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Current Health Literature.

"TASTY WAYS OF COOKING FISH" will probably not interest all of our readers, but those who have a taste for piscine flesh will find this book exceedingly helpful. Sir James Crichton Brown, M.D., has contributed the introduction, which deals with the food value of fish. The author, Mr. C. Herman Senn, is an acknowledged cookery expert.

"SHALL I SLAY?" by Douglas Macmillan, is an open letter which is addressed to all Christian people. The writer contends that it was the original intention of the Creator that man should get his meat from the plant kingdom, and not by the slaughter of animals. The booklet can be had for 1½d. post free, or 7/- per hundred copies, from the Book Room, 15 Ranelagh Road, Belgravia, S.W.

"THE TOILER AND HIS FOOD," by Sir William Earnshaw Cooper, C.I.E., is a handsome booklet of twenty-eight pages which has now reached an edition of 10,000. The book is carefully written, and deals with the subject in a straightforward way which cannot fail to appeal to workingmen as well as other classes of society. The table of food values is particularly complete, and the book also contains a few carefully-selected, simple, and economic recipes which add much to its value. It is published by the Order of the Golden Age, 153 to 155 Brompton Road, S.W., and sells for 1d., or 1½d. post free.

"THE DIET FACTOR IN DISEASE." Dr. George Black, Fellow of the Royal Institute of Public Health, and late Medical Officer of Health for Keswick, the author of numerous medical works, has recently contributed an interesting book dealing with the diet problem in the treatment of disease. In his book he gives special attention to the subject of appendicitis, which is generally recognized as being closely associated with indiscretions of diet. Dr. Black says: "I plead for the trial of a well-regulated diet rather than the adoption of surgical methods, and, if my experience is borne out by others, in many cases this will suffice." Again we quote: "With a minimum of food in the form of strained gruels, the juices of fruits, vegetable soups, distilled or other soft water, a rigid abstaining from all purgative medicines, and the application of hot, moist compresses while the pain continues, most cases of appendicitis will do perfectly well. Keep the parts, as far as it is possible to do so, at rest. It is the secret of success." This is sound advice in our opinion, and we believe that careful dieting, combined with suitable hydratic measures and absolute rest in bed, would prove to be the most successful treatment in the majority of cases of appendicitis. We deprecate the frequent resort to the use of the knife, which still seems to be so prevalent in medical circles. Many doctors and surgeons, too, are raising a warning note against the common belief that operations are necessary in almost every case of true appendicitis. "The Diet Factor in Disease" is published by John Bale, Sons, and Danielsson, 83 to 91 Great Titchfield Street, Oxford Street, W., and the price is 2/- net.

Good Health

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

Entered at Stationers' Hall

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NO. 3.

Editorial Chat.

Quack Remedies. WE make no apology for referring again to the important subject of secret remedies and the great evil they exert upon the health and the lives of our people. We take pleasure in calling attention to a book entitled, "Quacks, False Remedies, and the Public Health," by David Walsh, M.D., of London, and we would recommend all who are interested in this subject (and who is not?) to give this book a careful and thoughtful perusal.

Mission of "Good Health." AS our readers are well aware by this time, it is the mission of GOOD HEALTH to hold up the standard of rational and wholesome living. GOOD HEALTH advocates temperance in all things. It endeavours to teach the true relation that exists between our drink, our diet, and our daily habits on the one hand, and sound health of body and mind, and a joyful, useful, and long life, on the other.

A Warning Note. IT is often the duty of GOOD HEALTH to raise a warning signal against the numerous evils that beset mankind on every hand. GOOD HEALTH is always free to expose error, and can afford to tell the truth, because it has no axe to grind, unless it be the axe of a sane regime of living.

Our Advertising Pages. GOOD HEALTH is fortunate in having proprietors who give the editor a free hand in the control not only of the contents of the magazine, but also of the advertising pages; consequently the latter are in harmony with the teaching of the magazine and the principles for which it

stands. As far as space will permit, our pages are always open to advertise that which is both honest and wholesome, but we should not hesitate to reject the advertisement of anything that we could not conscientiously recommend.

"Race Deterioration." BUT we must return to the timely book that lies before us, a copy of which we should like to see in the hands of every man and woman in the kingdom. To indicate the scope of the work we quote the first paragraph: "Race deterioration is one of the great problems that face the British statesman of to-day. It is the outcome of many influences that steadily sap the mental, moral, and bodily sanity of the nation. The present purpose is to discuss the influence of secret remedies upon the health of the community, with an inquiry into the state of the present law as regards quacks and quackery, and suggestions as to their future control."

"Deadly Drugs." AFTER speaking about the extravagant and fraudulent claims, the grossly extortionate prices, the catch-penny advertisements, and mentioning the steel and pennyroyal pills which are sold to credulous women, the author goes on to say: "Worse still, other pills, containing most deadly drugs (as shown by analysis) are sold in a similar fashion without anything on the wrapper to intimate that a dangerous drug is contained therein."

"The Mysterious." IT seems to us that the chief evil is the secrecy that is associated with all such quack remedies. There seems to be something

attractive to the average mind, trained or untrained, about that which is mysterious. No one has any faith in the healing virtues of a lump of sugar, but if the same sugar is made up in the form of a pill, even though it contains nothing else but sugar, and is then sold as a secret remedy, behold thousands, and tens of thousands, who do not hesitate to pay money, several hundred times its value, in order to take a bit of sugar as a medicine. But they do not know what it is, and that seems to explain their faith in it.

Does It Pay? EVERY one must be aware of the enormous profit that is often derived from these quack remedies. The first cost of the preparation itself, i.e., the ingredients only, is, as a rule, but a very minute fraction, perhaps one-hundredth or one-thousandth or even less, of the retail price.

Enormous Profits. FROM the book we quote as follows: "The disproportionate profits thus disclosed may be illustrated by a few examples taken at random. Thus the first one given is that of a catarrh cure, sold at a shilling, against an estimated cost of one-thirtieth of a farthing. Of a cure for consumption sold by an American company, with a London agency, at the price of £2. 10s. for a month's treatment, it is stated that the approximate cost of the two bottles that are supplied amounts together to 2½d. A notorious blood mixture, sold at 2/9 a bottle, contained ingredients valued at 1½d. A rheumatic cure consisted of fifty tablets, costing 8d., and sold at 4/6, and of forty pills valued, at ½d., and sold at 1/1½. An enormously-advertised ointment, the claims of which have been scathingly condemned by a British judge, sold at 1/1½ a box, the contents of which are valued at ½d. An internal preparation for making the hair grow, sold at 2/6, was found on analysis to contain ingredients valued at 1d."

Profits a Minor Matter. BUT this question about the fabulous profits that are secured by trading upon the credulity and ignorance of the people, is a com-

paratively minor matter, and we do not care to dwell upon it. The most serious questions that have to do with the whole subject relate to the unblushing, impossible claims that are made, the consequent delay thereby encouraged in treating grave diseases until it is too late, and also the injurious and even poisonous drugs that are frequently sold to an innocent public, who have no means of knowing their composition.

Impossible Claims. WHAT are some of these impossible claims? One only has to refer to the average magazine or daily paper to recognize the grotesque and fraudulent claims which are made for a large number of quack remedies. For example, a certain medicine is sold "for kidney and liver and Bright's disease and jaundice." But of these claims the author says: "From a medical point of view it may be asserted that the above mixture could not by any possibility cure Bright's disease, while the ten per cent of alcohol (approximately) contained therein would be absolutely injurious. Any person affected with chronic kidney disease who bought that medicine would therefore be purchasing not only a worthless but an injurious remedy."

Of another the claim is made that it avails to eradicate all impurities from the blood and, amongst other things, to "cure any form of unhealthy, blotchy, pimply, or scaly skin," yet on analysis this was found to consist of sugar only.

Makes New Blood. THE claim that a certain remedy makes new blood or purifies the blood is a very common one. We ask our readers to ponder well the author's rejoinder, which we quote as follows: "New blood can be made from foods only, and not from arsenic, potash, or sulphate or carbonate of iron. The business is plunder from first to last, mendacity, audacity, and altogether heartless exploitation of the poor and suffering, with the indispensable assistance of newspapers."

Cancer Cures. CANCER is one of the most fatal of all diseases, and unfor-

tunately up to the present time we know comparatively little of its real character and the factors which are likely to produce it. If there were a positive remedy that could always be relied upon to ameliorate the disease, to say nothing about curing it, the medical profession would be only too glad to welcome it. The only remedy in our hands at the present time is an early and speedy operation to remove the deadly growth. There is the greatest danger in delay when the tumour is operable. Says the author: "It is clear that secret remedies which delay medical advice and surgical operation simply deprive the unfortunate sufferer from cancer of his only chance of recovery. More than that, analysis shows the remedies thus given internally to be inert or worthless. In the case of a famous foreign quack years ago, analysis showed his electrical fluids of various colours to be water, pure and simple."

"Coloured Lard." THE lack of all sense of responsibility, and every vestige of anything that savours of honesty, is characteristic of quack medicine venders. According to an analysis made by the British Medical Association a certain ointment which was advertised as a cure for cancer was shown to consist of "coloured lard." It seems almost inconceivable that in an enlightened country like ours, such woeful mendacity, which imperils the very lives of the people, could be permitted. But the traffic is growing year by year, and not diminishing, and the large profits tempt an increasing number of charlatans to engage in the trade.

A Variable Composition. ANOTHER important fact has been ascertained by repeated analyses in reference to these secret remedies, and that is that their composition is by no means a fixed quantity. Says the author: "Clearly it [the composition] can be varied from time to time in order to suit the pocket, the whim, or the convenience of the proprietor." This is a most serious matter when poisonous drugs are under consideration. One bottle may contain twice the amount

of poison that another contains, but how is the poor victim to know it? Really such gross carelessness is only what we might expect from charlatans who appear to stop at nothing in order to rake in the £. s. d.

Alcoholic Medicine. REFERRING to consumption cures, the author calls attention to the large percentage of alcohol that some of them contain as follows: "Several of them contain twenty to twenty-five per cent of alcohol—that is to say, the medicine consists of a stiff dose of spirits and water, which doubtless helps the unfortunate consumptive to feel better for the time being while under its stimulating influence." We might add that this is by no means the maximum amount of alcohol that such draughts contain. Some have been found on analysis to contain as much as forty per cent and even fifty per cent.

Soothing Syrups. WE feel constrained to call attention to the dangerous soothing powders and syrups that are recommended for infants and children. "The practice," writes Dr. Walsh, "of dosing children with teething, soothing, and cooling powders or syrups, baby's friend, and so on, is extremely common. The main drugs contained in preparations of this kind are opium and its derivatives, and calomel, both of them deadly drugs when given to infants. Thus death has been known to follow the administration of one drop of laudanum to a child seven days old (Taylor). Some of the soothing medicines sold for children contain morphia, which is obviously more dangerous than laudanum. Other dangerous drugs such as acetanilide, sometimes enter into these patent medicines for infants. No medical man would dream of giving acetanilide to children."

Convulsions and Teething Powders. WE wonder if any readers have ever associated in their minds the connection of poisonous teething powders (and especially those which contain mercury) with convulsions in children. Permit us to quote again: "In many instances the

teething powder sets up convulsions in babies, and leads to internal pains and gastro-enteritis. Among the poor it may be doubted if there is any more common cause of infantile convulsions than the mercurial teething-powder."

"Quietness." BUT this is only part of the case against soothing syrups and similar preparations. The author refers to one which is sometimes called "Quietness" which "appears to be a combination resembling syrup of poppies." This is, of course, a narcotic, and the term "quietness" seems to be a very apt one, for according to the book before us, two doses of this medicine were so successful in quieting a child that it soon required burying. In the case referred to, the child was fifteen months old, and the symptoms manifested were those of narcotic poisoning.

A Terrible Danger. OUR space only permits us to call attention to a very few of the grave dangers that threaten the rank and file of the people, and particularly those who are ignorant of the real nature of drugs and their effects upon the human system. Writing further of soothing medicines the author says: "This section may be dismissed here. The above evidence points to the existence of a danger, dark and terrible, at work amongst the children of the nation. Were there no other aspect of the trade in secret drugs, this alone would warrant the action of the Government in bringing the whole matter into the full light of publicity. The cause of death in infants and children destroyed by the administration of deadly drugs under the innocent guise of a patent medicine label or proprietary title is often never suspected."

A Doctor's Experience. WE also quote from a letter written to the author by a medical man who had a large experience in poor class practice: "Whenever I am called in to a case of convulsions or sudden serious illness in a child, I always go to the mantelpiece for the bottle or box of powders—there is rarely any need to ask

questions." Consider for a moment the significance of this remarkable testimony.

Dogs and Human Beings. "OF what standard," says the author, "is the collective wisdom of a State that permits cruelties of this kind to be inflicted upon her weak and credulous citizens that she would not for a moment allow to be practised upon her pigs or cattle? A man who pretends to treat dogs without a veterinary qualification is instantly prosecuted and fined by the authorities, but there is nothing to prevent him making a fortune by transferring his attention to his fellow-creatures. If he has a good address and can start in a fashionable quarter of a big town, success is assured." Too true, is the only comment that we need add.

"The Lancet." WE give the following quotation which the author has taken from the "Lancet": "A newspaper editor or manager may be pardoned if he thinks that the use of his columns to make a nostrum known is a legitimate part of newspaper business (?), especially when it is remembered that if he took the opposite view the proprietor of the newspaper might be willing to hear of his resignation. But while this is true with regard to some advertisements, it is not of others, and the disgusting advertisements of many modern quacks ought to be tolerated by no self-respecting editor, manager, or proprietor. Yet no falsehood is too shameless, no promise too palpable a trap, to be refused currency in the advertisement columns of the best-known journals, and it is noteworthy that among the worst offenders in this respect are newspapers and magazines which enjoy with certain classes of the community a high reputation for accuracy and *bonâ fides*."

Educate the People. WE cannot help but believe that if the masses of the people were acquainted with the facts that are so lucidly and plainly set forth in this book, and with the analyses contained in "Secret Remedies, What They Cost and What They Contain," there would soon be a decrease in the sale of these

health- and life-destroying nostrums. We do not think we are unfair in saying that, as a class, they are fraudulent from beginning to end, and that their use on the whole can only be productive of harmful, and, in many cases, fatal results.

In the October number (1909) of *GOOD HEALTH* we gave an extended notice of the book "Secret Remedies," to which we would refer our readers. Both this book and "Quack Remedies" can be ordered from any newdealer or bookseller for the price of 2/6 inclusive. "Quack Remedies" is published by Baillière, Tindall, & Cox, London, at 1/6, or 1/8 post free, and "Secret Remedies" is published by the British Medical Association at the price of 1/- net, or 1/3 post free.

Spitting on the Footway.

THE Council of Dublin Sanitary Association have been considering what measures can be adopted to prevent the filthy habit of spitting on public footways, and with this object in view inquiries have been made of various public health authorities of other towns in Great Britain, to find out what steps have been taken by them in the matter. Communications have been received from the public health departments of the City of London, the London County Council, Liverpool, Manchester, Nottingham, Edinburgh, and Glasgow.

These communications show that spitting in public places has attracted the attention of all these bodies, and that they are quite alive to the danger and offensive nature of the practice. In none of the places, however, has spitting on the footways been made a punishable offence, and the various public authorities do not appear to have power to make it so.

The London County Council have adopted the following by-laws:—

No person shall spit on the floor, side, or wall of any public carriage, or of any public hall, public waiting-room, or place of public entertainment, whether admission thereto be obtained by payment or not. Any person who shall offend against this by-law shall be liable for each offence to a fine not exceeding forty shillings.

Similar by-laws are in force in the City of London and in the City of Manchester, while spitting in or from trams is forbidden in various places. All authorities written to, with the exception of that of Nottingham, have affixed notices in public places and streets requesting persons to abstain from spitting, and pointing out the danger of the practice. In many of the towns and cities these notices are widely distributed, and appear to have the desired effect.

The Corporation of Dublin believe that they have no power to prohibit persons from spitting in the streets, though such power was sought for in the "Omnibus Bill" that was submitted to the citizens some three years ago. By-laws are, however, in force making spitting in the trams a penal offence, and several of the railway companies have adopted similar regulations. The Dublin Sanitary Association, in view of the information they have collected, and which is summarized above, urge that the city corporation should seek legal advice whether it is possible, under the existing statutory powers, to make spitting on the footways, which is undoubtedly a nuisance, a punishable offence.

—*The Medical Officer.*

Couldn't Lay It on Him.

TWO London cabbies were glaring at each other.

"Aw, wot's the matter with you?" demanded one.

"Nothink's the matter with me, why?"

"You gave me a narsty look," persisted the first.

"Me? Why, you certainly 'ave a narsty look, but I didn't give it to you."

Whistler Was Grateful.

A PATRONIZING young lord was seated opposite the late James McNeill Whistler at dinner one evening. During a lull in the conversation, he adjusted his monocle and leaned forward toward the artist.

"Aw, y' know, Mr. Whistler," he drawled, "I pahssed your house this mawn-ing."

"Thank you," said Whistler, quietly. "Thank you very much."

REFRESHING SLEEP.

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

SLEEP is one of the most marvellous, and at the same time least understood, functions of the brain. But all understand and appreciate the splendid recuperative effects of natural sleep.

The Meaning of Sound Sleep.

Sound sleep means complete and perfect physical and mental rest. All the senses are obliterated, and feeling is gone. The thinking faculty subsides, and the conscious brain is quiescent. There is a complete loss of consciousness, and even the muscles relax and rest.

Vital Functions Unhindered.

But the vital organs go on with their work as usual, although, as a rule, in a more subdued and quiescent way. Respiration does not cease, for even the sleeping man must breathe. But the breaths are more shallow. The heart goes on beating, for the blood must circulate, and so with the other internal organs. All these so-called vegetative functions are under the control of the sympathetic nervous system, sometimes called the sub-conscious brain.

Condition of the Brain.

During sleep the brain becomes pale and anæmic. This means that the blood supply to the brain is considerably diminished. The brain cells are at rest, and if the sleep is perfectly healthy and deep, then dreaming is also absent as a rule.

Time of Repair.

But the brain cells, although free from their ordinary duties of the waking state, are not in an inert or deadened condition. Sleep is a time in which they are restored and re-invigorated for action later. Now they receive from the blood nourishing material of various kinds to repair the waste that has been going on in the daytime and to fit them for further active service. In each cell is stored up a stock of energy which in due course will be utilized. In other words, sleep is really a time for recreation and rebuilding of the brain cells.

It is the experience of almost every one that the first two or three hours of sleep

are not only the soundest and deepest, but also the most refreshing. The maximum depth of sleep seems to be about the beginning of the second hour, and from that time on the sleep gradually becomes less profound, until the awakening in the morning. It is a fact that deep, dreamless sleep is always the most satisfactory, restful, and refreshing.

Dreams.

According to Professor Halliburton, "dreams are the subjective result of external stimuli." In other words, the sleep is not deep enough, or sound enough, to completely cut off communication with the outside world through the senses. Another author has defined dreaming as disordered mental activity. It seems difficult often to avoid dreaming, but if care is taken to ensure against digestive disturbances, which in our opinion are a frequent cause of dreaming, and to secure an airy, well-ventilated bedroom, and then go to bed with a reasonable amount of physical fatigue, combined with absence of noise, it ought to be possible in time to regain sound, dreamless sleep.

Sleep in Childhood.

During the period of growth, infants, children, and our youth too, should always be encouraged to take an abundance of sleep. Half an hour or an hour cut off from the sleep in a single night, or even for a single week would not matter much, but if it is continued for any length of time, it cannot fail to exert a dwarfing influence upon both mental and physical development. Infants should never be awakened as a rule, and every possible care should be taken to give them all the sleep they are able to take. An abundance of sleep is particularly essential during the first three years of life. Other things being equal, the baby that is a good sleeper has a better chance in life than the one which is restless and fretful, and this is true of children generally.

Sleep in Youth.

We are also strongly opposed to limiting the sleep of our boys and girls up to the age

of twenty-one or twenty-two. Taking the age of from twelve to twenty-two, we think that most of our youth require from nine to ten hours, and some even more.

While both children and youth should be encouraged to sleep as long as they require, it is nevertheless a good rule to get them out of bed just as soon as sleep is ended. Lying awake in the bed in the morning is a pernicious habit that is often fraught with evil consequences.

Sleep in the Prime of Life.

We very much doubt whether it is wise for anyone to restrict his sleeping hours. Eight hours may be taken as a fair average for the adult man or woman in good health. Some appear to do equally well with only seven, while a few require a little more than eight hours.

Old Age.

It is a fact that as old age creeps on, the desire for sleep seems to grow less. At all events, the sleep is often less sound, and there is a tendency to restlessness and even wakefulness.

In such cases it is wise to encourage those whose sleep is comparatively short to prolong their rest in bed, even though sleep is not always possible, and an hour or even two hours rest before the second meal of the day is also extremely helpful in many cases.

Essentials to Sleep.

The two essentials to sound sleep for the average healthy person seem to be first, physical fatigue, and second, quietness. We might add another, and that is darkness, for there are few people who sleep as well in the daytime as in the darkness of the night.

Many people fail to realize the vital importance of muscular exercise and even

muscular fatigue in bringing on refreshing sleep. Those who are obliged to lead a sedentary life would often find their sleep largely improved by taking a brisk walk in the fresh air in the evening. The average labouring man of healthy habits rarely has difficulty in getting sound sleep. He is more likely to find it difficult to get the necessary time for sleep, and he sometimes feels obliged to cut it down, but this is not a wise step.

Fresh Air and an Empty Stomach.

It is a serious mistake to think that any-



NEAR KELSEY'S MILL, GODSTONE.

one can go without fresh air at night time. The bedroom requires ample ventilation, just as much as a sitting-room. The cool, fresh air is a splendid incentive to sleep, and there is no objection to it, provided there are sufficient covers on the bed.

Another consideration of importance is the late supper. It would be far wiser in our opinion to leave it uneaten, and then one has a better chance of a good night's rest, and will experience keen enjoyment of the breakfast which is frequently absent from those who indulge in late meals.

Good Cheer and Abstinence.

The man or woman who goes to bed in a worried, anxious state cannot expect

much success in wooing sleep. The shop, affairs of business, and the cares and trials of the day must not be taken to bed if one expects refreshing sleep. But the one who is able to retire at night with a light heart, with trust in the future, and confidence in the success of right, with a feeling of good

cheer and fraternal kindness for every one, with consciousness of a clean, pure, sweet life, is entitled to look for a large measure of nature's best restorer.

Next month we will deal with "Sleeplessness, Some of the Causes, and How to Combat Them."

A SAVAGE SURVIVAL.

BY W. T. BARTLETT.

TO the student of our modern civilization it surely must seem a singular and discouraging circumstance that we cling so tenaciously to the dirty habit of tobacco-smoking, which the explorers of the sixteenth century found in use among the barbarians of North America. A great amount of ingenuity has been expended on the adornment of the practice. Taste and art have done what they can for the beautification of the implements employed, and a wonderful assortment of "smokers' requisites" has been devised, but notwithstanding the fascination of possessing this costly and mysterious equipment, the god it enshrines is the same ugly old idol the savages fashioned; and as soon as he begins to suck the smoke of the burning tobacco into his mouth, the twentieth-century slave of the vice falls to the level of the Red Indians from whom the lesson was first learned.

Looked at with a critical eye, the habit of smoking appears in every way worthy of its origin. No renowned thinker made this discovery. No searcher into the mysteries of nature for the benefit of his fellow-men is hailed to-day as the genius to whom we owe the invention of tobacco-smoking. The savages have all the credit, and fitly so. For who but a savage could deliberately proceed to ignite a little bundle of dried herbs for the sake of sucking the smoke into his mouth and puffing it out again. Surely no one but a being hopelessly ignorant of the purpose served by the human mouth and the human breathing apparatus would employ them in such a way.

It would be bad enough if the smoking habit were employed upon comparatively innocent materials, such as brown paper and other substitutes for tobacco of which

the impecunious small boy occasionally feels driven to avail himself. Even then the results upon the health of the smoker could be nothing but harmful. Smoke of any kind is deadly to the human system. We all recognize this when we find ourselves in a fog. No rational being would spend more time in a fog than was absolutely necessary. Yet the man who smokes regularly, subjects himself every day to the unwholesome conditions that accompany a fog. The products of combustion with which he contaminates his breath, blacken his lungs, and coat them with sooty deposits that hinder their effective action and seriously pollute the blood that circulates continuously through their delicate texture.

But the man who inhales the fumes of burning tobacco also takes into his lungs with the soot a number of virulent poisons. Chief among these is the deadly nicotine, of which one or two drops would be sufficient to constitute a fatal dose. This poison exerts a powerful influence on the whole nervous system, and, after continued use, seriously injures the heart and other organs of the body. As a result the mental powers are affected, and, as many careful observers state, the moral nature also suffers deterioration.

The outraged body utters a vigorous protest when this dirty and dangerous habit of tobacco-smoking is first practised upon it, a fact surely sufficient to convince any intelligent person of the folly of persisting in the practice. But the savage mind is not given to careful reflection, and so the same unthinking mood that leads some barbarians to knock out their front teeth, some to distend enormously the lobes of their ears, and others to flatten the foreheads of their children, leads others to an

unintelligent persistence in the habit of smoking.

It may be thought that we are not warranted in describing as savage a habit which so many leaders in the scientific world practise, but we can only appeal to the facts in the case to justify us. One such leader, Sir B. W. Richardson, M.D., wrote in his last work: "I have not a line to write in favour of tobacco, and for a long series of years, twenty-five years at least, I have scrupulously avoided smoking because of its bad effects on health and vitality. Smoking is not simply a dirty habit; but one that injures the body. It is not in character with the work of the animal machine; . . . it stunts the growth, produces local mischief, and is most distinctly provocative of some fatal forms of disease. No child ought ever to be inducted into its use, and *in a sanitary world, conducted on sound principles, indulgence in tobacco would be unknown.*"

It is the complaint of many to-day that in some essential respects our civilization is retrogressing rather than advancing.

There is manifest only too often a disposition to revert to lower types of existence rather than to press forward in the march of progress. How could it be otherwise when there is such a general clinging to a savage vice, a relic of barbarism, which is not merely unworthy in itself of civilization, but which, by its action upon the human body, and also upon the mind and character, has a tendency to dwarf and degrade its devotees? Any picture of that modern portent, an "unemployable," would be incomplete that did not represent him with a pipe in his mouth, and in the pipe we should find the key to the picture.

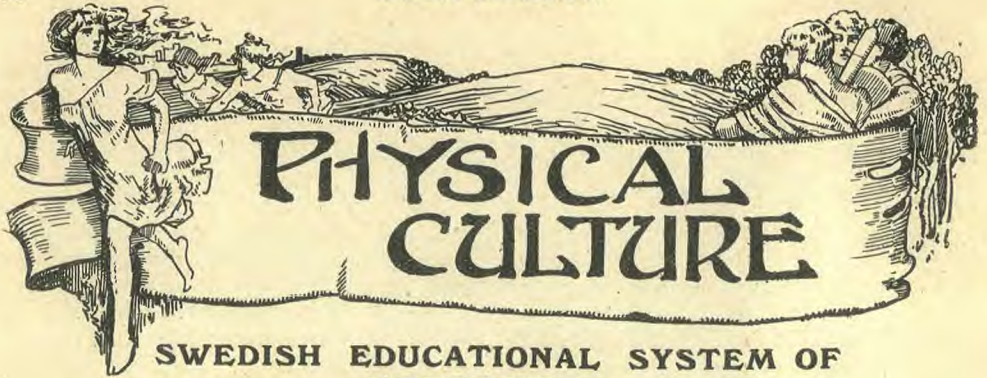
Is Virtue Its Own Reward?

"DID you have a good time at the picnic, Ronald? I trust that you remembered to Fletcherize, and masticate each mouthful one hundred times."

"Yes'm, an' while I was chewin' my first bite the other boys et up all the grub."
—*Outdoor Life.*



"A CUP OF COLD WATER."



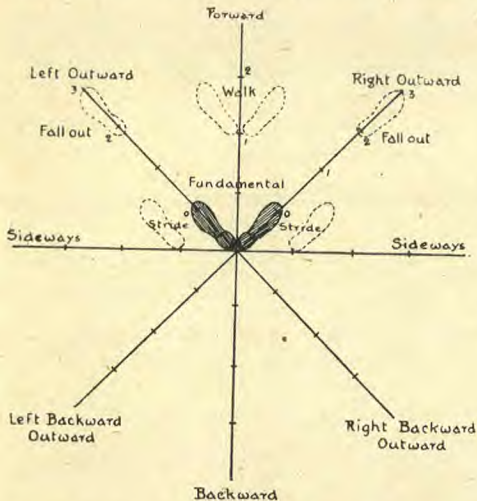
SWEDISH EDUCATIONAL SYSTEM OF GYMNASTICS.

BY WM. M. SCOTT.

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

Notes on Lesson III.

FOOT-PLACINGS. In the diagram which we reproduce herewith, it will be seen that there are eight different planes or directions in which the feet may be moved, viz., Forward; Left and Right Outward; Left and Right Sidewise; Left and Right Backward Outward; and Backward. In ordinary foot-placings,



either foot is carried two foot-lengths in the direction of command. In the "Lunge" or "Fall-out," the foot is placed three foot-lengths in the direction commanded. By this we do not mean the measurement of twelve inches to the foot-length, but simply the length from heel to toe of the pupil's foot, whatever its length.

Close-Stand Position. (No. 10)

Command: Feet—*close!* (And when returning to Fundamental Position:) Feet—*open!*

We have not illustrated this position, as it simply means that the feet are brought quickly together, the inner margins of the feet touching each other from heels to toes.

Stride-Stand Position. (No. 11.)

Command: Feet sideways *place! One! Two!*

1st. The left foot is moved quickly sideways one foot-length, heels on the same line, angle of the feet unchanged; 2nd. The right foot is moved in the same manner to the right side, the distance between the heels of the feet being twice the length of the pupil's foot. The weight of the body is distributed equally between the feet.

Walk-Stand Position. (No. 12.)

Command: Left (or right) foot forward *place!*

From the fundamental position the left (or right) foot is moved quickly forward a distance of twice its own length, the heel coming to position marked 1 on the diagram, and planted without change of angle; weight of the body borne equally upon both feet; plane of the shoulders parallel with that from which they have been moved; knees straight.

Or command: Right (left) foot backward *place!*

The foot is moved and planted in a similar manner backward instead of forward.

Toe-Stand Position. (No. 13.)

Command: Heels *raise!*

From fundamental position the body is lifted straight up as high as possible and borne upon the toes; heels remain together; body well poised.

Knee-Bend-Stand Position. (No. 14.)

Command: Knees deep *bend!*

From fundamental position the knees are slowly bent to a right angle, moving in the direction of the plane of the feet; body well poised, i.e., chest well rounded forward, shoulders back, head erect, chin in.

Deep-Knee-Bend-Stand Position.

Command: Knees deep *bend!*

From "Knee-bend" position the knees are still further bent, after the same manner, as far as possible to an acute angle, but the position of the body still remaining erect and well poised, not a passive sitting position on the calves.

Half-Hook-Stand Position.

(No. 16.)

Command : Left (right) knee upward *bend*!

From fundamental position the weight of the body is placed upon the right (left) leg and the left (right) knee bent quickly up straight forward; the thigh horizontal and forming a right angle with the trunk; the leg perpendicular; instep extended so that the toes point well downward and outward.

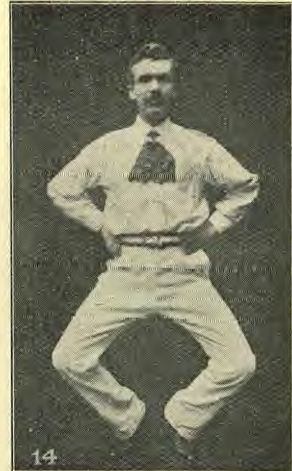
Fall-Out-Stand Position.(No. 17.)

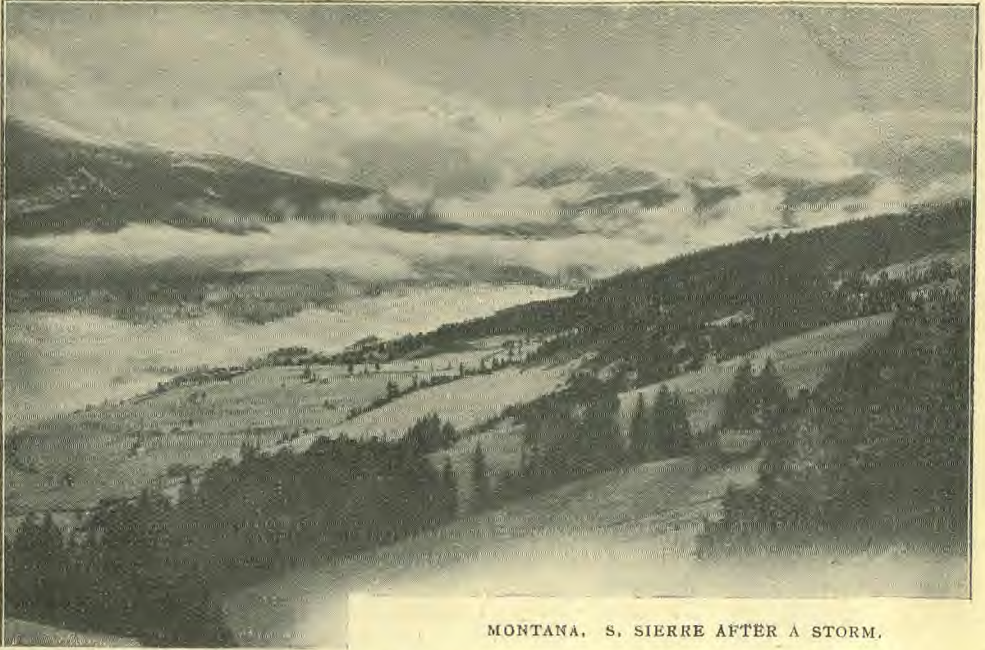
Command : Left (right) outward *fall-out*!

From fundamental position the body is quickly inclined outward, the foot moved in its own direction a distance of three times its own length; the knee of the forward foot being bent to a right angle; the weight of the body over the forward foot; the backward leg perfectly straight and its foot firmly on the floor from heel to toe; poise of head and trunk unchanged, and the shoulders parallel with the plane from which they are moved.

¶ We have now given the most important Fundamental Standing Positions—in our last lesson by illustrating those where the arms only were moved, the feet retaining their original position; in the present lesson, the feet only being moved, arms retaining a fixed position—in this case the “Wing” position.

In our next lesson we will endeavour to give a few exercises which will include the arm and leg movements introduced and illustrated in previous lessons. We would urge our readers, whether they wish to appropriate these exercises for their own individual benefit or for teaching a class, to make themselves well acquainted with the so called “Fundamental Positions.” Practise them before a full-length mirror, if available, and so make sure that the right poise of body is assumed at each movement. Not only is the old adage, “What is worth doing is worth doing well,” applicable here, but mental poise follows body poise, and we want to exercise mind and body conjointly as we meet for mutual benefit in the GOOD HEALTH Gymnasium from month to month.





MONTANA. S. SIERRE AFTER A STORM.

A FAMOUS SWISS HEALTH RESORT.

BY P. A. DEFOREST, M. D.

SINCE the highest medical authorities have come to the conclusion that the principal healing agent in consumption is fresh air, the attention of the world has been forcibly called to this fact, and fresh air bids fair to become recognized as a universal remedy. In reality, fresh air, sunshine, and good food are the three most powerful factors in restoring the sick.

The question of altitude has also engaged the attention of savants, and in the case of tuberculosis it is generally conceded that altitude alone is not in itself a healing agent except in so far as it supplies the necessary conditions—fresh, pure air, free from dust and microbes and far removed from the numberless sources of air infection, from crowded cities, whose numberless chimneys belch forth their irrespirable gases and begrime the air with smoke, which, though it may not be noticed from below, yet from a mountain elevation becomes visible as a stratum of carbon in suspension. Here in Switzerland the air is considered pure, but after climbing

above the smoke-line the difference is at once appreciable. Above the cloud-line the vivifying effect of the sunshine and the absence of dampness renders even pure air all the more vitalizing. The majestic mountains with deep valleys between, the ever-varying cloud formation, the sunny days, the cold, clear nights, the healthful mountain sports of climbing, skating, ski-ing, and bobsleighing, serve to make these resorts attractive and beneficial to both sick and well.

Switzerland abounds in such places. Davos, St. Moritz, Châteaux d'Oex, have long been famed for the cure of the great white plague and other chronic diseases. Montana is one of the last places to acquire an international reputation, and it is of this place principally that I would write, having had the privilege of visiting it a few weeks ago.

A good carriage road winds up the mountain in a series of zigzags, passing numerous Valaisian villages. The distance from Sierre, the station of the Simplon line, to the sanatoria is only

about six miles in a straight line but double that distance by carriage up the winding mountain road.

There are three principal sanatoria—two for lung diseases and one for other patients and guests—and numerous *pensions*, or boarding-houses. Montana is situated on the southern slope of the Wildstrübel, at an altitude of over 4,800 feet (or nearly a mile above the level of the sea), or about a thousand yards above the Rhone Valley.

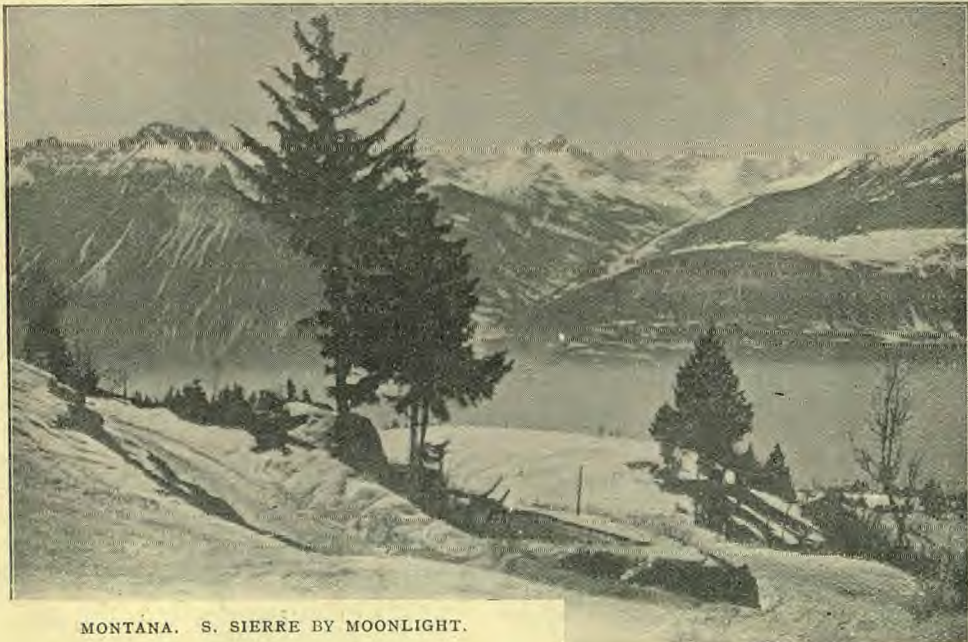
The lake shown in the picture is one of several ranged near the edge of a gently-sloping plateau on which most of the *pensions* and sanatoria stand. The view from this spot is extremely fine. To the left, looking up the valley of the Rhone, one sees the towering heights of the Simplon, under which the famous tunnel runs. Next, toward the right, comes Bella Tola (9,600 feet), and the Weisshorn (13,500 feet) and the Rothorn (13,200 feet) raise their icy spires heavenward. Mont Cervin is hidden behind these massive peaks which stand out sharply silhouetted against the blue Italian sky. Right in front, across the Rhone Valley, the Becs de Bosson (9,900 feet) partly

hide the Aiguilles Rouges, or Red Needles (11,700 feet), while away to the right, fronting the valley, are the Aiguilles du Tour (10,800 feet) appearing on the horizon.

Standing on the edge of the plateau of Montana, or the Park, as it is called, one has a magnificent view of the Rhone Valley from Martigny to beyond the Simplon. The valley is sometimes hidden under a sea of fog thrown up into fleecy waves (see cut) which beat against the sides of the mountains. This forms a scene worth visiting Switzerland to view.

Turning for a moment in the other direction—toward the north—quite another scene presents itself to the view. The plateau is interspersed with little lakes and surrounded by beautiful pine forests whose balsams help to fill the air with ozone, and, far above, from certain points of view, one can see the Diablerets to the left and the Gemmi to the right, while in front the Wildstrübel, with its mountain hotel, permits from its heights a beautiful view of the Burnese Oberland.

For those whose purse would not permit the prices asked at these mountain



MONTANA. S. SIERRE BY MOONLIGHT.

resorts, but who would like to spend a few weeks in the middle of summer camping out, here is an ideal spot where a folding tent, a few cooking utensils, healthful foods, and a love for nature and out-of-door exercise would make a delightful holiday.

Almost anywhere in the country it is beautiful. Yesterday, although in the middle of winter, was as mild as spring. A patch of clear sky beyond Mt. Blanc was filled with a crimson blush which made the monarch of the Alps stand out in weird grandeur. Even at a height of 1,200-1,800 ft. there is a crisp freshness

Fresh Air in the Home.

BY MRS. E. G. WHITE.

THE lungs are constantly throwing off impurities, and they need to be constantly supplied with fresh air. Impure air does not afford the necessary supply of oxygen, and the blood passes to the brain and other organs without being vitalized. Hence the necessity of thorough ventilation. To live in close, ill-ventilated rooms, where the air is dead and vitiated, weakens the entire system. It becomes peculiarly sensitive to the influence of cold, and a slight exposure induces disease. It is close confinement indoors that makes many women pale and feeble. They breathe the same air over and over, until it becomes laden with poisonous matter thrown off through the lungs and pores; and impurities are thus conveyed back to the blood.

In the construction of buildings, whether for public purposes or as dwellings, care should be taken to provide for



LAKE AT MONTANA.

From the Illustrated Journal of the Valaisian Health Resorts, Switzerland.

in the air, and when the sun sets one has the feeling that there is a glacier not far away. The immense masses of snow and ice send a frosty suggestion down the slopes—a freshness spreading over valley and plain that makes the nights cool and secures comfortable rest even in hot weather. Nothing, however, can equal the calm, cool nights on the mountain, where the rush and roar of the city is left behind, and where communion with nature leaves its refreshing influence on the soul as well as on the body.

A MAN is rich in proportion to the number of things he can afford to leave alone.—*Thoreau*.

good ventilation and plenty of sunlight. Churches and school-rooms are often faulty in this respect. Neglect of proper ventilation is responsible for much of the drowsiness and dullness that destroy the effect of many a sermon and make the teacher's work toilsome and ineffective.

As far as possible, all buildings intended for human habitation should be placed on high, well-drained ground. This will ensure a dry site, and prevent the danger of disease from dampness and miasma. This matter is often too lightly regarded. Continuous ill-health, serious diseases, and many deaths result from the dampness and malaria of low-lying, ill-drained situations.

In the building of houses it is especially

important to secure thorough ventilation and plenty of sunlight. Let there be a current of air and an abundance of light in every room in the house. Sleeping-rooms should be so arranged as to have a free circulation of air day and night. No room is fit to be occupied as a sleeping-room unless it can be thrown open daily to the air and sunshine. In most countries bedrooms need to be supplied with conveniences for heating, that they may be thoroughly warmed and dried in cold or wet weather.

The guest-chamber should have equal care with the rooms intended for constant use. Like the other bedrooms, it should have air and sunshine, and should be provided with some means of heating, to dry out the dampness that always accumulates in a room not in constant use. Whoever sleeps in a sunless room, or occupies a bed that has not been thoroughly dried and aired, does so at the risk of health, and often of life.

In building, many make careful provision for their plants and flowers. The greenhouse or window devoted to their use is warm and sunny; for without warmth, air, and sunshine, plants would not live and flourish. If these conditions are necessary to the life of plants, how much more necessary are they for our own health and that of our families and guests!

If we would have our homes the abiding place of health and happiness, we must place them above the miasma and fog of the lowlands, and give free entrance to heaven's life-giving agencies. Dispense with heavy curtains, open the windows and the blinds, allow no vines, however beautiful, to shade the windows, and per-

mit no trees to stand so near the house as to shut out the sunshine. The sunlight may fade the drapery and the carpets, and tarnish the picture-frames; but it will bring a healthy glow to the children's cheeks.

Those who have the aged to provide for should remember that these especially need warm, comfortable rooms. Vigor declines as years advance, leaving less vitality with which to resist unhealthy influences: hence the greater necessity for the aged to have plenty of sunlight, and fresh, pure air.

Physical Deficiency and Crime.

CAREFUL observation of youths between sixteen and twenty years of age who are undergoing imprisonment at Pentonville, has resulted in abundant evidence of their physical deficiency. As a class, they were two inches below the average height and weighed approximately fourteen pounds less



A GOOD HEALTH BABY—WINIFRED SCOTT.

than the average weight of the general youthful population; twenty-six per cent of them were afflicted with some sort of disease, deformity, or disablement. The same inquiry revealed that a large proportion of the offences committed by these lads consisted of larceny and other offences against property, without violence, and that the highest proportion of re-convictions is in this class, being no less than forty per cent. Further observations made during 1908 entirely supported these conclusions, and showed that prisoners between the ages of sixteen and twenty-one are considerably below the average physical standard of the artisan youth in our large towns.—*The Medical Officer.*



HOUSEHOLD

BREAD.

IN this country the great bulk of the bread eaten by rich and poor alike is made from either white flour (which is by far the most common), whole wheatmeal flour, or brown (Graham) flour. Other cereal flours, and especially rye flour can also be made into bread, and on the Continent,

Water 39%	Gas = $\frac{2}{3}$
Carbohydrate 51½%	
Proteid 6½% <small>Fat 18.51 Min. 0.18%</small>	

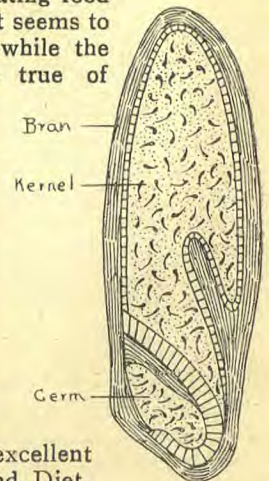
COMPOSITION OF A LOAF OF BREAD.

particularly in Germany and Scandinavia, rye bread is the most common.

Ordinary white bread, if well baked, makes an article of diet that is both nutritious and wholesome. But generally speaking it is too starchy, and does not contain the proper proportion of proteid, i.e., nitrogenous matter. We cannot understand the great attraction that seems to prevail everywhere for white bread. This demand on the part of the people for a *white* article sometimes tempts the bakers to add alum, but fortunately this form of adulteration is not nearly so common now as it was once. Whiteness is an evidence of a large preponderance of starch. Further, white bread usually contains a smaller proportion of salts than coarser breads, as will be seen from the accompanying table. White bread may, then, be looked upon as a good fuel, but as a source of building material for the growing child or youth, and for repairing tissues it is distinctly inferior in quality to either wholemeal or brown bread.

What is known as wholemeal wheat bread makes an excellent all-round food. Wholemeal bread is not only one of the most inexpensive and nutritious of foods, but it is also one of the most wholesome articles of diet, and in our opinion it may truly be regarded as the staff of life. Wholewheat bread has a more nutty and exquisite flavour than white bread, and the proportion of the various food elements is as a rule better.

Brown, or Graham, bread contains a considerable proportion of the coarser particles of the wheat kernel known as bran. While this coarser material does not add to the total nutrition of the bread, but rather diminishes it, nevertheless such bread contains a larger proportion of proteid, or building material. But the chief advantage of brown bread is the mild laxative effect which it has upon the bowels. White bread is usually looked upon as a constipating food—at any rate, that seems to be its tendency—while the very opposite is true of brown bread. Like wholemeal bread, brown bread also has a more pronounced, as well as a more pleasant, flavour than ordinary white bread.



The following table, which we have taken from Dr. Hutchison's excellent book on "Food and Diet-

KERNEL OF WHEAT.

etics," shows the proportion of the various food elements:—

	Wheat-meal.	Medium flour (House-holds).	Finest Flour (Pat'ts).	Hovis Flour.	Frame Food Extract
Water.....	12.1	12.3	13.8	12.2	9.8
Nitrog'nous m'r	14.2	10.7	7.9	15.5	16.5
Fat.....	1.9	1.1	1.4	3.2	1.0
Carbohydrates (inclu'g cell'ose)	70.6	75.4	76.4	70.0	63.9
Ash.....	1.2	0.5	0.5	2.3	8.8

As our readers are well aware, ordinary bread, either white, wholemeal, or brown, is made by the use of yeast. If the dough is mixed in the proper way, and the bread is afterwards thoroughly baked, there is no objection to the use of yeast. Of course, excellent white bread can be made by aerating it with air instead of using yeast. But other non-yeast breads are very likely to be doughy, heavy, and consequently more or less indigestible. If the bread is kept in a dry place from one to two days after baking, few if any of the products of the yeast fermentation remain. The infinitesimal amount of alcohol that may be found in perfectly fresh bread soon escapes, and need not be considered, and as far as the yeast cells are concerned, they are efficiently destroyed by thorough baking, provided the loaf is not too big. The office of yeast is to cause fermentation with the production of carbonic acid gas, this gas serving to aerate the bread and make it light, porous, and readily digested.

There are a considerable number of proprietary breads on the market, especially in London, most of which are excellent in quality. Lack of space forbids us to give the analysis of more than a very few. We are again indebted to Dr. Hutchison's work referred to above:—

	Water.	Proteid	Mineral Matter.	Carbohyd'ates and Fat
"V.V." Bread.....	40.4	7.5	0.59	51.6
Maltina White Bread....	44.5	5.9	0.7	48.9
Nevill's " ".....	37.5	7.2	0.7	54.6
Triagon " ".....	39.0	6.4	0.7	53.9
(O'Callaghan's)				
Cyclone Wholemeal Br'd	47.9	7.1	1.4	43.6
Nevill's Wheatmeal Br'd	41.5	8.0	1.2	49.3
Maltina Brown Bread....	45.1	7.0	1.9	46.0
Daren " ".....	46.6	7.9	1.0	44.5
Bermaline " ".....	38.0	8.1	1.9	50.3
(Montgomerie's patent)				
Hovis Brown Bread.....	45.0	9.9	1.2	42.3
				1.6 (fat)
Manhu Bread.....	42.6	7.2	1.3	48.9

An ideal health food known as zwieback is readily prepared by slicing up an ordinary loaf of white bread and baking the pieces in a moderately slow oven until they are toasted through. Freshly roasted zwieback makes a most delicious article of diet, and is also useful in giving beneficial employment to the teeth.

We give below a few recipes for the preparation of some simple breads that are easily made in the average home. Those who prefer to do so can use nut cream or nut meal in the place of dairy cream or milk. The following preparations are all made without the use of yeast:—

Wholewheat Puffs.—Put the yolk of an egg into a basin, and beat the white in a separate dish to a stiff froth. Add to the yolk one-half a cupful of rather thin sweet cream and one cupful of skimmed milk. Beat the egg, cream, and milk together until perfectly mingled and foamy with air bubbles; then add, gradually, beating well at the same time, one pint of wholemeal flour. Continue the beating vigorously and without interruption for eight or ten minutes; then stir in, lightly, the white of the egg. Do not beat again after the white of the egg is added, but turn at once into heated, shallow irons, and bake for an hour in a moderately quick oven. If properly made and carefully baked, these puffs will be of a fine, even texture throughout, and as light as bread raised by fermentation.

Currant Puffs.—Prepare the puffs as directed above, with the addition of one cup of sultanas or currants, which have been well washed, dried, and floured.

Graham Gems.—Into two cupfuls of cold, unskimmed milk stir gradually, sprinkling it from the hand, three and one-fourth cupfuls of Graham flour. Beat vigorously for ten minutes or longer, until the batter is perfectly smooth and full of air bubbles. Turn at once into hissing hot gem irons,* and bake in a hot oven. If preferred, the batter may be prepared, and the dish containing it placed on ice for an hour or longer; then well beaten and baked. Graham gems may be made in this manner with soft water instead of milk, but such, in general, will need a little more flour than when made with milk. With some ovens it will be found an advantage in baking these gems to place them on the upper grate for the first ten minutes, or until the top has been slightly crusted, and then change to the bottom of the oven for the baking.

Oatmeal Gems.—To one cupful of well-cooked oatmeal add one-half cupful of rich milk or thin cream and the yolk of one egg. Beat all together thoroughly; then add, continuing to beat, one and one-third cupfuls of Graham flour, and lastly the stiffly-beaten white of the egg. Bake in heated irons. If preferred, one cupful of white flour may be used in place of the Graham.

*These may be obtained of Pitman Stores, Birmingham.

CAUSES OF TYPHOID.

IN spite of all the warning that has been given concerning the danger of using unsterilized milk, many people persist in running the risk. Recently a schoolmaster obtained damages amounting to £500 on account of an outbreak of typhoid fever in his school which was traced to the dairy which supplied the milk. The ideal way would be for the dairies to sterilize the milk and then deliver it in sealed bottles. We believe it would be possible for dairymen generally to supply properly sterilized milk at the rate of 2d. a pint bottle, and no one could complain at such a reasonable price. In our opinion, it is well worth while paying a little more for clean, sterilized milk, which is always free from the germs of disease.

Oysters, too, must now be looked upon as a common cause of typhoid fever. Recently a case of typhoid fever was reported from Eastbourne which was traced to the

use of oysters. It is interesting to note in passing that in this particular case the oysters were sold as "certified oysters from Dutch grounds." Evidently the certificate was worthless. Those who will persist in the use of oysters should see that they are sufficiently cooked to destroy the bacilli of typhoid fever.

Within the past few months two successful lawsuits for typhoid fever caused by contaminated oysters have been chronicled by the public press. Referring to the last action, the "Medical Press" states that this "seems to supply an instance in which typhoid fever was traced with almost complete scientific precision to contaminated oysters." Raw oysters were eaten by two naval attendants at a Chatham Hotel, both of whom succumbed later to typhoid fever, one dying. What is true of oysters is equally true of cockles as well as other varieties of shell-fish.

BLOOD-POISONING.

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

ANY scratch or abrasion of the skin, no matter how small and insignificant it may seem, becomes at once an open door for the entrance of pus microbes and disease-producing germs, provided the resistive forces of the body are not sufficient to repel the intruders. But there is a limit to the ability of the physical forces to fight and destroy the germs, and if the invasion is a considerable one, even a strong, healthy, well-nourished man is obliged to succumb.

The Cause of Blood-Poisoning.

The direct exciting cause of blood-poisoning, trivial or grave, is some form of microbe. Often it is what is known as a pus microbe, that is, a germ that produces pus or matter. In the case of tetanus or lockjaw it is a specific germ known as the *bacillus of tetanus*.

Boils and Pimples.

If the tissues are successful in localizing the invading pus microbes, and confining them to a comparatively small area, we have the formation of what is known as a pimple, if it is very small, or a boil, if it is

larger. In other words, a pimple or boil is to be looked upon as a localized form of blood-poisoning, which rarely produces anything like serious results.

Symptoms of Blood-Poisoning.

Just as soon as the germs in the tissues have begun to multiply, unless promptly destroyed, they form various irritating poisons which give rise to swelling, redness, and pain, and thus produce a distinct inflammation. At first the inflammation is slight enough, and ordinarily little or no attention is given to it. This, briefly, then, is the history of the first stage of blood-poisoning.

But the germs continue to multiply, and form a virulent poison which soon produces a violent inflammation, and the hand or limb or other part of the body becomes very much swollen, tender, and painful. If prompt measures are not taken to check the progress of the inflammation, it soon gets so deeply seated and grave as to endanger life unless drastic measures are taken.

The Treatment.

The proper time to treat blood-poisoning is in the first stage. If the inflamed area is freely opened with a lancet, and efficiently cleansed with a suitable disinfectant, if necessary, so that all the microbes are destroyed or got rid of, the symptoms subside promptly, and healing takes place speedily. Even in later stages a free incision, to let out the pus and enable invading germs to be reached, is the proper treatment, and the sooner this is done the better the chance of success. Oftentimes there is a considerable wound left by the operation, and this must be dressed daily, pains being taken to avoid any further infection. Peroxide of hydrogen makes an excellent germicide in dealing with many of these cases, but occasionally a more powerful one is required. In minor cases a saturated solution of boracic acid may be all that is required. We scarcely need to point out the necessity of calling in a family physician to look after a case of blood-poisoning.

Prevention.

Absolute cleanliness is the essential preventive treatment. In our opinion soap and water are the greatest disinfectants, and if they are used freely and frequently there ought to be little chance of blood-poisoning.

Every one ought to give special attention to injuries caused by rusty nails or garden tools of one sort or another. The germ of lockjaw is not infrequently found in garden soils, and it is one of the most virulent microbes to deal with. All gardeners and workingmen who are obliged to get their hands soiled more or less in connection with their work should give particular care to any little wound or break of the skin. As soon as it occurs, it should be cleansed thoroughly, and then dressed with a piece of cotton wool soaked in boracic acid solution, and fixed in place by a bandage. The dressing serves the purpose of protecting the open wound from germ contamination. Oftentimes such treatment is not necessary, nevertheless it is the safest course to follow in order to prevent any risk of serious results. Better take a little trouble than incur the danger of poisoning.

Preserving Eggs.

ONE of the most efficient means of preserving eggs for the winter is by the use of a water-glass, which is a preparation of silicate of soda. The water-glass can be obtained from any chemist at small expense.

In order to obtain the best results when preserving eggs, it is necessary to select absolutely fresh eggs, and put them up at once. A good-sized pail with a cover makes an excellent receptacle for the eggs. The water-glass is prepared by adding sixteen parts of water to one of the solution of silicate of soda, and stirring up with a metal spoon, when it is ready for use. The eggs are dropped one by one into this solution by means of a long iron spoon, and they must be entirely covered with the liquid. The pail is covered to retard evaporation as much as possible, and it should then be set in a cool, dry place.

During the winter season, when the eggs are wanted, they are dipped out with the same spoon, wiped with a cloth, and are then ready for cooking. Before cooking it is necessary to prick either end of the egg. If the eggs are absolutely fresh when packed, and these brief directions carefully followed, it will be difficult to distinguish them from new-laid eggs.

Peel Your Potatoes Thinly.

IF you take a thinly-cut slice of raw potato and hold it up to the light you will notice next to the skin there is a section of the fibre thicker than the rest of the potato. This is the part which contains the nutriment of the vegetable, and that is why one should cut off the peel of a potato as thinly as possible, so as not to waste the best part of the vegetable.—*Food and Cookery.*

Work and Health.

A GIRL who would have a graceful carriage, a sound digestion, a clear complexion and fine teeth must work for them every day, and no work is better for the purpose than the ordinary work of a house done with diligence and carefulness.—*People's Friend.*

A PAGE FOR WOMEN.*

CONDUCTED BY MARIE BLANCHE.

THIS is the time of year when complexion troubles assail the delicate skin. March winds are the greatest trial for any face, whether beautiful or plain, and few of us, if indeed any, can without very special care contrive to keep the skin soft and supple during the months of March and April. Plenty of soap and water is usually considered necessary to keep the face clean and fresh, but while freely sympathizing with this most hygienic means of freeing the skin from the dirt and grime that must needs accumulate during the day, I very strongly deprecate its use rashly and at all hours during either spring, summer, autumn, or winter.

There is nothing more damaging to the skin of the face than the habit of washing it in warm water before going out into the cold wind or frosty air. Perhaps the next most injurious treatment that can be meted out to a delicate skin is to bathe it with soap and water immediately upon returning from a spin in the cold air of winter or the scorching sun of summer. Both these habits are quite common, I am aware, and they are responsible for a very great deal of the discomfort and disfigurement which women complain of.

Experience and careful observation have convinced me that by far the wisest plan, if you would keep your complexion in good condition, is to confine facial ablutions to bed-time. Clean your face during the day a dozen times, if you will, with a soft, dry, clean handkerchief, or a pad of clean, antiseptic cotton-wool, or a little elder-flower water, or a few drops of distilled or rain-water and lemon-juice, but never wash it with soap and water except at bed-time. At that time give your face a thorough shampoo with a good soap and warm water, douching it well afterwards with clean cold water, and drying it carefully with soft towels.

I can hear, perhaps, some prejudiced reader exclaim against this theory and with horror expostulate: "But how dirty to come down to breakfast in the morning without washing your face!" Well, I cannot see it myself. If coming down to breakfast without washing your face with soap and water really meant coming down with a *dirty* face, why then I agree with you that it would be horrid, disgusting, and altogether to be abominated; but, you see, it doesn't mean that at all. The whole idea of cultivating a soft, fair skin (apart, of course, from the diet, exercise, and fresh air that are an absolute necessity in beauty culture) is comprised in the one word, "*cleanliness*:" without it all sorts of troubles will appear, blackheads, lines, rashes, and pimples, while if the face is frequently and cautiously cleansed in the way advocated above, a healthy, pure condition will be quite easily maintained. It is really surprising how much grease and dirt exudes from the face, but as I have already said, this can be removed as often as you like by means of soft wool or clean handkerchief. If the skin is oily, remove the grease by dipping the wool into finest oatmeal and gently wiping the face with that.

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

All this may seem very faddy to those who have never taken much care of their complexions, but you know nothing, not even a fair face or velvet skin, is cultivated without due care and considerable trouble. In beauty culture there are no miracles, but there are many wonders, though these wonders are not worked by means of pounds, shillings, and pence, but merely by commonsense, perseverance, and care. Such means as these should surely be within the reach of every woman, whether rich or poor. To possess a beautiful face it is not necessary to patronize a certain charlatan who for the sum of eighty guineas undertakes to give her victims a new skin. This person will take you into her "beauty home" for a fortnight, and there, in a darkened room, she will by means of deadly poisonous plasters remove the skin from your face and neck. You will be photographed before you go into her "home" and you will be photographed the day you leave the establishment; but unless I am very greatly mistaken, both you and your friends will prefer the first photograph to the second, and afterwards you will probably shun all beauty doctors for ever and a day.

For those who like to make their own toilet preparations at home, here is a simple, harmless, and beneficial recipe for a skin cream to be applied at night after washing the face. Beat to a cream two tablespoonfuls of oil of sweet almonds and one teaspoonful of rosewater, adding three drops of camphor and two drops of tincture of benzoin. Turn into a clean jar and keep covered over. This can, of course, be made for a few pence, and without the smallest difficulty.

In conclusion, remember that all the drugs, the charms, the conjurations, and the mighty magic you can summon to your aid will be simply, useless if you do not take care of your health.

ANSWERS TO CORRESPONDENTS.

"A YOUNG ENTHUSIAST."—Have you given the Sanitarium Hair Tonic a fair trial? I think you will find this a help to get your hair into a stronger and more healthy condition. Washing the head once a week is quite often enough, and I do not think there is any harm in using a little borax in the water as you say. It is very gratifying to know that you all find this page so useful. Pray do not hesitate to ask any questions you like. I am always very pleased to receive suggestions from readers and willing to discuss the subject suggested in due course, providing it is one of sufficiently general interest.

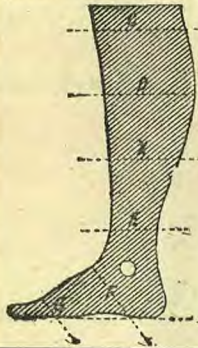
ELLEN J.G.—The preparation you have been using has no doubt induced hair to grow on the face, as it contains animal fat and glycerine. Discontinue using it. I can say nothing more, and though I am giving you the recipe for a depilatory, I am not recommending you to use it, because it will not get rid of the trouble permanently, you know; but as you particularly ask for a harmless recipe, here it is: Powdered sulphide of barium, one part; precipitated chalk, one part. It is necessary that these ingredients should be perfectly dry. The object of this is to prevent the mixture becoming permanently exhausted and, on the other hand, to obviate irritation which might arise from a granular condition of the depilatory. If these precautions are observed, the product will consist of a very fine light-grey powder which on being mixed into a pulp with a little water immediately before use, will act on the hair in two or three minutes without injury to the skin.

N.O.N.—I cannot deal fully with the subject here, but with all my heart I will help you, therefore I urge you to send me your address that I may write privately. All correspondents' names and addresses are kept strictly private I assure you.

The Pioneers of Seamless Elastic Hosiery. ❁

DIRECT from MAKER to WEARER.

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



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

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Best English Make.

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

PRICES:

12 x 6, 4/6. 12 x 8, 5/6. 14 x 8, 6/-.
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WEST HAMPSTEAD, LONDON, N.W.

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Nothing "lifts" a cold or checks the chill that precedes influenza like a Turkish Bath. The wisdom of having a Turkish Bath Cabinet in the house for use at the right time is therefore apparent. The "Gem" Turkish Bath brings within the home all the advantages of the most delightful hot-air, vapour, and medicated baths.

The "Gem" Bath treatment, founded on accepted physiological facts, counteracts the tendency—so common in these days—to inactivity of the skin. It opens the millions of pores all over the body, draws out the impurities, cleanses and vivifies the blood, invigorates the internal organs, fortifies the skin against changes of temperature, promotes health in a wonderful way, and is a powerful preventive of disease. As a hygienic and therapeutic agent the "Gem" Turkish Bath is steadily growing in popular favour; it is recommended by eminent physicians and health experts, as well as by thousands of other users, and it has yielded the most gratifying results in the treatment of rheumatism, gout, all kidney, liver, and skin diseases, and many others of a kindred nature. No treatment is at once so safe, so effective, so pleasant, and so cheap.



Even the occasional use of the "Gem" Bath, at a critical time, may save your life by averting an attack of influenza, which is so often followed by other troubles that prove fatal. The regular use of the Bath will build up your system so as to make it invulnerable to disease. The "Gem" Bath Book, free on mentioning "Good Health," gives full particulars.

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Chapman's Pure Nut Blended Butter.

The best on the market. Equal in every way to dairy produce.

10d. per lb.; 5½d. per ½ lb. Sample, post free, 2d.

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No finer honey ever sold. Guaranteed pure. 1 lb. 9d.; post free, 1/1.

Send for our 90-page catalogue. All Health Foods stocked. 5d. order carriage paid.

CHAPMAN'S HEALTH FOOD STORES,
Eberle Street, Liverpool.

In answering advertisements kindly mention "Good Health."

QUESTIONS ANSWERS.

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

633. **Globe Hand Nebulizer.**—A.L.: "Kindly tell me in the Questions and Answers page of GOOD HEALTH where I can obtain the Globe Hand Nebulizer for treating nasal catarrh, and also the price."

Ans.—Good Health Supply Department, Stanborough Park, Watford, Herts. The price is 7/6, post free, including the medicine.

634. **Varicose Veins.**—J.E.W.: "I am suffering from varicose veins in my legs, and would like to have you answer the following questions: 1. What causes varicose veins? 2. Can they be cured? 3. What treatment would you recommend? 4. Do you advise having them cut out? 5. Would such an operation injure the legs?"

Ans.—1. Much standing is the chief cause of varicose veins in the legs. 2. Yes, as a rule. 3. You should wear elastic stockings, which can be obtained from Messrs. Walton & Curtis, 190 Broadhurst Gardens, West Hampstead, N.W., for 2/6 each, post free. 4. No, at least not without trying the elastic stockings and massage. 5. No, not necessarily.

635. **Tapeworm.**—M.A.M.: "1. Please tell me how to cure tapeworm in a child of four and a half. 2. I have read that olive oil is a good vermifuge. Is that so?"

Ans.—1. In order to get tapeworm out of the system it is necessary to give a poisonous drug to kill the worm, and then follow with a purge to eliminate it from the bowel. This means that it will be necessary, and desirable too, to get the assistance of a competent physician, who will know what drug to give, and be able to recognize the head of the tapeworm in the stool after the purge. The mere passing of segments is no evidence of success. Only an expert will be able to recognize the head of the tapeworm, which is always small and insignificant. 2. Olive oil will not be a successful vermifuge for tapeworm.

636. **Cottage Cheese.**—W.H.H.: "Kindly give me particulars for making an easily-digested cheese, and oblige."

Ans.—You will find full directions for making cottage cheese, which is both nourishing and easily digested, in September (1909) GOOD HEALTH, page 275.

637. **Malt — Raisins — Figs.**—J.L.: "1. Kindly give me instructions as to the proper way of taking barley malt. 2. Is it desirable to remove the stones from raisins? 3. Can figs be eaten raw?"

Ans.—1. The malt may be spread on bread with or in place of butter. It may also be taken with porridges, puddings, and other foods. 2. Yes. 3. Yes, but they may also be taken steamed or stewed.

638. **Thread Worms.**—M.E.C.: "My child of three is suffering from thread worms. What treatment would you recommend?"

Ans.—Give quassia enemas. To prepare, get a handful of chips (they can be obtained from any chemist) and steep them in a quart of water. This makes a mild, astringent solution which can be diluted by the addition of further water if necessary. The usual preparation is a handful of chips to each quart of water. The injections will have to be repeated daily, or on alternate days, until the worms have disappeared, at the same time giving a nourishing diet of wholesome and easily-digested food; and see that the child gets out-of-doors in the fresh air as much as possible.

639. **Winter Underclothing — Chronic Catarrh.**—R.V.: "1. What is the best kind of winter underwear for a person suffering from chronic catarrh? 2. What diet would you recommend?"

Ans.—1. A good grade of unshrinkable, porous, woollen underwear usually proves most satisfac-

MARMITE.

(A Pure Vegetable Extract.)

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

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

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

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

HIGHLY RECOMMENDED BY VEGETARIANS AND FOOD REFORMERS.

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

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

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**Agent
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THE OLDEST HEALTH FOOD STORES IN THE KINGDOM.

Only the Finest Quality Goods Stocked.

T. J. BILSON & CO.,

88 GRAYS INN ROAD, LONDON, W.C.

Shelled Nuts.

**Walnuts.
Hazels.
Brazils.
Pine Kernels.
Etc.**

Send for price list.

tory in such a damp climate as ours. We recommend Sanis underwear made by the Salvation Army, 79 and 81 Fortress Road, N.W., which is both reasonable in price and excellent in quality. 2. Take a light diet of easily-digested foods, such as fruit, both fresh and stewed, nuts if well masticated, dextrinized breads and cereals, such as granose biscuits and toasted wheat flakes, mealy-baked potatoes, tender greens, and the dairy products. Avoid drinking with your meals and take time to chew your food well.

640. **Indigestion—Mother Seigel's Syrup.**—G.P.: "Please advise me what to do for indigestion and wind. I am taking Mother Seigel's Syrup, but do not find it does me much good."

Ans.—We would recommend you to exercise great care in the selection of your food, avoiding tea, coffee, condiments, pickles, sweets, cakes, pastries, and all rich and indigestible compounds. Take time to chew your food well, and avoid drinking with your meals. The application of a hot fomentation five or ten minutes after each meal might prove helpful. You should lie down after taking the fomentation, and afterwards bathe the part with cold water. We do not recommend Mother Seigel's Syrup or any other secret remedy. We quote the following from an analysis made for the British Medical Association and published in a book called "Secret Remedies," which can be obtained from any newsdealer or bookseller for 1/-: "The price of a bottle of Mother Seigel's Syrup containing three fluid ounces is 2/6." In a circular enclosed in the bottle it was stated among other things that "Mother Seigel's Syrup is a highly concentrated, purely vegetable compound, having a specific action on the stomach, liver, and kidneys.

"Analysis showed the presence of free hydrochloric acid, which is not usually classified as a vegetable compound, tincture of capsicum, a bitter substance agreeing in its properties with aloes, and sugar [partly as invert sugar]; the colouring and flavouring substances also present indicated that the sugar had been added in the form of treacle. Quantitative determination of those ingredients capable of it, and estimation of the others by comparison with known mixtures, indicated the following formula:—

Dilute hydrochloric acid (B.P.).....	10 parts by measure.
Tincture of capsicum.....	17 " " "
Aloes.....	2 " "
Treacle.....	60 " "
Water to.....	100 " by measure.

The estimated cost of the ingredients for three fluid ounces is one-third of a penny."

641. **Prune and Banana Purees.**—W.T.: "Kindly inform me how prune and banana purees are prepared."

Ans.—Prune *purée* is made by stewing prunes until they are very tender, and then passing them through a sieve to remove the stones and skins. Very little water should be added to the prunes in stewing them—just enough to enable them to be cooked well. Banana *purée* is made by mincing ripe bananas, and thoroughly beating them up with an ordinary egg-beater until they are in the form of a frothy cream.

**Strength
in
Every
Cup.**

Perfectly balanced nutriment in perfectly digestible form—that is HYGIAMA Food-Beverage. Although it is similar to the best cocoa in flavour, and costs about the same, it is far more nourishing, and, unlike all cocoas, it is practically purine-free and not in the least constipating.

With the addition of fresh fruit or salad and wholemeal bread and butter,

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furnishes a simple, sustaining, and economical meal.

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Explanatory leaflet, and special booklet, "Food and Drink,"

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

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

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

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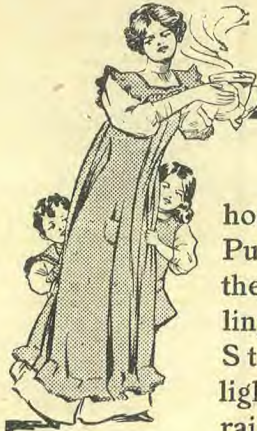
West Indian Edition: Price, 3 cents per copy. West Indian Office: International Tract Society, Port-of-Spain, Trinidad; and Kingston, Jamaica.

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

A SAMPLE packet of "P.R." Oat Wafers has come to our table. They are both dainty and delicious, and we congratulate the Wallace "P.R." Foods Company on this their latest product. And the Wafers are as nourishing and digestible as they are light and crisp. They only need to be tasted to be thoroughly enjoyed and appreciated. Any of our readers can get a free sample of these Oat Wafers by mentioning **GOOD HEALTH** and sending their address to the Wallace "P.R." Foods Company, London, S.W.

THE firm of Brown and Polson have secured a most enviable reputation for their excellent "Paisley Flour." They are pioneers in their special branch of the trade, and the great and increasing success that they have obtained for their flours is of itself an evidence of their superiority and wholesomeness. Their patent cornflour is most useful for thickening soups and making cakes, rolls, and other similar preparations. Any of our readers who are not acquainted with Brown & Polson's patent cornflour and Paisley flour, and there must be few such, would do well to give the preparations a trial, and we believe they could not fail to be pleased with them. "Paisley flour," as well as their patent cornflour, can be had everywhere in 1d., 3½d., and 7d. packets.

NEW converts to vegetarianism sometimes complain of the want of the savoury gravies, sauces, and soups which are made so readily by the use of meat extracts of various kinds, and which usually contain the most harmful elements of flesh foods. To all such Marmite offers an excellent substitute for beef extracts, and it is at the same time a pure vegetable preparation and free from injurious properties. Speaking of Marmite, the "Lancet" says that it "possesses the same nutritive value as a well-prepared meat extract." We consider Marmite infinitely superior to any of the meat extracts on the market. The price is exceedingly moderate, and the preparation can be had in one- or two-ounce pots or in larger quantity as desired. A liberal free sample will be sent to any address for a penny stamp. Apply to the Marmite Food Extract Company, Ltd., 59 Eastcheap, E.C.



The
homely Suet
Pudding, or
the Dump-
lings for the
Stew are
lightest when
raised with

"PAISLEY FLOUR"

(Trade
Mark)

The SURE raising powder.

The most digestible and enjoyable suet puddings are made by adding one part of 'Paisley Flour' to 8 parts of ordinary flour before mixing the dough. Steaming instead of boiling also helps to make puddings lighter.

'Paisley Flour,' mixed one part to 12 of ordinary flour, makes delicious light piecrusts and plain pastry for tarts—no doughiness.

'Paisley Flour' is made by Brown & Polson, and sold in 7d., 3½d. and 1d. packets with interesting recipes.

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When in the City visit the



FOOD REFORM RESTAURANT,
 4 FURNIVAL STREET, HOLBORN, E.C.
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The Largest First-Class Vegetarian Restaurant in the City.

Exceptional value offered for teas after 5.30.
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Rooms to Let for Evening Meetings.

A Seaside Home

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

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Mrs. Hutteman-Hume, Loughtonhurst,
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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.

THE MAKERS CLAIM BLOOM'S SAFETY SELF-FILLING PEN THE BEST PEN MADE.



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:**

BLOOM & CO., LTD., 37 Cheapside, London, E.C. Ladies or Gentlemen can be appointed Agents.

Start the Day Right

By Using GRANOSE

In either Flake or Biscuit form. Simply scald with milk and you have what is acknowledged by many to be the

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**QUICKLY PREPARED.
 EASILY DIGESTED.
 HIGHLY NUTRITIOUS,
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Flakes, pkt., 7d.
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Of all Health Food Stores and Leading Grocers.

Liberal Samples, **1d.**
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In answering advertisements kindly mention "Good Health."

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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 Everyday Use of Nuts,

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.

SOYA BEANS,

The Most Nutritious Vegetable Product in the World. 7 lb. carriage paid, 1/10.



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Savage & Sons
Nut Experts,
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LONDON, E.C.

"EXTRACTS OF PROSE AND POETRY," selected by M.H.Y., is a neat little booklet which contains many inspiring extracts. The price is 3d., and it can be had from the Copying Office, 17 Russell Street, Stroud, Glos.

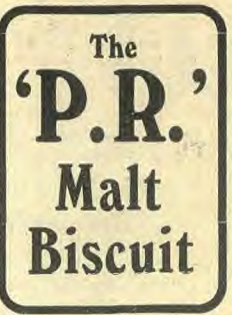
"HOW TO AVOID APPENDICITIS," by Dr. Josiah Oldfield, D.C.L., is a very attractive booklet which gives a lot of commonsense advice as to dietetic preventive measures against one of the most common of modern diseases. The booklet is published at 2d. net, and can be had from the Order of the Golden Age, 153 to 155 Brompton Road, London, S.W.

"WHY I GAVE UP SMOKING," by Captain Baring, late of the 17th Lancers, is a timely booklet which ought to be put in the hands of every smoker, and especially if a young man. It gives a lucid account of the captain's experience in giving up the use of the filthy weed, and tells how all desire for cigar, pipe, and cigarette was taken away. The price is a penny a copy or a shilling a dozen, and it can be obtained from the British Union of Non-Smokers, Floraville, Woodford, London, N.E.

THE COOKERY ANNUAL for 1910, which is also a year book for the Universal Cookery and Food Association, is, as usual, replete with interest and instruction. The calendar gives information as to when fish, poultry, game, vegetables, and fruit are in season or at their best, and thus serves as a useful guide for the cook and housekeeper. A week's menus for each of the twelve months of the year follows the calendar. The book also contains an interesting article on culinary medicine, valuable marketing hints, and various other things. It is published at 1/-, or 1/3 post free.

"SIMPLE COOKERY FOR THE PEOPLE" is an attractive booklet by Mr. C. Herman Senn, the editor of the well-known magazine "Food and Cookery." "The recipes contained in this little book," says the introduction, "have been compiled on popular lines, and are designed to meet the requirements of families with small incomes." This booklet is now in its eighth edition, and is published at a penny per copy, or post free for 1½d. These books can be obtained from the Food and Cookery Publishing Agency, Westminster, London, W.

We have just received a report of the Official Delegates appointed by the United States Government of the Twelfth Annual Congress on Alcoholism held in London last July. The American delegation was a large and enthusiastic one, and numbered among its members many of the leading temperance reformers of the States. Their official report contains excellent selections from the numerous addresses given before the Congress and the discussion that followed. To all those who are not looking for an exhaustive account of the late congress, we would heartily recommend this report, which is published by the Internal Reform Bureau of Washington, D.C., U.S.A., and can be had for 5d., post free.



Banishes Dyspepsia

We have not the space here to explain the very sound reasons for this claim, but we have an interesting pamphlet which clearly sets forth the reasons.



FREE SAMPLE,

together with above pamphlet if you mention "Good Health."

The Wallace
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465 Battersea Park Rd.,
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For COMFORT and HEALTH visit the
CATERHAM SANITARIUM AND
SURREY HILLS HYDROPATHIC,
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THE location is delightful, being about 450 feet above sea-level, and surrounded by the picturesque hills of Surrey; the air is pure and bracing, and the water soft and exquisitely pure. Situated within five minutes' walk of the Caterham Station, on the S. E. Railway, with an hourly service of trains from Charing Cross, Waterloo, Cannon Street, and London Bridge, the Institution is remarkably easy of access, while it is sufficiently far from London to be out of range of the fogs and smoke of the metropolis. The treatments consist of—

BATHS OF EVERY DESCRIPTION, Including the Electric Light Bath.

MASSAGE AND MANUAL SWEDISH MOVEMENTS.

ELECTRICITY AND VIBRATORY MASSAGE.

DAILY DRILLS IN PHYSICAL CULTURE.

With a carefully regulated and classified dietary.

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

Incurable and offensive patients are not received.

The establishment affords facilities for quiet and rest, skilled nursing, medical care, and everything an invalid needs.

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

THE SANITARIUM, CATERHAM, SURREY.

In answering advertisements kindly mention "GOOD HEALTH."

GLEANINGS.

"MAMMA," asked the little boy who had been allowed to stay up and take dinner with company, "Mamma, is this dessert bad for me, or is there enough to go round?"

REPORTER: "To what do you attribute your great age?"

Oldest Inhabitant: "I bain't sure yet, sir. There be several o' them patent med'cine companies as is bargainin' with me."—*Punch*.

"MRS. BUGGINS is always complaining that she has so little to wear," said Mrs. Smith.

"Well, I saw her at a ball last night," said her husband, "and she seemed to be wearing it."

"WHAT kind of soup is this?" asked the professor, as the waiter placed the dish before him.

"Ox tail," replied the waiter.

"That's the last part of the ox I'd ever use for soup," said the professor.

YOUNG WIFE (rather nervously): "Oh, cook, I must really speak to you. Your master is always complaining. One day it is the soup, the second day it is the fish, the third day it is the joint—in fact, it is always something or other."

Cook (with feeling): "Well, mum, I'm sorry for you. It must be quite hawful to live with a gentleman of that sort."—*Vegetarian*.

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THE publishers of GOOD HEALTH have prepared an index for volume seven of the magazine. Any of our readers who wish to obtain the index can do so by sending a post card with their address to Good Health, Stanborough Park, Watford, Herts.

"The Vegetarian Messenger and Health Review" is the oldest journal in the kingdom dealing with food reform, being now in its sixty-first year. A.B.'s "Letter Box" is one of the distinctive features of the magazine, and always contains much interesting and helpful information. Reviews, too, are written with care and discrimination, which makes them valuable. Recently the magazine has contained a series of articles by Ernest Paul, M.A., entitled "The Bright Side of Vegetarianism." We wish all food reformers could have the opportunity of reading these articles, which were first presented at a meeting of the Vegetarian Society in Bristol last June. The "Vegetarian Messenger" contains twenty-six pages, not counting the advertising pages, and is got up in a very neat and attractive form. The price is 1d., or 1½d. post free. It can be ordered from newsdealers or direct from the publishers, The Vegetarian Society, 257 Deansgate, Manchester.

Birmingham Natural Health Society.

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

March 2nd: Lecture—"Some Reasons for Abstinence from Flesh Consumption." Mr. F. S. Saville.

March 16th: Hygienic Dress League, Quarterly Meeting (women only). Dr. Violet Coybill.

March 30th: Items by members.

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:—

March 9th: "The Care of the Feet" (with limelight illustrations). Dr. T. King Patrick.

March 23rd: "The Relation of Fresh Air and Deep Breathing to Physical Development and Health." Dr. Alexander Scott, Certifying Factory Surgeon, Glasgow.

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

RAMBLES:—

March 19th: "The Mausoleum, Hamilton Palace." Meet at Uddington.

March 26th: "Crookston Castle." Meet at Pollokshaws, W.

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

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