a good sign, as it means just this, that the oil which should be flowing through the hair from its roots is escaping through the scalp, and it points to a rather relaxed state of the pores. It is very troublesome to find the hair falling so persistently, and I would recommend you to send for a couple of bottles of the Sanitarium Hair Tonic, and use it regularly. It contains strengthening properties and also antiseptic ingredients. The latter may be what you require if you have contracted any hair disease. You are careful never to use another person's hair brush or comb, I hope.

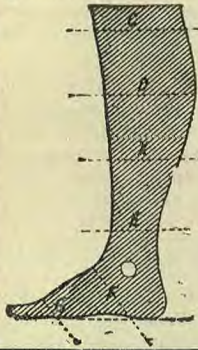
Miss A. J.—Your query should be sent to the Questions and Answers department, where it will be attended to by a qualified medical man. Any trouble with the heart is serious and you should have professional advice.

M.H.W.—The soap which I recommend for washing the face is McClinton's, which is made from vegetable oils and plant ash.

The Pioneers of Seamless Elastic Hosiery.

DIRECT from MAKER to WEARER.

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

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The President of the Y.M.C.A. at Bath (Mr. G. E. Thomas) writes us as follows: "I have regularly used the Cabinet Bath for the past two years and have received much benefit from it, not only in warding off attacks of rheumatism, but also of colds, of which I have not had one this season."

Many people have a notion that the hot-air or vapour bath is a thing to be resorted to only when one is too obviously out of sorts—has been, perhaps, too ill to be restored to health by the doctor or the patent medicine vender. Mr. Thomas, who derived so much benefit, used his bath regularly. That is the point. And there is no difficulty in the way of doing this. Our modern home Turkish bath can be indulged in at about one penny a time, and the original outlay for the complete apparatus is only 30/-. The Turkish bath does what no water bath can accomplish; therefore it is that even in houses fitted with a bath-room the Turkish Bath is considered essential where the common-sense rules of health are understood.

In the dreary month of November, we received this message: "Volo—I have found the greatest benefit from the Turkish bath. I take one every morning, and step straight from it to a cold bath.—Nellie Xenos." This must be a revelation to those who fear either to go to bed at night or to get up in the morning because of the cold! Right use of the Turkish bath makes you healthy, strong, "fit," not afraid of the weather. How and why it is such a powerful agent for good we cannot stay to explain, but we will send full particulars to any inquirer. Nothing "lifts" a cold like a Turkish bath, and as so much trouble follows from a chill or common cold, the wisdom of having a Turkish Bath Cabinet in the house is apparent. Winter months are trying: they will be less trying if you will use the "Gem" Turkish Bath. From 30/-. Booklet free on mentioning "Good Health." Your Editor specially recommends this cabinet. Sole manufacturers:

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It Cleanses Instantly.

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Exceptional value offered for teas after 3.30.
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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.

626. **Health Food Specialities.**—W.J.W.: "Kindly recommend me a diet consisting of the food specialities of the International Health Association, Ltd. I am suffering from both nervous trouble and dyspepsia."

Ans.—For breakfast, we would recommend granose flakes with a little cream, two or three tablets of bromose, and a glass of malted nuts with or without an egg, and some stewed or fresh fruit. For dinner, protose roast, or plain sliced nuttolene, mealy baked potatoes, some tender green, such as spinach, a rice pudding, and nut rolls or whole-meal biscuits. For supper, have a glass of malted nuts made in the form of a thin gruel with water or milk, one or two tablets of bromose, and granose biscuits and butter.

627. **Cottage Cheese.**—R.S.H.: "I thank you for your recipe for cheese in the current number of GOOD HEALTH. Kindly say if separated or skimmed milk is necessary, or can full milk be used?"

Ans.—New milk can be used in the same way, but the cream will pass off with the whey and be wasted unless utilized in some other manner. You can store your milk in a clean, cold place for a day, skim it, and then make the cheese if you prefer.

628. **Relaxed Throat—Bronchitis.**—A.W.: "1. What is good for a relaxed throat? 2. Is bronchitis a germ disease?"

Ans.—1. Cold compresses to be worn at night. Take a suitable small linen towel, wring it rather dry out of cold water, and wrap it round the neck snugly, fastening with safety pins. Cover with two or three layers of dry flannel, which should overlap the moist cloth sufficiently to prevent the inlet of air. It is a good practice to wear the compress at night, and on removing it in the morning bathe the neck with cold water and dry well. 2. It is believed to be, although the specific germ has not yet been isolated.

629. **Cleansing Watercress.**—J.D.: "Will washing in salt water kill germs in watercress?"

Ans.—No. It would be impossible to wash the watercress in such a way as to ensure the removal of germs of typhoid fever for instance. If there is any suspicion of the presence of disease germs, the watercress should not be used at all unless it is boiled.

630. **Fruit Skins and Seeds.**—G.E.: "Will you kindly say if the skins and seeds of grapes and other fruit are dangerous? Should they be eaten?"

Ans.—It is undesirable to take the tough skins of such fruits as grapes, apples, pears, etc., on account of the presence of germs, as well as the indigestibility of these skins. There is less objection to grape seeds, but apple seeds, orange pips, and similar seeds should be rejected.

631. **Diabetes—Yogurt—Cold Feet—Perspiration.**—I.H.A.: "1. What is the cause and cure of diabetes? 2. May nuts, fruit, and milk be taken? 3. Would you recommend Yogurt? 4. Should I drink much water? 5. What is the cause of cold hands and feet? 6. I perspire a great deal even without much exertion. Is this a good or bad sign?"

Ans.—1. Diabetes is due to a combination of causes, among which indiscretions in diet are perhaps the most important. The cure consists in careful dieting and a course of tonic treatment, which you can obtain at a hydropathic or sanitarium. You should avoid sugar, sweets, cakes, milk puddings, and most of the sweet fruits. 2. Nuts, except Italian chestnuts, may be taken freely, and the same is true of milk. There is no objection to the use of acid fruits. 3. Yes. 4. Two or three pints a day would be satisfactory. 5. Poor circulation. Go in for systematic physical culture. 6. Free perspiration is usually a sign of physical debility. Take a hot vinegar sponge once or twice daily, and endeavour to avoid over-exertion.

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(A Pure Vegetable Extract.)

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

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THE OLDEST HEALTH FOOD STORES IN THE KINGDOM.

Only the Finest Quality Goods Stocked.

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88 GRAYS INN ROAD, LONDON, W.C.

Shelled Nuts.

Walnuts.
Hazels.
Brazils.
Pine Kernels.
Etc.

Send for price list.

632. Natural Healing—Biscuits—Baking Powder—Lard.—A.I.L.: "1. Can you recommend any book that is a reliable authority on the natural healing of disease? 2. Are there any pernicious ingredients used in the manufacture of biscuits? 3. What effect has baking-powder on the system? 4. What is the result to the body of the use of lard in making cakes?"

Ans.—1. We would recommend "School of Health" as not only giving the natural remedies for common diseases, but also supplying a good deal of useful information in regard to the structure of the body and the best way to preserve it in health. This work can be obtained from the Good Health Supply Department, Stanborough Park, Watford, Herts. If you desire a more comprehensive work, Dr. Kellogg's "Home Hand-Book of Modern Medicine" is a veritable encyclopædia of all matters pertaining to health, and may also be obtained from the Good Health Supply Department. 2. The biscuits made by reputable firms do not as a rule contain pernicious ingredients. The best biscuits we know of are manufactured by the International Health Association, of Stanborough Park, Watford. These do not contain any baking-powder or similar preparations. 3. The continued use of baking-powder has an irritating effect upon the mucous membrane of the stomach, and is especially injurious to those who have poor digestion. 4. Lard renders the food more difficult of digestion.

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

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2. "The Microbe as Friend and Foe." 1/- net; post free, 1/2.
3. "The Cause & Cure of Consumption." 1/- net; post free, 1/2.

SPECIAL OFFER.—On receipt of P. O. 3/6 the books named will be forwarded post paid by Messrs. Jarrold & Sons, 10 Warwick Lane, E.C.

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Gold Medal awarded, Health and Toilet Exhibition, London.

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SUSPENDER,

which allows freest movement without pressure on the waist or leg arteries. Holds the stockings firmly and does not tear them. Approved by physicians and health culturists. Made in three sizes: Adult's, Maid's, Children's. Pink, Blue, or White. Rushed Silk Elastic, 4/-. Mercerized Filled Elastic, 2/6. Special with Brace Ends for Knickers, 2/11. From all drapers, or direct from the **Portia Suspender Co., 182 Norwood Rd., West Norwood, London, S.E.**



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

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

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

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

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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, 2/8. Office: 56 Roeland St., Cape Town, S. Africa.

THAT enterprising firm, the Pitman Health Food Company, of Aston Brook Street, Birmingham, are offering a prize of £10 for a post card bearing the name of their twelve Vegsal Soups in their order of merit as considered by the competitor. The prize will be awarded to the one whose post card corresponds most accurately with the general opinion according to the votes. Any of our readers who are not well acquainted with these soups would do well to place an order for one dozen assorted box, price 3/-. The soups are excellent in quality and inexpensive, and furthermore, they are quickly prepared, which is often a great advantage.

"AIDS TO HEALTH" is the title of a neat little booklet of thirty-two pages which has just been published by the Good Health Supply Department, of Stanborough Park, Watford, Herts. As the title indicates, the booklet deals with various articles pertaining to the cultivation of health. There is a full description of the Good Health Bodice, which possesses certain hygienic features not found in any other bodice or corset, and particulars for the necessary measurements in ordering are given.

The Natural Abdominal Supporter is a contrivance which has brought a great boon to many a woman suffering with prolapse of the abdominal viscera, causing a dragging sensation, and a dull, aching pain in the abdomen. An ordinary supporter compresses the abdominal contents, but this instrument acts on an altogether different principle, and gives immediate relief in cases where it is indicated.

Catarrh is one of the most common, as well as the most annoying, of minor details. One of the aids to health is a complete apparatus including medicine for treating both acute and chronic catarrh. The apparatus is both simple and durable in structure, and the treatment is not at all unpleasant. The medicine does not contain a trace of cocaine or other hurtful ingredients, and may be taken with perfect safety by anyone.

There is a full description of the Home Bath Cabinet, for the giving of hot air baths in the home. There is always a risk of catching cold when coming out of the home to take a Turkish bath. Thousands of these baths are in use throughout this kingdom and in other countries,

(Concluded on page 60.)

Corn Flour prepared with milk is wholesome every-day fare for the children.

Children are so well nourished and warmed with such dishes as corn flour soup, baked pudding, and hot custard that it should form a daily part of their diet.

Use good sweet milk, and when buying the Corn Flour choose Brown & Polson's "Patent" — the finest Corn Flour manufactured.

Use only the small quantities of this Corn Flour noted in the recipes, because it goes so far. Cook thoroughly,

boiling 10 minutes. All stewed fruits — apples, prunes, figs, etc. — go splendidly with corn flour puddings.



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GOOD FOR YOUR COMPLEXION.

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BEAUTY-CUP MASSAGE**
For the Face, Neck, Arms,
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An effective home treatment for wrinkles and blackheads. The simplicity of this scientific system of self-applied massage, and the speed with which it clears the complexion, are almost beyond belief. A single soothing application will often produce remarkable results. Blackheads in many cases are banished in sixty seconds. It removes impurities by atmospheric pressure, helps to round out the cheeks, arms, and neck, and to make the waste places in the body plump and healthy. Acts directly on the circulation, and feeds fresh blood to the tissues, thus making the flesh firm and fair, and the skin soft and satiny. Price 2/-. Order of your Dealer, or sent in plain wrapper, with FREE Book, "Health and Beauty" Secrets of Priceless Value, for 2/1 P.O. (abroad) 2/6 M.O. **H. G. HARLAN, Nen-Vita Hygienic Inst., 9-117 Exchange Bldg., Southwark St., LONDON.** Trade "Nen-Vita" Mark. **AGENTS WANTED.**



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Conducted on Food Reform principles. Delightful location, near the chines, pleasure gardens, and town. Highest recommendations. Accommodations exceptional, including facilities for the electric light bath, Russian and shower baths, and skilled massage. Charges—moderate.

Write for terms, mentioning "Good Health."
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The Perfected Self-Filling Fountain Pen.

Everyone is interested in the new invention applied to the Bloom's Safety Self-Filling Pen. It has the following advantages:—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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A Remarkable Offer is Made to the Public for Three Months. The 10/6 Bloom's Safety Self-Filling Pen, with 14 carat gold nib, for 3/6. The 15/- Bloom's Safety Self-Filling Pen, fitted with massive diamond pointed 14 carat gold nib, 5/6. A three years guarantee with every pen for reliability, and if you are not satisfied, money will be returned or pen exchanged till suited. Points may be had Fine, Medium, Broad, or J, soft or hard. Readers of "Good Health" can have full confidence in the Bloom's Safety Pen. No other pen so simple, reliable, or such pleasure to use. **ORDER AT ONCE. Makers:**

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FOOD**

WHEN
NATURE
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The
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Oat
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Made from the choicest oats that Scotland produces, and other pure ingredients, this light, rich, dainty biscuit represents the high-water mark of applied hygienic food science.

**Dainty,
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Delicious—**

unique in flavour, in food value, and in purity.

Easily masticated. Excellent with fruit, salad, nuts, honey, or butter.

**Over
50 Wafers
in Carton,
6½d.**

FREE SAMPLE

If you mention
"GOOD HEALTH."

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P.R. FOODS CO.,**

465 Battersea Park Rd.,
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Ask your Health Food
Store for the P.R. Oat
Wafer—it's unique.

(Concluded from page 58.)

and they are as highly recommended by the medical profession as by the laity who use them.

These are only a few features of this interesting booklet, which is got up in a very attractive and tasty style, and contains much useful information concerning various other health specialities. The booklet also contains a list of health books giving a brief description of each as well as full particulars of terms. No one can fail to find the booklet both interesting and helpful. Any of our readers can obtain a free copy of "Aids to Health" by sending address on a post card to the publishers.

THERE may be those of our readers who are looking for a mild, sunny place in which to spend a few weeks of the coldest winter weather, and to such we would recommend Bournemouth, one of the most pleasant and attractive winter resorts in the kingdom. We do not think that the splendid advantages which our south coast offers us in winter time are sufficiently appreciated. On several occasions we have visited Bournemouth in mid-winter, and each time we have been fortunate in finding delightfully bright and mild weather, which tempted us out-of-doors continually. All food reformers will be glad to know that there is a most excellent vegetarian boarding-house in Bournemouth, which is in charge of Mrs. Hutteman-Hume. Having stopped with Mrs. Hutteman-Hume on several occasions, we can speak of the excellency of her cookery, and the many advantages which her comfortable home affords. Ordinary board is also supplied to those who wish it. Her houses are located within one minute's walk of the beautiful Westcliff Promenade and Gardens. Any of our readers who are planning a visit to the south coast would do well to correspond with Mrs. Hutteman-Hume, Lough-tonhurst, Westcliff Gardens, Bournemouth.

"The Dietetic Treatment of Diabetes" is the title of a neat little volume bound in cloth, by Major B. D. Basu, I.M.S. The Major deals with the subject in an interesting and popular style which will make the book acceptable to members of the laity as well as medical men. Speaking of the prevalent use of flesh foods in the treatment of diabetes, the author says: "Although I do not hold the same views as Dr. Haig does regarding uric acid as a factor in the production of diabetes, nevertheless I am of opinion that flesh food does great mischief in this disease. It is a fact that diabetic patients who are vegetarians live longer than those who are meat-eaters."

Non-flesh foods throw far less work upon the kidneys than meats, and this alone is a great advantage. According to the Major, milk is very useful in diabetes, but he also recommends various preparations made from vegetable albumins such as Roborat and gluten breads, almond and coconut cakes, and similar articles.

The book is published by the Panini Office, Bahadurganj, Allahabad, India, and the price is Rs. 1.8.0.

**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 post-card, and ask for "G.H. Offer." Samples will accompany the Booklet.

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For COMFORT and HEALTH visit the
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BATHS OF EVERY DESCRIPTION, Including the Electric Light Bath.

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"MODERN SEWAGE DISPOSAL" is a popular hand-book by Henry Lemmoine-Cannon, Esq., A.R.S.I., Professional Associate of the Surveyors' Institution, and author of the "Sanitary Inspector's Guide," and other books. The book is written in a simple, pleasing style, and is thoroughly independent in every sense of the term. Having no axe to grind, and no special system to push, Mr. Lemmoine-Cannon deals with the various systems and processes in a thoroughly impartial manner. Part I points out the necessity for efficient sewage disposal, while Part II calls attention to the various Acts of Parliament pertaining to this subject. Part III, which makes up the bulk of the book, discusses the modern methods of treating and disposing of sewage at a minimum expense and maximum efficiency. The book is published by Henry J. Drane, Salisbury House, Fleet Street, London, E.C., at 1/- net, or 1/1 post free.

Leeds Health Congress.

FROM July 17th to 24th a most interesting and instructive Health Congress was held in Leeds. It was promoted by the city of Leeds and the University of Leeds in co-operation with the Royal Sanitary Institute, and the Royal Institute of Public Health. It is needless to say that the congress proved a great success, a large number of scientists, medical officers of health, doctors, and others taking part in the meetings. The "Medical Officer" published a daily supplement, giving a full record of the Health Congress. These numbers have now been bound in a volume of 158 pages, and can be had from the offices of the "Medical Officer," 36-38 White Friars Street, Fleet Street, E.C., for 2/-, post free. All of our readers who are interested in hygiene and the prevention of disease would find the proceedings of the Health Congress exceedingly helpful.

"MUSICAL DRILLS" is the title of a handsome volume of 221 pages, containing home exercises and directions for deep breathing. The book contains over 350 illustrations, which, with the assistance of the text, make the directions for the various movements very clear and simple. Part I contains directions for exercises without the use of accessories. Part II, dumb-bell, bar-bell, Indian club, tambourine, flag, scarf, and heavy drills. Part III deals with spectacular drills; Part IV, with healthy home exercises, and includes exercises for girls and young women; while Part V contains various selections of music suitable for the drills. The book is got up in a very attractive fashion, and is neatly and substantially bound in cloth. It can scarcely fail to meet with the large success which we believe it deserves. It is published by the Salvation Army, 79 and 81 Fortress Road, N.W., and costs 2/6 net, or 2/10 post free.

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PROBABLY the largest dinner on fruitarian lines yet held in Scotland was the Christmas dinner given under the auspices of the Glasgow Health Culture Society in Stuart Cranston's Restaurant. There were over 230 members and friends present. Dinner was served at 6.30, and its entirely fleshless character was a novelty to many.

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Tea, Coffee, or Postum.

Dr. Thos. Richmond presided. The chairman referred to the rapid growth of the Society, and the excellent work it was doing by means of lectures, rambles, exercise and swimming classes, and other agencies, and said that the importance to the community of the vigorous health of each individual was getting to be appreciated, and the time should not be far distant when societies such as this would receive very material support and encouragement from those in authority. After the dinner an enjoyable evening was spent with music, games, etc.

Birmingham Natural Health Society.

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

February 2nd: "A Chat on My American Trip"

Dr. Alex. Bryce.
February 16th: Lecture—"Temperance in Theory and Practice." Mr. W. H. Edwards.

Full particulars of the Society may be obtained on application to the Hon. Secretary, Mr. J. Belling, 103 Vivian Road, Harborne; Mr. A. J. Morris, 28 Freeman Street, Birmingham.

Glasgow Health Culture Society.

LECTURES:—

February 9th: "The Lighting and Heating of the Home" (with exhibit of up-to-date appliances). Mr. Alex. Wilson, M.Inst., C.E., General Manager Glasgow Corporation Gas Dept.

February 23rd: "How Foods Cure." Mr. Eugene Christian, Food Scientist, New York.

These meetings will be held in the High School Hall, 71-83 Holland Street (off Sauchiehall Street), at 8 p.m.

RAMBLES—

February 12th: Mains Castle. Meet at Burnside.

" 26th: Darnley Glen. Meet at Pollok Shaws W. All the meeting-places are car termini, from which the starting time is 3.15 p.m.

Copies of our winter programme and pamphlet "How to Be Healthy," may be had post free from Mr. M. A. Stirling, 1 Lawrence Street, Govanhill, Glasgow.

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