

Good Health

Threepence.

*The Magazine That
Keeps People Well*

Organ of the Good Health League.



GENERAL COUNCIL OF THE LEAGUE

TAKOMA PARK, WASHINGTON, D. C.

PRINCIPAL CONTENTS

Making
New Year Health
Resolutions

♦ ♦ ♦

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Kitchen Corner

♦ ♦ ♦

Special Children's
Supplement

♦ ♦ ♦

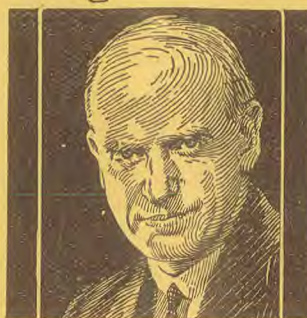
Free Medical Advice

January, 1933

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For Distinguished Service



*Les Palmes
Academiques*



*The Decoration which has
just been conferred upon
Mr. Gilbert Orr.*

Health Discovery

The Greatest

of the Century

Sixteen years ago Mr. Gilbert Orr was doing the nerve-racking work of a telegraph operator. For four weary years he had been tortured by neurasthenia and sleeplessness, which culminated in a nervous breakdown. Money lavished on medicines and special treatments brought little relief. Such cases baffle the cleverest physicians.

As a last resort Mr. Orr turned to olive oil, which he knew had been esteemed in the East for centuries as the great panacea. But, like nearly everyone in this country, he could not take the sickly stuff. He tried many ways to disguise its flavour and, after scores of failures, made an amazing discovery. Mixed with a certain beverage the oil disappeared magically. It was transformed into an emulsion which was simply delicious. At bedtime he drank a glassful, piping hot, and that night slept better than for years. **HE HAD "STRUCK OIL"!**

10 Years Younger in 10 Days

Every night he repeated the dose, and in ten days felt and looked ten years younger. Nerves steady, energy and strength doubled, sleeping like a log—it all seemed too good to be true. Since then hundreds of alleged "incurables" have been restored to vigorous health by his wonderful emulsion

*If YOU want strong nerves
and inexhaustible energy,
sound sleep, and full enjoy-
ment of life, call or send a
stamp for the ORZONE
Recipe and a FREE copy of
Mr. Orr's interesting book—
"The Easy Road to Health,"
which tells all about this
splendid nightcap.*

—aptly called ORZONE (Orr's-Own). It has proved an effective remedy for "nerves," insomnia, and bronchitis. As an all-round health-builder it is yet unequalled.

During the past two years ORZONE has been used in French hospitals with most satisfactory results. The doctors concerned have given glowing testimonials, and the French Government has decorated Mr. Gilbert Orr with the Palmes Academiques—a very high honour.

A New Principle in Therapeutics

What is ORZONE'S secret? Olive oil alone, even taken hot, will not produce the same extraordinary effects. Nor will emulsions of olive oil made by other methods. The explanation is that Mr. Orr applies an entirely new principle in treatment of disease.

Chemists know that certain drugs, immediately they are compounded and while reactions are still occurring, produce results which they cannot do after "settling down" and becoming inert. Although ORZONE contains no drugs the same principle applies, because it is not a stable emulsion. Directly after preparation its ingredients begin slowly to separate, and in that nascent state ORZONE is virtually a "live" food. To drink it then is like pouring new life down one's throat.

ORZONE EMULSION

THE
G.H. ORZONE COMPANY,
21 LUDGATE HILL, LONDON, E.C.4.
250 FINCHLEY ROAD, LONDON, N.W.3,
AND AT GLASGOW, BELFAST, CARDIFF, ETC.

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The Use and Misuse of Fasting

FASTING, like many other good things, is often brought into disrepute by faddists. There are individuals who may receive much benefit by fasting, and still others may be definitely harmed. A condition of acidosis, or a relatively acid condition of the blood, develops during fasting, so that individuals who have been eating largely of acid-producing foods such as meat, fish, poultry, eggs, and grains, and are already bordering on acidosis, are very apt to be injured by a fast, especially if it is prolonged and if no alkalizing fruit juices are taken. The taking of orange juice or some other alkalizing drink will help to control the acid condition that develops as a result of fasting.

In cases of diabetes the patient is ordered to fast to free the body of excess sugar. Since orange juice contains natural sugar it is more desirable to use grape fruit juice or unsweetened lemonade. All the citreous fruits are highly alkalizing when they are finally consumed in the body.

One should always be under the care of a physician when undergoing a prolonged fast. Instead of the ordinary fast a fruit diet is preferable in most instances. Practically all fruits are alkalizing, and tinned may be used as well as fresh fruits, as in many the vitamins are preserved.

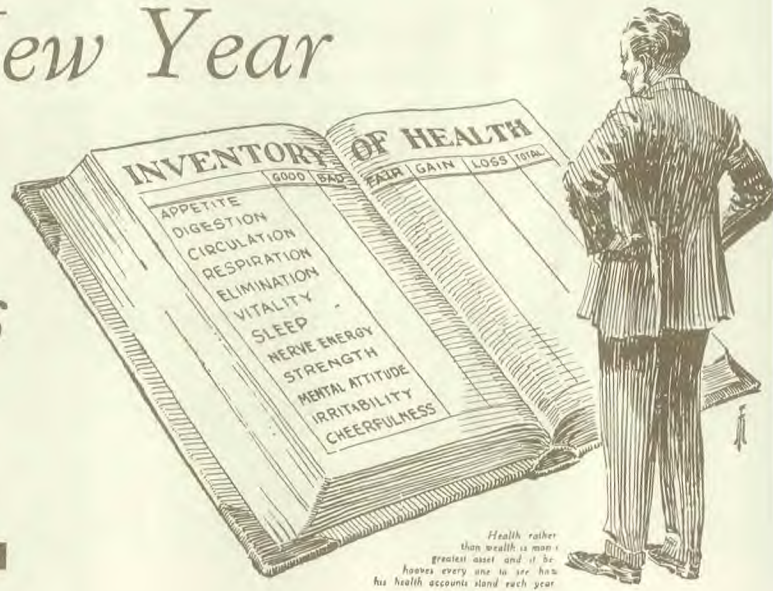
Fasting as a reducing measure, especially in young women, is a dangerous procedure. Since it has become the style for young women to reduce there has been a definite increase in the rate of tuberculosis in that class. This is no doubt due to the fact that the resistance against infection has been lowered by not getting the proper nutrition. It is possible for one to reduce and still have a properly-balanced diet. Instead of a fast it is often better to reduce the number of meals per day. Two meals a day with a little fruit juice at the time of the third meal would be of great benefit to many who are leading sedentary lives.

Over-eating is an active cause of disease. This is especially true of protein or albuminous foods. In such individuals a short fast with orange juice to maintain the alkalinity of the body, followed by a change to two meals a day, will often prove very beneficial. At first they are apt to feel faint at the regular meal-time, but this will pass after a time, and they will feel well repaid for the change.

C.E.N.

Making New Year Health Resolutions

By Brandon Ellis



MAKING any resolutions this New Year? You are wearing a dubious expression. "I don't know whether resolutions are much use," you are saying, "because you see they are invariably broken before January's out!"

Yes, you're right. Ninety per cent of those good intentions are usually sent sailing haphazard to the winds during the first month of the year. But nevertheless that doesn't give any substantial reason why you should not make resolutions.

Resolutions help you to realize your deficiencies and your weaknesses. You resolve never to do so-and-so, never to say such-and-such a thing. Those resolutions are usually a succession of "I-WILL-NOTS" in large letters. No wonder you never stick to them!

Why Resolutions Often Fail

Being a normal person you understand how futile it must be to go to bed on New Year's eve having pledged yourself to a number of good resolutions and then expect to wake up the following morning absolutely virtuous, without any faults or bad habits.

Miracles like that don't usually happen.

Don't run away with the idea that I am discouraging you from making resolutions. Far from it! What I am trying to do is to make you understand that to make resolutions which are far too ambitious for you ever to stick to them is futile. Much better to decide to master a small side of your character than only half-rectify the rest.

Health resolutions are the hardest and easiest to make. They are the hardest because the temptations of over-eating, over-drinking, and over-living are the most potent temptations in the world. They are the easiest to make because every normal human being has a natural craving and desire for perfect health and a sense of the joy of well-being.

Health Resolutions Worth While

Then here's another advantage of health resolutions.

If you can schedule yourself to a good-health routine, and stick to it for two or three weeks, you'll not feel at all inclined to break it.

After you've tasted of the fruits of good health, you'll tell yourself that there are much more palatable things than late nights, alcohol, cigarettes, and large, indigestible meals.

The first week will make all the difference. You'll wake up some morning and forget to make that caustic comment about the weather. Your rested brain and body will make you feel that you are a hundred per cent alive. Opening the window wide, you'll drink in the frosty air, and all your body will respond to the freshness of the winter morning.

Study Your Particular Needs

I am not going to give you a list of resolutions you should make for the human body is so terribly individual that only yourself knows to what it will most suitably respond.

Your next-door neighbour, Brown, will probably tell you that the only way to withstand winter ills is to have a cold bath every morning. Then Jones, on the other side of the fence, will remark that Turkish baths are the only real winter salvation. They will quote from actual experience. The thing to realize is that probably in their cases the procedures they recommend are highly beneficial. Would they be as beneficial in your case? If you know your own "form," you ought to be able to answer that question yourself.

You know exactly how much you can eat without having an uncomfortable feeling round the waist-line. You know how many miles you can walk without straining yourself. If you have studied your most valuable possession—your body—you'll know its limitations only too well.

Now the great thing is to form resolutions which are best suited to your own particular needs. Discover the weakest components of your body and set out to strengthen them. Have a health routine which is drawn up especially for you.

Naturally there are health hints which are applicable to everyone. The health of most men would be greatly improved by cutting out tobacco and that evil "daily reviver" of alcohol. The eating of less meat and more vitamin-containing vegetables and fruit would also increase your general health standard. Abundant fresh air and adequate exercise are needed by everyone.

Make health resolutions this year. Once you've tasted of the fruits of real physical fitness, you'll never want to break those resolutions!

How to Die Sooner

Avoid all possible contact with fresh air. Stay indoors in rooms with all windows closed and over-heated. Sleep in rooms without any ventilation.

Make every effort to increase your abdominal girth beyond all normal measurements. Stuff yourself.

Always worry from morning until night. If possible, stay awake to worry over things during the night.

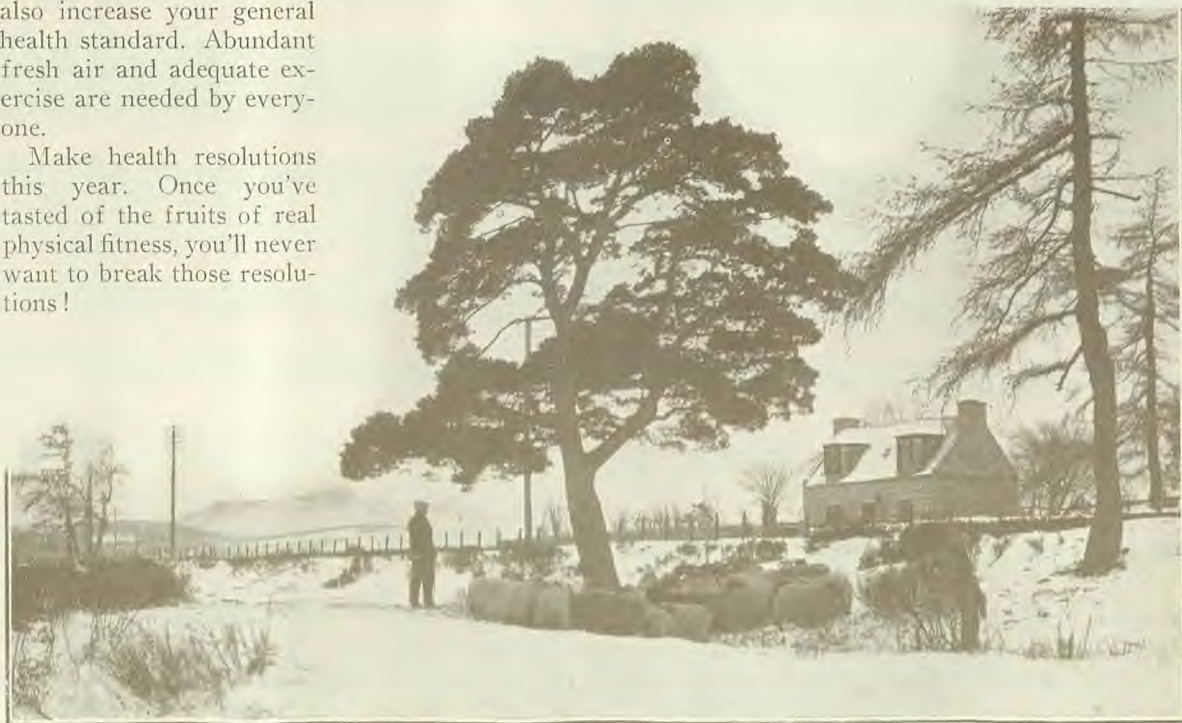
Be as glum and as sour as possible—don't ever play. Subdue and kill all sense of humour.

By all means, keep constipated. Drink no water and eat no fruit.

Should your tonsils be bad or your gums have pus, do nothing about it, for these are forerunners of rheumatism, heart trouble, and Bright's disease.

If anyone should tell you that you should have a health examination every year and visit your dentist regularly, tell him that you do not believe in such stuff.

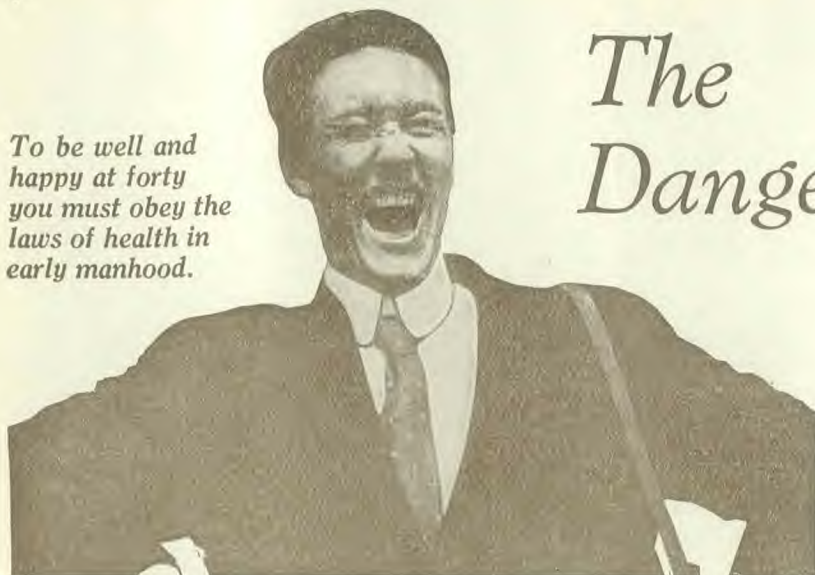
If you get out of breath easily, sleep poorly, feel run down most of the time, or experience pain, stick to these rules. You are on the right track.—*Washington Life Insurance Company.*



A picturesque winter scene in the English Lakeland.

© Fox Photos

To be well and happy at forty you must obey the laws of health in early manhood.



The Danger Period of Life

By C. E. Nelson
M.D., F.R.C.S., L.R.C.P.

If the average individual took no more care of his motor-car than he does of his health, he would soon have to revert to the horse and carriage. Usually he is very regular in taking his car to a garage to have the accumulator tested, the motor inspected to make sure that the valves are functioning properly, and the bearings examined to see if they are worn. Again he is careful about the type of fuel he burns. He would not think of using paraffin oil instead of petrol, nor would he use an inferior oil as lubricant.

How many of us take this much care of our bodies and give as much thought to the food that we eat? The average individual seldom goes to a physician to have his heart and lungs examined, or his blood pressure taken unless he is actually sick. Many times people wait until their health has been permanently damaged. Often a physician is called to see a patient who has developed some serious condition like cancer or heart disease that might easily have been prevented if he had made a practice of regularly having a physical examination.

The Dangerous Age

Young people often have little regard for their bodies. They eat, drink, and smoke as they please. They work and sleep without regularity, and boast that it does not harm them. The body adapts itself very well to many such hurtful practices for a time, but eventually it must give way under the strain. Up to the age of forty or forty-five the effects may not be noticed. But the little glands of internal secretion about this time are apt to drop seriously in efficiency and fail to burn up properly the poisons in the body.

The teeth likewise usually begin to decay and pyorrhœa sets in, which in turn feeds germs into the blood-stream, causing trouble to the heart, kidneys, stomach, duodenum, colon, joints, eyes, or, as a matter of fact, almost any organ of the body.

Cancer usually appears in the fourth, fifth, or sixth decade of life, but conditions that lead to cancer often exist many years before. A regular and thorough physical examination would many times enable the presence of these conditions to be recognized, thus making it possible for them to be corrected. When we consider that cancer causes one in every eleven deaths in England, how important it is that we should understand the predisposing causes and their prevention.

Digging Your Grave with Your Teeth

An old Scotch aphorism describes a glutton as one who "digs his grave with his teeth." There is far more truth than poetry to this saying, and yet one need not be a glutton to dig one's grave with one's teeth. The same result may follow failure to choose the proper diet.

As to what constitutes a proper diet, the work of Robert McCarrison, an English army surgeon, has demonstrated beyond a doubt. He spent nine years in a remote part of northern India, where he made a very careful study of several races far removed from the refinements of civilization. Regarding them he says:

"Certain of these races are of magnificent physique, preserving until late in life the characteristics of youth. They were unusually fertile and long lived, and endowed with nervous systems of notable stability. . . ."

"During my associations with these people I never saw a case of asthenic dyspepsia (weak

stomach), gastric or duodenal ulcer (ulcer of the stomach), appendicitis, of mucous colitis, or of cancer, although my operating list averaged over 400 major operations a year."

Factors of Health and Longevity

He gives four reasons for their freedom from these gastro-intestinal diseases:

1. The nurture of the young as nature intended them to be reared—at the breast.
2. A diet of natural foods, such as milk, eggs, grains, fruits, and vegetables.
3. Abstinence, for religious reasons, from alcohol.
4. Vigorous exercise consequent upon their manner of life.

To prove that these are among the principal factors which make for health and longevity McCarrison devoted many years to animal experimentation, and a report of his work was given in London, June, 1931, before the Royal College of Surgeons. A large stock of albino rats were fed on a diet similar to that of the native peoples of Northern India. Concerning them he says:

"During the past two and a quarter years there has been no case of illness in this 'universe' of albino rats, no deaths from natural causes in the adult stock, and, but for a few accidental deaths, no infantile mortality. During this period I have, myself, performed complete post-mortem examinations on 1,189 of these rats, ranging in age from the newborn to two years. In none have I encountered any macroscopic evidence of disease, with the exception of an occasional cyst in the liver, containing tapeworm larvæ. How the animals became infected with tapeworms I do not know, unless it be from the straw bedding which they nibble. Both clinically and at post-mortem examination this stock has been shown to be remarkably free from disease. Disease and death have been excluded, almost completely, by minute attention to three environmental conditions, cleanliness, comfort, and food."

Diet and Disease

From this healthy stock experimental animals were kept under precisely the same conditions but fed with a diet which was faulty in some way or another. The materials entering into the various faulty dietaries were chiefly those in use by the people of India. Sometimes actual Indian dietaries were used.

During the same period of two and a quarter years during which he failed to find disease among the stock rats, he made post-mortem examinations of 2,243 of these improperly-fed rats and found a large variety of diseases, including diseases of the lungs and respiratory passages, and of the nose, ear, and eye, gastro-intestinal diseases, diseases of the urinary tract, reproductive system, skin, blood, lymph and other glands, ductless glands, nervous system, and heart, and also dropsy.

He makes mention of crooked spines, distorted vertebrae, and imperfect teeth, which were not infrequently encountered and states that often animals were found suffering from more than one of the above-mentioned diseases.

"I may add," he says, "that of all the faulty diets I have used, that composed of white bread, margarine, tea, sugar, jam, preserved meat, and scanty over-cooked vegetables—a diet in common use by many people in this country—proved to be one of the worst, and most likely to be associated in rats with many of the morbid states I have mentioned, especially diseases of the lungs and of the gastro-intestinal tract."

He made similar experiments on guinea pigs, rabbits, pigeons, and monkeys with the same results:

"In every species—pigeons, rats, guinea pigs, rabbits, and monkeys—I have found the same thing: properly fed animals remain remarkably
(Continued on page 21.)



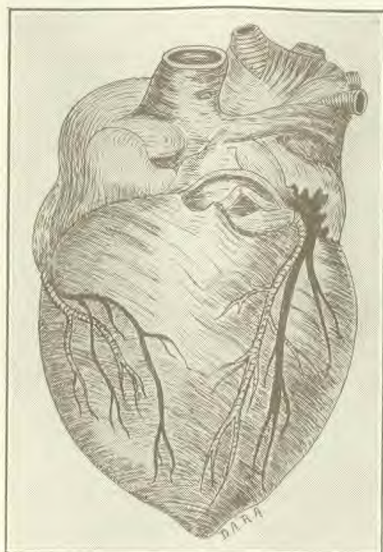
© Anne Shriber

Youth lays the foundation of health or disease in later life.

THE HEART AND ITS DISORDERS.—I.

Look After Your Heart

By D. A. R. Aufranc, M.R.C.S., L.R.C.P., L.D.S., R.C.S.



The normal heart.

THE object of the circulatory system is to convey the blood, the nutritive fluid of the body, to all parts to provide energy and effect repair. This work is done by the arteries. In addition to this, waste material, which would clog and poison the body, is carried away to be expelled. This is performed by the veins.

The circulatory system consists of the heart, the blood-vessels, and lymphatics. The heart is the great, central pump of the circulation and lies in the central part of the chest, a little to the left of the middle line, between the two lungs. The heart is really a hollow muscle, conical in shape with the base upwards and the apex pointing downwards. It is enclosed in a serous membrane called the pericardium. This consists of two layers between which is just enough fluid to prevent friction during movement of the heart.

The heart contains four chambers, two upper and two lower. The upper cavities are termed the right and left auricles respectively, and the lower ones the right and left ventricles. The auricles of each side communicate with the corresponding ventricles through an opening which is guarded by a valve. On the left side, the valve is called the mitral or bicuspid valve, because it has two flaps or cusps, and

on the right side the tricuspid, for a similar reason. They are so arranged as to allow the blood to pass from auricle to ventricle, but not in the reverse direction. The auricles communicate with veins and the ventricles with arteries.

The Blood-Vessels

The blood-vessels are the arteries, veins, and capillaries. Arteries differ from veins in having thick walls, which contain muscle fibres. They thus expand and contract with the heart beat and help to propel the blood onwards. They end in tiny vessels called capillaries, which give up their oxygen and nourishment to the tissues. Waste products and gases, such as carbon dioxide, are taken up by the blood and by other small vessels which are the starting point of the veins.

In the capillaries, some of the blood plasma escapes into the tissues. This fluid is called lymph and is gathered up and carried back again into the blood by a system of vessels called lymphatics. The vessels of the lymphatic system are very similar to thin-walled veins and are provided with numerous valves.

Veins differ from arteries in having thin walls with practically no muscle fibres, and they therefore do not contract. Many of the veins also have valves. The veins are more numerous than arteries, there being sometimes two veins to one artery.

Action of the Heart

Like all muscles, the function of the heart is to contract. By its contraction, the heart expels from its cavities the blood con-



A beer-drinker's heart showing fatty degeneration.

tained in them, just as fluid is expelled from the rubber bulb of a syringe. The auricles, contracting, send the blood into the ventricles through the mitral and tricuspid valves. The ventricles, in their turn, send the blood into the aorta and pulmonary artery. This action is termed the heart beat and occurs about seventy-two times a minute in a young adult, or four times to each respiration. Various things in connection with the heart beat produce sounds which can be heard through the chest wall. These sounds are very important in the diagnosis of disease.

During contraction, the heart does a great amount of work. It is estimated that at each beat it does as much work as would raise seventy-five pounds one foot high. During a day of twenty-four hours, this equals lifting 3,888 tons a foot high in a minute. Considering this fact it is not surprising that the heart frequently becomes diseased when it is not treated with care; in fact heart disease is by far the commonest of all complaints.

In addition to these facts, we must bear in mind that the heart, unlike many other organs, cannot get absolute rest. There is a short pause after each contraction during which time it

snatches a very brief respite, and during sleep the heart beat is reduced, giving it comparative rest.

Circulatory Diseases

As has already been stated, the heart is frequently the seat of disease. Any such disease must be serious because the heart's action is so intimately connected with life and health. It should not be forgotten, however, that this organ possesses very great powers of recovery. The heart of some animals has been known to beat for several hours after removal from the body.

In some cases, the actual muscle of the heart may become diseased. Such cases are very serious as the organ may rupture or suddenly stop. Then there is another type in which the valves are at fault. There may be obstruction to the flow of blood through the opening, or the flaps of the valve may not function properly, resulting in a leakage back again after the valve should normally be closed. There are also diseases of the membranes such as pericarditis and endocarditis.

Heart disease may arise from a number of causes. Poisons in the body from such complaints as influenza, rheumatic fever, etc., may be the cause. Alcohol is a common poison which affects

(Continued on page 22.)

Never mind the weather

YOU need not fear the dangers of Winter's unpleasant weather—coughs, colds and influenza—if you build up your system and thus strengthen your natural powers of resistance to infection.

The material for fortifying your system can only be obtained from nourishment—such as delicious "Ovaltine" provides in supreme measure. "Ovaltine" is prepared from the highest qualities of malt, milk and eggs. Unlike imitations, "Ovaltine" does not contain large percentages of sugar and cocoa to reduce the cost. It is 100 per cent nourishment.

OVALTINE

TONIC FOOD BEVERAGE

Builds-up Brain, Nerve and Body

Prices in Gt. Britain and N. Ireland,
1/1, 1/10 and 3/3 per tin.

P706



Please mention "Good Health" when writing to Advertisers.

Building for Health and Beauty.—IV.

How to Have Beautiful Hands

By ALICE LATHAM

A PIANIST'S hands are his most priceless possession. Bereft of them, his beloved music would be no longer in his power to evoke.

A mother's hands! What sonnets might be written on the healing power of their gentle touch.

One might think, too, of countless professions in which the hands are of paramount importance—the doctor, the nurse, the masseur, the dentist, and also in humbler walks of life, the busy housewife and her help-meet the carpenter, or the labourer.

It is strange how little thought we ever give to the everyday miracle of our hands, until a scald or an injury brings to our notice their inestimable value.

Their structure, like the rest of the body, is a very marvellous piece of delicate, living mechanism. The wrist is composed of eight small bones, called the carpal bones, arranged in two rows. These bones are united with each other by means of ligaments, in such a way that each one is capable of a slight, gliding motion. The wrist is in this way made flexible, and combined with the rotary motion of the radius, great freedom is thus given to the hand. The metacarpal bones, five in number, form the palm of the hand. Then there are fourteen small bones, called phalanges, which form the fingers. Covering these bones are layers of muscle, each muscle composed of bundles of fibres which have the power of contracting in the direction of their length, and so shortening the muscles. It is in this way we are able to exercise the body in various ways.

Owing to their constant exposure to injury and septic influences, the fingers are very liable to become the seat of serious inflammatory mischief. There is also a very inconvenient deformity known as Dupuytren's contraction. The "ring" and little fingers are most frequently implicated,



Combining play with a good stretching exercise for the hands.

and cannot be straightened. As the disease advances other phalanges become similarly flexed.

Reasonable care and exercise will help to prevent diseased conditions of the hands arising.

Sometimes in the daily rush of pressing duties, the hands become neglected, red, rough, and liable to chilblains.

A few simple precautions should suffice to prevent such a condition. Never wash in water which is too hot, or too cold, and always see that the skin is thoroughly dry afterwards. It is useful to have a jar of fine oatmeal handy in the kitchen to dust the hands after drying.

If the hands are massaged each night with a good quality of cold cream, and a pair of loose, white gloves are worn, a noticeable improvement will result. An occasional bath of olive oil is very nourishing, and helps to prevent brittle nails. Soak the hands about five minutes whilst resting.

Swollen knuckles indicate the presence of rheumatism, and should be treated with iodox, massaged firmly into each joint.

The value of lemon juice is well known, and its daily use will keep the hands white and soft. If used in conjunction with pumice stone, it will remove the most obstinate stains.

A lotion which is most effective to use after washing the hands is composed of orange water, glycerine, and powdered borax.

After middle age, many people find their hands becoming stiff and set. It is possible to remedy this condition, and to ward off the "ageing ap-

(Continued on page 17.)



Vol. 1. (New Series). No. 1.

January, 1933

Tommy's Secret—By DAISY BROWN

NONE of the boys would play with Tommy. Dick said, "Oh, Tommy is too skinny! He can't run at all."

Robert said, "And there's no use for him even to touch the bars. He can't make the first one."

George said, "Yes, and he cries if the big, soft, rubber ball even hits his nose."

So, of course, Tommy was very unhappy.

But one day, Grandma came to stay at Tommy's home. He told her all his troubles; and good, dear Grandma talked to

him a long time, so low that not even Mother could hear.

That night, Tommy said to his mother: "May I have just a big bowl of bread and milk for my tea, please?"

Mother looked surprised. No cake or tart or salad for a boy whose eyes, Dad said, were bigger than his stomach!

Off to bed at seven, and up like a lark at seven. Grandma had his breakfast ready.

"Um! Um!" said Tommy, as he looked at a big, round orange; a dish of oatmeal with no sugar

on it, but some cream; two slices of toast; and a glass of milk.

"Um!" he said again.

And that's what he ate every morning. At mid-day he had a good, plain dinner, and at night, his bread and milk. Then, for bed at seven.

How he grew! In a few weeks how rosy his cheeks were! and how proud he was to show the muscles, tiny as they were, in his arms and legs!

The boys wanted Tommy to play with them now.

(Continued on page 4.)



By the courtesy of "Life and Health."



Marie out with a friend on her new cycle.

© Topical

Marie's New Year Diary

By BRENDA BARLOW

ALL the excitement and thrill of Christmas had died away. Kindly aunts and uncles with smiling, jolly faces (and mysterious bundles tied with coloured ribbons) had ceased to pay visits and wish Christmas greetings. Small wonder, then, that Marie blinked very hard when she saw a neat little brown parcel perched on the edge of her breakfast plate.

"I wonder what it is," she murmured to herself as she kept turning it over in her hand.

"Well, open it and see," exclaimed Mother, who had a bright twinkle in her eye.

Marie went on handling the parcel. She enjoyed this thrill of speculating what was actually inside it before she opened it. At

last she tore off the ribbon, and there was revealed to her astonished gaze a little square book.



Just for Our Girls

*How to be beautiful when grown?
I can tell you, maiden fair—
Not by face paint, dyes, and lip sticks,
Not by lotions for the hair.
While you're young, be pure and gentle,
Keep your temper well controlled,
Walk, work, and do your duty—
You'll be lovely when you're old.*

*Snow-white locks as fair as golden,
Grey's as nice as any brown,
And the smiles of age more pleasant
Than a youthful beauty's frown.
'Tis the soul that shapes the features,
Brightens the eye, and moulds the voice.
Maiden fair, be these your maxims—
When you're grown, then you'll rejoice.*
—Selected.

Marie's face fell immediately. "Oh—oh," she exclaimed disappointedly, "it's only a dry old book from Uncle Tom."

Most of Marie's aunts and uncles had given her a book this year because they had all wanted to give her something "different" and "useful"!

Marie turned over the front page of the book. "This is a health diary," she read, and then underneath she saw the following verse:

*"If good health you wish to reap,
Read these rules and this diary keep.
Then after a few weeks of health-
ful pleasure,
You'll be given an unexpected trea-
sure!"*

Marie's eyes rounded. "Oh, I wonder what it can be," she pondered. Then she tried to turn over the pages of the diary, but found that they were all fastened with small pieces of sticking paper.

At the bottom of the first page she saw a little note which said, "When you have carried out these health rules, you may break the seal and go on to the next day."

Marie's curiosity was so great that she followed out all the rules in the book. She went to bed early, didn't stay in bed too late in the morning, rose from the table before her tummy was feeling full, and ate plenty of lovely fruit. And as she did each thing that the book told her to, she placed a little tick against the rule in the book, and turned over to another day in the diary.

After she had been doing this for about ten days everybody was saying how well and fit she looked.

Then on the eleventh day, Marie broke the seal of the diary and discovered this little note.

"Dear Marie, I'm sorry if you were disappointed by this gift, but I
(Continued on next column.)

"Good Old Soap!"

By ALPHA V. NORD

JACK was thoroughly disgusted. He stood kicking the toe of his boot against the quite unoffending washstand, while the scowl on his face grew deeper and deeper. In his hand he held something hard and green, a something that seemed to be the object of his intense disgust. "Soap! Soap and water! That's all they can talk about in this house!" With this the soap landed in the basin with a splash, and Jack turned away in disgust.

"Jack, are you washed? Dinner is ready and waiting. Hurry up!"

Jack heaved a sigh, threw off his coat, and plunged hands and face into the warm, soapy water. How he hated it! Well, some day he'd be his own master, and then they'd see how much time he'd spend washing! Quickly he dried on the soft, clean towel, ran the comb through his thick hair, which somehow would never stay in place, and hurried to the

dining-room, where the family was waiting.

The meal was soon in progress, and Jack forgot his wrath as he listened with interest to his father's tale of the day's happenings.

"I hear that Donald Spencer is very sick. The doctor says it may be typhoid fever."

Mother's face grew pale, and she looked anxiously at Jack and his sister Helen. "He is in the same room with you children at school, isn't he?" she asked.

"Yes," Jack replied; "he didn't feel very well to-day, and the teacher excused him early."

Just at this point in the conversation the door bell rang, and Jack's mother hastened to answer it. It was Mrs. Spencer, come to tell of Donald's illness. He had been taken to the hospital, and the doctor said he would be sick for a long time; but, with careful nursing, would get well again. "I hope that none of the other children get it," said Mrs. Spencer. "The doctor said that those who kept their hands clean, and washed before handling food,



would be the least likely to get it; because the germs get on the hands from things the sick person had come in contact with, and must be washed off with soap and water so that they don't get in one's mouth and nose."

Jack listened silently, feeling so glad that he had washed often, even though he didn't like to. It surely paid to be clean, he thought.

The next day the school nurse talked to the children about the importance of keeping clean, and about how the germs of disease ride around on dirty hands; again Jack felt very thankful to know that his hands were clean.

Just six weeks after Donald had first been taken ill, he came home from the hospital, and sat by the window watching the other boys play. Jack was surprised to see how white he was, and how thin, and to learn that it would be a long time yet before he could play again.

That night, when Mother called, "Supper," Jack hurried in, took off his coat and eagerly filled the wash-basin. As he picked up the bar in the soap dish, he looked at it a long time, not spitefully, as he once did, but gratefully, and murmured, "Good old soap! If it hadn't been for you, maybe I'd be all pale and weak as Donald is now. I'll never hate you again, never!"

(Continued from previous column.)

wanted you to grow up a healthy girl with nice rosy cheeks. When you get this note you'll have been keeping the health rules, and you must ask Daddy to come and fetch a bicycle I've bought for you. Much love, Uncle Tom."

Marie jumped for joy. "Why, that's what Uncle meant by an *unexpected treasure*—how wonderful!" she said.

Marie is very pleased with her two-wheeled treasure, and she still keeps the rules in her health diary. You see, she's a wise little girl and she realizes that the treasure of good health and rosy cheeks is just as valuable as her bicycle!

Why Kitty Grows

To-day I said to kitty,
"You're a cunning little cat;
What makes your fur so silky soft?
And why are you so fat?
How is it now're so frisky?
Are you never tired of play?"
And, listening very carefully,
I thought I heard her say:

"I think it's all the milk I drink;
It's very good, you see,
For kittens and for children, too,
Who'd strong and healthy be.
I drink milk three times a day;
I wonder, now—do you?"
My kitty looked delighted
When I said, "Why, I do, too!"
—Pansy Nichols.

The Children's League of Health

Rules

1. Clean hands before meals
2. Brush teeth night and morning
3. Thoroughly chew food
4. Eat some vegetables or fruit daily
5. Breathe fresh air day and night
6. Exercise daily in open air
7. Drink plenty of water

(Address your letters to AUNTIE NORAH, Children's League of Health, Stanborough Park, Watford, Herts.)

MOTTO:

**Health For
Service**

My dear little Health-Seekers,

THERE is something thrilling about anything new. We all like to possess new toys or clothes, and how

careful we are not to spoil their beauty!

We should be just as careful not to mar the freshness of a new year by habits that are not healthful. This is just the time for making resolutions, and we as Health-Seekers could not do better than renew our health pledge and determine to keep the rules of Happy Healthland more strictly than ever during this coming year.

If you are not yet a member of our League you will find the simple rules on this page. Read them over carefully, and then send for a membership card. We are always delighted to receive new recruits to our "Children's League of Health."

I am sure you will be glad to see that our Corner has a new dress to celebrate the New Year. Now you have a proper magazine of your very own. So when Mother receives her copy of GOOD HEALTH each month ask her to take your magazine out of the centre and then you can save them each month. Perhaps Father or Big Brother will make you a binder for them, so that at the end of the year you will have a complete volume of THE CHILDREN'S GOOD HEALTH.

I am happy to be able to tell you that since my last letter to you five more children have won a League wallet. Their names are as follows: Robert Dolan (Cambridge); Islwyn Davies (Swansea); Queenie Mowbray (Sibsey); Archie Wotherspoon (Glasgow); and Hadyn Phillips (Nr. Swansea). Congratulations to you all!

Three more contributions to our Treasure Books! Gracie Taylor of Walthamstow has written a charming little poem entitled "The Seasons." We should be very pleased to know of any other little poets in our League. George Hanson has contri-

buted two items—a painting for our scrapbook, and what delighted us even more, a lovely photograph of himself for our photo album.

During these winter months when colds are so prevalent it would be well for us to copy little Mary in the following verse:

"Mary caught a little cold,
Which settled in her head;
But she was very careful
And did not let it spread,

"She sneezed into her handkerchief,
She coughed into it, too;
She breathed fresh air into her
lungs—
Oh, she knew just what to do!

"So Mary stopped the little cold,
Which started in her head,
And no one caught it from her
Nor had to go to bed."

Now for this month's competition. I want you to colour the picture on page 1 with either paints or crayons, and send it in by the end of January. All attempts must be accompanied by your full name, age, and address, and posted to the Competition Corner, GOOD HEALTH, Stanborough Park, Watford, Herts.

Good-bye, children,

Yours affectionately,
AUNTIE NORAH.

Cut out this slip and send to Auntie Norah, "Children's League of Health," Stanborough Park, Watford, Herts.

Dear Auntie Norah,

I wish to grow up strong and healthy and agree to keep the rules of the Children's League of Health as given on the Children's Pages of GOOD HEALTH. Will you please enrol me as a member and send my membership card as soon as possible.

I will read the Children's Pages and League Letter in GOOD HEALTH regularly and try to follow all the instruction given. I will write to the League at least once every three months. I shall also go in for the competitions and hope to win a prize.

Name

Address

Age Birthday

Results of October Painting Competition

Prize-winner.—Ethel V. Walker, 121 Rastick Common, Rastick, Brighouse.
Honourable mention.—Betty Shipley (W. Hartlepool).

Those who tried hard.—Mary Gray (Snainton); Norman Palmer (Hastings); Billy Smart (Swansea); Stanley Montgomery (Hove).

Still More New Members

Mary Ford (1150); Donald Lee (1151); Leonard Langton (1152); Donald Hallan (1153); Clifford Mellors (1154); Rosemary Carter (1155); Eliza Freeman (1156); Eunice Redfern (1157); Florence Bannister (1158); Irene Coop (1159); Edith Bacon (1160); Agnes Bannister (1161); Betty Clarkson (1162); Harry Redfern (1163); Fred Fox (1164); Joseph Count (1165); Jessie Carter (1166); Joyce Pitt (1167); Maggie Pitt (1168); May Redfern (1169); Dora Cheetham (1170); Iris Bannister (1171); Edith Betts (1172); Bertha Parker (1173); Lucy Mills (1174); Ethel Vera Walker (1175); Connie Elborn (1176); Queenie Elborn (1177); Pat Southwood (1178); Haydn V. Phillips (1179); Dennis Simms (1180); Peggy Jones (1181); Peter Anstey (1182); Frances Townsend (1183); Elsie Hawley (1184); Joyce James (1185); Domini McCarthy (1186); Doris Nelson (1187); Bert Rawlings (1188); Fred Hoskins (1189); Ron Drake (1190); Queenie Mowbray (1197); Patricia Coleman (1198); Joan Durk (1199); John Shaughnessy (1200); Mary Mills (1210); Maud Mills (1211); Harriet Mills (1212); Margaret Freeburn (1213); Douglas Laidlow (1214); George Greenfields (1215); Evelyn Sargeant (1216); John Selby (1217); Threaston Eden (1218); Roy Eden (1219); Peter Eden (1220); Annie Eden (1221); Islwyn Davies (1222); Mosslyn Davies (1223); Gwynfor John (1224); Betty John (1225); Nona James (1226); David Davies (1227); Elwyn Joshua (1228); Reggie Dolan (1229); Leslie Maltby (1230); Cliff Reed (1231); Ken Mansfield (1232); Wally Betson (1233); Peter Maltby (1234); Bettie Lewis (1235); Gwyn Rees (1236); Keith Lane (1237); Hadyn Jones (1238); Mansel Evans (1239); Evan Powell (1240); John Lewis (1241); Melvyn Rees (1242); Graham Davies (1243).

Tommy's Secret

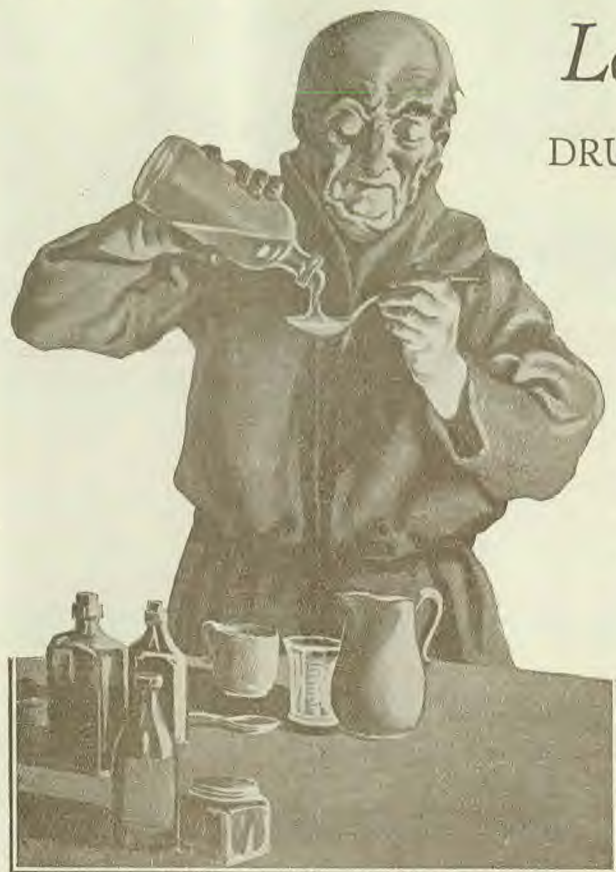
(Continued from page 1.)

Dick said, "Why, Tommy is a regular heavyweight!"

Robert said, "He's just like a cat on the bars now."

George said, "Get him to play ball! He's a winner!"

At last, Tommy was happy. And whenever he and Grandma whispered together, they smiled and smiled.



Let Nature Heal!

DRUGS versus NATURAL HEALING

By RONALD LEISK, L.S.N.T.

encouraged by busy doctors whose waiting-rooms are crowded and who, for expediency, find it more convenient to scribble a prescription and so dispose of the matter. We must not blame these practitioners entirely for this state of affairs. Quite apart from pressure of time there is that type of patient who has come for a bottle of medicine and means to have it. These sufferers would be dissatisfied, and think that insufficient attention had been given them, if they were sent away with much sensible advice but no medicine.

Cause Removal

On the face of it one is tempted to say that if drugs give immediate relief then their use must be justified. If this relief meant that the trouble had been removed all would be well and good, but it means no such thing. The truth is that medicines give relief only because they *suppress the symptoms* of an illness. Nothing is done to correct the real cause of the trouble and the reason for the existence of the symptoms is ignored. Certain drugs will stop a headache by dulling the nerves, but the condition which has caused the headache remains untouched. Pain due to indigestion may be removed by taking bismuth or pepsin, and the sufferer is deluded into thinking that he has found a cure. When the trouble reappears, as it assuredly will when the real cause is not removed, he rushes to the medicine bottle once more, and the evil cycle is repeated. Surely it is obvious that the unpleasant symptoms of headache, indigestion, and other ills indicate that something is wrong within the body and therefore that no useful purpose will be served by covering up or suppressing these warning signs. It is important to realize that cure will result only from cause removal.

Objections Against Medicines

Medicines are admittedly used for their action in stimulating or depressing various organs in the body. The discharge of urine may be controlled, perspiration increased, the bowel emptied, and so forth. While these effects are sometimes an essential part of treatment, there are disadvantages in the use of drugs which make it advisable to use
(Continued on page 20.)

It may be said without fear of contradiction that if all the drugs in the world were poured into the sea we should have more chance of being healthy. Of course it would be very hard on the fishes. Despite the fact that public opinion is slowly but surely rejecting the bad habit of drugging, there are still a considerable number of people whose first thought, and deed, when they are ill is to rush to the medicine bottle. They have a vague hope that there is a magic "something" in the medicine which will effect an immediate and complete cure. Actually, this habit of taking medicine is both useless and harmful.

It is amusing but true that many thrifty people will use unfinished bottles of medicine on the rest of the family, believing that what was prescribed for Father's rheumatism is good also for Mary's indigestion!

Why Medicines are Popular

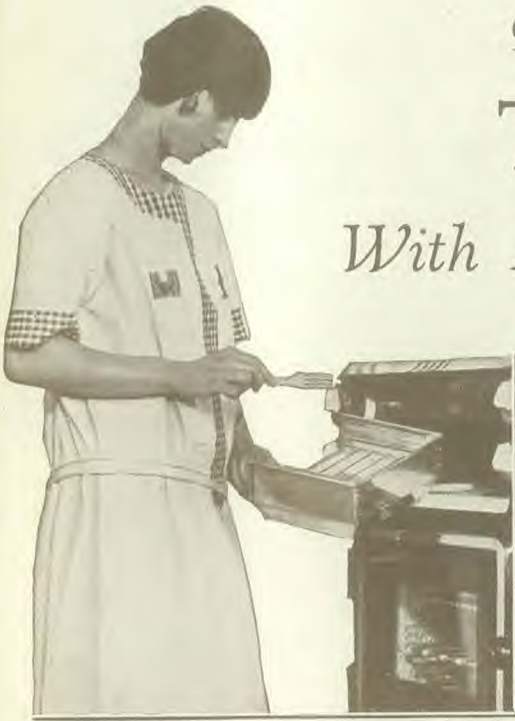
There are at least two reasons why medicines are popular. Firstly, they give immediate relief which with some people is the only object in mind. Secondly, they are less troublesome to take than many other treatments. The habit is further

OUR KITCHEN CORNER

Tasty Dishes

With Macaroni and Spaghetti

By "CHEF"



© Topical

MACARONI is one of a group of wheat preparations originally peculiar to Italy, where it is one of the staple articles of diet, but now popular in many other countries. The wheat is first converted into a granular form, known commercially as semolina. This is then made into a smooth paste and pressed through openings of the required size and shape to produce fine threads known as *vermicelli*, thin sticks, known as *spaghetti*, and pipes, known as *macaroni*. These are cut into pieces of the required length and dried.

The wheat used for macaroni and its allied forms is the hard variety of southern Europe which is richer in protein than the soft wheats of northern Europe, so that they are particularly nutritious and healthful foods, as well as being very adaptable in the kitchen. The following are a few useful recipes:

Baked Macaroni with Eggs

Ingredients.—Macaroni, eggs, cream sauce, zwieback crumbs.

Method.—Put the boiled and drained macaroni in alternate layers with slices of hard-boiled eggs and cream sauce in a small baking dish. Sprinkle the top with zwieback crumbs, and bake till it begins to boil up through.

Macaroni au Gratin

Ingredients.—Three-quarters cupful macaroni, 1

cupful sour cream, $\frac{1}{2}$ teaspoonful salt, 1 egg, $\frac{1}{4}$ clove of garlic, cut very fine.

Method.—Beat together the egg, sour cream, salt, and garlic, and mix with the macaroni after it has been boiled and drained. Put into a small baking dish. Sprinkle with zwieback crumbs and bake till set.

Macaroni au Gratin with Cottage Cheese

Ingredients.—Three-quarters cupful macaroni, 1 tablespoonful butter substitute, $\frac{1}{2}$ cupful creamy cottage cheese, $\frac{3}{4}$ cupful milk, 1 egg, $1\frac{1}{2}$ teaspoonfuls salt, $\frac{1}{4}$ clove of garlic.

Method.—Beat together the milk, egg, salt, melted butter substitute, cottage cheese, and garlic. Then mix this with the boiled and drained macaroni. Pour it into a baking dish, sprinkle with crumbs, and bake till set.

Macaroni with Tomato Sauce

Ingredients.—1 cupful macaroni, $2\frac{1}{2}$ level tablespoonfuls flour, 1 pint tinned or stewed tomatoes, 1 small onion sliced thin, 1 small carrot sliced thin, 2 tablespoonfuls butter substitute, 1 level teaspoonful salt, $\frac{1}{2}$ level teaspoonful thyme, $\frac{1}{2}$ clove of garlic, $\frac{1}{2}$ bay leaf.

Method.—Cook the onion and carrot in the fat till slightly browned. Add the remaining ingredients, except the flour and salt, and simmer twenty minutes. Then thicken with the flour which has been stirred smooth with a little cold water. Rub through a colander. Add the salt. Then stir into this sauce the macaroni which has been boiled and drained.

Spaghetti with Mushrooms

Ingredients.—Half package spaghetti, $\frac{1}{2}$ cupful mushrooms, cut fine, $\frac{1}{2}$ small onion chopped, 1 tablespoonful butter substitute, $\frac{1}{2}$ tin green peas, 1 pint broth from vegetable soup, 2 level tablespoonfuls flour.

Method.—Cook the mushrooms and onion in the fat for ten minutes. Stir in the flour, then stir in the hot vegetable broth, and cook till thickened. Add the peas and the spaghetti which has been boiled in salted water and drained.

Spaghetti and Peas

Ingredients.—One cupful spaghetti, broken in small pieces, $\frac{1}{2}$ cupful strained tomato, 1 tin peas, 2 tablespoonfuls flour, 1 bay leaf, $\frac{1}{2}$ cupful cream, 1 slice of onion, 2 teaspoonfuls salt.

Method.—Put the onion and bay leaf into the strained tomato and heat to boiling. Thicken with the flour stirred smooth with the cream. Add the salt, peas, and the boiled and drained spaghetti.

Spaghetti Celestin

Ingredients.—Half pound spaghetti, $\frac{1}{2}$ cupful broth from stewed beans, $\frac{1}{2}$ small onion, chopped, 1 pint strained tomato, $\frac{1}{2}$ clove of garlic, chopped, $\frac{1}{2}$ cupful butter substitute, $\frac{1}{2}$ cupful flour, 1 level teaspoonful salt, $\frac{1}{2}$ cupful chopped pine nuts, or pea-nuts.

Method.—Cook the onion and garlic in the fat, add the flour and mix well. Then stir in the hot strained tomato and bean broth, and cook till thickened. Add the pine nuts and cooked spaghetti.

* * *

How to Have Beautiful Hands*(Continued from page 10.)*

pearance" of the hands, by exercises, which can be done at odd moments during the day.

Try these to regain that youthful elasticity.

(1) Spread the fingers to their fullest extent, stretching them hard by a gradually increased pull on the muscles, then slowly bend the fingers at the first and second joints as if clutching at some object. Keep the fingers still extended whilst bending them. Do not close the hand. Repeat the exercise, without relaxing the outward stretch, several times.

(2) A variation of the above is obtained by entirely closing the hand after the stretch and clenching the fist hard. This exercise must be done very quickly, as contrasted against the slow movement of the first.

(3) Place the finger-tips of both hands together. Push together, spreading the fingers out fan-wise, to their fullest extent. Close in again, bringing the palms together. Repeat until tired.

(4) Crook the fingers in turn, locking each one with the corresponding finger of the other hand. Pull each against the other in turn, with a strong movement until all the fingers have been exercised.

(5) Shake down the fingers very loosely from the wrist to finish.

Typists, pianists, violinists, and nurses will find these exercises invaluable in strengthening the hands.

THIS LITTLE GIRL OWES HER ATHLETIC HEALTH TO TWO OF NATURE'S BEST FOODS

fresh Milk and Shredded Wheat—

Read for yourself what
her parents say:

"We are sending you photos of our girl Margaret, which to our minds seem worth mentioning to you as she has been brought up entirely on your Shredded Wheat and our own fresh milk. She is only just seven years old, a fine athlete and dancer, and weighs 4st. 5 lbs., nearly a stone above the average."



The father of this healthy little girl is a dairyman who knows the value of fresh milk, particularly when served with its natural accompaniment—Shredded Wheat. There can be no finer food for young and old than Shredded Wheat. It is all pure whole wheat, rich in nourishment that gives vitality and fitness. When served with fresh milk its value is further enhanced, making the most wholesome, sustaining, satisfying, and economical dish possible.

SHREDDED WHEAT



Made by The Shredded Wheat Co. Ltd.,
Welwyn Garden City, Herts.

Please mention "Good Health" when writing to Advertisers.



© Topical

Teaching Your Child to Talk

By A. W. SPALDING

m, b, and p. It is natural for him to learn these first, for in eating, and in other operations, he is constantly opening and closing his lips, and with the expulsion of his breath at the same time, the sounds come.

His First Words

As soon as the baby has started on his word-making, he progresses quite rapidly. He masters more sounds, and makes more combinations. By the time he is ten months old, he begins to acquire a stock of key words which he relates to the objects to which they belong. This knowledge of the meaning of words he gets from associating the objects with the words spoken by his parents. And naturally he first learns words for those things in which he is most vitally interested. If he is fed from a bottle, and his mother at his dinner-time brings in his bottle, holds it up in his sight, and says, "bottle," his earnest attention is caught by the sounds, and he connects them with the much-desired bottle. So with his earliest playthings, and other beloved objects. In the same way he learns his first action words. He becomes accustomed to his daily outdoor ride; with it he quickly learns to connect his wraps and his carriage, so when his mother brings in his things and says, "Go? Baby go?" he laughs and crows and wriggles, and the word "go" he connects with his outing. He probably does not catch the exact meaning of the word,

For a child to learn to understand language and to speak it, we may say is a miracle. It is a power belonging only to the human race. No animal, even the highest in intelligence, can approach it. A horse may learn the meaning of a few sounds of human speech, a dog may learn more, but all the words they come to know must be concrete and related to things which they can see, or which they have to do. The highest animal cannot learn the meaning of a sentence at all complex.

Like the animal, however, the child is at first confined to learning the meanings of words which relate to objects in his experience. He has during his first year been practising on vowel sounds for months before he speaks his first intelligent word. The baby after the first few weeks babbles a great deal, but he is not forming words, he is practising sounds. The vowel sounds, especially "oo," "aa," and "ee," are the easiest to make. And the baby plays with them as he plays with things he can handle. It is good and necessary practice; for he can never learn to speak words until he masters the sounds that make them.

The first consonant sounds he is likely to make come from compression and release of the lips—

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STRENGTH of WHEAT NRG.

YOU WILL LIKE IT—AND IT DOES YOU GOOD

Write for recipes that have been specially prepared for Strength of Wheat NRG by Miss Elizabeth Craig, M.I.H., M.C.A. These recipes are dietetically perfect and simply delicious.

ENERGEN FOODS CO., LTD. (Dept. G.H.), WILLESDEN, LONDON, N.W.10.



Please mention "Good Health" when writing to Advertisers.

but he relates it to the whole experience of his ride. And gradually, as the months go by and he learns other words, he more and more restricts the meaning of the word "go" to its own limits.

Probably every one of us remembers words concerning which we as children, or at least our children, received and long kept erroneous meanings. My little girl, when about six years old, learned and loved to sing,

"Shine, little glow-worm,"

and not until I noticed that she was singing it

"Shine, little glorun,"

did I discover the meaning she attached to it. She was indignant at the thought that it was a *worm*, and declared with all the energy of her small body, that it was a star, something with *glory* in it.

It is a great temptation to the parent to imitate the child's mutilated speech when talking to him, because "it sounds so cute." Often it does sound sweet, though sometimes more so to Mother than to friends. It must be remembered, however, that what sounds cunning at two years of age will not be cunning at ten. It takes time for the child to master the language, and he must do so from what he hears. Therefore, the parent who has regard to the good of the child will not hamper him above his fellows by talking baby talk to him.

Distinctness

The very common defect in speech (as much with the adult as with the child) of changing the "ng" sound into the "n" sound at the end of words, should be carefully corrected. Never say "puddin'" or "feelin'" or "goin'" or "shout-in.'" Practise on the correct sound, and have your children practise it alone, "ing." And so with all other defects in the giving of sounds.

The difficulties of English grammar lie chiefly in the verb. Our grammar is so irregular in its inflection that it makes it very hard for many of us, and most of all for the child. The regular verb forms its past tense by adding "ed." For instance, "To-day I talk to you," "Yesterday I talked to you." The child comes to know that when he is speaking of a past action, he adds this "ed." Now, if all the verbs formed their past tense in the same way, as of course we may say they ought to do, it would be easy to follow the one rule, and speak them so. This in fact is what the child does. He not only says, "I talked to you," but "I gived it to you," "I see'd it fall," "You teached me to do it," "I runned away," "I drinked some water," etc.

Your Health-giving Friend

Constipation is an enemy that can ruin the strongest system. But you will never know this health-destroying evil if you take FIG VITA-BRAN. In a natural way it gives bulk to your diet and ensures complete elimination of all harmful poisons.

FIG VITA-BRAN is a food, not a habit-forming drug. Serve with milk or add it to cereals, cakes, puddings, etc.

10d. per pkt. from Health Food and other High-class Stores.

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NERVES STRENGTHENED AND TONED



Even the slightest nerve trouble makes you feel upset, run down, and easily irritated. Drugs are dangerous. Give your nerves the natural nourishment they need and Lectona provides.

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From Chemists and Stores (tins 2/5 and 4/5), or 2/5 tin will be sent post free (on receipt of remittance).

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Opposite Grays Inn Road.

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400 Seats. Quick Service. Low Tariff.

Three rooms seating 100 each; one 60; one 12 to let for afternoon and evening meetings.

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He has a good deal of trouble, also, with our few pronouns. He early learns that "me" means himself. If it is right to say, "Give me," when he is the recipient, why is it not right to say, "Me give," when he is the giver? Why should "I," "me," "my," "mine," and "myself" all mean, so far as he can see, just one thing? And when shall he use one, and when the other?

When a child gives a wrong form of speech, either in the word or in the formation of a sentence, correct him not by giving him a grammatical reason, but by giving him the correct form, and having him say it over. If he asks "Why?" all you can answer is, "That is the way people say it. No, my dear, I know it doesn't sound right, but it will when you get used to it."

Parents must learn to be patient with their children in correcting their mistakes. Children may forget—so do you and I. And they hear so much incorrect language outside even if not in the home, that it is difficult to remember what is correct and moreover to remember always to say it in the right way. But line upon line, word upon word, the children should be taught to enunciate clearly, to pronounce correctly, and to speak grammatically. Example is of even greater value than precept.



Let Nature Heal!

(Continued from page 15.)

them only as emergency measures. When doing their work of stimulating or depressing any particular organ, drugs may interfere seriously with other parts of the body. Thus, a medicine taken for emptying the bowel may weaken the heart, and another that soothes the nerves may have a sluggish action on the bowel. Drugs also have a cumulative action—that is, they are gathered and stored in the tissues of the body. This is a burden

which the system cannot endure indefinitely. There comes a time when the body takes drastic measures to expel these impurities, and the resulting discomfort is usually much worse than the trouble for which the medicine was originally taken.

There is one other interesting fact which mitigates against the use of medicines. They do not possess any power themselves to provide the body with new vitality. All that they can do is to excite the body to give up what is already there. For example, when stimulants are given in cases of debility they tend to aggravate the condition by exhausting what limited vitality may still be present.

Factors in True Healing

True healing involves (1) discovery of the cause, and (2) removal of the cause. In disease the body does not require stimulation or suppression of symptoms, it wants to be given the right conditions so that Nature's inherent power of curing and repairing may proceed unhindered.

Natural healing includes scientific fasting under supervision (this does not mean starvation), dieting, the use of water at varying temperatures, exercises, manipulation, electrical treatments, massage and other methods which assist Nature in the work which it is trying to accomplish.

Give Nature a Chance

We should remember that Nature is always striving towards health and that even the symptoms of illness are manifestations of this curative force. The forces of Nature are terrific and if we make way for these, instead of hindering their operation, they will do their work safely and completely to the betterment of the individual and the community as a whole.

(Next time: "Water Treatments.")

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225 OXFORD STREET
(CINEMA HOUSE, OXFORD CIRCUS)

Please mention "Good Health" when writing to Advertisers.

The Danger Period of Life

(Continued from page 7.)

free from disease: improperly fed animals are remarkably subject to it. It is reasonable, therefore, to assume that the human species is no exception to this rule, and that many of the ailments to which man is erroneously supposed to be heir are the outcome of his improper feeding."

The work of McCarrison has proved without a doubt that milk, eggs, fruit, vegetables, and nuts, which in their natural form are the richest of all foods in vitamins, constitute the ideal diet. If begun in childhood such a diet will ensure sturdy growth and will make for health and longevity in later years.

Acid-Base Balance in Diet

There is one other phase of a properly balanced diet that should be mentioned, and that is, the combination of foods. All foods may be classified under three headings: (1) acid foods which, when they are burned up in the body, leave an acid ash; (2) alkaline or basic foods, which, when oxidized in the body, leave an alkaline or basic ash; (3) neutral foods, which leave neither an alkaline nor an acid ash.

Alkaline foods are life-savers, while acid foods, if not mixed with alkalizing or basic foods, tend to produce acidosis which shortens life.

It is a safe rule to eat four times the amount of alkaline foods as of acid-forming foods. The following table will provide a general guide as to the foods belonging to each class:

Acid-forming foods:

| | |
|----------------------------------------------------|---------------------------------------------|
| Meat in any form | Eggs |
| Meat soups and gravies | Whole grains and cereals |
| Fish (oysters are the highest in acid-forming ash) | Certain nuts (pea-nuts and English walnuts) |
| Poultry and game | Lentils |

Alkalizing or base-forming foods:

| | |
|--------------------------------------------------------------|----------------------------------------------------|
| All vegetables and legumes (except lentils) | highly alkalizing when finally burned in the body) |
| Practically all fruits (oranges, lemons, and grape fruit are | Milk is slightly alkaline |

Neutral foods:

| | |
|-----------------------|-------|
| Almonds and most nuts | Sugar |
| Purified starches | Oils |

From this we can readily see that fruit, vegetables, nuts, and milk, with a moderate amount of grains, breads, and eggs will constitute a well-balanced diet. If these are taken during the early years they will do much to carry one safely through the danger period of life.

No one is useless in this world who lightens the burden of it to anyone else.—*Dickens*.

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Where to Stay

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IN THE CONSULTING ROOM

Here you have the unusual privilege of FREE chats with the doctor. All questions should be directed to Editor, "Good Health," Stanborough Park, Watford, Herts. Let your letters be short and to the point.



REDUCING.—C.C.: "Would you please inform me as to the safest way to reduce?"

Ans.—The safest way to reduce is to restrict your diet, especially along the lines of sweets, including pastries, puddings, and rich food of that nature. It might be well for you to take only an apple or banana for your breakfast, and eat freely of salads and coarse vegetables like beetroot, celery, spinach, greens, carrots, etc. Eliminate meat and fish practically altogether from your diet, and take not more than two eggs per week.

Use skimmed milk, or milk that has had the cream partially removed, so as to obtain sufficient calcium without an excess of fat.

Sometimes it is advisable to take thyroid tablets, but these should only be used under the direction of a physician.

GALL-STONES.—H.M.: "Would you kindly advise me what to take to prevent gall-stones? I have just recovered from a severe attack and my doctor says that if it comes again I must undergo an operation."

Ans.—You no doubt have a number of small stones in your gall bladder, one of which passes occasionally, and it is a very difficult matter to outline anything in the way of medical treatment that is of value in the prevention of gall-stone attacks. Sometimes there are months or even years between the attacks, but if you have gall-stones the only cure is their removal.

In the line of diet, avoiding as much fat and greasy foods as possible is of value. If your heart is not very bad and your age not too advanced I would advise an operation. When one considers the dangers of gall-stones it is usually advisable for them to be removed if one's physical condition permits.

Personally I find that in some cases a local anæsthetic or spinal anæsthetic is sufficient, in which event the patient does not go to sleep. By

this means patients who think themselves too weak for the operation can undergo it.

Look After Your Heart

(Continued from page 9.)

the heart in such a way that the muscle fibres in time become replaced by fat. When this happens, a sudden strain put upon the organ may cause it to rupture. Strain, worry, lack of rest, and over-eating are causes which commonly bring on heart disease. Indigestion and certain mental conditions, such as worry, acting through the nerves produce functional disturbances. That is to say, the heart beat may become irregular without any actual disease being present.

In order to have a healthy heart, it is important to keep a cheerful outlook on life, get plenty of rest and good food, and avoid worry. Should a fever be contracted which is likely to affect the heart, it is most important to remain quietly in bed until recovery is complete. No sudden strain should be put upon the heart for some time.

In addition to the heart, the blood-vessels themselves may become diseased. Varicose veins are, unfortunately, only too common. Other serious affections are embolism, thrombosis, and aneurism.

(Next Time: "What You Should Know About Heart Disease.")

Good Health

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Advertisements should be addressed to Advertisement Manager, GOOD HEALTH, Stanborough Park, Watford, Herts.

Getting Maximum Food Value from Wheat

RECENT statistics which show a decrease in the consumption of bread do not necessarily mean that wheat has lost its supreme position as a staple food of the more advanced races.

Wheat is a splendid food, for in itself it contains most of the classes of nutriment which the human frame requires, and the germ and bran are the richest known sources of the important vitamin "B." Unfortunately, in making flour for ordinary bread, the germ and bran are discarded, not only because it is impossible to obtain pure whiteness if they are included, but because the valuable fats of the germ do not "keep" and would give an unpleasant taste.

A practicable method of presenting the whole of the wheat in a convenient and appetizing form is however available to the general public. By the modern method of steam-cooking the whole-wheat grain, shredding, and then thoroughly baking it, the wheat is made digestible without sacrificing a particle, and the "keeping" problem is solved. Wheat in this form, known as Shredded Wheat, enjoys great popularity among all classes of the community as a simple, substantial and economical food-stuff, worthy of a prominent place in the weekly housekeeping budget. (See advert on page 17.)



A Wonderful Food Factory

It might be expected that a factory where a health food is made would be spotlessly clean. But one where even the air is washed shows an insistence upon hygienic cleanliness which it would be difficult to find anywhere else.

That spotless cleanliness is one of the many things noticeable in the "Ovaltine" Factory at King's Langley in Hertfordshire. Right through the huge factory, with its tiled and enamelled walls, its brightly polished machinery, its large windows, is this evidence of the scrupulous care taken in the manufacture of this popular food beverage.

The insistence upon the high quality of the ingredients used in "Ovaltine" is fully demonstrated in the "Ovaltine" Egg Farm adjoining the Factory. At present there are 30,000 hens kept under conditions which can only be described as perfect and this number will soon be increased to 100,000. Until the chicks are two months old they are kept in large trays with double bottoms which are arranged in stacks and can be cleaned several times a day. For the next six weeks they are kept in large and lofty rooms, of which there are thirty-six, each with ample accommodation for 120 hens. One side of each room is entirely glazed with Vita glass and there are sun parlours outside where the hens can go when the weather is fine. When they are old enough they are transferred to their outdoor quarters, where one acre of land is allowed for every 200 birds. The hens are fed scientifically and the result of all this care and attention is seen in the healthy birds and the greatly improved quality of the eggs.

The same perfection is seen in the Dairy Farm which has set a high standard for the many millions of gallons of milk used in "Ovaltine."

The success of "Ovaltine" is a striking example of the fact that when a business is conducted on the highest principles and according to the latest scientific methods the goods it manufactures possess a quality which earn for them a large measure of public confidence and esteem. (See advert on page 9.)

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