

The Way to Health and Happiness.

Our
Birthright.

Health is the birthright of every man and woman, and should be the normal condition. But how far it is from being so alas! we know! We are confronted daily and hourly by people whose appearance and general demeanour would lead us to the conclusion that good health was a rarity belonging to a privileged few.



And yet, if we go into the realm of Nature we find things vastly different, the trees and shrubs and waving fields of corn pronounce universal health, and it is only here and there in quite exceptional cases we meet with disease or imperfection.

The doctor and the medicine vendor flourish in our midst, and continue to cater for the thousand and one ailments of man.

What did Shakespeare mean by "Throw physick to the dogs?" Was it not this same idea, that health was a natural endowment, and should be attainable without the use of chemical concoctions—that our God had surrounded us with all the benefits designed by Him to ensure the blessing of health to His creatures, and did not leave so important a matter to be settled by a resort to humanly discovered compounds.

Air, sunshine, sleep, water, food and exercise, both mental and physical—these are the health producers; and given these and the knowledge how benign are their influences, and health is a natural consequence.

And yet, alas! how far from being realised by thousands, to whom each week, each day, is an effort to live, and to whom the very word health has an unreal, almost a mocking sound.

"Good health" is the toast of tens of thousands, who, with the words still on their lips, are taking speedy means to obliterate it—strange inconsistency!! But how often have the blessings of health been realised for the first time, only when it has departed.

How often, too, has the agricultural labourer exchanged simplicity and health for a town life, and labour amidst insanitary surroundings, for a higher wage, and later on the paled cheek and dimmed eye, and learnt, after all, that his health and happiness were inseparable.

Health and
Virtue.

And not only is happiness dependent on health to a great degree, but temporal and spiritual progress are also hindered or prevented by its absence. Body reacts on mind and character, with results that either elevate or depress.

Clearness of perception and earnestness of purpose are helped and fostered by the healthy physical condition, and correspondingly clear and vigorous brain.

The latter are truisms which are too well known almost to need comment.

But there is another side of the question which is not so generally recognised, and it is this:—

The man or woman who has indifferent health is usually misunderstood, and blamed rather than commiserated; for people do not attribute the flaws of character which they notice, to an impaired physical state, but almost invariably set those flaws down as mental attributes of an unenviable kind, and to a bad disposition.

Hence we hear the terms "a born grumbler," "a cantankerous individual," "a morbid person," all of which are uncharitable appellations, and certainly, in many cases unjust criticisms. For be it understood, those people are themselves the victims of a state of mind arising from an impaired physical condition.

It has been said, and rightly so, I think, that it is the duty of all persons to keep their standard of health at the highest; that is to say, that quite apart from their own feelings, they have an obligation towards other people.

And this must of necessity be so, for health, like disease, is highly infectious, and it behoves everybody to see that they so conform to the simple rules of health that their normal condition shall be as satisfactory as possible.

Food and
Digestion.

Good food and good digestion have one invariable result, perfect nutrition; the daily building up of the body and repair of waste tissue is carried on, and the physical condition as a result is one which maintains the energies and resists the attacks of disease. Simple, some may say—yes, simple enough apparently, yet how truly wonderful.

As the grain of wheat takes from the crude earth material sustenance to enable it to build up by night and by day that slender but enduring stem, those blade-like leaves, and, finally, that golden head of bursting grain, so the human system when working properly, as it was designed to do by its Maker, takes from its surroundings the necessary air and food which is to be converted into rich, pure blood and healthy tissue, which shall enable the individual to "live, move, and have his being" in the full sense of the term.

But given wrong food or faulty digestion, and how different a result, a struggle to maintain the energies, or maybe a slow, imperceptibly slow, daily loss of ground, culminating, perhaps, after months or even years in a breakdown, staved off perhaps from time to time by so-called remedies, but at best deferred only.

How then are we to attain to what you describe, viz., good food and good digestion? There is only one way, and that is to study for ourselves a few simple facts, and having done so, to apply them.

First, then, as to the kind of food which is best—without a shadow of doubt a dietary which excludes all kinds of flesh and fowl is the one that should be adopted, both on the score of health and of economy. The old fallacy that meat was essential to strength is happily exploded, like many other shibboleths which were not only useless but full of harm.

Intelligent investigation has fully revealed the fact that the fruits of the earth are eminently suited to man's

requirements, and possess richly all the properties necessary to maintain the physical condition at its highest pitch of fitness.

Recent events in the Far East have demonstrated the endurance and hardihood of a people who subsist largely on rice, and are not meat eaters.

An ever increasing number of people in England, too, are discarding animal food, and find themselves vastly benefited by the change.

The Food Reformation. The consumption of fruit, nuts, cereals, cheese, etc., is increasing rapidly, and a corresponding falling off in the butcher's business is a result, for we are undoubtedly on the eve of a great Reformation in our diet, which promises to spread vastly in the next few years, with untold benefit to all except two classes, viz., the butcher and the doctor.

As a nation we are slow to make changes, but when once persuaded of the need we welcome them enthusiastically, and fully recognise the mistakes of the past, and are anxious to make amends.

Such a condition of mind is already very noticeable as regards the consumption of meat, and it is admitted that the flesh-eater is surrounded by many grave risks of disease, which may be entirely avoided by the adoption of a pure and natural diet.

The wonderful amount of nutriment contained in nuts, fruit, and grain is being recognised, and the clear mental state arising from their use as food is being testified to by many people of note in various professions.

It is some years now since the remark was frequently heard, "we eat too much"—that was thought to be a valuable discovery—but it did not go far enough, or rather it spoke of quantity instead of quality, which latter is vastly more important.

There are now many societies and many publications devoted to food-reform, and in their wake have come Fruitarian Restaurants and Health Food Stores.

The purchase of a Guide Book to the Cookery of Natural and Humane Diet is a necessary step, and then a great number of tasty and inexpensive dishes can be made which will be found after a little time to be more appetising, and quite as satisfying as the steak or chop.

Sleep, Air, and Water. Pure food will ensure sound digestion, and sound digestion will ensure sound sleep, a matter of the first importance, for during sleep our bodies are recuperated and fitted for the calls of to-morrow's duties, our brains are rested, and the whole man is renewed after the toil of his daily labour.

Disordered nerves will sometimes banish sleep entirely, and this condition will sometimes arise from imperfect digestion, and consequent poorness of blood.

Whilst on the subject of sleep I would point out the urgent necessity of well-ventilated sleeping-rooms; the window should be several inches open all night, so that the air supply can be renewed thoroughly; the fireplace should not be closed up, or there will be no thorough current of air.

Our systems require air at all times, and never more

than during sleep, for then the impurities and waste matter are thrown off in greater quantity than at any other time.

God fashioned mankind with lungs and surrounded him with the necessary air to fill them, and yet how strangely do some people shut themselves in their small rooms with door and window closed, as though the outer air were an evil thing, instead of a life-giving medium.

Much of the sickness in our midst to-day is traceable directly to this thoughtless sinning against Nature, and her divinely appointed laws. The steady growth of Consumption is surely heavy enough retribution, and will in time force people to regard these matters gravely.

Whilst dealing with the subject of air, it should be pointed out that in order to obtain the benefit of a pure and plentiful air supply, it is necessary to acquire a correct method of breathing. This is a point of the greatest importance, and yet is seldom recognised, much less carried out.

Deep and regular breathing is essential to health, and must be practised daily and borne well in mind, or it is certain to be overlooked the moment the mind becomes absorbed in occupation.

The majority of people inhale and exhale in the most superficial and imperfect way, and as a consequence suffer from weak lungs, impure blood, and sometimes more serious results still.

And to pass from the question of air to another important one, that of water. Let this also be estimated at its true worth and used liberally and frequently, both externally and internally.

Only those of us who have been in countries where pure water was difficult to obtain can form a correct idea as to its value: having it plentifully we are apt to underrate its importance; health and cleanliness, however, must ever go hand in hand, and the healthy man will always be the clean man, and the dirty man will always be the unhealthy man.

The Mind Factor in Health.

Not the least important matter regarding the possession of sound health is the part the mind of the individual plays in the attaining to and keeping the same. Not only must the simple laws of health be complied with, but the mind must aspire to the possession of health for the body, which means also health for itself. By this means it will ever have the power of rising superior to any temporary depression, in itself unimportant, but if dwelt upon and encouraged, leading to a more serious and lasting condition; looking hopefully forward, even in the midst of untoward circumstances or surroundings with that clear vision which recognises that health is natural and disease unnatural. By this means the body is made subject to the mind, and attuned to its thoughts, for by the well-known law of the power of mind over matter much good may be wrought in repelling adverse bodily conditions, and so raising the standard of health.

This will, of course, explain the benefit which results from cheerful and hopeful thoughts, which will enable a man to bear trouble or misfortune, and even disease, bravely, whilst in the absence of these qualities a man may sink into a serious condition of mind and body from a quite trivial cause.

We should do well to remember that "Man does not live by bread alone," but that the mind and spirit can do much in controlling and regulating the bodily conditions, for after all the body is but the outward manifestation of the inner being—the spiritual and only real and permanent man.

Think, then, only healthy and hopeful thoughts, and you will become healthy and hopeful—on the other hand, if you think unhealthy or depressing thoughts you will surely become unhealthy and depressed.

The birds, beasts and fishes have their natural surroundings, the trees and flowers have theirs, and they have health. Why then should not man, so far above them in the scale of being, be equally blessed.

He can and should be, but much rests with himself in the attainment, for there can be little doubt but that the only possible hindrance and obstacle in the pathway is himself.

Certain it is that low appetites and desires, coarse living, whether it be as regards food and drink or otherwise, tend always away from health, and make for disease both of mind and body; whilst, on the contrary, pure food, pure thought, and high aspirations are in themselves the very constituents of health in its fullest sense, and the direct means to an end which is of untold benefit, and worth our greatest possible efforts to secure.

This article can be supplied in booklet form upon application to our Book Department.
Price One Penny.—Ed. H.G.F.

A Successful Fruitarian Hospital.

On November 22nd, at the invitation of the Committee of the Lady Margaret Fruitarian Hospital, at Bromley, I wended my way to that Institution in order to be present upon the occasion of the naming of four new cots, two of which were presented by Lord Llangattock, one by the Misses Jennings, and one by myself.

Upon my arrival I found a large gathering of friends assembled, and was deeply interested in all I saw and heard concerning the beneficent work which is being carried on at this centre of humane effort.

My colleague, Dr. Oldfield, the Founder and Warden of the Hospital, showed us the various Wards (for men, women and children), the operating theatre, the Nurses' apartments, and the Refectory, where the Medical and Nursing Staff take their meals in common under conditions of extreme simplicity and frugality. Everything seemed bright, and everyone looked cheerful and happy; and visitors were at once impressed with the fact that there appeared to be every prospect that this Temple of Healing, which is conducted strictly on hygienic, fruitarian, and humane principles, may grow and extend until it becomes a large national institution of great importance and beneficence.

Although it has only been in existence for eighteen months it already has about 30 beds; it has paid its way; and it has a balance in hand. About 2,000 patients have been treated here and at the Branch for out-patients in New Kent-road, Southwark. One of the most remarkable features about this Hospital is the fact that its principal contributors have been patients in the adjoining private

Nursing Home and who have thus had the best opportunity of closely observing the work that is being carried on here—one of these, Julia, Lady Lyveden, gave 200 guineas for the Lyveden Ward and afterwards served as a nurse, and her example has been followed by other patients who having previously been patients are now upon the Nursing Staff.

A crowded meeting was held in the large Ward, and after Dr. Oldfield had explained the work which had been accomplished and was being done, speeches were delivered by Sir Edmund Verney and by several Members of the Committee and of the Staff. All of these paid the most respectful and grateful tribute to Dr. Oldfield's skilful, kind, and genial administration.

I learned that only one death had taken place, that many serious surgical operations had been most successfully accomplished, and that a most significant object lesson was being furnished in the demonstration of the fact that a fruitarian diet reduces to a minimum the inflammatory conditions which are apt to follow serious surgical work. This important fact has been proved in the Far East by the Japanese wounded, but it seems to me a matter of great importance that the object lesson should thus be brought nearer home, so that the medical profession and the general public may be influenced in favour of the adoption of fruitarian diet, both as a means of *preventing* disease and of *lessening* the risk which attends surgical treatment.

Sympathetic letters of regret were received from a large number of influential persons, including Lady Margaret Campbell, who was to have named the cots, but who was prevented by illness from attending. She is one of the four Patronesses of the Institution, all of whom bear the same Christian name, the other three being Lady Margaret Kerr, Lady Margaret Lowry-Corry, and Lady Margaret Rutherford.

A very interesting feature of the Institution is the absence of servants, with the exception of a charwoman who comes in once a week and a boy for odd jobs, the whole of the work (including nursing, cooking, cleaning, etc.) is done entirely by the Nursing Staff, each nurse in rotation being transferred to the other departments of work for two or four weeks at a time.

I found that practically no difficulty is being experienced on the question of dietary, although patients are drawn from all classes of society and very serious cases come under treatment at all ages; and although 99 per cent of the patients have been meat-eaters up to the day of their admission, the general experience is one of satisfaction with the food supplied and general contentment and gladness at the progress which in so many cases begins almost from the day of admission.

Patients are received in the Hospital itself with subscribers' letters at payments from a few shillings per week upwards—or in paying wards at a guinea per week.

In the private Nursing Home which adjoins and which has a large number of rooms and extensive gardens and lawns the fees range from two guineas per week upwards.

Those of our readers who are philanthropically disposed and who wish to contribute to Hospital work without indirectly condoning and subsidizing the vivisection of animals would do well to write to the Hon. Secretary of this Hospital for a report.