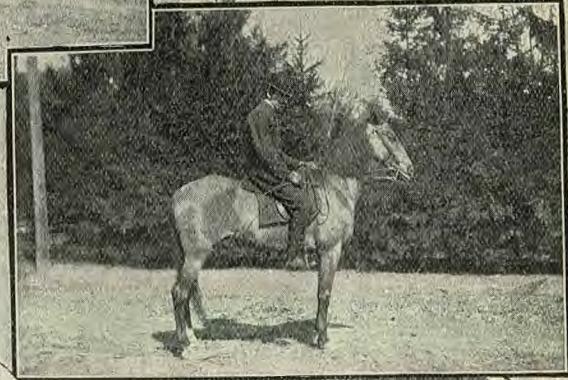


*Right and
Wrong
Ways*



*Off
Doing
Things*



Good Health

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

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NO. 5.

Editorial Chat.

Straighten Up and Be Well.

LANGUID, drooping postures, such as sedentary workers often fall into unconsciously, have a powerful effect for harm upon the vital economy. The man who habitually stoops cramps his lungs, thus interfering seriously with the proper aeration of the blood. But the evil does not stop here. The stomach and other abdominal organs also suffer, not only from lack of tone as a result of shallow breathing, but also from abnormal relaxation of the muscles which assist in holding them in their proper positions. When the body is held erect and vigorous, the stomach can do its work far more easily than when the position is cramped and stooping. Dyspeptics will find the cultivation of correct attitudes in sitting, walking, riding, and in every form of work or recreation, a great help in the recovery of health. Invalids and semi-invalids, and persons who are simply run down in health, should make a business of cultivating upright positions, and so also should all healthy persons if they wish to remain so. Cramped positions are without doubt among the predisposing causes of consumption.

A Corrective Exercise.

ONE of the best exercises to square the shoulders and bring the chest forward into its proper place may be taken as follows: Standing erect, with the weight resting on the balls of the feet, raise the arms shoulder high, and make circles with the tips of the fingers, using each arm as a radius, the movement being from the shoulders. Done vigorously in a well-ventilated room, this exercise will be found delightful.

The Ubiquitous Germ.

OUR knowledge of germs in the causation of disease has vastly increased in recent times, and the fact that the tuberculosis bacilli, owing chiefly no doubt to indiscriminate spitting, are practically ubiquitous, and that numerous other disease germs are, so to speak, prowling about, seeking whom they may devour, would prove extremely disquieting, did we not know that in the great majority of cases these germs are not present in such numbers and virulence as to obtain foothold in a healthy body. But let the system once become run down, and how quickly they begin their deadly work!

* * *

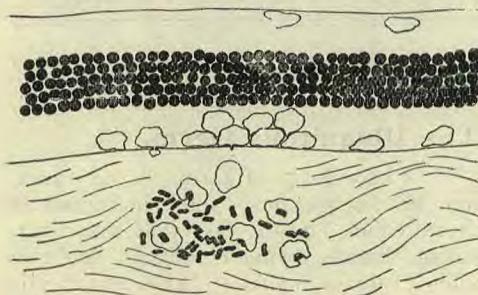
" Fighting Trim."

WHEN the body is in "fighting trim," that is, in a state of abounding health and energy, with the blood pure, and all the vital organs working well and harmoniously, its natural secretions are antagonistic to disease germs; moreover, the white blood cells form a valiant army of defence against all such intruders, attacking them one by one, and destroying them or being themselves overcome. The question how to avoid disease resolves itself, then, into the cultivation of those wholesome, natural habits which make for the highest vigour of mind and body. In other words, sedentary habits, late hours, and fashionable dissipation, the indulgence in alcohol, tobacco, and other narcotics, and indiscretions in diet, are to be strictly avoided by sensible men and women, not only on account of their immediate harmful effects, but because they undermine the natural

defences of the body, and thus predispose to disease.

The Real Battle of Life.

WE are sometimes told that it is necessary to be proficient in boxing as a means of self-defence; but while systematic muscle-training has real advantages on the



WHITE BLOOD CELLS COMBATING GERMS. (Highly magnified).
[The blood cells are the large white bodies, the germs the smaller dark bodies, some of which the former have completely enveloped.]

score of health, it is well to remember that for the overwhelming majority of civilized men, the real battle of life is not fought with footpads, nor in the prize-ring, but with those invisible yet powerful foes we call germs, whose attacks must be met, not by enormously developed muscles, but by the body's natural defences, in the form of rich, pure blood, and a healthy condition of all the myriads of living cells which go to make up the body. So while it may be advisable in some cases to cultivate brawn, it is necessary for all to cultivate health and vital resistance, and this is best done by bringing every habit into conformity with natural law.

The Licensing Bill.

GOOD HEALTH aims to keep clear of politics, but we believe we voice the sentiments of readers of widely differing views on other matters when we express an earnest hope that the Licensing Bill, possibly with a few slight modifications, may pass into law in the present session of Parliament. It appeals to us as a courageous attempt to deal with a great and in some ways growing evil. In this connexion it is a pleasure to acknowledge that the splendid work of the National

Temperance League and other valuable organizations has done much to awaken public sentiment and thus prepare the way for needful legislation.

Juvenile Smoking.

ANOTHER piece of proposed legislation that greatly interests us is the Children's Bill, especially Part III, which deals with juvenile smoking. We could wish the age limit had been placed at eighteen instead of sixteen years, but this might have aroused unnecessary opposition. Certainly the new Bill will protect children of tender years against an enslaving and health-destroying practice. The faithful workers in the British Anti-Tobacco League and Lads Anti-Smoking Union should be encouraged by this recognition of the harmfulness of juvenile smoking to put forth even greater efforts to warn the boys and youth against narcotics.

Sanitarium Summer School.

THE Caterham Sanitarium is receiving quite a number of inquiries in reference to its Summer School, which has every prospect of being a thorough-going success. The terms for tuition, board, and room have been fixed at the exceedingly low price of one guinea per week. Following are some of the subjects to be taken up:—

Swedish Gymnastics.

Scientific Cookery.

Principles of Healthful Dress.

Simple Water Treatments.

Salt Glows, Mitten Frictions, Oil Rubs.

Physiology and Anatomy.

Bible Hygiene.

First Aid to the Injured.

The delightful scenery of Caterham Valley is in itself a great attraction, and the studies pursued at the School will not interfere with plenty of time for wholesome outdoor recreation. As the accommodations are likely to be limited, those who wish to avail themselves of this opportunity will do well to make arrangements early. The School begins July 2nd, and will last four weeks.

For syllabus of instruction and further particulars, address The Secretary, Sanitarium, Caterham Valley, Surrey.

THE Glasgow Health Culture Society announce the following lectures:—

May 6th: "Cycle Camping," Mr. Robert Gracie.

May 20th: "Home Gymnastics," Mr. V. E. Gooderson.

The lectures are given at 25 Bath Street. For further particulars address the honorary secretary, 51 Grant Street.

THE GOSPEL OF THE OPEN WINDOW.

BY M. ELLSWORTH OLSEN.

MODERN houses are to the fresh air enthusiast very unsatisfactory. They remind him of the proverbial whitened sepulchres—fair to look upon from without, but within reeking with stale, foul air, and harbouring flourishing colonies of germs. Their one redeeming feature consists in their windows, which should afford free access to light and air, but are often prevented by heavy shades from doing the former, and are seldom allowed to exercise the latter function. They are windows in name rather than in fact—very many of them have never been opened since they were first put in.

Why are people who are otherwise scrupulously cleanly so very indifferent to foul air? Probably because the noxious impurities that our bodies throw off through the breath cannot be seen; but the sense of smell should come to the rescue. The stale, used-up air and musty odours of a great many living-rooms are the best evidences that they are reeking with germs and organic wastes, and call loudly for a thorough going cleansing. The bedrooms, with tightly closed windows, are even worse. The atmosphere of a morning is nothing less than pestilential. If men were not extraordinarily tough animals, they could not long survive the drain upon the vital energies involved in spending night after night in such unhealthy quarters.

We talk of unfavourable climates; but an eminent physician rightly said that the most deadly climate he knew was that of the shut-in bedroom. There can be no doubt that very much of the weakness, the "tired feeling," the sense of incapacity for exertion, from which so many suffer in these strenuous days, is due to the lack of fresh air. We turn away from nature's supreme tonic, shut it out from our houses as if it were a deadly enemy, and then rush to the chemist for bitters and pills. Could anything be more irrational?

Air is a food. We are agitating for a pure food supply, and yet we are deliberately day by day tainting the food that passes into our lungs. Nature offers us an abundant supply absolutely free, but

we are very niggardly in our use of it. We try to make a little go a very long way—in fact we show preference for stale, vitiated air as over against that which is fresh and pure. Else why do our houses present such a bouquet of unlovely odours—old decaying furniture, musty carpets and curtains, and hints of the kitchen and scullery? We seem to treasure these old scraps as if they were most precious.

How irrational it would seem if we chose our food in a similar fashion! Suppose a hungry man were to turn away from a well-set table containing a bountiful supply of pure, wholesome, delicious food, and, going out into the back yard, try to satisfy his hunger with the stale fragments he might be able to fish out of the dust-bin. Could we regard such a man as anything but a lunatic? And yet, wherein does such a course differ materially from that of a person who expressly shuts out the pure, invigorating air that nature offers in such abundance, and insists on feeding his lungs with the stale, foul air of the shut-in bedroom?

Sometimes people say they close the windows to keep out the dust. This is to strain at a gnat and swallow a camel. The air which comes from our lungs contains filth of a far more dangerous character than dust. In fact these poisons thrown off in the breath are even more deadly than the grosser wastes that we are so careful to carry off by our system of drains. To put the plain, unvarnished truth in other words, it would be less unwholesome to sleep in a well-kept stable than in a close, stuffy bedroom.

Ventilation, rightly considered, is a system of sewage for carrying away the foul products excreted through the breath, and it is exceedingly uncleanly as well as inimical to health to work or sleep or take recreation in an unventilated room.

It is only fair to say in closing that many people are awaking to the importance of fresh air. The ex-consumptives are doing a good deal in this direction. Still there is a vast amount of ignorance and apathy, which our readers should do their utmost to dissipate.

THE HOME TREATMENT OF CONSUMPTION OF THE LUNGS.

BY ALFRED B. OLSEN, M.D.

FOR a long time consumption has been on the increase, but it is encouraging to note that within recent years there has been, for the United Kingdom taken as a whole, a definite though slight diminution in the annual death-rate from this terrible scourge. There is every reason to believe that this falling off in the death-rate is due to better sanitation, both public and private, and to better personal hygiene.

Nature of the Disease.

It is always important to recognize the fact that consumption is emphatically an infectious disease. The sputum of a victim of phthisis contains virulent germs and these germs remain alive and virulent even in the dry state for weeks, and even months, under favourable conditions. Persons coming in contact with these germs, and breathing them into the lungs, or taking them into the system with food or drink, are liable to the disease. Consumption may invade any organ or tissue of the body, but it is our purpose, in this article, to deal with that form of the disease which fastens itself upon the lungs.

Consumptive Sanatoria.

Whenever possible, those suffering from consumption ought to go to some well-regulated sanatorium, where they can receive the outdoor treatment. Fresh air is pre-eminently the best medicine in pulmonary consumption. It is a good thing to sleep out-of-doors, even in the winter, providing that the patient is protected from extremes of weather. Modern consumptive sanatoria

now have sleeping-verandahs which are utilized for this purpose. In such an institution patients can obtain not only fresh air treatment, but also suitable and wholesome food, as well as medical supervision and the necessary nursing.

Home Treatment.

Unfortunately, however, the majority of people do not have access to consumptive sanatoria, and must get on as best they can in their own homes. Abundance of pure air is the first essential.

The living-rooms should be light and airy, with ample opportunities for ventilation. Dust of any kind is not only annoying, but is most pernicious in its action upon the weakened lung tissues. Upholstered furniture, that gathers dust which is thrown into



THE COLD MITTEN FRICTION.*

the air whenever used, is not suitable for the consumptive's home. Heavy draperies before the windows are also undesirable, because they, too, become filled with dust.

It is an important matter to see that the rooms are ventilated both day and night; and as in the vast majority of cases window ventilation is the only means available, one or more windows should be open. The best arrangement is to have the windows open at the top and also at the bottom for a few inches, thus affording an inlet for the fresh air as well as an outlet for the foul. A grate-fire always improves the ventilation of a room. It is a mistake to fear the cold. Of course, draughts are not desirable, but fresh air is an absolute necessity. It may

*Full instructions for giving this and a large variety of other natural tonic treatments are given in "The School of Health," to be obtained from this Office.

be necessary to dress warmly and to have plenty of covering on the bed at night, but there is no objection to this.

Various hydropathic treatments, among them the cold mitten friction, are helpful in improving the activity of the skin, and as general tonics.

Cleanliness.

The strictest cleanliness in every particular is necessary. The dishes of consumptives should not only be washed with soap and warm water, but should be thoroughly scalded before drying. This simple consideration is of great importance. The consumptive should always have his own individual towels and bedding. It is very undesirable for a healthy person to sleep with a consumptive, particularly so in the case of children. The consumptive should have his own private bedroom, this being the minimum amount of isolation that is safe in the average home. A convenient portable spittoon or similar convenience for the expectoration, should always be provided, and this should contain some disinfecting fluid that will destroy the germs. Sanitas, Condyl's Fluid, or some similar disinfectant would be satisfactory.

If handkerchiefs are used by the patient, they should be placed in disinfecting fluid as soon as possible, and the expectoration should not be allowed to dry on them. It is a bad habit to keep a handkerchief that is used for expectoration under a pillow, or in the pocket. It would be far better to use the cheap Japanese paper handkerchiefs, and then to burn them after they have been used.



Some authorities favour a collection of cottages in preference to a single large building for the treatment of consumptives. This cottage was designed by Samuel G. Dixon, Health Commissioner for the State of New York, and we reproduce it here by the kind permission of the "Journal of the Outdoor Life." The cottage is built of wood, is 27 x 24 feet, and accommodates two persons in each of the four equal rooms into which it is divided. There is a central entry 4 ft. 8 in. in width, enlarged in the centre by cutting off the corners of the rooms, for heating and lavatory purposes. Dampness is provided against.

ples, pears, bananas, and grapes are not only wholesome but attractive, and have a purifying influence upon the blood. Stewed fruits, such as figs, prunes, sultanas, etc., are also desirable. Cream is a most valuable food, and should be taken freely; also eggs, raw and cooked. Nuts of various kinds, when thoroughly masticated, afford a valuable source of proteids and fats. Nut foods may also be recommended, as well as breads, and cereals in the form of porridges, gruels, etc. There is no objection to potatoes, greens, and other vegetables. The diet should be varied; as a rule three meals a day are sufficient. It is a mistake to

Bathing.

Patients suffering from consumption should make it a point to have a warm or tepid bath daily, which may be followed by a cold wet towel rub. This mild tonic has a stimulating effect upon the chest organs, and is especially useful in the early stages of the disease.

Rest and Sleep.

The consumptive should make it a point to rest an hour or more during the daytime. Patients should get as much sleep as possible—not less than eight hours, and, better still, nine or ten. Rest and sleep are most useful in promoting the healing processes of the body.

Diet.

Many patients have fairly good digestion, and can take ordinary food. For such it is not necessary to resort to any special diet otherwise than providing a liberal supply of pure, wholesome, and easily digestible food. It is a good thing to use fruit freely.

Oranges, ap-

cram consumptives with food. Taking too large a supply of food will impair the digestive organs and cause serious mischief. Under ordinary conditions, it is not necessary to resort to a sloppy diet.

Exercise.

The consumptive needs physical training, but must avoid strain and overdoing. Perhaps the most perfect exercise for consumptives is walking, as the speed and the distance are easily regulated. Moderate hill-climbing should not be dangerous in most cases, but such exercise ought to be subject to the advice of a physician. Easy cycling and perhaps rowing would be suitable for many patients suffering from incipient tuberculosis, also outdoor games, as croquet, tennis, and golf.

Some Suggestions.

It is very important to keep the feet warm and dry, consequently, consumptives ought to have boots with water-tight soles or use cloth over-shoes fitted with rubber bottoms. The consumptive should avoid colds and all forms of catarrh : he is more easily susceptible than the average person, and consequently has to take special precautions and dress according to the weather. If he gets into a perspiration he ought never to rest in a cold place or in a draught, for the result might be most serious.

He should lead a quiet, temperate life. In many cases he will be obliged to go on with his labour, and often there is little objection, if any, to this, providing the work is not decidedly unsuitable. If it is of a sedentary nature, and requires sitting quietly in a close, foul business office for many hours during the day, it will have to be given up. Such conditions would be almost certain to bring about a fatal issue of the disease.

Word of Hope.

It is well recognized that consumption is *not* an incurable disease. Indeed, there is every evidence to believe that a large number of consumptives are permanently cured every year. So a consumptive must not give up hope, but should endeavour to follow the hints given above, and to lead a quiet, wholesome, out-of-door life to cultivate health. Fortunately, the most efficacious medicine is within reach of almost every one; that is, fresh air. There is nothing like it for the consumptive, and even the foggy, outdoor, night air is far more wholesome than the close, foul air of an ill-ventilated sitting-room or bedchamber. Fresh air, plenty of wholesome food, moderate exercise, and the out-of-door life —these are the measures for the treatment and cure of consumptives.

CAMPING OUT FOR PLEASURE AND HEALTH.

BY THE REV. PIERCE BUTLER.*

ONE of the strange things in life is that men and women in this hurrying, bustling age of competition lose many of the simple pleasures which lie well within their reach, simply because they are ignorant of their very existence. To carry on the strenuous fight which, alas, is necessary to the lives of so many, relaxation of some sort is an absolute necessity ; and instead of dipping into those artificial pleasures which, after all, benefit neither mind nor body to any extent, why not make use of nature and natural life ?

How few realize the health and genuine fun to be obtained by "camping out," a form of economical holiday-making which

* "Purbeck Pilgrim." Hunting correspondent S. Dorset Hounds.

really lies within the reach of almost every one. The writer has for years spent a portion of the summer in this way, and his practical camp life experience comprises all varieties, from a single bell tent shared with one companion to a camp, consisting of a caravan, a twenty-by-twelve dining-marquee, six sleeping-tents, a party of twelve, and two servants to look after the cooking arrangements.

Now a word first as to requisites. An army bell tent can be bought from any of the second-hand dealers in such things for from twenty-five to thirty shillings. A couple of waterproof sheets, costing a shilling each, to put under your mattress (take my advice, and use the latter if you want any comfort, for the ground is always

hard and uneven), three blankets, a pillow, and a rug—these will supply your sleeping quarters. Then take a change of clothes, for fear of wet, and a large, canvas bag, such as sailors use, into which to put everything. Of cooking utensils, cutlery, and ware, do not take more than you can help. It is well to include a few tinned fruits and other wholesome eatables, in case you should run short of fresh provisions.

Two most important points for campers out are these: first, be near a farm where you can get eggs, milk, and butter; second, be near good, fresh water. You never fully realize the importance of the latter until you find it out for yourself, *by wanting it*. Our encampment last summer was a little lonely bay on the Dorset coast, surrounded by the splendid Purbeck Hills. Right alongside our camp, trickling into the sea, was a delicious, sparkling stream of perfectly pure water, bubbling out of the chalk hill close by, supplying any quantity of drinking and washing water. The sea breezes breathed health-giving ozone into our lungs day and night. To get our morning dip we had only to cover a few yards before we were in the sea; then back to our breakfast with such an appetite. We had the hills round us to ramble over, with birds, butterflies, flowers, and every imaginable object dear to the naturalist's heart; and the shore, where the youngsters could paddle and dig whilst

their elders lolled the summer days away. A good cold lunch was enjoyed at 1 p.m., then, perhaps, another swim and an easy afternoon; later a good, strong constitutional over the hills, back to supper and harmony in the starlight, turning in to the strains generally of our camp song, "Marching through Georgia"—then dreamless slumber, with none to disturb.

Our camp included a caravan, six sleeping-tents, and a cooking-tent (in case of wet weather), but the same general programme could be carried out in the smallest camp. Each day is not only enjoyable, but adds to one's stock of health and strength. Curiously enough, although I have experienced the worst of weather, and more than once by my own carelessness have had my tent about my ears and been soaked through and through, never have I caught the least cold in this fresh air life.



THERE is nothing like a cheery companion to shorten a toilsome journey.

The consumptive is headed for the sometimes far-off country of Health: and no doubt he could do with some wholesome entertainment on the way. The monthly issues of the **Journal of the Outdoor Life** will provide it in abundance, and withal much valuable information relating to the proper treatment of the disease. We are indebted to this excellent journal for several features of this number, and find it one of the most valuable of our exchanges. It is beautifully printed and well illustrated. The subscription price, post free, is, we believe, six shillings. Address the publishers at Trudeau, New York.

Facts about Consumption.

CONSUMPTION is the greatest enemy of the race, causing more deaths than all other communicable diseases combined, if we except pneumonia.

Advertised cures for consumption are not to be relied upon. Medicine should never be taken except under the direct advice of a physician.

The approved treatment of consumption consists in the main of abundance of pure air night and day, a liberal diet, composed of wholesome, easily-digested, and nourishing food, and properly regulated rest and exercise.

Consumption itself may not be inherited, though it is possible to inherit a tendency to this disease, often in the form of a flat chest and low general vitality.

The immediate cause of consumption is a germ which is present in the sputum, and usually finds its way into the human system by inhalation of polluted air, by introducing into the mouth articles used by the consumptive, or by using the flesh of diseased animals or milk which has been infected.

The intelligent, conscientious consumptive may mingle freely amongst his friends without subjecting them to the least danger, providing he carries out strictly his physician's instructions regarding the disposal of the sputum. Records extending over fifty years fail to show that a healthy physician or attendant has ever contracted the disease in a tuberculosis sanatorium.

THE PLAY SPIRIT IN RELATION TO PHYSICAL CULTURE.

BY WILLIAM M. SCOTT.

WITH the growing attention that is being given to gymnastics and physical culture, there is a marked tendency towards making what ought to be relaxation and recreation earnest, hard, even strenuous work.

The writer will never forget a visit he paid to a certain physical culture school in London.

As is the case with most of these schools in the city, it was underground. In the first room into which we were taken, after descending a flight of

carpeted stairs, we found a class of a dozen or more men, of ages ranging from twenty to fifty, all hard at work with rubber wall exercisers. We were struck with the expression on the different faces; some of them were pale and drawn, whilst others were purple, and beads of perspiration were standing out on their foreheads; but not a smile could be seen on one of them. In the next room another class were doing dumb-bell work in unison to the count of the instructor, and again there was the same grim determination on their faces, as if they had to build muscle at any cost. In a third room we found another class. This time the work was even more strenuous, for their aim was to be able to raise heavy dumb-bells and bar-bells to arm's length above their heads. The set, determined

look on some of their faces was really painful to behold.

We were then taken into the bath-room, where several were panting and drying themselves after a plunge or shower bath.

One would have expected a little laughing or frolic here, but we were disappointed — the city clerk, or member of the Stock Exchange, or aspirant to the army, was "taking his course" of physical culture.

When we were out in the open air again, such questions as the following presented themselves:

Can such a system as this claim

to be a rational way of cultivating health? If the aim was to build muscle, this was certainly accomplished in many of those men, as was evidenced by the huge pads of muscle on their arms, chests, and backs. But what about increase of vitality, greater resistance to



FIG. 1.



FIG. 2.

disease, and relaxation from mental strain, which ought to be the objects aimed at in rational, healthful gymnastics?

Good health and good spirits are what we wish our readers to have. This desirable condition can best be acquired by light, free exercises and pleasant associations, such as can be had to best advantage in company with kindred spirits at football, cricket, tennis, hockey, and golf; or, to a somewhat lesser degree, by cultivating

the "play spirit" in some such "system" as we have been endeavouring to place before you from month to month in this department.

Now that winter is past, greater benefit and pleasure can be had by taking our exercises out of-doors in the sunshine and fresh air. The complex or combined movements lend themselves better to the cultivation of the "play spirit" than do the simple or single movements, and our readers will have noticed that it has been our endeavour to introduce and illustrate these more particularly in our articles. It is a very good plan to try to associate the exercises with some evolution in a game, or in hay-making, harvesting, etc. Try taking the exercises illustrated in the December number with the aim of getting as much pleasure and relaxation out of them as possible. Do the same with other exercises, and with the one illustrated herewith. If there is a chance of your being seen by anyone, show by your cheerful countenance that your exercise is a real pleasure to you, not a bitter pill that has to be swallowed day by day for health's sake.

The exercise that we are giving you this month has been a source of great pleasure and profit at the daily drills in our Sanitarium gymnasiums, and likewise to a few of the more enthusiastic when out for a ramble in the country lanes. The effects of the brisk walk and deepened respiration would so raise their spirits that they felt they wanted to exercise their

arms as well as their legs, and this exercise, they found, answered the purpose well. Even when out alone for an evening's constitutional, the writer has taken it with such vim and vigour as to cause surprise and possibly amusement to the people he might come upon unawares. It is excellent for giving grace and suppleness to the whole body, increasing chest capacity, and adding to one's store of vitality. It can be taken lightly and with ease, or with vigour and strength, to suit the physical condition or aspirations of the individual.

Exercise Described.

Lean forward, with the body well poised, chest raised, the weight being borne well upon the balls of the feet; now simultaneously carry the arms upward to a level with the chin, and step briskly forward with the left leg (1); carry the arms upward and overhead as the right leg is swung forward (2); then turn the palms outward and upward as the arms are brought downward to a level with the shoulders, the left leg coming forward (3); and downward and slightly backward, the palms of the hands still



FIG. 3.

turned outwards, as the right leg swings forward. All the four evolutions ought to be carried out without stiffness or jerk, and may be repeated as often as desired, and then varied by starting off with the right leg. If taken in a room, or where space is limited, the movements can be taken in succession, and may be kept up by going around in a circle.

HINTS ON REST AND EXERCISE.*

For Invalids in General, and for Those Suffering from Lung Trouble in Particular.

WE have gained the impression that rest is enervating. So it may be when taken indoors by healthy people, but a long, enforced rest may be taken out-of-doors by a tuberculosis invalid, with a constantly improving condition of health. The whole body is stimulated and invigorated, and the digestive and other functions have increased power. Lack of exercise in the acute stages has, so far as has been determined, no bad effect whatever, while the greatest harm may be done by over-exertion.

Sitting in a reclining chair out-of-doors is what patients generally mean by the phrase "taking the cure." A chair which supports the feet on a level with the rest of the body, and which has an adjustable back, is very convenient. The "cure" may be taken in a horizontal or sitting posture.

The horizontal position should be preferred when there is any fever. It might be thought that many patients would find the long rest very monotonous and even fatiguing in itself, but it need not be so at all. Even when one cannot read, pleasant conversation, the most delightful of recreations, is often to be enjoyed. When one is alone, there are the birds and the clouds, whose closer acquaintance may be cultivated. An occasional nap is most refreshing, and helps to pass the time.

While taking the cure in the sitting position, no one need have a dull time. Those who have neglected opportunities for becoming familiar with the interesting events of history and the masterpieces of

art and literature, may take advantage of this time to make good their losses. Telegraphy and other useful arts may be learned out-of-doors.

Walking is par excellence the exercise most suitable for the convalescent. After the rest cure, or, as the German calls it, the "Liegekur," has been faithfully carried out for a time, and the active symptoms of the disease, among them the fever, rapid pulse, shortness of breath, and weakness, have disappeared, there comes a time when exercise is not only permissible but very necessary if one is to return to the

real work of the world. The heart needs strengthening. The gain in weight, consisting largely of fatty tissue, which would readily be lost, must be made more permanent by conversion into better tissue.

Beginning with short walks on a level for not

more than fifteen minutes a day, the allowance may be gradually increased until half an hour or an hour of walking produces no bad symptoms. Then very moderate ascents may be attempted, always planned so that the return shall be downhill. Two short walks with rest between are better than one long one without interruption. Brehmer's rule should be always kept in mind: a normal person rests when he is tired, the tuberculous person should rest so as not to become tired. We hear people say sometimes that they sleep better when they have become tired out. The reverse is true in tuberculosis, and one should avoid getting tired by resting before work as well as afterward. Even those who are taking considerable exercise should plan to rest



*Some extracts from an editorial in the "Journal of the Outdoor Life," for February.

for at least half an hour before each of the two principal meals of the day. The effects of over-exertion may not appear for several days.

The following rules for exercise are in use in several sanatoria. If they are followed, an allowance of two or three hours or more of walking may be gradually reached in suitable cases, and with benefit to the patient.

Rules for Exercise.

[Exercise means walking. Special permission must be obtained before indulging in other forms of exercise.]

None for one week, then ask about it.

None if feverish.

None if blood in sputum.

None if loss of weight.

None if fast pulse.

Never get out of breath.

Never get tired.

Never run.

Never lift heavy weights.

No mountain-climbing.

Go slow.

Exercise regularly and systematically, whether rain or shine.

Walk up-hill at start, so as to come down-hill on return.

Remember always that you will have to return.

Even after returning from a sanatorium

it is folly to attempt to manage one's case without competent medical supervision. Your doctor's instructions should be carried out to the letter. Although you are feeling perfectly well, it will be unwise to

attempt exercise of which he does not approve. A single disobedience or indiscretion may result in a return of symptoms, and render necessary months of additional treatment. It will not do to listen to the advice of well-meaning friends. The widespread popular error in regard to tuberculosis consists in urging the patient to take too much exercise. The prevalent idea is that they ought to "rough it" under any and all circumstances, and this is responsible for many untimely deaths. The only way to avoid such pitfalls is to put oneself under the direction of an experienced and careful physician.

"Don't be impatient to get well, it will only retard you; nothing worth having comes quickly or easily. Regaining one's health is a long process, but it need not be a tedious one. We should remember the words of good old Isaac Walton, who said: "The purpose of a journey is not only to arrive at the goal, but also to find enjoyment by the way."

What I Found in the Garden.



I WENT digging for a treasure,
For I longed for mystic wealth;
That which gives that sense of pleasure
Wrought alone by glow of health.
"Back to Nature," said the clever,
So I burrowed in the ground
Like a miner, and did ever
He find richer than I found?

First I found the sunshine golden
Crowning me with benefit,
Round and round in soft webs fo' den
And no doctor's bill for it.
Then there was the clear, glad morning
Full-breathed, dew upon her feet,
In her rose and gold adorning
With a welcome dear and sweet.

Nerved for toil, a stern-eyed warden,
Deep I dug for bitter roots,
Cleared the weeds that marred my garden,
Cut away superfluous shoots.
Killed the parasite of evil
Clinging to my loveliest flowers,
Ousted snail, and worm, and weasel,
Conning morals through the hours.

Then I found the lovely flowers
Opening with a message tender
Of God's love in sun and showers,
Bearing to us heaven's splendour,
And the birds in all the branches
Singing with enraptured throats,
Flight of wings across the ranches,
And a fountain of clear notes.

Then I found my circulation
Was a dancing river through me,
Tingling nerves restored relation
To the heaven that bent and drew me.
Yes, I found my heart was singing,
Some one said my cheeks were bright,
And ere dinner-bell went ringing
I had found my appetite.

FRANCES E. BOLTON.

ing one's health is a long process, but it need not be a tedious one. We should remember the words of good old Isaac Walton, who said: "The purpose of a journey is not only to arrive at the goal, but also to find enjoyment by the way."

WALKS IN THE RAIN.

IT is one object of the Outdoor Club to encourage taking exercise in all weathers. The healthy person should be able to enjoy himself out-of-doors in rain as well as in sunshine. It is a mistake to sit indoors because it happens to be a little stormy. We have had a number of delightful reports from different branches of the Club, telling of good times enjoyed in what would ordinarily be considered very unfavourable weather. The following from Mr. E. Warburton, of the Manchester Club, will be of interest:—

The party consisted of fourteen lively, jolly, and intellectual persons of both sexes (for in our enjoyment we never forget the intellectual side). It was a wet day in Manchester when we met at London Road Station to take train for Glossop, fourteen miles away. It was raining and blowing hard, but the members of the Manchester O. C. are such ardent followers of the belief in fresh air that they never give the weather a thought. So into the train we got, and after a most enjoyable journey—although I must say the journey itself is very tedious to most people, for the train stops at every station, and takes an hour and a quarter to do the fourteen miles; but the majority of our party are vegetarians, and we never seem to have a dull moment—we arrived at Glossop, and set off for our eighteen-mile walk in the rain in real earnest.

Our route that day was over Kinder Scout, really called Kinder Scout Moss, a huge mountain mass, the culminating point of Derbyshire. Here one can enjoy the most wild and picturesque scenery, the brown tones of the heath and peat earth, the grey of the rocks, and the deep purple colouring of the surrounding mountains combining to form a striking picture. The landscape is sombre even on the sunniest day, but what a pleasing change from a busy city like Manchester!

After a five-mile walk uphill we came to what

is really the summit of the mountain, where the surface on each side of the road is flat and boggy. Then, descending to what is called Holden Clough, we passed between huge rocks and on through a most picturesque valley till we came to Lady Clough, with its rapid mountain streams, unpolluted by sewage or dye water.

Through all this time the rain never ceased, but yet the party were not depressed, and arriving at the Snake Inn, which is on the road about half-way between Glossop and Sheffield, we all sat down for a little lunch. What a happy time this was! Every one shared his little lot, for it is the custom to take along one's lunch. It was no task to guess that the majority were food reformers, nuts, fruit, and whole-meal bread being the chief foods present; but how delightful to

VIEW FROM THE PATH ACROSS KINDER SCOUT.

taste the various delicious sandwiches this or that one had brought!

We did not stay long, for we were all pretty well wet through; so starting off again, we made our way to the public path, which leads over the centre of Kinder Scout, and almost approaches its highest point, 3,077 feet above sea-level. It was this part of our walk which gave us the most trouble, for passing up Ashop Clough, a deep ravine with the stream on one side and the path on the other, the rain pelted and the wind blew with such force that it took us all our time to keep on our feet. What were usually streamlets crossing the path had now become large streams, which we had to wade through. Then farther on we sank above our shoe-tops in a bog. But after all this we landed safely at our destination, a farm-house one and a quarter miles from Hayfield. Here we took most of our things off, and dried them as best we could, while we sat down to a most enjoyable repast. Then, after a stay of three hours, we set out once more for the station, and in due time landed safely in Manchester. Not one person took cold or felt any but the best after effects of this walk in the rain. Of course we were all outdoor enthusiasts.



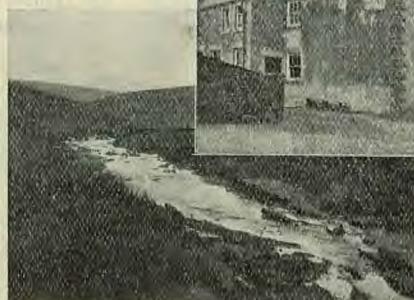
VIEW OF STREAM NEAR THE DOWNFALL, KINDER SCOUT.



Boy's Playing Suit.

THE accompanying cut shows the little son of Dr. Van Someren, of Venice, in his suit of overalls, which, with a very light undervest, forms his sole clothing in the summer. We have never seen anything better for a romping, restless boy, and asked Mrs. Van Someren to give us a few particulars concerning the making, which she kindly did.

It will be seen from the illustration that the garment is quite simple, and easily made. The overall is cut in two parts only, the back and front being joined by means of a strap of the material stitched to the back and buttoned to the front part. Pointed yoke pieces are



VIEW ON THE TOP OF KINDER.



AN OUTDOOR BOY.

attached to the front and back, the back yoke being a little shallower than the one in front.

The overall should be made of strong



SNAKE INN.

material, a s-linen or jean. The yokes and straps could form a contrast to the remainder of the garment; for instance, if dark blue linen is used for the body of the garment, these could be made of Turkey red twill or cotton.

A pocket, the delight of every small boy, can be stitched on as shown in the cut.

Should the overall be desired for winter use, it could be made of tweed and lined throughout, so as to afford the necessary warmth.

How to Suppress Coughing.

"WE are apt to forget," runs an editorial in the "Journal of the Outdoor Life," "that coughing is a form of exercise, and that it seriously strains weak places in the lungs, especially when not controlled. That the cough may be voluntarily suppressed to a great degree becomes at once apparent to those visiting sanatoria. All nervous coughing and that which is unproductive, for instance, due to tickling in the throat, can be greatly lessened in this way. Even the cough necessary to remove collected sputum in the morning can be made less violent. Rest in the open air is the best cough medicine."

SIR MICHAEL FOSTER pointedly said on one occasion:—"There is no more nourishment in a gallon of beer than is found in a lump of sugar."

GOOD HEALTH.

HEALTH AND BEAUTY IN DRESS.

BY ELLEN G. WHITE.

WOMEN are subject to serious maladies, and their sufferings are greatly increased by their manner of dress. Instead of preserving the health for the trying emergencies that are sure to come, they by their wrong habits too often sacrifice not only health but life, and leave to their children a legacy of woe in a ruined constitution, perverted habits, and false ideas of life.

One of fashion's wasteful and mischievous devices is the skirt that sweeps the ground. Uncleanly, uncomfortable, inconvenient, unhealthful—all this and more is true of the trailing skirt. It is extravagant, both because of the superfluous material required, and because of the needless wear on account of its length. And whoever has seen a woman in a trailing skirt, with hands filled with parcels, attempt to go up or down stairs, to enter an omnibus, to walk through a crowd, to walk in the rain, or on a muddy road, needs no other proof of its inconvenience and discomfort.

Another serious evil is the wearing of skirts so that their weight must be sustained by the hips. This heavy weight, pressing on the internal organs, drags them downward, and causes weakness of the stomach and a feeling of lassitude, inclining the wearer to stoop, which further cramps the lungs, making correct breathing more difficult.

Of late years, the dangers resulting from compression of the waist have been

so fully discussed that few can be ignorant in regard to them, yet so great is the power of fashion that the evil continues. By this practice, women and young girls are doing themselves untold harm. It is essential to health that the chest have room to expand to its fullest extent, in order that the lungs may be enabled to take full inspiration. When the lungs are restricted, the quantity of oxygen received into them is lessened. The blood is not properly vitalized, and the waste, poisonous matter which should be thrown off through the lungs is retained. In addition to this, the circulation is hindered, and the internal organs are so cramped and crowded out of place that they cannot perform their work properly.

Tight-lacing does not improve the form. One of the elements in physical beauty is symmetry, the harmonious proportion of parts. And the correct model for physical development is to be found, not in the figures displayed by French modistes, but in the

human form as developed according to the laws of God in nature. God is the Author of all beauty, and only as we conform to His ideal shall we approach the standard of true beauty.



A Walking Costume.

The accompanying drawing will give our lady readers some ideas for a healthful and artistic walking costume. The

skirt is a trifle too long in the cut, but that can very easily be remedied. In the design on this page our artist has indicated quite distinctly the patterns for various parts. Properly made, the skirt, of course, suspended by straps passed over the shoulders under the jacket, the costume will be found delightfully comfortable and pleasing as well. We hope all our lady readers will go in for a lot of walking this summer.

A Child's View of Slaughter-Houses.

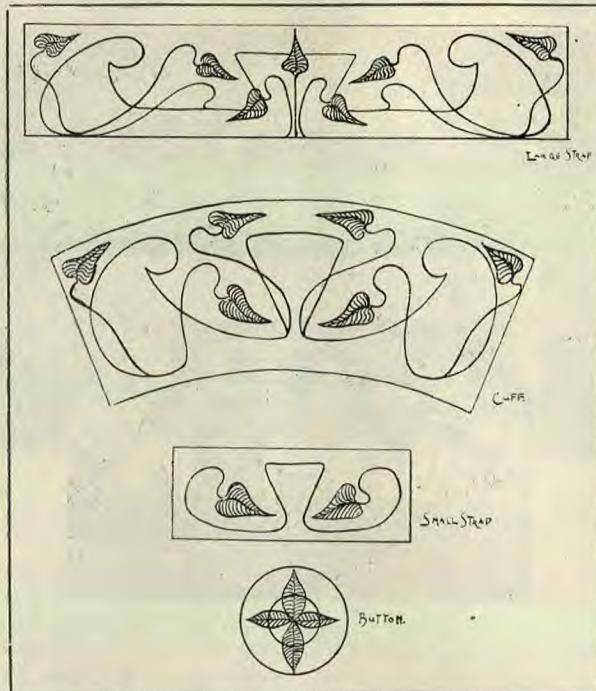
IT is not a bad thing now and then to try to get the child's point of view in respect to some of the questionable features of our much-boasted civilization. At a meeting of vegetarian children in Mr. Shearn's Fruit Restaurant, held last January, a speech was made by Hygeia Wallace, the fourteen-year-old daughter of the editor of the "Herald of Health," from which we take the following:

We were all brought up to understand that we could eat flesh, if we wished, when we were grown up and were not living in the home, where such a thing has never entered; but before we did so we were to be taken to some slaughter-house, and see some oxen poleaxed, calves bled to death, sheep and lambs having their throats cut, pigs killed, and chickens having their necks wrung, so that we should understand the kind of work our fellow-creatures had to do, and the cruel and terrifying agonies the poor, innocent animals had to go through before we could have bits of them to eat. As a result of this promise, or threat, some of us had dreadful nightmares and dreams of being in slaughter-houses, and slipping about on stones all

reeking with blood and raw flesh. But I think the sight of the butchers' shops, with the skinned sheep with their heads put into little pails to receive the dripping blood, and the horrible look of their dead eyes, and the raw limbs and organs hanging up and lying about, has been enough for us, so that we hold our breath and take to the middle of the road to run past such loathsome sights.

If the children had the settlement of the question, our slaughter-houses would probably have to go by the board. Fruits, cereals, nuts, and vegetables are sufficient for the normal appetites of the little folk

until they are otherwise taught, and even then most children take slowly to flesh meats.



Our Helpers.

A NUMBER of cordial responses have come in from friends and well-wishers in reply to our note in the March number asking for help in gaining new subscribers, and getting newsdealers to display posters of GOOD HEALTH. We heartily thank these friends, and trust to hear from a good many more.

GOOD HEALTH gives month by month reliable,

disinterested information in regard to the preservation of health and the highest physical efficiency. If those who are deriving benefit from following its instructions will do their best to make it known to their friends, and get newsagents to display posters and push sales, the circulation, already the largest of any paper of its kind, is bound to increase. Sample copies and a list of attractive premiums will be sent on application.

We might also mention in this connexion that readers of GOOD HEALTH who answer advertisements in the paper are also helping the good work forward. As we are exceedingly careful to accept the advertisements of those firms only whose goods we know to be thoroughly reliable, prospective customers are sure to get good value for their money.

GOOD HEALTH.

HEALTH CULTURE MADE EASY.—II.*

BY ALLAN RUSSELL.

Pure Water.

WATER is the chief basis of all our different beverages. Ordinary drinks, therefore, contain water plus something else. This something else is often harmful. Simple water, distilled if possible, is by far the best beverage.

Food.

"What does it matter what a man eats, so long as it's clean and pure? What fools people are, worrying about food!"

Yes, I imagine I hear you saying these words. Many people talk like this. But think a moment.

Do you use any sort of oil for your bicycle? Do successful cow-keepers and poultry-farmers feed their stock on anything which happens to be clean and pure? You say, "No!" Are, then, bicycles and cows and fowls more important than human beings?

You know, of course, that we take food to produce heat, to repair waste, and, in the case of those who have not reached adult age, to aid growth. Knowing this, how can you believe that one food is as good as another for a man? In other words, how can you believe that one food will produce heat as well as another, and that one food will repair waste as well as another?

The fact is, some foods are very good, some moderately good, and others, one might almost say, are good for nothing.

It behoves us, then, as sensible people, to choose the good and reject the bad.

What to Eat.

To do this we must have some knowledge of food values. We must know which are the most nutritious foods, as nuts, lentils, eggs, beans, and peas. Some nutritious articles of diet disagree with people. If they would eat such things slowly, chewing them very thoroughly, in the majority of cases they would give no trouble.

Fruit and green vegetables, although not particularly nutritious, should form a part of our diet. Fruit contains certain acid juices which are beneficial. Green vegetables help to purify the blood and prevent scurvy.

With regard to the question of vegetarianism, there can now be no doubt that it is possible to be

healthy and do hard physical or mental work without making any use of flesh meat. For about eighteen months an adventurous friend of mine travelled about in Canada and the United States, supporting himself by any work he could get. This was generally rough, manual labour, such as one has to do on a farm, but he did it without once tasting meat.

As non-meat-eaters we have had in the past, and have more than ever in the present, strong, healthy physical and mental workers. The following are a few of the well-known living men who belong to this class: Lord Charles Beresford, George Bernard Shaw, Dr. Josiah Oldfield, Eustace Miles,



THE TWO HOCKEY TEAMS OF THE BIRMINGHAM OUTDOOR CLUB. [See p. 147.]

* Number I appeared in our issue for March.

Count Tolstoy, Robert Blatchford, and, according to rumour, the Pope.

Besides paying attention to what we eat, we must take care not to overeat. We know the folly of overworking and straining any of the muscles of the body. We do not always see the foolishness of overworking the organs of digestion.

Chewing and Success.

Lastly we must eat slowly. An American millionaire not long ago declared that one of the rules the obeying of which had caused him to be successful in life was this rule of eating slowly. You will probably find, however, that the old habit of eating quickly cannot be broken off immediately. Considerable perseverance will be necessary in order to overcome it.

Light.

Sunlight is an important factor in the production and maintenance of health. Plants, with the exception of a few special varieties, are unhealthy without abundance of sunlight. The same law applies to human beings.

Cookery Classes.

MR. NOBLE's Health Food Stores in Bradford can be mentioned as one of the thorough-going successes of the day. Recently there has been added a hygienic boarding-house and bakery, from which increasing quantities of Tomato Cheese, Honey Nut, and other popular specialities are turned out weekly. Mrs. Noble also conducts a class in hygienic cookery, which is meeting with the approval of the discerning public. We are pleased to see the encouraging growth of this enterprise, and hope that any readers of GOOD HEALTH living in the vicinity of Bradford, or merely passing through the city, will not fail to give this enterprising firm a call. The accompanying cut gives some idea of the fine shop, which is located at 14 John Street, and New Market Hall.



NOBLE'S HEALTH STORES.

SOME DELICIOUS SANDWICHES.

Lettuce or Watercress.—Take thin slices of bread and butter. Spread with sour salad dressing. Put on lettuce leaf or finely chopped watercress.

Protose and Egg.—Take equal parts of protose and hard-boiled eggs. Chop fine together. Add celery salt, sage, parsley, and lemon juice. Spread between thin slices of bread and butter. If desired, lettuce can be added also. Nuttolene may be used instead of protose.

Protose and Jelly.—Mash the protose thoroughly. Add salt to taste. Spread the bread with tart fruit jelly. Then spread on protose.

Protose.—Mash the protose fine. Mix with a little nut butter and finely chopped parsley or lettuce. Spread on bread which has first been treated with a layer of sour salad dressing.

Protose and Nuttolene.—Mix well together salted nuttolene and protose. Spread between thin slices of bread and butter. A little lemon juice may be added if desired. Garnish with lettuce leaves or parsley.

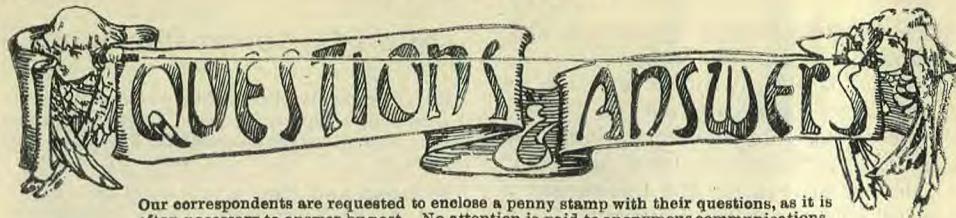
Fig and Walnut.—Butter two thin slices of bread. Chop fine two parts of steamed figs to one part of chopped walnuts. Place between bread.

Pineapple.—Spread finely chopped pineapple between thin slices of bread and butter along with a little sweet salad dressing. Raw apples chopped may be mixed with the pineapple if desired.

Bean.—Take cold or baked stewed beans. Mix with a little lemon juice if desired, and spread between finely cut slices of bread and butter. Add lettuce leaf or parsley to garnish.

Date.—Spread slices of thinly cut bread with nut butter or dairy butter, and then with chopped dates. Chopped seedless raisins may be used instead of the dates if preferred.

Banana.—Bananas mashed fine, mixed with a very little lemon juice, and, if desired, slightly sweetened, make a very appetising filling to be placed between buttered slices of white or whole-meal bread.



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.

Bad Throat.—E.C.: "My little girl has a very bad throat, the tonsils being swollen and ulcerated. Her face has broken out in sores and water blisters. I use peroxide of hydrogen for the throat. 1. Is the peroxide of hydrogen all that is necessary for the throat? 2. What should I do about the face? 3. Do you think that she requires a tonic? 4. What treatment would you recommend?"

Ans.—1. Swabbing the tonsils with peroxide of hydrogen is very good. You might try a gargle composed of one part of Euthymol to two parts of water. Fomentations to the neck would also be helpful. 2. Bathe the face with soft, warm water to which boracic acid has been added, and use a mild soap, such as McClinton's. Dry the face well, and it will soon heal. The application of a little vaseline might prove beneficial. 3. No, not medicinal. Dr. Welch's Invalid Port makes an excellent tonic which is perfectly wholesome. Give the child plenty of fruit and a liberal, wholesome diet. 4. See that the room is well ventilated, and give a warm bath each morning, followed by an oil rub with plenty of friction. Let the child be out-of-doors in the fresh air as much as possible.

Ulcerated Stomach.—T.W.: "1. Is ulcerated stomach, caused by straining in seasickness, likely to recur under ordinary conditions? 2. Is it a dangerous ailment? 3. Would a vegetarian diet help to strengthen a stomach weakened in this way? 4. Can you give any simple helps in addition to plain living?"

Ans.—1. We are not prepared to say. 2. Yes, to some extent. 3. Yes. 4. Plenty of fresh air, an outdoor life, moderate exercise and physical training, regular habits, plenty of sleep, and a quiet and even life.

Falling Hair.—We have had a number of inquiries lately concerning the hygienic treatment of falling hair. The November number of GOOD HEALTH contained an editorial dealing somewhat fully with this matter. Where there is scurf or dandruff it is well to shampoo the hair twice a week with soft, warm water and a mild soap, such as McClinton's Colleen or Packer's Tar Soap. The scalp should be massaged briskly morning and evening by dipping the tips of the fingers into cold water and rubbing briskly over the surface. Of course, every attention should be given to general hygiene, including a simple, wholesome diet and as much daily exercise out-of-doors as possible. Plenty of fresh air night and day is a necessity. Very often there is inactivity of the liver or some other digestive disorder which should be attended to. Regular hours with abundance of refreshing sleep are desirable. A very good lotion for quicken-

ing the growth of hair may be made up as follows:—

Powdered Jaborandi.....	2 drs.
Powdered Cantharidis.....	2 drs.
Sulphate of Quinine.....	12 grs.
Glycerine.....	½ oz.
Resorcin.....	1 dr.
Alcohol.....	8 ozs.
Rose Water to make.....	1 pint.

This lotion should be applied once a day with plenty of friction.

Palpitation of the Heart—Flushed Face.

—S.W. (Herts) has a friend who is frequently troubled with rapid and violent beating of the heart, sometimes in the middle of the night, but generally after meals. He also has excessive perspiration under the arms, and flushing of the face.

Ans.—The palpitation is probably caused by indigestion. Follow the general instruction in reference to diet given in GOOD HEALTH. Take pains to eat simple, easily-digested food, and chew it well. Eat no more than three meals a day, and let the third meal, which should be very light, be taken not later than six o'clock. For the excessive perspiration take a warm bath twice a week, and a cold wet hand rub or sponge bath every morning. Sponge the armpits daily with a mixture of equal parts of hot water and vinegar. The face flushing is probably a nervous symptom, which will disappear when the digestive system has been put right and the general health improved.

The Good Health Adjustable Bodice



Affords ease, comfort, and health. Retains the symmetry and grace of the natural form. Its use will add years of pleasure to a woman's life.

It does away with the corset. Supports all garments without harmful pressure. No stays to break. Thousands have been sold, and are giving excellent satisfaction.

Send for circular and prices to the Sole Agents: **Good Health Supply Dept., Caterham Valley, Surrey.**

The Outdoor League.

THE Outdoor League has been organized for the purpose of bringing lovers of fresh air and of wholesome outdoor recreation into touch with one another. Full particulars may be had on application to the general secretary, Sunny View, Caterham Valley, Surrey.

Following are some of the leading branches:-

Birmingham Natural Health Society.

Headquarters: Ruskin Hall, 191 Corporation Street. Summer quarters: B. N. H. S. Camp, Hadley's Farm, Wheats Lane, Kings Heath.

There has been arranged for the month of May an attractive programme, including a cycle run to the Lickey Hills, under the leadership of Mr. H. Hiron, a field picnic and games, and a ramble and boating trip to Yardley Wood, when Mr. A. J. Morris will be leader.

Particulars of any of the outings may be had on application to the secretary, Mr. A. J. Morris, 32 Denbigh Street, Bordesley Green, Birmingham.

The Club's private recreation field will be open to members for recreative purposes every day, and facilities are provided for tennis, croquet, cricket, basket-ball, etc.

A permanent health camp will be a special feature. The usual holiday camps are already being arranged for Whit-sundays.

For full programme and terms and further particulars of the Club, apply to the secretary.

Manchester Physical Health Society.

27 Brazenose Street.

Syllabus of outdoor rambles, cycle runs, etc., may be had on application. For the rambles, which will be led by Messrs. Forrester and North, see the "City News."

Cycle section in formation. Captain, Miss G. McPhail; Vice-Captain, Mr. E. Bottoms.

Library—"Good Health"—rambles and runs. Subscription 2/6 a year. Have you seen our syllabus?

Other Outdoor Clubs.

Mr. Stanley Andrews, secretary of the Gillingham Club, 315 Canterbury Road, Gillingham, Kent, will be glad to give particulars of a very interesting summer programme to persons in the vicinity wishing to join the organization. The Gillingham Club was one of the earliest organized, and contains a number of most enthusiastic young people of both sexes, whose rambles and other outings we are sure other readers of GOOD HEALTH will find extremely interesting. This branch of the League also issues a magazine, with reports of its outings, and studies in plants and birds and other outdoor subjects.

Any of our readers who are specially interested in camping should by all means get in touch with Mr. H. J. Stone, Avondale, Fallow Court Avenue, N. Finchley, honorary secretary of the North London branch. This branch is not holding regular meetings at present, its members being so widely scattered. But Mr. Stone is an enthusiastic devotee of camping, and will be willing to give information to any other members of the League. Of course a penny stamp should be enclosed with any letter requesting such information. Mr. Stone last year conducted a camp for boys at Mill Hill. Further particulars of this camp will be given in our next month's issue of the magazine. Meanwhile any readers who would like to contribute towards a similar work for the coming year should send their donations to Mr. Stone.

Any of our Bradford readers who are interested in outdoor topics, and are thinking of joining an organization providing for games, cycle runs, rambles, etc., should apply to Mr. Rennie Foster, 7 The Exchange, Bank Street, Bradford, secretary of the Bradford Health Association. This Society has an excellent programme, including weekly lectures, classes in physical culture, etc.

The secretary of the Croydon branch of the Outdoor League, Miss Elsie Cole, 69 Leslie Grove, Croydon, would be pleased to hear from any of our Croydon readers who would like further particulars in reference to the organization.

Mr. A. Morrell, 48 Haldon Road, West Hill, Wandsworth, London, S. W., another of our secretaries will be pleased to get in touch with would-be members in South London.

Health Culture in Glasgow.

While speaking of these various branches of the Outdoor League, we have pleasure also in calling the attention of our readers in Glasgow to the Glasgow Health Culture Society, whose honorary secretary, Mr. C. W. D. Conacher, 51 Grant Street, Glasgow, has favoured us with a copy of the summer programme, which contains a variety of delightful items. The Society evidently has something interesting

going on all the time, and we strongly advise our readers in that large city who are interested in health culture to become members. The secretary will be pleased to give further particulars on application.

Outdoor Enthusiasts.

We are pleased to reproduce on page 146 photos of the two hockey teams connected with the Birmingham Outdoor Club, and to give on a preceding page a brief account of one of the outings of the Manchester Club. Walking is the most valuable of all exercises, and if all the young men and women who work in our large cities were to take, at least once a week, a countryside ramble of reasonable length, it would do great things for them physically as well as mentally.

MEMBERS of the Outdoor League, and other readers of the magazine who are fond of outdoor topics, will be interested in the book entitled "Christ's Object Lessons" further particulars of which are found in our advertising columns. It deals with the leading parables of Christ, and makes pleasant open-air reading. The book is also beautifully illustrated, and is a fine specimen of printing.

In this number of GOOD HEALTH, special attention has been given to consumption, the death-rate from which, although somewhat lower now than previously, is still very high. Those of our readers who would like to get further literature on the subject would do well to apply to the honorary secretary of the National Association for the Prevention of Consumption, J. J. Perkins, M.B., F.R.C.P., 20 Hanover Square, London. The Association issues some valuable leaflets giving practical information as to the precautions to be taken in connexion with the disease. It also issues a monthly magazine.

READERS of GOOD HEALTH, many of whom have doubtless obtained health foods and similar specialities from Messrs. Bax & Son, 35 Bishopsgate Street Without, London, E.C., will be interested to know that this firm also sells garden seeds of all kinds. They have a very large and varied stock of the best quality, and their price list should be in the hands of all outdoor enthusiasts.

The Breathing Tube, sold by the Highwater Laboratory, particulars of which are given elsewhere, is likely to prove helpful in developing lung power and thus preventing consumption. It is a very convenient instrument to carry about, and its regular use should accomplish much.

Books Received.

"The Sanity of Art: An Exposure of the Current Nonsense about Artists Being Degenerate." By Bernard Shaw. The New Age Press, 140 Fleet Street, London. One shilling net.

"Ethnic Diseases (The Young Man's Peril)." By Robert Reid Rentoul, M.D. The Walter Scott Publishing Company, Ltd., London and Felling-on-Tyne. 2/6 net.

"Drunkenness: Sin or Disease?" By H. Norman Barnett, F.R.C.S. Mayne and Poyd, Corporation Street, Belfast.

Just off the Press.

Health for the Million.

A new book by the editors of 'Good Health.'

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A Page for Women.*

Edited by Marie Blanche.

As so many of my readers and correspondents are asking for information and advice on the subject of hygienic dress, I have decided to dedicate my page this month to that particular subject. Now that the spring is here, and we are all looking forward to the joys and pleasures of an outdoor life, there is the all-important question, where-with shall we clothe ourselves, to be considered, for we cannot to the fullest extent enjoy the open-air life if we are unsuitably clad. If we wear too much or too heavy clothing we feel oppressed and burdened as we travel either on foot or wheel along country roads. On the other hand, if insufficiently or too thinly dressed we lay ourselves open to grave dangers, for, alas, in this changeable climate of ours chills and their fatal consequences are as prominently with us in summer as in winter. How, then, shall we hit the happy medium in dressing for the outdoor life?

I shall, of course, take it as a foregone conclusion that my readers are of that most wise and healthy community who do not wear such foolish things as corsets. I shall also assume that they are already provided with suitable underwear, including the combined petticoat and underbodice alluded to in the March number of GOOD HEALTH. A comfortable and durable walking skirt and coat is therefore our next consideration.

The really thorough-going outdoor girl will be but inadequately equipped if she is not provided with two separate and complete suits for the summer months, exclusive of a set of neat washing shirts or blouses. She should have one of strong linen, and another of a light-weight tweed. Both of these should be made absolutely plain and simple. The skirt, which will have straps to pass over the shoulders, should be sufficiently short and full at the hem to allow perfect freedom in walking, either on the level or up and down hills, also that the wearer may stride across a ploughed field if needs be, and climb gates and styles without the smallest difficulty. In the choice of a linen, fix your affections upon some shade that will not easily show the dust. A middle tint of buff or string colour is useful in this respect, and generally speaking it returns from sundry visits to that merciless person the laundress none the worse for its tubbing. Select a fairly stout make of linen, and have it thoroughly shrunk before making up. Set your face against any underneath pockets, for they will tempt you to carry about with you a lot of little unnecessaries. Have instead a couple of outside pockets, cut to a pretty pattern, and large enough to carry a few nut rolls, a handkerchief, and a small map. This last item is as necessary as the others, since nowadays the motor has made the high road at times almost unbearable, and it is often advisable to take to side lanes and by-ways, and sometimes to cut across fields; and without our friend the map we go astray in unfamiliar places.

*Correspondents are requested to enclose a stamped envelope with the questions, as it is often necessary to answer by post.

The tweed suit can be a replica of the linen one, always remembering that the material must be well shrunk, for you will require it for days when the weather is doubtful and the skies suggest a "ducking." Therefore the tweed should be made proof against showers, as otherwise upon its first wetting it will "crockle," and when dry it will hang in odd lengths and shapes, and soon look crumpled and shabby. The linen turn-out is, of course, unfit for wet days; but learn to read the face of the sky, and you will not then don your linen when you ought to have launched out in tweed. Don't be stingy in buying this tweed; a good one will be cheapest in the long run, and if you choose a middle tint of navy or heather mixture it can be worn all the year round. It is consequently an economical choice; but whatever else it is, do let it be light in weight.

The short, trim, but loose-fitting coats to go with both tweed and linen skirts should be provided with little breast pockets, in order that you may always carry your watch, your railway ticket (if you have to take one), and some spare money in case it should be required. Let your waistbands and collars be easy, and your shoes thoroughly comfortable and well fitting.

And now what about hats? you ask. My answer would be that you need not wear any hat at all during the summer, except perhaps when cycling or playing games in the heat of the day. This England of ours is a free country, and not all the powers on earth can force you to burden yourself with the cares of millinery if you have the very smallest inclination to avoid it. Instead of a new hat, therefore, you would do well to invest in a sunshade of reversible holland, white without, and grass-green within—a washable material, the green being guaranteed a fast die, so that it can be used both as sunshade and umbrella. Choose a strong, stout handle of the crook pattern. You will find it useful to bring within your reach branches laden with ripe blackberries that the casual wayfarer has overlooked or failed to secure; it will also aid you in getting hold of trails of fragrant honeysuckle and dog-roses, with which beauties the hedges are plentifully decked. I can vouch for the utility of such a "gamp" as the one described above, having used one, rain and shine, for years past; and the comfort of its cool, green lining has been fully appreciated when tramping along a stretch of sun-baked road, destitute of trees, and with not even the soothing influence of green turf to rest one's eyes upon. Such a sunshade is also an economical choice.

Answers to Correspondents.

E. P.—Blackheads are difficult to get rid of, and if too often pressed out are apt to leave little pitmarks. Wash with hot water and plenty of soap. Rinse well, and then bathe with cold water. Follow with brisk friction with soft towels. The idea is to make the skin active, and allow the pores to get cleansed.

B. A. S.—I am glad you have left off using glycerine for your face. As the skin is evidently sensitive, you should
(Concluded on page 154.)



CATERHAM SANITARIUM AND SURREY HILLS HYDROPATHIC.

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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

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Editor: M. ELLSWORTH OLSEN, M.A.

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Teleggraphic Address: "Hygiene, Garston, Herts."

Address editorial correspondence to the Editor, **Sunny View, Caterham Valley, Surrey**. Teleggraphic 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, 8 cents per copy. West Indian Office: International Tract Society, Port-of-Spain, Trinidad; and Kingston, Jamaica.

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It is not a bad thing, especially in the spring, to take a Turkish bath once a week or oftener. If the skin is kept active, there will be less danger of those feelings of *malaise* and weariness which are more or less common at this season of the year. The Gem Bath Cabinet is always found to be perfectly safe and reliable.

We have pleasure in commanding the Patent Ventilator invented by Mr. Michael Hayes (22 Thomas Street, Limerick). Most people are more or less afraid of draughts. By the use of the ventilator the ingress of a certain amount of fresh air is secured without the possibility of a draught.

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 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.

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.



—It is simple nowadays.

To do the raising and ensure light and dainty cakes use 2 oz. of "the sure raising powder"—

"Paisley Flour"

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—to 1 lb. of ordinary flour.

Home Baking with Paisley Flour is not only more wholesome but costs less than buying from the shop or using cake mixtures.

"Paisley Flour" is sold in 1d., 3½d. and 7d. packets, with many interesting recipes. A 1d. packet will raise 1lb. of flour.



5 NEW ITEMS

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1 Cake Frunut (reg.)	4d.	carriage
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3/9 carriage paid anywhere in United Kingdom.

We do not send samples, but we readily refund cash and pay carriage if goods are not approved.

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Largest Health Food Stores in London. Phone: 6555 Gerrard.

GREAT REDUCTION IN NUT BUTTERS for KITCHEN & TABLE.

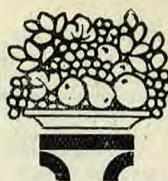
Cheapest and Best on the Market.

Send for Price List to—

Chapman's Health Food Stores & Vegetarian Restaurant, Eberle St., Liverpool.

We make and stock all kinds of Health Foods.

5/- parcel sent carriage paid.



These Three Free.

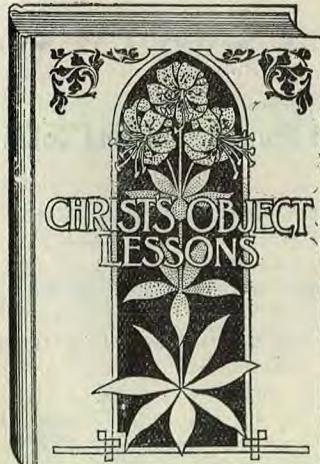
1. A 52-page booklet on Nuts and other natural foods. Contents include 36 simple nut recipes.
 2. A sample of our "Nu-Era" (reg.) Cocoa-shell, a delightful and most valuable beverage, entirely free from tannin. A real nerve food.
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- Simply ask for "These Three," and mention "Good Health."

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Nut Experts,

53 Aldersgate St., London, E.C.

N.B. We pay carriage on orders value 5/- and upwards to any part of the United Kingdom.

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The linking of divine truth with common things and incidents is a prominent characteristic of Him Who "taught as never man taught;" and in this book the author has developed and illustrated in a beautiful way these teachings, making a volume full of gems of truth, which will give to many readers a new meaning to the surroundings of everyday life. "Christ's Object Lessons" is a work which has been written by one burdened with the great needs of the world, with the sincere hope that it may help to make the way easier for the feet of those who would tread the narrow way. The work contains, in addition to its 423 pages of reading matter, a Scriptural index and general index; and it is bound in green cloth, with a beautiful three-colour cover design. For further particulars and price write to—

THE INTERNATIONAL TRACT SOCIETY, LTD.,
STANBOROUGH PARK, WATFORD, HERTS.

In answering advertisements kindly mention "Good Health."

(Concluded from page 150.)

not use hot water in the morning, but douche well with cold. At night use hot water and McClinton's Colleen Soap, and when well rinsed off, dry with a soft towel, and rub in a little Crème Marquise, which you can get at any chemist's—it is one of the Y. S. W. preparations, and is free from all animal fats. You can use this cream, summer and winter, with great advantage.

J. O.—Rub fresh lemon juice on your hands after washing. For the other trouble, try to keep the face thoroughly clean with hot water and a mild soap, and rub well with a soft towel. Superfluous hair can be removed by electrolysis. Leave your double chin alone, and don't be foolish.

THE Abdominal Supporter supplies support where it is most needed, as many a victim of prolapsed stomach has abundantly proved. It is light, strong, and durable. Full particulars on application to Good Health Supplies, Caterham Valley, Surrey.

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**SOLD IN 1/- & 2/6 TINS
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**BY ALL CHEMISTS, GROCERS, and
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"An excellent Food, admirably adapted to the wants of infants and young persons."—Sir Chas. A. Cameron, C.B., M.D., Professor of Chemistry, R.C.S.I., Medical Officer of Health for Dublin, City and County Analyst.

The Medical Magazine says:—"Remarkable nutritive value in many cases of debilitated digestion amongst adults, especially during convalescence from acute diseases, . . . readily assimilable, easy of digestion, and acceptable to the taste of the most fastidious."

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Over 80 Years' Established Reputation.

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FOR FOOD REFORMERS.

MAGGI'S SPECIALITIES FOR VEGETARIANS.

Guaranteed absolutely
free from animal
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**Maggi's Special Farinaceous
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2d. each.

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3d. each.

NOTE.—The above are packed in boxes of
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No. 0, 7d. No. 1, 1/-, No. 2, 1/6, No. 5, 9/-.

A unique preparation for giving zest and flavour
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Of all vegetarian stores and grocers.

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**COSENZA & CO.,
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The Oldest Health Food Stores in the United Kingdom.

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Importers of and Dealers in
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NEW CALIFORNIAN DRIED
APRICOTS, PEACHES, AND PEARS.

All kinds of DATES, FIGS, etc.
Nuts of every description, Shelled, and
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BILSON'S COKERNUT BUTTER,
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Sample Tin, 6d., post free.

Agents for the IDA NUT MILL, which is the
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Agents for all health foods. Send for price list.

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Mothers should see that their children
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PORTIA SUSPENDER,

Combined Shoulder
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DAMAGES CLAIMED.

"I HAVE followed out your instructions for a month, and I am pleased to say that I am very well satisfied with the progress made. I commenced with programme (A), taking number (1) set of exercises for a fortnight, and following on with (2) and (3). I have also taken the cold sponge in the morning, and have been much surprised at how it brightens one up.... I am afraid I shall have to claim damages before the course is finished—I mean for new clothes, as I feel those I have are getting too small for me already."

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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.

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Granose—it is so light, so thoroughly cooked, so dainty and delicious, that even invalids and babies can take it when all other foods are rejected. Granose is a perfectly simple and natural food, and is the ideal "staff of life" for every one.



GRANOSE

consists of the entire wheat kernel, perfectly cooked and ready for use, in the form of thin, crisp flakes. Its regular, day-after-day use will cure the most obstinate cases of constipation and indigestion.

Granose, like all other I.H.A. Foods, is manufactured in an ideal factory, situated on hilly ground in the open country.

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Sole manufacturers:—

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THE price of the Cookery Annual issued by the Cookery and Food Association, 329 Vauxhall Bridge Road, London, is sixpence instead of a shilling, as given in last month's GOOD HEALTH.

IXION IDEAL HEALTH FOODS

**Heal and Build
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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 time and labour. They are, of course, quite free from all chemical and other adulterants.

IXION SHORT DRAWD 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, 8/3; 14 lb. tin, 5/6; 28 lb. tin, 10/-, carriage paid.

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

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

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

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Here is a list of the varieties:—

No. 1. Banana and Nut,	6d.	No. 8. Nut Sandwich,	6d.
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No. 5. Raisin, Date, and Nut,	4d.	No. 12. Walnut and Fig,	5d.
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For athletes, cyclists, walkers, talkers, business men and working men, 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—

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Highest recommendations.
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"GOOD HEALTH" STORES,

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MISS N. MUSSON.

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

ALSO FOR . . .
Musson's Wholemeal Specialties.
ALL HEALTH MAGAZINES.

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.

What the .. GEM

TURKISH BATH Can Do for YOU!

The "Gem" Turkish Bath Cabinet puts all the benefits of Turkish bathing within your reach without any of the risks attending ordinary Turkish baths. You can use the "Gem" Bath at home without fear of colds, without breathing the disease-laden atmosphere of a public hot room, and without an icy douche afterwards.

The "Gem" Turkish Bath brings away all clogging impurities from every part of your system. It cannot fail to put new energy, vim, and spirit into the liver victim. It removes rheumatic aches and pains from muscles, tissues, joints, and organs. It affords the only absolutely certain means of eradicating a bad cold in any part of the system. It cures coughs. By purifying the whole system, it is invaluable in all nervous cases and cases of poor blood.

NOTE OUR GUARANTEE.

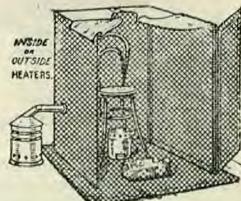
The "Gem" Turkish Bath is guaranteed perfectly efficient in every respect.

It is the only high-class bath cabinet at a low price.

Price includes patented three-burner stove.

Booklet on the Gem System of Turkish Bathing post free.

Used and Recommended by the Editor of "Good Health."



GEM SUPPLIES, LTD., Dept. G.H., 22 Peartree Street, Goswell Road, LONDON, E.C.

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PUBLISHERS' NOTES.

MR. FIFIELD has done well to bring out a new popular edition of "Walt Whitman," by William Clarke, M.A. Opinions will differ as to the permanent value of much of Whitman's poetry. His art was certainly open to criticism, and his philosophy hardly less so. Nevertheless, he left us a good deal that is worth preserving. His little book, "Specimen Days," contains some fine descriptive passages, and breathes a refreshing outdoor spirit. It would be hard to find a book that gives in a more delightful, intimate, and informal style an insight into the outdoor life of America. Whitman was essentially a lover of the open air, and Mr. Clarke's sympathetic yet judicious monograph should have a wide circle of readers. Strongly bound in cloth, price 1/6, net. Published by A. C. Fifield, 44 Fleet Street, London, E.C.

WE are pleased to learn that Messrs. Camp & Co., whose Health Food Stores and Café at 203 Borough High Street, London, S.E., are well known to our readers, now have a few rooms to let, which food reformers will find specially convenient. The location is central, being only fifteen minutes' walk from the Bank of England. The catering is simple and wholesome, a non-flesh dietary being followed. We believe City workers will find a stroll through historic Southwark and across the famous London Bridge thoroughly pleasant these spring and summer mornings. Write to Messrs. Camp & Co. for particulars.

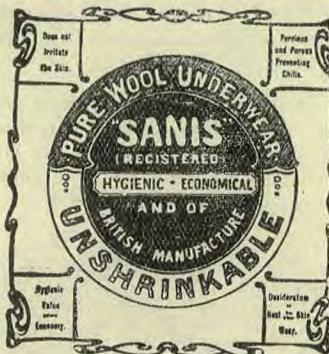
"Sanis" Underwear.

[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,
SHELLED NUTS,
Vegetable BUTTERS,
BRITISH & COLONIAL
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