



[By courtesy of R. J. James, London House Yard, E.C.]

"LESS BEER, MORE BOOTS."

Good Health

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

Entered at Stationers' Hall.

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NO. 7.

Editorial Chat.

"Less Beer, More Boots."

IT is one of the saddest features of the nation's drink bill, which amounted to over £167,000,000 last year, that such a large portion of this enormous sum is made up of the workingman's hard-earned pence. Money that is urgently needed to buy food and clothing and supply other necessary comforts, is spent at the public-house, while Mary and Johnnie are allowed to go ill-clad and half-fed. Surely the Licensing Bill, which we are glad to see is receiving the support of earnest-minded men of all parties, will be a boon to the children; and are they not the best hope of the nation? Can any public question equal in importance that which concerns the welfare of the child?

Not only want and degradation, but disease in some of its most painful and obstinate forms, waits on the drink habit. Physicians tell us that alcohol is unnecessary and harmful, that money spent on it might better be thrown into the sea; and statesmen unite in pronouncing drink the greatest curse of Great Britain—and still our cities and villages fairly swarm with public-houses, which lure from the workingman his hard-earned wages, while wife and children pine away in abject poverty. Surely the dark tragedies that have their source in the public-house are legion, and call for redress. If the country once roused itself to deal adequately with this growing evil, we should see legislation far more drastic than the present Bill unanimously carried. Meanwhile let us be thankful for what is offered us, and as a matter of common humanity, and in justice to the children of the poor, support the measure now before Parliament.

The Franco-British Exhibition.

THERE can be no doubt that the *Entente* Exhibition is proving itself a marked success. The magnificent Court of Honour is a perfect dream of architectural loveliness, and the other buildings and surrounding grounds are entirely in keeping. Quite apart from the exhibits, which are of great interest and value, the buildings themselves, especially when lighted up in the evening, cannot fail to make a deep impression by their unique beauty and charm. To Mr. Kiralfy, the veteran architect, we owe a debt of gratitude for this new world of beauty which his genius has brought into being. If, as we firmly believe, pleasing sights and sounds have a wholesome effect upon the body, then the pleasure that will be derived from this magnificent exhibition will also make for increased health and physical fitness. Probably thousands will spend their evenings in these beautiful grounds, enjoying the fresh air and fine music and beautiful architectural effects, who might otherwise sit indoors in a stuffy atmosphere, or waste their energies in harmful dissipation. Certainly the mammoth stadium, whose equal in point of size and convenience, has not been seen hitherto will afford splendid opportunities of enjoyment for the athletically inclined, while the varied exhibits of home-lands and colonies will prove highly interesting as well as educationally helpful.

The Irish Village.

To us the Irish Village, which goes by the musical name, Ballymaclinton, is the most interesting place of all. Not only do

its thatched cottages, including the one in which the grandfather of the late President McKinley was born, its famous Round Tower of Kilcullen, the old Irish cross from Donaghmore, and the fine Industrial Hall, and the handsome Irish maidens busily employed with lace or embroidery, bring home very vividly the unique interest and charm of life in the Emerald Isle; but the village itself is a kind of health exhibition, and all its profits are to go to the suppression of consumption in Ireland, where last year alone some thirteen thousand succumbed to this dread disease, which can so easily be prevented. In the building especially devoted to this work there will be side by side the stuffy bedroom, only too common in England as well as in Ireland, and the properly ventilated bedroom with model furnishings. There will also be the ordinary cowsheds and their modern counterparts; cottages of the kind that propagate tuberculosis, and wholesome sanitary dwellings. Moreover, there is to be a health restaurant in connexion with the village, where wholesome foods cooked in many appetizing forms, and delicious temperance drinks of all kinds, can be had at popular prices. Thus the Irish village is in a very real sense a health exhibition, it stands for the principles that the GOOD HEALTH magazine is trying to teach, and will be a health object lesson on a large scale.

A Popular Resort.

MR. ROBERT BROWN, of Donaghmore, to whose enterprise the village with all its varied attractions owes its existence, may well be congratulated on the popularity which this most useful and delightful exhibition of Irish life and industries has already achieved. Even on opening day the village was much nearer completion than most parts of the ground, and when His Majesty the King and the French President drove round, on the 26th May, and Her Excellency the Countess of Aberdeen was there to receive them, everything was looking its best, and the obliging colleens, with their fresh complexions and picturesque costumes, won many compliments.

The Village Hall presented a most animated picture at tea-time. Mr. Shearn, who is to be the manager of the restaurant, which will be open by the time this number of GOOD HEALTH is issued, was on hand to see that



everything passed off smoothly, and Mr. H. B. Amos was tireless in his rôle of giving information and answering two or three questions at one time. In the office of the large building devoted to illustrating some of the processes in the making of the famous McClinton's soap, Mr. Brown received congratulatory letters and telegrams, and dispatched other business, in the intervals between seeing his numerous visitors. Altogether it was a notable

day, and the crowds who have been visiting the place daily ever since show that the British people know a good thing when they see it, and that this unique health and industrial exhibition is to have the support which it so richly deserves.

McKinley Cottage.

THE McKinley cottage, which contains the actual timbers of the one in which the late President's grandfather was born, is a great attraction, especially with Americans; and the rich brogue and ready wit of the cheery occupants keep visitors lingering about till the room, though large, is fairly crowded. The lace-makers plying their deft fingers out in the open, and the long row of colleens weaving the prettiest of carpets and rugs, also hold the admiring attention of the crowds, while the singing and music in the fine Village Hall give a festive note to the varied activities of the place.

As soon as the fine Health Restaurant is opened on adjoining ground there will be a new attraction in this part of the Exhibition grounds, and no doubt the wholesome, appetizing food, daintily cooked and served, will be appreciated by thousands of sensible people who know that wise eating is one of the first requisites to pleasant and successful sight-seeing.

The Summer School.

THE Caterham Sanitarium is booking a number of pupils for its Summer School, which begins July 2nd, and lasts four weeks. In the previous GOOD HEALTH the cost was announced as a guinea a week, inclusive; but after further consideration, in view of the necessary expenses connected with the giving of the extensive course of instruction, in addition to board and lodging, it has seemed necessary to charge twenty-six shillings inclusive a week. Full particulars will, of course, be given on inquiry, including a syllabus of the course of instruction. Needless to say, there will be opportunity for recreation, which will be the more enjoyable as the Caterham Valley and vicinity is known far and wide for its exquisite scenery. Here is, accordingly, an excellent opportunity to enjoy a

delightful holiday, and at the same time be absorbing by means of lectures and demonstrations a much-needed knowledge of the vital laws underlying the welfare of the body. Inquiries should be addressed to the Secretary, Sanitarium, Caterham, Surrey. Those who wish to come should at once book, as the accommodations will naturally be limited.

Exhibition Number of "Good Health."

WE shall issue about the middle of July a special Franco-British Exhibition Number of GOOD HEALTH, which will take the place of the usual August number in the home edition, and of the September number in the Colonial editions.

The cover page, which will be in two colours, will show an Irish maiden in national costume, with an ancient cross in the background.

There will be a fully-illustrated article setting forth some of the most interesting features of the Irish Village, and giving the salient facts in reference to the splendid campaign against tuberculosis, which is being carried on in Ireland under the wise and aggressive leadership of Her Excellency, Lady Aberdeen.

This special number will also contain a fine variety of illustrated articles giving timely health advice for the summer holidays. John Strange Winter will contribute a valuable paper on "The Business Woman's Health." Other well-known writers will contribute to this number, which will contain about twice the usual amount of reading-matter, and will sell at twopence per copy.

We shall print an edition of at least 50,000 copies, and ask our friends everywhere to do their best to help circulate them. Some, we trust, will be willing to sell extra copies, and devote the proceeds to the same splendid cause for which the Irish Village is being carried on, namely, to fight tuberculosis in Ireland.

Needless to say, this superb number of GOOD HEALTH, with its Irish colleen cover in a frame of shamrock, will sell on sight. Newsdealers and all other agents should order early.

A Good Health Sanitarium in India.

INDIAN readers of GOOD HEALTH, of whom we have a goodly number, will be interested to know that the Calcutta Sanitarium, which has been doing an excellent work in reform lines for a number of years past, has recently been removed to Mussoorie, a beautiful little town in the Himalaya Mountains, having an elevation of 7,000 feet above the hot, disease-producing plains, and enjoying in consequence ideal climatic conditions. The institution should vastly increase its usefulness under these more favourable conditions, and we tender its medical superintendent, Dr. H. C. Menkel, our congratulations and hearty best wishes. The friends in India are also organizing a branch of the Good Health League, with a view to engaging in the active propaganda of health principles.



LIVING HEALTHILY IN THE TROPICS.

BY B. J. CADY.

IT has now been over fourteen years since we first came to the Society Islands to labour. Until that time we had always lived in a temperate climate, where the winters were very cold and the summers short; for we were born, and had spent most of our lives, in Wisconsin, in the United States of America. We have summer all the year round here in the islands; but though the sun is very hot, the sea breezes help to cool the atmosphere, and the heat is not so oppressive as in some other places. Yet if some cold is needed to "brace one up," as we often hear, we do not get it here. We have usually kept in good health, and believe that a reasonable regard for the laws of health, which are also nature's laws, is what has enabled us to keep as well as we have.

We have never had the idea that the foods which are grown in the islands are not so wholesome as those of temperate climes; but on the contrary, we consider them to be just the food best adapted for this climate, with the addition of bread, which, to those who have always had it, seems indispensable. Our diet is composed principally of yam, taro, breadfruit, sweet potatoes, bananas, mummy apples,

mangoes, oranges, the coco-nut, rice, and bread. We have some other fruits and vegetables occasionally which are more rare, and also use some legumes. At times, when we have been compelled by circumstances to use much imported foods, we have not enjoyed as good health as when we were living mostly on the native foods. I would say that we do not make a practice of eating the ripe coco-nut meat, though we often eat the soft meat of the green nuts, which is quite digestible and wholesome. The ripe nuts are used mostly in cooking; and though they are very useful for that, it is not good to make a practice of eating the meat as it is; and to eat it between meals is particularly bad. When the meat is grated, and washed with a little water, the liquid strained from it makes a very good substitute for milk and cream to use in cooking. We can make this very rich, or dilute it considerably with water, just as is needed. We use

it for shortening, and for flavouring soups, stews, puddings, etc., also for a sauce, and for almost everything for which milk and cream are used. It is rich in fat, and so furnishes all of that element that is needed in the system.



SAMOAN GIRL.

Photo by permission of the New South Wales Government.

Our systems do not require so much food in a warm climate as where it is cold ; for when it is cold more food must be burned in the body to keep us warm ; and when we come to a hot climate, if we do not cut down our rations, we are more liable to feel weak and feverish and be troubled with colds and other unpleasant symptoms.

We find that in a hot climate frequent bathing is very essential to health and

not try to rush things too much. It is a good thing to keep busy, but not to work constantly at the same thing. Changing frequently from one kind of work to another will usually give all the rest and relaxation that is needed. I believe it is very seldom that a worker loses his health simply from overwork, ill-health it is more often caused by hurry, worry, or errors in diet. We, as missionaries, go out to work, not to be waited upon ; and if we, with all the



GROUP OF NATIVES, PIJI ISLANDS.

comfort. We always take a full cold water bath one or more times each day, if we are where we can have access to the water, and it is usually plentiful here. One who is in the habit of taking cold baths right along is not usually susceptible to colds. And, too, in the hottest weather, when the heat seems most unendurable, there is nothing equal to the cold plunge or shower bath to give relief from the heat.

Some seem to think that one should avoid exercise as much as possible in a hot climate, but my experience is that we need exercise, only we must be moderate, and

light we have on health and temperance, cannot keep well and work, how can we expect the ignorant and degraded natives, who are violating every law of their being, to be able to do our work for us, even though they may be used to the climate ? We may get accustomed to the climate, too. If we begin right, I think we shall find that the climate will not affect us unfavourably, even at the first. It was so in our experience, for we never enjoyed better health than during our first year in the islands.

Of course, we should not dress the same

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in a warm climate as in a cold one. Men readily lessen the amount of their clothing; but women sometimes cling to their close-fitting garments, to the detriment of their health; and often wear too much clothing, which makes them feel weak and tired; and they think it is caused by the climate. It is customary in these islands for the women to wear loose, flowing dresses; and the white women also wear them at home, and often wear no other style of dress. They are much more comfortable and cool than garments that fit close to the body about the waist, and also more healthful.

One of our ex-

same house with them, and often eating the food prepared by them, though we always do our own cooking as far as possible. The common yellow laundry soap is said to be a good disinfectant, and we always make free use of it, washing our hands with it very frequently after being in contact with the people, and after shaking hands with them. The natives are not very cleanly in their habits, and that is one reason for so much skin disease among them. I am thankful to say that during all our years here neither my wife nor I have ever contracted any of the native diseases.

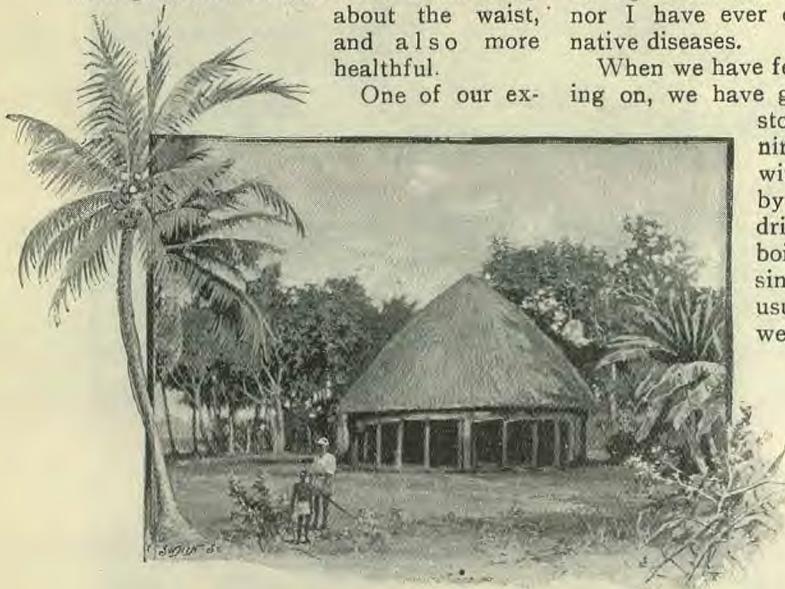
When we have felt a cold or fever coming on, we have generally succeeded in stopping it at the beginning, simply by going without a meal or so, or by eating less food and drinking an abundance of boiled water. By this simple means we have usually managed to keep well when all around us were suffering with the prevailing epidemic. Fasting is the best medicine I know of to cure, if taken when the first symptoms of indisposition are felt.

The malaria may not be so prevalent here as in parts of Africa, yet we have

a great deal of it. Where there is danger of malaria, a high and dry location is best for a home. There is much more dampness in low valleys than on the hills. Then, the house should be set up a good distance from the ground, so that the air can circulate freely underneath. Too much shade is not good, and rubbish should not be allowed to accumulate in the vicinity of the dwelling-house.

We have always made a practice of keeping the doors and windows of our sleeping-rooms open night and day, so as to get all the pure air we could.

COPIES of our frontispiece, in the form of posters, may be had of Mr. R. J. James, 3 & 4 London House Yard, E.C.



NATIVE HUT, SAMOA.

perienced labourers, in giving advice to a company of missionaries who were soon to enter the island field, said that one of the first and last lessons we need to learn is adaptation. That is very true. If we want to make a success in our new field, we must learn to adapt ourselves to the people and their customs as far as is practicable, and we must also learn to adapt our diet, dress, and work, to the climate and the conditions.

Disease is very prevalent among the natives of these islands. Venereal diseases are almost universal, and repulsive skin diseases are seen on every hand. We are at times situated where we have to mingle freely with the people, living in the

HABITS OF PROMINENT MEN.

BY M. ELLSWORTH OLSEN.

WE closed last month's notes on this subject with some strong expressions from Mr. Frederick Harrison against smoking.

Long List of Non-Smokers.

Lord Roberts, Mr. Thomas Hardy, Dr. A. M. Fairburn, Lord Rayleigh, Dr. W. G. Grace, the famous cricketer, Professor A. H. Sayce, Professor Sir W. M. Ramsay, Mr. Beerbohm Tree, Sir. H. H. Johnston, the explorer, Mr. F. R. Benson, and Mr. Granville-Barker, are others in the list who are non-users of the weed. In fact, if we take the list as a whole, the proportion who either refrain entirely from smoking, or indulge very sparingly, and never during work hours, is very considerable. To be exact, twenty-four of the thirty-nine never touch the weed. [We are including Mr. R. J. Campbell among the non-smokers, though he does not in this connexion mention his attitude on tobacco.] Mr. Kidd, one of the fifteen smokers, indulges but rarely; this also is true of Sir Oliver Lodge, while Mr. Forbes Robertson, who also smokes a little, says distinctly that he is in better health when he abstains, hence his experience should tell on the side of abstinence. Sir Edwin Ray Lankester, another light smoker, thinks the habit is "better, perhaps, avoided," while Mr. Edmund Gosse and Mr. Silas K. Hocking are very careful to avoid smoking while at work. If we included the three first mentioned among non-smokers, where they belong, practically speaking, we should have twenty-seven against the habit, and only twelve favouring it, some of them very half-heartedly.

Majority Against Narcotics.

If these names are fairly representative, and we know of no reason to regard them otherwise, then it would seem to follow that a good majority of men of superior talent or ability avoid smoking altogether, and of those who indulge, only a very small minority do so at all freely. If less gifted men were to take a similar attitude, smoking would not begin to be the public nuisance it is to-day.

Mr. Edmund Gosse, the only one out of the thirty-nine who claims for tobacco that it is of service to health, did not begin to smoke till he was forty, and we may be allowed to suggest that the supposed good effects of the weed are more imaginary than real. Mr. Gosse is, however, careful in matters of diet, eating but small quantities of well-cooked food, and avoiding irregularity. "I cannot work after dinner," he writes, "and I never eat supper."

Not Much Animal Food.

Quite a number are particular to avoid taking much proteid.

Mr. Thomas Hardy's chief dietetic rule is "not to take much animal food." Lord Rayleigh says: "I use less animal food than many." Sir Edwin Ray Lankester thinks a man of sixty should eat "little or no butcher's meat. Chittenden's diet [low proteid] is what I aim at myself, but I also take sour milk twice a day, prepared with Metchnikoff's lacto bacilline."

Nearly all are believers in simple living—prefer plain food to many and complicated dishes—and are in no sense dependent on narcotics in order to do their best work. Mr. George R. Simms, who seems to be about the worst sinner as regards smoking, finds it necessary to be regular as to meals, and avoids a number of things because they disagree with him. For instance, he never eats roast pork unless he is to have the rest of the day off.

Moderation in All Things.

On the whole, the experiences as published in the "Review of Reviews" are most interesting, and we believe the general tenor of the replies is strongly in favour of those elemental health principles of which GOOD HEALTH is the advocate. Moderation in all things, intelligent discrimination in the selection of food and drink, and regard for the laws of hygiene—these great essentials are observed to be present in the vast majority of cases, and even in the case of narcotics to which the male citizens of this country are almost universally addicted, the men in this list are mostly found to be abstainers.

SENSIBLE CLOTHING IN SUMMER.

BY WILLIAM M. SCOTT.

CLOTHING, to be healthful, should combine the following properties: It should be warm enough to protect the body against sudden climatic changes; light in weight for freedom of movement; porous, to allow free passing off of the perspiration; loose, so as not to constrict any part; light in colour, to admit of the sun's rays passing through; evenly distributed, to maintain equality of temperature.

How Warmth is Best Maintained.

It is better to rely upon activity for warmth than upon weight of clothing. Regular exercise, combined with water, sun, air, and friction baths, as recommended in recent articles in this department, will do much towards ensuring a healthy circulation through the entire body. Now that the weather is warmer, and we may expect plenty of sunshine in the early morning, readers will do well to improve the tone of the skin by exposing it to the sun and air while taking their exercises.

Heavy Garments Tiring and Unhealthy.

It is well to remember that clothing is really a necessary evil, every garment being more or less of a burden to carry and an impediment to free movement. There are many wrong notions abroad about the amount of clothing necessary, and some wear practically the same garments all the year round. In the summer a minimum amount of clothing is required. Ladies are to be envied, inasmuch as fashion has decreed that they may wear the lightest of garments. Why ought not we men to enjoy like comfort by donning



FIGS. 1 AND 2.

This is easy when the texture of the material is porous, but thick, closely woven fabrics are almost impervious to it, and it condenses and forms sweat upon the skin and underclothing. It is thus that colds are contracted, as chilling more readily occurs when the skin is wet with perspiration.

Garments Ought to Be Loose.

Enough has already been written regarding the evils of tight bands, belts, etc. We wish to add a word in favour of

light coats and trousers of linen or cotton, or at least of light grey cricket flannel, for every-day wear. Mark Twain has set us the example—why not follow? Might it not be a good thing to do so when on holiday, or when out for a ramble or cycle-run with other members of the Outdoor League? Laying aside the superfluous, tight-fitting waistcoat, and donning light flannel coat and trousers, a cellular or linen mesh shirt, with soft collar and tie, let us sally forth and enjoy comfort and pleasure, while others are sweltering in heavy tweeds and serges.

Light, Porous Garments Desirable.

Air is almost as necessary for the skin as it is for the lungs. A layer of air circulating between the body and the under garments keeps the skin active. A healthy, muscular skin is able to react to different temperatures, contracting to cold and expanding to heat, and the surest way to deprive it of this power is to protect it from these influences. There is also the desirability of allowing the free passage of the perspiration through the clothing.

loose garments. In order to secure the most healthful clothing, the needs of every part of the body must be carefully considered. It is wrong to have three or four thicknesses of clothing covering the vital organs, where heat is being most abundantly produced, and the extremities only partially covered. Everything worn should be loose and evenly distributed, so that it will equally clothe all portions of the body. The bulk of it should be suspended from the shoulders. When the material from which gentlemen's jackets and trousers are made is very light in weight, and the latter are suspended with braces from the shoulders, no unpleasant or unhealthy effects will follow, but where heavy trousers and drawers are held in place by means of a tight leather belt, much harm is done. The under garment ought to be wide, and not close-fitting, and the combination type is best for many reasons.

Light in Colour.

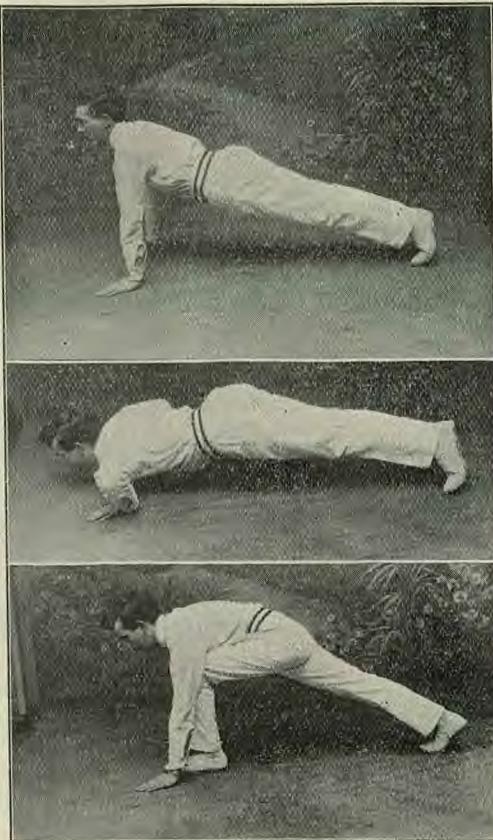
We hear much of the beneficial effects of the light cure, but few of us recognize that we can have the advantage of it for the greater part of the time. By wearing dark coloured cloth we shut out these beneficial light-rays, but by wearing light-coloured garments we admit of their passing through to our skin. The darker the dye used, the more impervious to the light does the cloth become. There is also this to be said, that we recognize when a white or light-coloured garment is dirty

and needs washing. Some might consider this a disadvantage, as it will add to the laundry bill, but looking at it from the standpoint of health and hygiene, it is a decided advantage. Uncleanliness in dress is unhealthful, and no garment ought to be worn for a lengthened period without thorough cleansing.

Let our clothing be modest and simple, of good quality, of becoming colours, and more suited for service, durability, health, and comfort, than for display. The wise woman in the Proverbs "is not afraid of the snow, for all her household are clothed with double garments," so let us likewise clothe ourselves according to the season of the year.

A Good All-Round Exercise.

Stand erect, heels together, toes turned out, arms to the sides. Now swing the arms, straight at elbows and width of shoulders apart, forward and upward to the position shown in our first illustration. Bend smartly downward until the palms of the



FIGS. 3, 4, AND 5.

hands rest flat upon the floor, slightly in front of and to the side of the out-turned toes, Fig. 2. Then, keeping the hands in this position and the arms straight, spring lightly backwards to the position shown in Fig. 3, the body forming a straight line. Bend the arms at the elbows, lowering it to the position shown in Fig. 4. Straighten the arms, and so again raise the body to third position. Bring the left foot up to the position shown in Fig. 5;

follow it with the right, and so assume again position No. 2. Rise to the initial position, to commence a fresh series of evolutions.

If jumping backwards is at first found to be too difficult or vigorous in position 3, substitute stepping backwards one leg at a time.

SUMMER HEALTH HINTS.

BY ALFRED B. OLSEN, M.D.

THE Daylight Bill in Parliament provides for beginning the day earlier in summer-time by setting the clock forward on certain days in the spring. Surely an Act of Parliament is not required to enable a man to rise early if he wants to! Nevertheless, for one reason or another most people fail to value the bright, early hours of the morning, when all nature is in its freshest and most invigorating mood. Early to bed and early to rise certainly applies with double significance to the summer season.

Outdoor Life.

There is every reason for taking advantage of mild, pleasant weather to live out-of-doors in the fresh air. In the cities and towns we have the parks and public gardens. Use them. Let mothers take their children and hie away to the parks as soon as possible after breakfast. Make up a simple, frugal lunch, and give the children a picnic in the park. How much more pleasant it is to sew or read out-of-doors than in a close, dark, musty room! And how the children do enjoy going to the public gardens! The outdoor life does them worlds of good.

A Hot Head.

In this country there is little danger of sun-stroke, or heat-stroke, still it is not unknown. It is very undesirable to engage in severe physical labour under a burning sun, especially for those not accustomed to great heat. The cyclist should take care not to strain himself in climbing hills. A hot head should serve as a warning, and shade should be sought at once. Neither is it safe to take large draughts of very cold or iced water while hot and fatigued. The sudden chilling of the stomach may lead to disastrous results.

Diet in Warm Weather.

Since a large part of the food we eat is used as fuel to keep us warm, it is evident

that we require a smaller quantity in summer-time than in winter. Further, we require less fat and less concentrated food. Fresh fruits, succulent vegetables, salads, etc., are most acceptable and suitable. Fruit especially is very refreshing, and may be taken freely. Bread and bread-stuffs, various puddings, and well-cooked vegetables, together with nuts, make a diet far preferable to meats and other flesh foods in the warm season.

Over-Eating and Eating Between Meals.

To obviate this, let the food be plain, and be taken in moderation with thorough mastication. Over-eating and irregularities in taking food are undoubtedly frequent causes of summer illnesses. Consider the stomach as well as the palate. By so doing you will escape many evils that are likely to lurk about in the hot weather. It is always a bad habit to eat between the meals, for by so doing the stomach is kept constantly at work, and fermentation, flatulence, heart-burn, and other gastric disorders, are likely to occur.

Tainted Food.

Hot weather favours the growth of germs, and it is a well-known fact that food of all kinds spoils far more quickly in summer-time than during the cold season. Beware of spoiled food. Flesh foods of all kinds are quickly tainted, and then become exceedingly noxious, causing poisoning which may prove fatal.

The symptoms are pain in the stomach, nausea, vomiting, headache, and, in grave cases, collapse. Diarrhoea, too, is a common symptom. Send for the doctor at once, and in the meantime wash out the stomach by taking large quantities of lukewarm water, tickling the throat with the finger or a feather if necessary. A warm bath is soothing. Cleanse the bowels with an enema. Take fruit juices for a day or two, until the stomach has recovered.

Contaminated Milk.

Perhaps the most dangerous food in summer-time is contaminated milk. It should be remembered that much of the milk sold in our large cities and towns is badly contaminated. Hence milk should be sterilized, that is, raised to a temperature of 160° Fahr., and kept at that point for twenty or thirty minutes.

But milk treated in this way, or boiled, only remains sterile while hot, unless kept in a clean vessel, free from all chance of further contamination. Milk very quickly takes up germs from the air, which, favoured by warmth and a most excellent soil, multiply rapidly, and soon contaminate the milk again. It is well to use the milk immediately after sterilizing it, or, if not wanted, then to keep it on ice, or at least in a cold, clean place. Buy only enough for the day, or, better still, have it delivered fresh morning and evening, and do not attempt to keep it over-night.

If these few precautions in reference to milk are strictly followed out, they will save a lot of lives this summer, especially amongst infants and children.

Cancer Caused by Diseased Meat.

THERE is a very definite connexion between cancer and the eating of inferior meat, according to Dr. G. Cooke Adams, who records his conclusions in a series of statistics given out last April by the Chicago Board of Health.

"There cannot be the slightest doubt," writes this expert investigator, "that the great increase in cancer amongst the foreign-born in Chicago over the prevalence of that disease in their native countries is due to the increased consumption of animal foods, particularly those derived from diseased animals."

"This conclusion," writes "Current Literature," "substantiates the original deductions made by Dr. Adams from investigations conducted in Australia and London, and extended over a number of years. The foreign-born in Chicago are enabled through higher rates of wages to indulge in a meat diet denied them in Eu-

rope. They make use of the supplies derived from condemned animals and from the canned products of establishments handling tubercular and diseased cattle. This increase in cancer is accelerated by the influx of foreigners willing to eat even inferior grades of meat. So much may be demonstrated, insisted Dr. Adams, by a study of the vital statistics of any American city. The tables for Chicago give striking results. In that city, according to official figures, between 1856 and 1866 there was an increase in the death-rate from cancer of 680 per cent, while from 1866 to 1905 the increase was 232 per cent. The mere percentages would be misleading did we not know that in 1856 but one in each 1,000 deaths was from cancer, whereas in 1866 this had increased to one in each 164. In 1905 it was one in twenty-three deaths, while in 1906 one death in every 21·8 was due to this disease."

It is just a little uncomfortable to reflect that the consumption of bad meat is by no means confined to Chicago. In this country, too, meat inspection is decidedly lax, and the diseased animals, with few exceptions, all find a home in somebody's stomach. Meanwhile cancer is steadily increasing, and bids fair presently to rival tuberculosis as a plague of the human race.

It is hard to blame the poor for resorting to cheap meat. The unfortunate thing is that they should know so little of food values as to think slaughter-house products necessary at all. A very little intelligent thinking can hardly fail to convince anyone that luscious fruits, nuts, cereals, and vegetables, with the addition of pure dairy products, should form the best diet for man.

When we apply reason to the selection of our daily food, we all perforce become fruitarians.

THE patients at the Caterham Sauitarium enjoyed a most delightful evening recently, when Mr. Seumas MacManus, the well-known author, gave a lecture on " Irish Wit and Humour," with readings from his works, both prose and verse. Mr. MacManus is heartily in sympathy with health principles, and finds the fleshless diet quite adequate to hard literary work.

GOOD HEALTH.

MORE ABOUT THE OPEN WINDOW.

BY M. ELLSWORTH OLSEN.

EVERY night hundreds of thousands, yes, millions of people in civilized England poison their lungs by breathing over and over again the foul, fetid air of shut-in bedrooms. Even in the warm summer months the windows remain closed, and the atmosphere is nothing less than filthy. The worst of it is that people otherwise scrupulously cleanly cannot see that it is the height of uncleanliness to breathe stale, foul air, and compel their friends who call upon them to breathe it too.

Sanitary science is still in its infancy with us. It began with drains. Men recognized that the grosser wastes of the human body must be got rid of in some systematic way if life was to be sweet and wholesome. In very recent times it has begun to recognize the need of light, and some of the dark, dismal slum tenements in our over-crowded cities are being declared unfit for human habitation.

Strange to say, the most obvious of all our requirements from the health standpoint is still practically ignored, namely, the primary need of fresh air.

The lungs are excretory organs. Let this apparently unknown fact be writ large in every text-book of health. Let it be blazoned forth on the hoardings. Let the public press carry the message into every home.

Not only are the lungs excretory organs. They are such *par excellence*. The other excretory organs may cease to functionate,

and yet a man lives on for hours and in some cases days; but when the lungs cease to operate, death follows in a very few minutes.

The air that is expired from the lungs is laden with poisonous waste matter, of which there is sufficient in a single breath to contaminate about three cubic feet of good air, rendering it unfit for use. Hence our living- and bedrooms, in order to be in any reasonable degree wholesome, must continually receive new and large supplies of pure air from the outside.

The model house of the future will probably be built in large part of porous materials, thus admitting fresh air from all sides without draughts. The ordinary dwelling-house of to-day is about as nearly air-tight as it can be made, and scientifically less adapted to living purposes than the wigwams of the American Indian or the airy dwellings of other savage tribes. In fact, it is hardly less than a death-trap, and if it were not for the incidental opening of doors in order to go out and

in, and the badly-fitting window sashes, and a few other crevices here and there, thanks to careless carpenters, the atmosphere of bedrooms and living-rooms in many houses would soon become absolutely deadly.

The best part of a modern house is its windows. To keep these open day and night, and to make the air inside approach as nearly as possible the air outside, should be the first business of the house-keeper. Everything else should be held subservient to the need of fresh air.



A FRESH AIR ENTHUSIAST.*

*This youthful member of the Good Health family is a born lover of the outdoor life. Nothing tries his temper like having to go inside a house.

PHYSICAL CULTURE MADE EASY.—III.*

BY ALAN RUSSELL.

Exercise.

THOSE who have undeveloped muscles should lose no time before beginning to develop them. Those whose muscles are developed should keep them up to the mark by daily exercise.

It is not difficult for a man of sedentary occupation to neglect exercise. Quite easily he gets into the habit of using trains and trams here, there, and everywhere. Quite easily he becomes a dyspeptic, cold-catching, unhappy kind of individual.

The principle which applies to pure air applies also to exercise; that is, if you cannot get as much as is desirable, get as much as you can.

Walking.

Let us now talk about walking, which is for many of us the most convenient form of exercise. When circumstances make cycling, boating, cricket, and football impossible, we still have walking.

Many men and women walk far and often without seeming to obtain much benefit from it. What is the reason? It is not hard to find. Such men and women do not walk correctly. With bent backs, contracted chests, and slow steps, they move along the street.

The physical culture walker puts himself in a proper position. His chest is expanded so as to give his lungs free play. He walks quickly, with long steps.

We are often advised to walk with our shoulders well back and our chests out;

but when a pedestrian thinks of his shoulders and chest both at once, he probably finds his shoulders in a stiff, uncomfortable position. Now if he will pay attention to his chest alone, he will find that his shoulders will look after themselves, and the uncomfortable stiffness will have gone away.

A few words must be said here about rapid walking, which a city street, unless it be very crowded, does not make impossible. Of course, in such a case our

walker has to stop now and again when a block has occurred. The striving to avoid bumping into somebody, and the quick, zigzag course make up an exercise of no mean value—an exercise for both brain and body.

As the novice perseveres, holding himself in the correct position, walking as far

as he can without excessive exertion, he finds that, little by little, he is improving. What fatigued him some time ago can now be accomplished without the least fatigue.

Walking, too, whether from office to office or in the country, gives exercise to many different muscles. Going upstairs, going downstairs; walking on the flat, uphill, downhill—in each of these acts different muscles come into play.

I have no space to say anything here about country walks, about the new beauties they enable us to discover, about the new joys they add to life.

A Word of Caution.

A word of caution is needed as to indoor exercise. Many enthusiasts overdo at the



A FRUITFUL RESOLUTION.†—Resolve to take a good walk into the country at least once a week. It will give your lungs a taste of pure, fresh air, quiet the nerves, refresh the mind, and impart stamina to the system.

*Numbers I and II appeared in the March and May issues of GOOD HEALTH respectively.

† Photo by Marie Blanche.

beginning of their physical culture life, with deplorable results. Rupture and heart strain are only two of the many evils caused by over-exercise. The beginner should stop each movement as soon as it begins to slightly fatigue the muscles. No heavy work must be attempted at first.

The best plan for home exercise is to use several systems. One day do what is

known as resisting exercise. Then next take light dumb-bell movements. Exercise without apparatus on the third day. Of course, all this applies when some progress has been made; one system must be mastered before passing on to another.

Cycling, cricket, football, and indeed all the outdoor exercises, are as beneficial as they are pleasant.

SOMETHING ABOUT BUTTER.

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

As an article of diet, butter occupies a position of considerable importance. Dairy butter is considered by many to be not only useful as a food in the ordinary way, but of especial value to invalids, more particularly in some cases of dyspepsia, where the sufferers are unable to digest sugars and starches owing to attendant fermentation. Cream is often prescribed under such circumstances; but sometimes butter seems best adapted to supply the needed fat.

A Warning Note.

The object of this article is to give to all consumers of the dairy product a warning which, from the continued growth of butter "faking," now practically legalized by Act of Parliament, seems to be called for; and in as brief and simple a way as possible to indicate the present state of affairs, by which deception is possible; also to point out some safeguards.

Dairy butter—or what is usually understood by that term—is made from cream, extracted from milk, and then placed in ripening vats for some twenty-four hours, turned into revolving churning, and subjected to other processes before becoming the finished product. But a few years since, what became known as "milk-blended" butter was placed on the market as equivalent in value to the true article. It cost considerably less to produce, and owing to its being sold much cheaper than "butter," commanded an enormous sale. Whatever the intention of the makers, the

effect was to deceive the public, since by far the greater number of purchasers were quite in ignorance of the fact that "milk-blended butter" was an article deprived of nearly one-fourth of its nutritive value. The process of blending or mixing with the pure butter a quarter of its weight of milk actually meant the addition of nearly so much water—because milk is composed of some eighty-five per cent of water. Yet many people considered (and still consider) that the addition of milk enriched the butter.

In the interests of the general public—the educated equally with the uneducated, as well as its poorer portions—too much regret cannot be expressed at such a retrogressive step as the passage of the Butter and Margarine Act, that came into operation this year, for it legalizes what can only be described as a fraud upon the community.

Milk-Diluted Butter.

Milk-blended butter has become a legally saleable commodity; and house-keepers should be cognizant of the conditions under which it can be sold, for they are different from those regulating the sale of the ordinary dairy product, though of so subtle a character that, unless they are specially pointed out, the ordinary customer is likely to remain unaware of them. True, it cannot be now sold under the name, or one suggestive, of butter: but if a fancy name is used on a label affixed to a commodity possessing in every way the appearance of butter when exhibited for sale, it is scarcely feasible that the average person would for one moment question its being "butter"—using that

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

expression in its generally accepted term. Milk to the extent of twenty-four per cent (nearly one-fourth of the weight) can now be added to dairy butter to produce this article. One thing will safeguard an intelligent purchaser, in that the wrapper in which impoverished butter is sold must have printed upon it, in addition to the "fancy" name, the percentage of moisture which it contains.

Besides milk-blended butter, under whatever name sold, quantities of manipulated butter, prepared for sale by the addition of neutral fats, lard, coconut oil, caseine, or vegetable oils, and blended and worked up in such a way as to deceive analysts themselves, have been placed before the public not infrequently as the genuine article.

Where the preparation of vegetable butters is in the hands of food reformers, it is a different matter; but all must resent "faking" by unscrupulous persons whose sole aim is the deception of purchasers by the sale of an impoverished article, sometimes containing rancid materials, at the price of the counterfeited product. These butter substitutes are, generally speaking, not only more difficult of digestion, but of comparatively low value as an item of food.

"Margarine" is a butter substitute which is having an increasing sale and a widening market. Legally, for purposes of sale, it is "any article of food, whether mixed with butter or not, which resembles butter and is not milk-blended butter"; and should be retailed under similar con-

ditions as regards the wrappers as milk-blended butter, as set out above.

It is recommended by some authorities on diet as being preferable to the milk-blended preparation, because it is more nutritious, and cheaper as well. Many vegetarians, however, may be unaware of its composition. It is made of oleo-margarine (see below), milk, oil, neutral lard, and butter, carefully mixed in certain definite proportions, and then churned.

Oleo - margarine is prepared from the fat of freshly killed cattle, which is cleaned, washed, and heated, allowed to cool, and then pressed as a final item in the process. This substance is made in special factories, chiefly in the United States, though there is one at Deptford, London.

Both margarine and milk-blended butter have to be made on premises registered for the purpose and subject to official inspection.

How to Grow.

How do little flowers grow?
First a little seed to sow,
Then a little rain and dew,
Then the sunshine falling through,
Then the piercing of the glade,
Then the showing of a blade,
Then the dainty leaf unfolding,
Then the branches for the holding
Of the little cup-like blossom,
Then the flower for some loved bosom—
Thus the little flowers grow.

How do little heart-flowers grow?
Just as other blossoms do:
First the seed-thought planted in,
Then the smile and tear to win,
Then the little wish of beauty,
For the growing out of duty,
Then the budding and the holding
Of the flower of love's unfolding,
Then the giving of the blossom
For the joy of some loved bosom—
Thus the little heart-flowers grow.

FRANCES BOLTON.

Watch the Label

SOMETIMES subscribers complain that they have not been informed of the expiration of their subscription to GOOD HEALTH. A printed notification is, as a matter of fact, inclosed with the last number posted, but it may be overlooked. The best way is to watch the address label which tells you when it expires.

*It seems to us most unfortunate that the name "margarine" should be applied indiscriminately to the more than questionable compounds of lard, suet, and other cheap fats, and to the pure, wholesome nut butters which are equal in point of nutrition to the highest priced dairy butters, and can be taken by some persons who find difficulty in digesting dairy butter, owing to the fatty acids and numerous germs it contains.—EDITOR.

THE ARTIFICIAL LIFE.

A Word to Women.

BY E. E. HATCHELL.

THERE is much talk in these days about the value of the simple life, but how few women have the courage to live it! The average woman wears herself out in trying to respond to the ceaseless claims of the artificial life, but how very unnecessary it all is! If health can be well maintained on three meals a day of quite simple fare, what is the object of spending time and money on four meals, and of providing a luxurious table? If life can be quite happily spent in a simply furnished house, what is the use of crowding almost every inch of space with articles that daily consume a large proportion of the time of a domestic servant to dust? If it is possible to wear but one frock at a time, what is the sense of having two dozen in the wardrobe? With a few masterpieces of literature on the bookshelf, what do we want with endless magazines and novelettes? If we can converse with Emerson, and Shakespeare, and Socrates by the hour, what do we want with public entertainments and innumerable social functions?

Luxury Tends to Selfishness.

Said Thoreau: "Simplicity! Simplicity! Simplicity! Let your affairs be as two or three, and not a hundred or a thousand: instead of a million count half a dozen, and keep your accounts on your thumbnail." "Luxury," said Socrates, "is artificial poverty." Luxury tends to selfishness. It swamps the higher nature. In the well-known dialogue where Socrates was picturing the ideal simplicity of life, some one interrupted him with the objection that boughs to lie upon, and the home-made loaf, would not satisfy everyone. "Ah! I see," remarked Socrates, "it is not life that you are discussing, but luxurious life!"

"Life," said Spencer, "is the continual adjustment of inner relations to outer relations." Surely, then, the more complex life is made, the more difficult becomes that adjustment! It has been beautifully said that "we should so live and labour in our time that what came to us as seed

may go to the next generation as blossom, and what came to us as blossom may go to them as fruit." Agassiz declared that he had no time to waste in making money. But what lovely and precious "blossoms" he left the world! {But alas of how many of us educated women might it not be said:—

"How much we take, how little give,
Yet every life is meant
To help all lives: each one should live
For all men's betterment,"

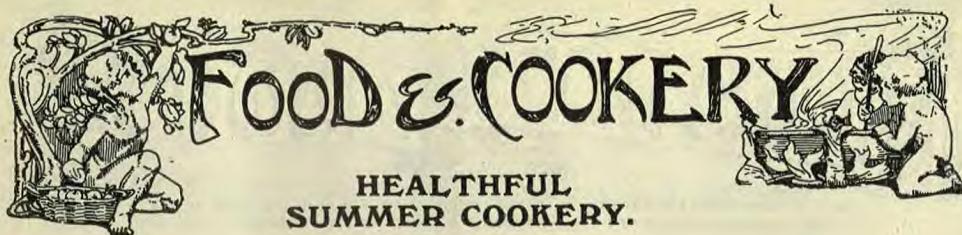
Life Is Short.

Further, the simple life is the best because life is short. It is a humiliating thought that in a life of fifty years, twenty years are spent in sleep, five in dressing and undressing, and ten in eating and drinking. That being so, the question is just this: is there time to waste on petty details and useless actions? When Lord Houghton was asked by Mrs. Lyttleton for an inscription to place over the entrance to her house, he replied: "There can be but one—'Linquenda' [temporary, that has to be left]". What a thousand pities to spend so much of our short life on things that must be left!

After all, it is only the woman who lives a life of her own that can help the lives of others. And even to those who live well, says a modern writer, there may come a clear call to live better; then merely to live well will be a sin.

"Forenoon and afternoon and night;
Forenoon and afternoon and night;
Forenoon and—what?
The empty song repeats itself. No more?
Yea, that is life; make this forenoon sublime,
This afternoon a psalm, this night a prayer,
And time is conquered and thy crown is won!"

If you wish reliable information month by month in regard to your health, ask your newsdealer to get you regularly a copy of GOOD HEALTH. Only one shilling a year. It may save you pounds in doctors' fees.



A Few Hints to Housewives.

ON a warm summer day the healthy appetite does not call for a heavy meat dinner. Vegetarianism seems to come natural at such times, and if its principles are worthily represented, and a meal at once tasteful, nutritious, and easy of digestion is produced, very often it is relished so well that no more meat meals are wanted.

A Safeguard.

A voiding meat in warm weather is a not unimportant safeguard against the diseases most prevalent at that season of the year, flesh-meats being especially liable to rapid putrefactive changes.

Return to the natural diet will also mean fewer greasy dishes, and less of the kind of offal most likely to attract flies.

Best of all, it will mean better health for the family, greater energy for work, all-round physical fitness.

We believe the GOOD HEALTH family will find the accompanying recipes, which have been kindly furnished by Mrs. L. P. Rayner, of Bristol, thoroughly helpful and suggestive.

Julienne Soup.—Make one and a half pints of stock by boiling one cupful of haricots in three pints of water. Strain. Chop two new carrots, two new turnips, and one onion, into small dice, and allow to boil in stock until tender. Salt to taste, and serve.

Egyptian Rissoles.—Soak over night one cupful of tapioca. Boil one cupful of Egyptian lentils in four cups of water with the tapioca and one onion grated. When done, turn into a basin, add a small piece of best dairy butter, a teaspoonful of sage, one cupful breadcrumbs, and one cupful grated nuts. Salt to taste. Mix well together, and shape into rolls. Cover with egg and breadcrumbs. Put into a greased tin, and bake in a moderately hot oven until brown.

Tomato Sauce.

—Put two ozs. butter into a small saucepan to melt. Cut up one half onion and allow to brown in the butter. Add three-quarters of a pint of water, half-pound tomatoes, and stew gently for about half an hour. Strain and salt to taste. Sprinkle in a little finely chopped parsley, and serve.

Potatoes a la Francaise.—Boil new potatoes in usual way. When done, strain and add a small piece of butter. Shake

the saucepan so that each potato is greased. Sprinkle with finely chopped parsley and serve at once.

Rustic Pudding.—Grate or chop half-pound apples. Add half-pound breadcrumbs, three ozs. sultanas, two ozs. sugar, two eggs well beaten, grated lemon rind, and as much water to the juice of an orange as will fill half a teacup. Beat all well together, and steam in a buttered mould for one and a half hours. Serve with sauce made by mixing equal quantities of orange juice and water. Bring to a boil, sweeten if desired, and thicken with cornflour.

Plain Dressing for the Lettuce.—Mix with the juice of a lemon an equal quantity of pure olive oil, and salt to taste. Pour over the chopped lettuce, mix with wooden spoons, and serve at once.

A Seasonable Dinner.

SOUP.

Julienne with Zwieback Cubes.

ENTREE.

Egyptian Rissoles and Tomato Sauce.

VEGETABLES.

Potatoes *a la Francaise* and
Green Peas.

SALAD.

Lettuce and Plain Dressing.

SWEETS.

Rustie Pudding and Orange Sauce.

QUESTIONS & ANSWERS

Our correspondents are requested to enclose a penny stamp with their questions, as it is often necessary to answer by post. No attention is paid to anonymous communications.

Rhubarb.—P.: “Is it unwise for persons with a gouty tendency, or those suffering from gouty eczema, to use rhubarb in any shape or form, even when well cooked?”

Ans.—Rhubarb is unwholesome in some cases. We think that persons suffering from gout or eczema would do well to avoid it.

Varicose Veins—Thin Vegetarians.—F.T. (Bradford): “1. Can varicose veins be cured without a surgical operation or loss of work? 2. Does a vegetarian diet have the tendency to make a person thin? I am naturally thin and fair, and should have more faith to try it if I could readily put on flesh.”

Ans.—1. In a very bad case an operation affords the only permanent cure. Of course such palliative measures as the use of elastic stockings or bandages are effective to an extent. Massage is also a useful measure, and in the case of varicose veins of the legs the parts should be elevated. 2. Many persons do not become vegetarians till their digestive organs have broken down as a result of the large use of meat or through other dietetic indiscretions. This fact probably accounts for most of the paleness and thinness amongst vegetarians. There is nothing in the diet itself which would bring on such a result. We are dependent on the vegetable kingdom for starches at any rate, and it is chiefly through these that flesh is put on. There is no reason why a varied dietary consisting of fruits, cereals, vegetables, nuts, and good dairy products, should not amply nourish the system. It is always best, however, to make drastic dietetic changes slowly.

To Overcome a Tendency to Colds.—F.F.F. (Forest Hill): “A tall lad of seventeen has a bad discharge from his nose, and is constantly taking cold in his head. Otherwise he is fairly healthy. What treatment do you advise? He is careful about his diet.”

Ans.—The cold morning bath should be taken in some form, and should be followed by vigorous friction until the whole body is in a glow. Ten or fifteen minutes' exercise should then be taken. He should take his food dry, avoiding greasy foods, pastries, and all things difficult of digestion. He should also eat rather lightly, taking pains to chew the food extremely well. Thirdly, he would do well to get a Globe Nebulizer, with Percussion Douche and the solutions for each, all of which are included in the Catarrh Outfit sold by the Good Health Supply Department. Use it regularly, at least twice a day. The combined attention to diet, friction baths, and the use of the Catarrh Outfit, should effect a cure.

Noises in the Ear.—J.T.: “1. I should like to know if anything can be done for noises and ringing in the ears. 2. I am sixty-four years of age. When at the age of sixteen I was dosed with calomel for rheumatic fever. Do you think the calomel is the cause of the noises?”

Ans.—1. We are not prepared to give any definite instruction without a personal interview. The hearing apparatus is a very complicated one, and if an ear specialist or properly qualified man who gives his whole time to that branch of work is not able to help you, we should consider a cure very doubtful. 2. We hardly think so.

Sciatica.—J.T.: “1. Could you give me information as to the best diet for sciatica? 2. What treatment would you recommend? 3. What is the price of the book ‘Healthy Boyhood,’ by Arthur Trewby, M.A.?”

Ans.—Generally speaking, patients suffering from sciatica ought to avoid alcohol in all forms, tobacco, tea, coffee, and also flesh foods. A generous fruitarian diet, with bread-stuffs, milk, and milk foods, as well as nuts, and vegetables conservatively cooked, furnishes ample nutrition. Take water freely in the morning and between meals. 2. Fomentations or hip packs will usually relieve the pain and also help to promote recovery. An electric light or vapour bath two or three times weekly would be excellent treatment. 3. The price of the book is 1/7½d., post free, of the Good Health Supply Department. It is an excellent work, and we are glad to recommend it.

The No-Hat Cure for Falling Hair.—J. K. (Glasgow) wishes our opinion as to the “no-hat idea.” He thinks that falling hair might be traceable to microbes, the growth of which would be stimulated to a great extent by the heat incidental to wearing a hat or cap, and that the natural cure would be fresh air.

Ans.—Abundance of fresh air is certainly necessary to a healthy condition of the scalp. There are days in summer, however, when it would be advantageous to wear some kind of a head-covering to ward off the rays of the sun, and also to protect the head from dust. There are also days in winter when most people would find some light covering an advantage. During far the greater part of the year a person could go bareheaded to advantage, and the head-covering at other times should be light and porous, a straw hat being the best thing for summer wear. The stiff, impenetrable hats which are in general use by men are both unbeautiful and unwholesome. They are probably one of the chief causes of baldness.

THE OUTDOOR LEAGUE.

WE have pleasure in giving below announcements of particulars of some of the leading branches of the Outdoor League. The organization is carried on for the purpose of spreading outdoor ideas, especially emphasizing the need of well-ventilated bedrooms and living-rooms, fresh air, and wholesome, outdoor habits in general.

Further particulars may be obtained from the General Secretary, Caterham Valley, Surrey.

The Manchester Physical Health Culture Society.

Cycle Run: Lynn, from Whitworth Park. Leader, Miss Agnes Whittaker.

Ramble: Walsden Moors and Messrs. Mapleton's, Wardle. Leave Victoria Station, No. 12 platform, at 1.35 p.m.

Swimmers are requested to note the society's swimming nights, the first and third Thursdays in each month, at the Victoria Baths, High Street, at 7 p.m. Admission 6d. Messrs. Robinson and Darnborough and Misses Whittaker and Smalley will be in frequent attendance.

Subscription 2/6 a year. Lectures—Library—Magazine—for spreading knowledge. Social Evenings—Rambles—for improving acquaintanceships. Drill Class—Rambles—Cycle Runs—Swimming—for promoting exercise.

Will you help?

Birmingham Natural Health Society.

Mr. A. J. Morris (32 Denbigh St., Bordesley Green), the secretary, has elaborate plans for a most delightful summer, and all readers of GOOD HEALTH in Birmingham who would enjoy pleasant companionship in wholesome outdoor recreation should write to him for particulars. The tennis club is now in full swing. At this writing the prospects are excellent for a very large attendance at the Whitsuntide camp. The July programme offers most tempting opportunities.

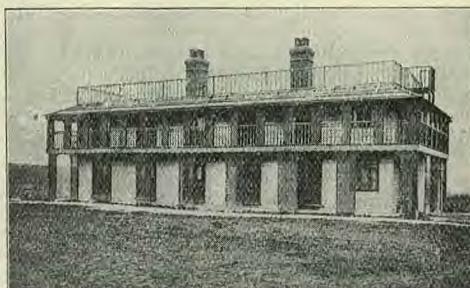
The Glasgow Health Culture Society.

This society, which has recently been received as the Glasgow branch of the Outdoor League, has a membership of over 350, which is rapidly increasing. Its summer programme can be obtained by addressing the secretary. The programme for the coming winter is also well under way, and promises to be one of exceptional interest. 120 persons took part in a recent ramble of this society. We hope the Glasgow readers of GOOD HEALTH who have not done so, and can, will join this society, and enjoy the many advantages that it offers. Further particulars may be obtained from the secretary, Mr. C. W. D. Conacher, 51 Grant Street, Glasgow.

MESSRS. GEORGE SAVAGE & SONS have favoured us with a copy of their interesting and helpful booklet, giving original recipes for a number of wholesome and palatable dishes by Mrs. J. W. Gilmour, of Belfast, and also containing descriptions of a variety of valuable health foods. This booklet is printed in green on a good quality of paper, and may be hung in a convenient place in the kitchen. Messrs. Savage & Sons make a special point of supplying an excellent quality of nuts of all kinds at reasonable terms. They also sell unpolished rice. Both these specialities come very convenient in the warm summer months, and we hope that if any of our readers are not acquainted with these foods, and do not yet have a copy of Messrs. Savage's interesting booklet, they will make good their lack very shortly.

THE editor of GOOD HEALTH had the privilege recently of visiting "Loughtonhurst" the delightful seaside home conducted by Mrs. Hutteman-Hume at West Cliff Gardens, Bournemouth. Our readers will be pleased to learn that, in addition to excellent hygienic board, this establishment now has facilities for giving electric light baths and skilled massage. "Loughtonhurst" stands on high ground near the chines and pleasure gardens, and is altogether a delightful place in which to spend a summer holiday.

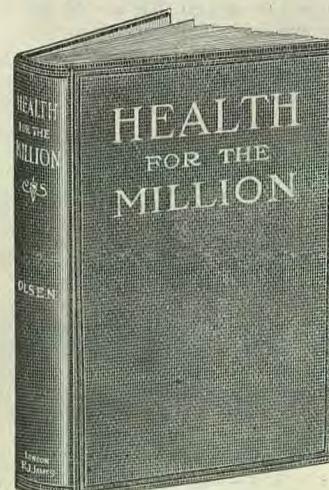
WE are happy to reproduce a photograph of the Marlborough House Health Home at Canvey-on-Sea. Quite a number of the readers of GOOD HEALTH have already availed themselves of the bracing air, good bathing facilities, and the wholesome, hygienic board offered by this home. The proprietress, Mrs. Harding, is in sympathy with the GOOD HEALTH ideas, and will, we are sure, do everything she can to make our readers comfortable.



Members of the Outdoor League will be interested to know that the grounds, which are within a hundred yards of the seashore, contain good positions and excellent facilities for campers out. The delightful verandas also afford opportunities for outdoor sleeping in case it should be desired. Particulars as to terms, which are moderate, can be obtained from the proprietress.

An ALL-ROUND HAND-BOOK

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Caterham Valley, Surrey.

In answering advertisements kindly mention "GOOD HEALTH."

A Page for Women.*

Conducted by Marie Blanche.

Beauty Culture.

PREPARE to be beautiful. Be beautiful. Thus spake an eminent authority on the art of beauty culture. Let us first consider the preliminary order, the preparation for being beautiful. But pray don't imagine that it is a process of merely external treatment! It is nothing of the kind. If we would be beautiful and fair to look upon, we must first and foremost be beautiful within. Character is undoubtedly reflected in the face; habits of life, moods, virtues, and vices all speak with no uncertain voice in the features and expression of every one of us; therefore cultivate all that is sweet and good and kind, and so lay up for yourself the foundation of an amiable expression; for you must remember that the effect of that expression is similar to the effect of sunshine upon a landscape, lighting and vitalizing it with a radiance which no artificial and external aid can ever produce.

One of the greatest beautifiers is cleanliness, both of person and dress; moreover, there cannot be health without perfect cleanliness. The really dainty woman, who has time as well as opportunity for a daily warm bath, knows well the priceless value of this regular ablution of the whole body, but many of my readers are perhaps less fortunately circumstanced, and have to hurry away from their homes to their various callings early in the morning, before any quantity of hot water is obtainable; and when their day's work is over they return to find, perhaps, no warm water left.

Now I am not going to suggest that a cold dip either morning or evening will in any sense take the place of the daily bath of warm water and soap. Emphatically I say that it cannot possibly do so. But there is a simple solution of the difficulty, and one which should be possible to the business girl wherever she lives, taking it for granted that there is, of course, a bath-room in the house.

And here I would mention incidentally that nobody should ever consent to live in a house without this provision. If landlords were shown that no tenant would rent a house or flat without a properly fitted bath-room, both they and the builders would very soon learn the lesson. If cleanliness is indeed next to godliness, then we really ought to make this a matter of morals, and stand out against a bath-room-less house.

The girl who cannot have her full warm bath may, however, with a single can of boiling water, enjoy most of the advantages of the more plentifully supplied. With a flannel or a sponge wash and soap the whole of the body with the hot water—after (need I say it?) reducing the temperature and increasing the quantity by the addition of some cold—lather thoroughly, and then sponge all over with the hot water, removing all soap. Now plunge into the bath full of cold water, splash about and dip well under the water for two or

three minutes, jump out, and take a brisk rub all over with towels.

I know a young doctor's wife who pursues this course daily, and at the conclusion of her ablutions she picks up a skipping-rope and skips for ten minutes before dressing, while her one-year-old baby sits and crows with merriment at the performance. This wise mother is an example to many of us. She declares that it is entirely owing to the skipping-rope that she retains her slim and graceful figure.

The following extract from Kohl's "Russia" gives a good idea of the importance and beneficial effect of special baths in that country:—

"The passage from the door is divided into two behind the checktaker's post, one for male, one for female guests. We first enter an open space in which a set of men are sitting in a state of nudity on benches, those who have already bathed dressing, while those who are going to undergo the process take off their clothes. Round this space, or apartment, are the doors leading to the vapour rooms. The bather is ushered into them, and finds himself in a room full of vapour, which is surrounded by a wooden platform rising in steps to near the roof of the room. The bather is made to lie down on one of the lower benches, and gradually to ascend to the higher and hotter ones

"The first sensation on entering the room amounts almost to a feeling of suffocation. After you have been subjected for some time to a temperature which may rise to 145 degrees, the transpiration reaches its full activity, and the sensation is very pleasant. The bath attendants come and flog you with birchen twigs, cover you with a lather of soap, afterwards rub it off, and then hold you over a jet of ice-cold water. The shock is great, but is followed by a pleasant feeling of great comfort and of alleviation of any rheumatic pains you may have had. In regular establishments you go after this and lie down on a bed for a time before issuing forth. But the Russians often dress in the open air, and instead of using the jet of cold water, go and roll themselves at once in the snow."

Very much the same effects can be obtained from the home use of the Gem Bath Cabinet, followed by a cool shampoo.

Answers to Correspondents.

I.C.—The Good Health Bodices are 7/- each.

ANXIOUS PETE.—Cut the child's hair short, and rub it with turpentine daily. If this does not cure the trouble, write to me again.

N.G.—Nature is a great artist, and knows best the colour that suits a face, so do not tamper with your hair. Please remember these two things—grey hairs are honourable, and dyed hair is disreputable.

C.B.—There is no absolute cure but electrolysis. Depilatories only remove temporarily, and promote an aftergrowth, therefore I cannot advise you to use them.

DORA.—Wear a combination garment of under bodice and skirt cut in one, and leave off all bands around your waist, which tend to spoil the figure.

* Correspondents should address Marie Blanche, care of GOOD HEALTH office, enclosing stamp.



CATERHAM SANITARIUM AND SURREY HILLS HYDROPATHIC.

CATERHAM, SURREY.

THE location is delightful, being about 450 feet above sea level, in the beautiful valley of Caterham, surrounded by the picturesque hills of Surrey; the air is pure and bracing, and the water excellent. 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.

Sound health of body and mind is the fruit of obedience to natural laws. Health is largely the result of physical right-doing and correct training. Experience has demonstrated that chronic invalids of all classes, many of which are considered incurable, can be trained back into health by scientific regimen combined with suitable hydriatic measures, electrotherapy, phototherapy, massage, Swedish movements, Swedish medical gymnastics, and in short, by the use of what has been aptly called Physiological Therapeutics. Incurable and offensive patients are not received. The establishment affords facilities for quiet and rest, with skilled nursing and 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."

GOOD HEALTH.

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

Editor: M. ELLSWORTH OLSEN, M.A.
Associate Editor: ALFRED B. OLSEN, M.D.

Address business communications to
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Telegraphic Address: "Hygiene, Garston, Herts."
Address editorial correspondence to the Editor, **Sunny View, Caterham Valley, Surrey**. Telegraphic address, "Hydro, Caterham Valley."

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

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

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FOR a splendid illustrated magazine, crammed with good things every month, and handling all health questions in the light of the latest investigations of science, subscribe to the American "Good Health," edited by Dr. J. H. Kellogg. Price, six shillings a year, post free. Specimen copy, 6d.

FREE water-drinking is an excellent means of keeping perfectly healthy during the summer. The water should be pure and soft, and should be taken preferably an hour before meals, the first thing in the morning, and the last thing at night. The Gem Domestic Still is an admirable appliance for furnishing a perfectly pure water supply.

READERS of **GOOD HEALTH** who live in Sheffield will be interested to know that no colouring matter of any sort is used in the various products of the Good Health Bakery, situated on Albert Road, Heeley. Excellent wholemeal bread and other wholesome and palatable products may be had at this place in a large variety. We wish the manager, Mr. Horspool, the best of success, and hope that the patronage given him may be such as to encourage him in time to make some special lines of health bakery goods.

The Simple Life at bright, breezy, bracing, Seacroft, near Skegness. Rail or post. Ideal for holidays or health. Open country. Quiet surroundings. Close to sea and golf links. Apply to Miss Broughton, Rest Cottage.

AN IDEAL FOOD BEVERAGE.

HYGIAMA.

Easy of digestion, pleasant to the taste, and perfectly adapted to the physiological needs of the body.

Excellent for invalids. A splendid substitute for tea and coffee. A natural stimulant and pick-me-up. Send for free sample, analysis, and further particulars to—

THEINHARDT'S FOOD COMPANY,
6 Catherine Court, Seething Lane, E.C.

Summer Fruits are coming in now.

They are most delicious served with Corn Flour—food and refreshment in one—Brown & Polson's handy recipe book, "Summer Dishes," gives you 20 different ways of serving their "Patent" Corn Flour with fruit.

Send a postcard with the words "Summer Dishes" and your name and address on it to Brown & Polson, Paisley, and the booklet will be sent you free by return post. Write now lest you forget.

Brown &
"Patent" Polson's
Corn Flour
is British made by
British labour.

SHEARN'S AFTERNOON TEA BISCUITS,

(10d. PER lb.; 1 lb. SAMPLE, 1/- POST FREE.)
are delicious in flavour, dainty in size and appearance,
and made of the purest materials.

Shop, Lunch, and Dine, at Shearn's.

Our Fruit Saloon and Luncheon-Rooms are the talk of London. Everything of the best. Everything moderate. **Dinners served every evening** from 6 to 7.30. Send for "A Guide to Good Things," post free if you mention "Good Health."

B. SHEARN & SON.

The Largest Health Food Stores in London.
231 & 234 Tottenham Court Rd., London, W.,
and Branches. Phone: 6555 Gerrard.

First Aid in Summer Cookery.

Every one wants light dishes in summer; but it is important that essential nutriment should not be sacrificed.

Nuts, when ground, are invaluable as supplying just that necessary element in light summer meals.

Our 52-page Booklet tells you how to use nuts in making simple, inexpensive dishes. We will with pleasure send you this useful little **FREE** together with book samples of Nut Kernels and of "Cream o' Nuts," if you will kindly mention "Good Health."

NOTE: We make a speciality of supplying finest and freshest Nut Kernels obtainable at reasonable prices, a.d. on easy carriage-paid terms.



G. SAVAGE & SONS, Nut Experts.
53 Aldersgate Street, London, E.C.

YOU ESCAPE

all danger, moral and physical, arising from the use of flesh foods, by dealing and dining at CAMP'S HEALTH FOOD STORES and RESTAURANT, 203 Borough High Street (Near London Bridge), S.E. New Price List post free.

A few comfortable bedrooms for food reform guests.

THE I. H. A. BISCUITS.

NUT ROLLS.—Made from pure wholemeal, shortened with cocoanut butter. Very crisp, and excellent with fruit. Nourishing and digestible. Just the thing when cycling and picnicing. 1 lb. pkt., 5d.

WHOLE WHEATMEAL BISCUITS.—Made from finely-ground wheatmeal, shortened with cocoanut butter. Sweetened or unsweetened. 1 lb. pkt., 5d.

OATMEAL BISCUITS.—Made with best Scotch oatmeal, combined with wheat-flour, and shortened with cocoanut butter. 1 lb. pkt., 6d.

FRUIT WAFERS.—Made from the best flour and well-cleaned fruit, shortened with cocoanut butter. 1 lb. pkt., 8d.

GRANOSE BISCUITS.—The most digestible and the most original biscuit ever made. Crisp flakes pressed together. A whole-wheat biscuit as light as a feather. In large packets, 7½d.

More Biscuits, Less Bread— Sound Body, Clear Head.

Biscuits are better than bread because the latter is fermented and, being spongy, does not encourage proper mastication. But the biscuits must be pure and free from chemicals, and all deleterious shortening substances, which most biscuits contain.

The I. H. A. Biscuits are all guaranteed absolutely pure, and free from chemicals and all other harmful elements. Ask your Health Food Stores for them.

Illustrated Price List full of interesting facts about the I. H. A. Ideal Factory and the I. H. A. Ideal Foods, free on application.

The INTERNATIONAL HEALTH ASSOCIATION, LTD., Stanborough Park, Watford, Herts.

The NEW I. H. A. BISCUITS.

RYE BISCUITS.—A new departure, made with the best rye flour, shortened with cocoanut butter. Very nutritious and wholesome. 1 lb. pkt., 5d.

BARLEY BISCUITS.—Made with pure barley flour, sweetened with malt honey. A real Health Biscuit. 1 lb. pkt., 6d.

COCOANUT BISCUITS.—Made with pure wheatmeal flour and cocoanut. Short and tasty. 1 lb. pkt., 6d.

NUT-FRUIT WAFERS.—A very nutritious biscuit, made with wheat flour, cleaned fruit, and nuts. 1 lb. pkt., 8d.

WATFORD WAFERS.—A variation of the "Fruit Wafers." The combination of fruit is different, and the resulting flavour very attractive. 1 lb. pkt., 8d.

In answering advertisements kindly mention "Good Health."

The Franco-British Exhibition.

OUR readers will be interested to know that a Restaurant where hygienic foods and temperance refreshments may be obtained is to be run in connexion with this exhibition. The running of the restaurant has been made possible through the enterprise of the manufacturers of McClinton's Soap, who have secured thirteen acres of space (or a tenth of the total area) for the erection of a typical Irish village, and have been granted a concession to carry on a restaurant. The profits of the restaurant and village are to be devoted to the propaganda of Health Reform in Ireland, where consumption is causing tremendous ravages. Over 12,000 persons die annually from the white plague, and Mr. Robert Brown, one of the principals of McClinton's who is Hon. Secretary of the Society for the Prevention of Consumption in Ulster, and a keen all-round health reformer, is carrying on a

(Concluded on page 220.)

BIRKBECK BANK

ESTABLISHED 1851.

SOUTHAMPTON BLDS., HIGH HOLBORN, W.C.

2½ per cent INTEREST

allowed on Deposit Accounts payable on Demand.

2 per cent INTEREST

allowed on Drawing Accounts with Cheque Book.

Stocks and Shares bought and sold for customers, Advances made, and all General Banking Business transacted.

ALMANACK, with full particulars, POST FREE on application. C. F. RAVENSCROFT, Secretary.

FOR FOOD REFORMERS.**MAGGI'S SPECIALITIES FOR VEGETARIANS.**

Guaranteed absolutely free from animal substance.

Maggi's Special Farinaceous Soup for Vegetarians. In Tablets, 2d. each.

Maggi's Special Tomato Soup for Vegetarians. In Tablets, 3d. each.

NOTE.—The above are packed in boxes of 12 tablets each.

Maggi's Essence—a Special Condiment for Vegetarians.

No. 0, 7d., No. 1, 1/-, No. 2, 1/6, No. 5, 9/-.

A unique preparation for giving zest and flavour to a vegetarian food.

Of all vegetarian stores and grocers.

Sole Agents:

COSENZA & CO.,
95 Wigmore Street, London, W.

SOLID COMFORT.

To wear an **Adjustable Bodice** is to have solid comfort, and at the same time ensure neatly-fitting gowns.

The Good Health
Adjustable Bodice

is the outcome of years of patient study of the problem how to combine health and comfort with style.

It gives a measure of support without exerting harmful pressure; serves all the proper uses of a corset, and offers none of the disadvantages of that very unphysiological and disease-producing garment.

For prices and further particulars apply to—

Good Health Supplies,
Caterham Valley, Surrey.

In answering advertisements kindly mention "GOOD HEALTH."

Beautiful Ilfracombe.

PAYING GUESTS

are received by Mrs. Allen in her charming home. International Health Foods on table. Readers of "Good Health" conscientiously catered for. Every comfort and attention.

Address:

33 Broad Park Avenue, Ilfracombe.

SAVOY HEALTH FOOD STORES, EXCHANGE WALK, NOTTINGHAM.

All goods guaranteed to be the purest and best, at lowest possible prices. *

FIGS AND PLUMS for cooking, 4d. per lb. *

DESSERT FIGS, 2 lb. layer (choice) for 9d. *

All popular lines of Health Food Manufactures stocked.

If you have not done so, give us a trial *

FOR DELICIOUS SANDWICHES

Try Noble's Tomato Cheese and Honey Nut.

Give us a call, or write for list to :

NOBLE'S HEALTH FOOD STORES, New Market Hall, Bradford.

Walnut Rolls. Lentil Rolls.
Unfermented Breads and Cakes.

In answering advertisements kindly mention "Good Health"

BENGER'S

Food

Assists Nature.

It is used mixed with fresh, new milk, and forms a delicate and nutritive cream which can be enjoyed and assimilated when other foods disagree. It is entirely free from the rough and indigestible particles which produce irritation in delicate stomachs.

Mothers and interested persons are requested to write for Booklet, "Benger's Food and How to Use It." This contains a "Concise Guide to the Rearing of Infants," and practical information on the care of Invalids, Convalescents, and the Aged. Post free on application to Benger's Food, Ltd., Otter Works, Manchester.

The Oldest Health Food Stores in the United Kingdom. *

C. J. Bilson & Co.,
88 Gray's Inn Road, London, W.C.

Importers of and Dealers in
Dried Fruits, Nuts, and Colonial
Produce.

NEW CALIFORNIAN DRIED APRICOTS, PEACHES, AND PEARLS.

All kinds of DATES, FIGS, etc.
Nuts of every description, Shelled, and
Nut Meals.

BILSON'S COKERNUT BUTTER, which is a splendid substitute for the ordinary Dairy Butter for cooking, is perfectly wholesome, and of a delicate flavour. 8d. per lb., carriage forward.

Sample Tin, 6d., post free.

Agents for the IDA NUT MILL, which is the best Mill ever offered for grinding all kinds of nuts, Cheese, etc. 1/6 and 3/6 each.

Agents for all health foods. Send for price list.

The Franco-British Exhibition.*(Concluded from page 218.)*

vigorous crusade on unique lines with a view to stamping out the disease.

Needless to say, the Irish Village will be one of the chief attractions of the Exhibition. Besides about a score of typical white-washed, low-roofed, thatched cottages, where lace, embroidery, home-spuns, wood-carving, soap-making and other Irish industries are carried on, the village will contain an ancient round tower, a ruined abbey, and a replica of a beautiful cross, all over a thousand years old; also the Blarney Castle and Stone, the cottage of the late President McKinley's family, a splendid Industrial Hall, and a hall where Irish songs and entertainments will be given. In the industrial hall will be sold all kinds of Irish products, and the cottages will resound with the beat of the shuttle or the whirr of the spinning-wheel while curls of blue peat-smoke will go up from the chimneys.

Season tickets admitting to the Exhibition, and all information, may be obtained on application to Mr. R. J. James, 3 & 4 London House Yard, London, E.C., or the Manager, "Ballymaclinon," Franco-British Exhibition, London, W.

FOR SLOW DIGESTION.

Persons suffering from slow digestion, fermentation, flatulence, and other similar digestive disorders, often obtain considerable relief from the use of **Antiseptic Charcoal Tablets**. These can be obtained either with or without sulphur. A sample box will be sent post free on receipt of 1/- Full-size box, 2½, post free. Address, **Good Health Supply Dept.**, Sunny View, Caterham Valley, Surrey.

GOOD HEALTH.

IXION

IDEAL HEALTH FOODS

Heal and Build the Body.

Made from English Cereals.

Best for All Ages.

Ixion Health Foods and fresh fruit make a perfect diet, satisfying and delicious. Being ready cooked, excepting **IXION Whole Wheat Flour**, they make grand emergency foods, and save the housewife much unnecessary labour. They are, of course, quite free from all chemical and other adulterants.

IXION SHORT BREAD BISCUITS.

Easy to masticate. Direct prices: 7 lb. tin, 4/-; 14 lb. tin, 7/-; 28 lb. tin, 13/-, carriage paid.

IXION WHOLE WHEAT BISCUITS.

The finest for children, making good teeth, strong bones, healthy nerves, and good digestion. 7 lb. tin, 3/3; 14 lb. tin, 5/6; 28 lb. tin, 10/-, carriage paid.

IXION INFANT FOOD.

The best food for infants over nine months. 1/- per sample tin, or 5/- per half-dozen tins, carriage paid.

IXION WHOLE WHEAT FLOUR.

Milled stone-ground. Delicious for all purposes. At Stores in 7 lb. bags, or 30 lb. bag, 4/6, carriage paid.

KORNULES.

A grand breakfast and emergency food. At Stores in 1½ lb. packets, or 3/6 per half dozen packets, carriage paid.

SAMPLES of each, with an Explanatory Booklet containing many valuable Recipes, will be sent post free for 4d. stamps if you mention "Good Health."

WRIGHT & CO., Vulcan St. Mills, LIVERPOOL.

R.Winter's Nutarian Cakes

(REGISTERED)

Are made from the highest grade fruit only, blended with nuts of choicest quality.

We are well aware that fruit and nut cakes, as they have been offered to the public in the past, lend themselves to the use of inferior fruit. We are therefore determined to

ESTABLISH A NEW STANDARD OF PURITY AND QUALITY,

and the **Nutarian Cakes**, packed as they are in delightfully attractive boxes, will be found not to belie their outside appearance. They are splendid value, but cheapness has not been our aim, the motto we have adopted for them being: "**NOT HOW CHEAP BUT HOW GOOD.**"

Here is a list of the varieties:—

| | | | |
|---|-----|--|------|
| No. 1. Banana and Nut, | 6d. | No. 8. Nut Sandwich, | 6d. |
| No. 2. Muscatel and Nut, | 6d. | No. 9. Mixed Fruit, | 5d. |
| No. 3. Prune and Nut, | 6d. | No. 10. Apple, Fig, and Nut, | 4d. |
| No. 4. Apple, Date, and Nut, | 4d. | No. 11. Almond and Fig, | 3d. |
| No. 5. Raisin, Date, and Nut, | 4d. | No. 12. Walnut and Fig, | 3d. |
| No. 6. Almond and Date, | 3d. | No. 13. Plain Fig, | 3d. |
| No. 7. Walnut and Date, | 3d. | No. 14. Plain Date, | 2½d. |

For athletes, cyclists, walkers, talkers, business men and workingmen, the lady of the house, the work-girl, or the boys and the girls, **Nutarian Cakes** are invaluable. They are always ready, no cooking or preparation required, and they are far

MORE NOURISHING THAN BEEF, EGGS, OR MILK.

Ask your storekeeper for **Nutarian Cakes**, or write for name of nearest agent to—

R. WINTER, Ltd., Pure Food Factory, Birmingham.

In answering advertisements kindly mention "Good Health."

A Seaside Home

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

Write for terms, mentioning "Good Health."

**Mrs. Huttman-Hume, Loughtonhurst,
West Cliff Gardens, Bournemouth.**

FOR valuable information regarding diet and a selection of choice recipes, get a copy of "**One Hundred Hygienic Food Recipes**," the best booklet of its kind. 2d., post free. Address, Good Health Supplies, Caterham Valley, Surrey.

"GOOD HEALTH" STORES,

19 Stroud Green Road, London, N.

Conducted by **MISS N. MUSSON.**

... AGENT FOR ...

The International Health Association's foods,
and all other health foods.

... ALSO FOR ...

Musson's Wholemeal Specialities.
ALL HEALTH MAGAZINES.

MAXWELL'S PURE FOOD STORES,

863 FOREST ROAD, WALTHAMSTOW,
LONDON, N.E.

Pure Dandelion Coffee, Dandelion Root only, roasted and ground. 1/10 per lb.
Agrees with dyspeptics.

Cooking Oils, Pure Olive Oils, Vegetable Oils.

Maxwell's Pure Vegetable Cocoanut Butter

for the breakfast-table, for pastry, and for all dishes where fat is required. As fine a flavour as any vegetable butter on the market, and second to none.

7d. per lb., if ordered with other goods.

Price List gratis. Goods value 15/- sent carriage paid within fifty miles of London. Over that distance anywhere in Great Britain, sixpence extra charged for carriage on each order for £1 or under.

Write for any of the well-advertised vegetarian foods. Usual prices for proprietary foods.

Take Your Turkish Baths at Home.

DERIVE all the benefits of Turkish bathing without any of the disadvantages or risks. When you use the Gem Turkish Bath Cabinet you may breathe the pure air of your own room, feel none of the oppression experienced in a hot chamber, run none of the risks of a disease-laden atmosphere, avoid the unwelcome energies of the professional masseur, undergo no chilling douche, and be safe from catching colds.

Take an occasional Turkish bath in the Gem Cabinet, and you will need no medicine to keep you in condition. All those stagnating system poisons which clog the pores and impede the liver, stomach, lungs, kidneys, and, in fact, every part of the body, will be cleared right out of your system in a natural way.

Hundreds of people who had to use medicine continually have been emancipated from their drug habits and restored to perfect health by the Gem Turkish Bath Cabinet. The effect of a bath of this kind is invigorating and energizing to every part of the system. It makes the muscles supple and strong, the brain becomes alert and eager for its tasks, the spirits are enlivened, and the whole feeling is one of wholesome cleanliness, comfort, and content. It is a pleasure you must experience before you can realize it.

Twenty minutes in a Gem Turkish Bath will bring out of your system a pound of clogging, disease-causing waste matter in the form of perspiration and gases. There is no weakening effect, no unpleasant feature, and no risk connected with the Gem Turkish Bath Cabinet. It is easy and inexpensive to use.

Price 30/-, complete with powerful three-burner safety stove and accessories. Strongly constructed of stout waterproof and heat-retaining fabric, it closes to an inch thickness, and is erected in a minute.

"HOW TO OBTAIN PERFECT HEALTH."

Valuable advice and information for all who are not well are contained in our new book, title as above. It is not a catalogue but a book of real use and helpful guidance to those who suffer from—

**INDIGESTION,
SLUGGISH LIVER,
LUNG TROUBLES,**

**RHEUMATISM,
GOUT, ETC.,
BACKACHE,**

**KIDNEY TROUBLES,
NERVOUS DEBILITY,
MENTAL DEPRESSION.**

Write for a free copy of this valuable book to-day. With it will be sent full particulars of the Gem Turkish Bath Cabinet.

Gem Supplies Co., Ltd., Dept. G.H., 22 Peartree St., Goswell Rd., London, E.C.

In answering advertisements kindly mention "Good Health."

THE OUTDOOR LEAGUE.

THE Outdoor League has been organized to bring lovers of the open air in touch with one another. There are branches and quite a number of isolated members. The following is a partial list of the honorary secretaries:—

North London: Mr. H. J. Stone, Avondale, Fallow Court Avenue, N. Finchley.
 Gillingham: Mr. Stanley Andrews, 49 College Avenue, Gillingham, Kent.
 Croydon: Miss Elsie Cole, 69 Leslie Grove, Croydon.
 Sunderland: Mr. E. H. Walker, 35 Dinsdale Avenue, Roker, Sunderland.
 Birmingham: Mr. J. A. Morris, 82 Denbigh St., Bordesleigh Green, Birmingham.
 Manchester: Mr. H. Julius Lunt, 27 Brazennose St., Manchester.
 Bradford: Mr. Rennie Foster, 7 The Exchange, Bank Street, Bradford.
 Glasgow: Mr. C. W. D. Conacher, 51 Grant Street.
 Southsea: Mr. Sydney H. Vincent, 53 Middle Street.

Full particulars of the Club may be had by addressing the general secretary, Sunny View, Caterham Valley, Surrey.

WE are glad to learn from Mr. H. H. Halstead, The Health Food Stores, Exchange Walk, Nottingham, that the friends of the health principles in Nottingham are holding a preliminary meeting on the fourth of July, with a view to organizing a society in that town. We wish this enterprise every success. There ought to be a live health society in every city in the kingdom. Interested persons will do well to correspond with Mr. Halstead and get further particulars. The organization will have our heartiest co-operation.

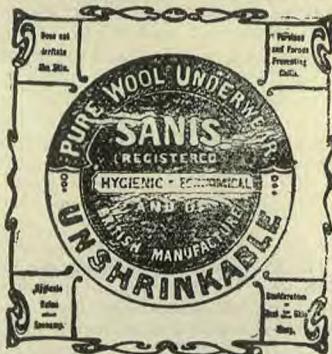
“Sanis” Underwear.

[REGISTERED.]

The Perfectly Healthful Underwear.

Protective against chills.

Remember prevention is better than cure.



The fabric is of the purest fine Colonial Wool, Porous, Pervious, and non-conductive of heat, allowing the noxious vapours to escape from the skin. It gives a sense of **SAFETY** and **COMFORT** during and after violent perspiration. Unshrinkable. Descriptive pamphlet sent free on application to

G.H., THE MANAGER,
 79 & 81 Fortress Road, London, N.W.

BAX'S HEALTH FOOD STORES.

**The House for
 CHOICE CEREALS,
 SHELL NUTS,
 Vegetable BUTTERS,
 BRITISH & COLONIAL
 PRODUCE.**

Free deliveries to all parts of London daily. Special rates for country customers.

72-PAGE PRICE LIST FREE.

Only address:

FREDK. BAX & SON,
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