

Go forth under the open sky and list
To Nature's teaching.

—*Bryant.*

Good Health

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

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Editorial Chat.

Morning Freshness.

NOTHING contributes more towards freshness and calm than a walk in the open air on a dewy morning in June. A little time spent with nature will bring surprising returns in the way of increased efficiency for, and enjoyment in, one's work. The outdoor spirit helps one to keep young. It is a good all-round tonic.



A Doctor's Opinion of Tea.

DR. RIGBY, a medical practitioner of Preston, has been saying some strong things about tea, the immoderate use of which, in his belief, "causes more pain, suffering, ill-health, and nervous breakdown than the excessive consumption of beer." The effects of tea, he says, are very insidious, and being not easily apparent, are often attributed to other causes.



Tea and Disease.

"To enumerate the diseases caused by tea," he continues, "is like writing a quack advertisement. It produces anæmia, chronic gastritis, dyspepsia, and emaciation; lays the foundation for gastric ulcer; causes irritability of the nerves, and a whole host of nervous disorders. If anyone were desirous of amassing a fortune, no surer plan of doing so could be devised than to make up pills of innocent materials, such as breadcrumbs and extract of hops, and, in the directions for their use by the public, stipulate that the patient should abstain from the use of tea. The pill would have an enormous sale, would do a vast amount of good, and would relieve a great deal of suffering."

Should the Teapot Be Abolished?

WE cannot agree with Dr. Rigby when he ascribes more harm to the use of tea than to that of intoxicants, but we are very sure that only good would come of abolishing the teapot. The nearly black beverage, heavily charged with tannin, which is drunk in huge quantities especially amongst the working classes, is without doubt a prominent factor in producing the numerous cases of disordered digestion which are met with in these days; and there are not wanting persons amongst the more favoured classes who are very much addicted to tea, and are, as a result, suffering from various disorders of the digestive or nervous systems. Certainly a consistent temperance reformer ought not to stop at alcohol, but should eschew all narcotics, as equally unnecessary, and from the health point of view undesirable. One objection even to the weakest tea is that it makes it easy to swallow one's food without first thoroughly masticating it. Of course, this applies to all hot beverages taken at meals.



A Golden Rule for Dyspeptics.

"EAT less and chew more" is the excellent advice which Horace Fletcher gives to dyspeptics, and for that matter to everybody. This single prescription is without doubt worth more than the whole pharmacopœia of drugs. The reason why most stomachs break down is that they have to do their own work, and in addition that which should be done in the mouth. It never pays a man to hurry at his meals. Proper eating lies at the foundation of good health. It is a matter of importance, and cannot be trifled with.

THE FOOD AND HABITS OF PROMINENT MEN.

BY M. ELLSWORTH OLSEN.

MR. W. T. STEAD has done the cause of healthful living a real service by giving in the February and March issues of the "Review of Reviews" signed statements from some thirty-nine persons of prominence as to their food and habits. We are sorry that he saw fit to include only one woman in the list. This is hardly in keeping with his well-known gallantry. Possibly the members of the fair sex were backward about expressing themselves; but as more women attain to a considerable age than men, and as they have fully as wearing duties to perform, we believe the public will be interested to know their opinions on the question of physical habits. Next month we shall accordingly devote some pages to the publication of women's views as to how we ought to live.

Work Depends Upon Habits.

Let us make a few general deductions from Mr. Stead's list. First, the replies, with few exceptions, show that the writers have given serious thought to their physical habits—that they have recognized the fact which the man in the street is too apt to overlook, that the ability to do one's best work depends very largely upon reasonable discrimination as to the kind and quantity of food one takes and the physical habits generally. This, it may be said in passing, is one principle which GOOD HEALTH wishes especially to emphasize. Many people are exceedingly thoughtless as to bodily habits; they "eat what they like," regardless of wholesomeness, and exhibit far less reason and good sense in determining their own or their children's habits than in caring for their subhuman pets. It is therefore a matter of some interest that the great majority of these thirty-nine persons whose achievements have brought them before the public eye have given some study to their physical needs, and are able to give an intelligent answer to the questions put them. In some cases, it is true, their habits are not entirely in harmony with their ideals, as for instance, where Mr. Forbes-Robertson confesses to moderate indulgence in smoking, though he frankly

admits that he is in better health when he abstains.

Less Food in Old Age.

Another principle which emerges from a consideration of the mass of details submitted, is a very general belief in the absolute need of moderation in all things, and the value of lessening the quantity of food with the approach of old age.

Of out-and-out vegetarians there are only two out of the thirty-nine, General Booth and Mr. George Bernard Shaw; but they are both men to reckon with. General Booth is one of the five oldest in the list, and in physical endurance and working capacity is probably unsurpassed among men of his age. Mr. Shaw's brilliant intellect does not seem to have suffered the slightest deterioration as a result of many years of abstinence from slaughter-house products. Many of the others, moreover, are cutting down their intake of flesh food very materially, and with great advantage.

As for alcohol and tobacco, they have comparatively few real defenders. The majority regard these questionable narcotics with distinct disfavour. Some indulge occasionally, apparently to avoid singularity, and for social reasons. Only two are what would be called heavy smokers. One of these, Mr. George R. Sims, though only sixty-one, confesses to chronic ill-health—"I am always out of sorts." The other has been afflicted with gout for many years, and also suffers from "uncertain" digestion. None of the thirty-nine could be said to be addicted to alcohol.

In Harmony with Nature.

In taking up individual examples, let us first note carefully the habits and views of the oldest men that are included. Sir Theodore Martin, who has arrived at the age of ninety-two, writes that his ideal is well expressed in Horace's well-known phrase, "*Vivere convenienter natura*," [to live in harmony with nature]. He has always eaten plain food, and that sparingly, has never cared for either wine or spirits, and has "an extreme dislike of

smoking." If forced to inhale the fumes even for a few moments, they act upon him like poison.

Sickened of Tobacco.

Mr. Alfred Russell Wallace, the second in the list, aged eighty-five, has never practised smoking since early youth, when its effects literally sickened him of it. Alcoholic drinks he gave up twenty-five years ago, and with advantage healthwise. He believes that "towards old age the minimum of carefully selected food, that can be thoroughly assimilated, is the best." For the last twenty-five years he has restricted himself to one good meal daily, and by this abstinence has overcome asthma. Owing to the breakdown of his digestive organs through the free use of pastry and other indigestible starchy foods, he thinks it necessary for him to depend largely upon flesh foods. Probably he would find some of the prepared nut foods fully as digestible as the meat, and they would also be free from the tissue poisons which are always present in the flesh even of perfectly healthy animals.

Sir William Huggins, aged eighty-four, drinks water only, as a rule, and lives chiefly on bread and farinaceous food, making very limited use of meat. He takes "no tobacco of any kind."

No Pick-Me-Ups.

General William Booth, whom Mr. Stead calls "the most vigorous and mobile of all our old men," has taken "neither fish, flesh, nor fowl for some years gone by, my diet consisting of bread, butter, grain, cheese, vegetables, with occasionally a little fruit." For drink he takes a combination of tea and hot milk, and when thirsty a little plain aerated water—"no intoxicants or fancy drinks." "I neither smoke, take tobacco, nor any other opiate or pick-me-up in any form. I find my comfort and stimulation in the conscious favour of God and the joy of doing good."

The only other man in the list bordering on four-score is Mr. W. M. Rosetti, the well-known author and art critic, who has been all his life a moderate eater and essentially a water-drinker, but has one very unfortunate habit, being a great smoker. He is inclined to believe that

smoking has injured his digestion, which is "somewhat uncertain"; probably it is also in part responsible for his having suffered from gout since his forty-eighth year.

Sir William Crookes, aged seventy-six, is a firm believer in moderation. Aside from this he has given little thought to physical habits. Sir Henry Roscoe, aged seventy-five, is a practical abstainer from alcohol, and is "careful about the butcher's bill." Lord Avebury, aged seventy-four, advises abstinence from smoking; little alcohol, better none; simple food, and not too much.

Never Eat Between Meals.

Sir John Gorst, M.P., another fine example of physical and mental energy carried well beyond the traditional three-score and ten, advises: No tobacco, no alcohol; moderate eating, less as you grow older, never between meals.

Dr. John Clifford, who has reached the age of seventy-two in excellent form, is also a total abstainer from alcohol and tobacco, and thinks it well to reduce the meat bill, and keep a strict watch on the amount of food of any kind, when entering upon an advanced age.

Mr. Frederic Harrison, the brilliant essayist and expounder of Positivism, believes in rising from every meal with some appetite. He uses meat very sparingly, and takes a little light wine in the evening. Smoking he considers "a beastly habit, which the future will regard as a disgusting nuisance." These are pretty strong words, but even veteran smokers, could they take an unbiassed view of the matter, would surely admit that it is the most irrational and wholly uncalled-for of all harmful habits. Moreover, as Mr. Frederic Harrison says, it "injures the innocent bystander." George Bernard Shaw, one of the comparatively young men included in the list, draws attention to a characteristic quality of tobacco, namely, its benumbing effects upon the critical faculties.

Next month we shall give some further experiences from Mr. Stead's list, and in addition tell what a few of the foremost women of the day think on these matters. Their opinions should be interesting.

THE JOYS OF WALKING.*

BY ALFRED B. OLSEN, M.D.

WITH the advent of the bicycle and automobile, one almost wonders how soon pedestrianism will become a lost art. The close, sedentary life of home, office, and theatre is fast converting man into a caged animal. Housed up by day and shut in by night for the most part of the time, he is living a sort of prison-life; but, unfortunately for his health, without the plain prison fare. Thus he is gradually, but none the less surely, losing his liberty; and the worst of it all is that he often fails to realize his great loss.

Walking on the open road of the country brings one into intimate contact with nature and its phenomena. There is a sense of peace, of quiet, a spirit of calmness that can be felt better than described. There is freedom, expansion. Above are the heavens, with their varied clouds, some delicate and fleecy, like the pure, white snow in the sunshine, others darker and heavier, perhaps chasing each other across the vaulted sky, and still others like the fading mist of a summer's morning.

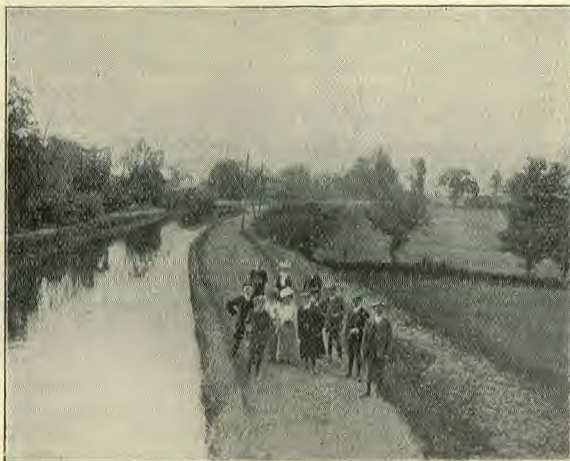
The freedom and expansion of the great out-of-doors is truly exhilarating. It lifts one up bodily and mentally, and drives away depression. The chronic dyspeptic forgets his miseries while sniffing the ozone of the fresh air, and the valetudinarian ceases to think of his ills and count his many aches, imaginary or otherwise.

One of the great joys of walking is the sweet communion with nature that it affords. The stillness of the quiet country, broken only by the happy notes of the

birds and the lowing of cattle, is restful and soothing. One feels the presence of the divine. All sordid thoughts and feelings are hushed and stifled, and reverent awe of the great Creator steals into the heart.

Another joy of the open road is the radiant health and spirit of contentment that it brings. Walt Whitman, a great lover of the outdoor life, wrote:—

"Done with indoor complaints, libraries, querulous criticisms,
Strong and content, I travel the open road."



A COUNTRY STROLL.

And again:

"Now I see the secret of the making of the best persons,

It is to grow in the open air, and eat and sleep with the earth."

The best tonic is pure, fresh air. For a genuine pick-me-up, and one that does not knock you down again to a still lower depth, take a brisk morning

walk. "Morgenstunde hat gold im mundi" is an old German proverb, and it is especially true when the morning hours are spent out-of-doors.

The natural antidote for low spirits and mental depression is a ramble in the fields and woods, listening to the merry music of the birds, the bubbling laughter of the brook, and breathing the sweet fragrance of new-mown hay. Health is to be sought in the sunshine and the open air, rather than in bottles and pill-boxes. Walking is the best exercise. Its effect upon the bodily and mental functions is stimulating and invigorating.

How many have tried the exquisite charms of a moonlight walk? With the twinkling stars above and the peacefulness

*From "The Official Guide to Caterham."

of night, with strange and weird shadows, there come thoughts of awe and reverence that ennoble the soul and draw one nearer to the Infinite One. The attractions of a clear, starlit night are too tangible and

real to require any further description. Try one, and see. Get out into the fresh air and take to the open road. It will lead you to health and happiness. There is no better cure for "the blues."

OUR ENEMIES, THE GERMS.

BY H. N. GREAVES, M.D.

THE beneficial influence of fresh air on all sorts of maladies has now become a byword among both professional and lay men. It is an old surgical observation that wounds exposed to the atmosphere become foul. The explanation of this observation was subsequently found in the fact that the atmosphere is laden with minute organisms, which every school-boy now recognizes under the title of bacteria.

These bacteria, also known as germs, are almost ubiquitous, the ocean and very high altitudes only being exempt. But the number in a given quantity of air varies greatly according to the locality from which the air is obtained. Thus Miquel found in one cubic centimetre of air upon the observatory of Mont Souris eighty bacteria; in the Rue de Rivoli, 920; in the Hôtel Dieu, 7,500; and in the Hôtel de la Pitié, 29,000. The two last-named institutions are well-regulated hospitals, and even in these we find that the air

contains eight times and thirty times as many bacteria respectively as does the

thickly-populated street—the Rue de Rivoli. In ordinary dwellings the number of bacteria in the air would be much greater than in these well-kept hospitals; while, on the other hand, the number in less crowded streets would be much less. Country districts would show as few as, or fewer than that of the Mont Souris.



FROM THE GROUNDS OF THE HYDRO, CATERHAM.

It is a well-recognized fact that the probability of infection with any disease germ is directly proportional to the number present. Therefore if, for example, we take tuberculosis, it becomes obvious that one would be 363 times more liable to contract this disease in the Hôtel de la Pitié of Paris than in the country districts, and thirty times more so than in Piccadilly or the Strand. If this be true of this well-kept institution, what would the figures be if we used an ordinary living room in making comparisons!

Another fact of great importance is this: indoor air of the country differs little in its bacterial contents from the indoor air of the city. Bacteria rapidly multiply when they have conditions such as are present in every dwelling-house. Although the ocean is entirely free from bacteria, the air of the cabins on the great Atlantic liners is as loaded with germs as a room of a hotel in the West End. In this con-

nexion one remembers the interesting experiments of Trudeau, who inoculated a number of rabbits with tuberculosis, some of which he kept in a cellar, and the remainder he allowed to run free. Those which were kept in the cellar all died of the disease quite rapidly, while those which had their liberty either entirely recovered, or had a very mild form of the disease.

THE HYGIENIC TREATMENT OF PILES.

BY ALFRED B. OLSEN, M.D.

PILES, or hæmorrhoids, are small, tumour-like swellings, situated at the mouth of the rectum. According to location they are classified as (1) external, those just outside the rectum; and (2) internal, or those within the rectum. Either variety may become inflamed and bleed, but internal piles are most likely to lead to hæmorrhage.

Frequent Causes.

Perhaps the most frequent cause of piles is chronic constipation, unfortunately a very common disorder. Constipation leads to more or less straining at stool, and this is a direct factor in producing piles. Another cause is the constant use of too concentrated food, as well as other errors of diet. Any obstruction of the portal circulation, that is, of the blood flow through the liver, also favours the development of piles.

Another important factor in the case of external piles is a lack of scrupulous cleanliness. It is most essential that the local parts should be kept absolutely clean by washing and frequent bathing.

External Piles.

These consist of small, irregular tumours, composed of dilated and tortuous veins. They are subject to congestion and inflammation, and then become painful, often causing much discomfort and irritation. These acute inflammations are usually referred to as an "attack of piles," and bleeding may also take place, although not as frequently as in the case of internal piles. In this condition a movement of the bowels is a very painful operation, and may cause fainting.

What to Do.

First and foremost, keep the parts scrupulously clean, and avoid the use of toilet paper, washing the parts with warm water after each stool, and drying gently by pressure of a suitable towel. Then dust with starch, talcum powder, or boracic acid powder. A patient suffering from an acute attack of piles will have to take to bed for several days, go on a light diet, and use enemas in moving the bowels. Fomentations may be applied to relieve the inflammation and alleviate the pain.

The local application of some astringent ointment, such as one drachm of tannic acid to an ounce of vaseline, sometimes proves very useful.

Internal Piles.

Piles situated within the rectum usually cause the most trouble, and only mild cases can be successfully treated by palliative measures. As with external hæmorrhoids, it is desirable to ascertain the cause or causes, and then remove them. Treat the constipation by careful regulation and selection of the diet, resorting to enemas and even mild laxatives if necessary. Almost any variety of fresh fruit has a gentle relaxing effect upon the bowels, and the same is true of steamed dates, stewed figs, prunes, sultanas, raisins, apples, etc. Baked apples and baked bananas are also helpful. Coarse food, such as brown bread, oatmeal or barley porridge, and tender greens like spinach, all have a laxative effect upon the bowels.

Alcoholic drinks should be strictly avoided by those suffering from piles. The same is true of both tea and coffee.

Treatment.

An attack of internal piles, especially if accompanied by bleeding, should receive prompt attention. Rest in bed and the application of fomentations to relieve the pain are the proper measures. Suppositories may be required if the pain is intense and obstinate to deal with. Warm, tepid, and cool sitz baths can usually be relied on to give temporary relief, and in favourable cases to promote recovery. Warm and tepid douches are useful. Warm or hot enemata, containing a little alum or tannin, are valuable in many cases. From one-half to one pint may be taken at a time. For local application we would recommend hazeline ointment.

Operative Treatment.

There are times when a surgical operation is required to effect a cure, but this matter will have to be decided by the family physician. Frequently recurring acute attacks with much pain, considerable bleeding, prolapse of the bowel, and the failure of palliative measures, are some of the indications for surgical interference.

The operation is a very simple one, and can often be done by the aid of local anæsthesia, thus making it unnecessary to put the patient under the influence of

chloroform. Removal of the offending swellings is usually the most rapid and successful means of bringing about a really permanent cure.

Preventive Measures.

To prevent the formation of piles, one must give some care and attention to diet, selecting food that is not too concentrated, such as digests easily and yet contains enough bulk to stir up peristaltic action of the bowels.

Take fruit freely, both fresh and stewed, making it an important part of one or two meals each day.

Drink water freely, a glass on rising in the morning, a glass an hour before each meal, and a glass on retiring, making in all about two pints a day. Less water is required if juicy fruit like oranges is taken freely.

Have a fixed time for emptying the bowels each day, say an hour or two after breakfast, and always attend faithfully to the calls of nature. Train the bowels to habitual daily activity.

Avoid intoxicating beverages, including beer and light wines, also tea, coffee, pep-

per, mustard, and spices of various kinds, all of which are more or less irritating.

Avoid the use at toilet of newspapers and other coarse or harsh paper that might prove irritating or cause an abrasion.

Live Out-of-Doors.

THE shades of night were falling fast,
As through a mountain village passed
A youth who bore, 'mid snow and ice,
A banner with the good advice,

"Live out-of-doors!"

His brow was wan, he had a cough,
'Twas plain to see his weight was off;
But still he sang with might and main
This most original refrain,

"Live out-of-doors!"

In stuffy homes he saw the light
Of household fires gleam warm and bright,
Whereat he sadly shook his head,
And sighed, as on his way he sped,

"Live out-of-doors!"

"Try not the air!" the old man cried,
'Tis terrible severe outside,
'Twill freeze the marrow in your bones!"
But he replied, in haughty tones,

"Live out-of-doors!"

"Oh, stay," the maiden said, "and dance,
Or join us in a game of chance!"
Just here the youth was tempted sore,
And yet he answered as before,

"Live out-of-doors!"

"Beware the frosts that nip and blight!
Beware the deadly breath of night!"
This was the native's last farewell.
A sound came like a college yell,

"Live out-of-doors!"

In springtime all the neighbours went
To find him perished in his tent;
But as they climbed the fatal hill,
They heard him gently warbling still,

"Live out-of-doors!"

The erstwhile sickly youth they found
A giant grown—so big and round.
When asked about his wondrous case,
He simply said with stately grace,

"Live out-of-doors!"

There in the sunshine, strong and hale,
He points the moral to our tale;
And from that lofty height, of course,
His words fall with tremendous force,

"Live out-of-doors!"

—J. M., in *Journal of the Outdoor Life*.

EXERCISES TO STRENGTHEN THE VITAL CENTRES.

BY WILLIAM M. SCOTT.

Health the Great Desideratum.

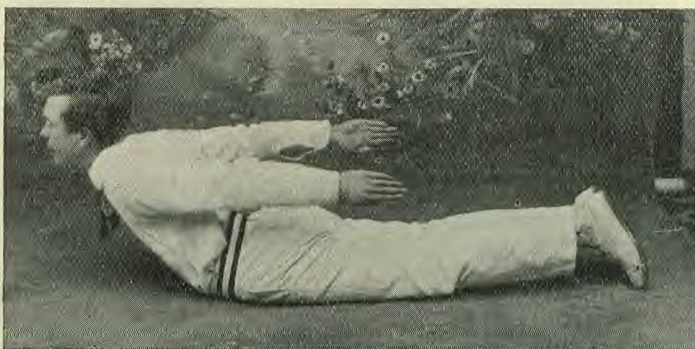
IT is health rather than strength that is the great requirement of modern men and women. Health is from within. To increase the healthy action of the internal organs of nutrition, as well as that of those organs which have to do with the elimination of waste, the undue retention of which poisons the system, is a matter of the utmost importance if one would attain a high degree of physical and mental power.

Digestion Assisted by Exercise.

The contraction and consequent compression of the voluntary muscles overlying the stomach and other organs of digestion act in much the same way as does properly administered massage. The work of these organs in churning the food and passing it onwards is accelerated. The kidneys and liver are likewise assisted in their work. The increased action of the heart powerfully stimulates other organs.

Constipation Cured.

It is a common observation that sedentary persons, who exercise but seldom,



Exercise is a great aid to elimination.

Relation of Voluntary Muscles to the Vital Organs.

It may be questioned how far exercise can affect the working of organs over which we have no direct mind control. This is easily answered. It is an understood principle that the vigorous contraction and relaxation of the voluntary muscles overlying any organ, brings about increased circulation of blood through that part, and not only are the voluntary muscles themselves affected beneficially thereby, but the involuntary muscles, which control the vital organs, are stimulated to take more than their accustomed share of nourishment and exercise. A freer flow of blood through any part of the body means increased activity of the functions of that part, hence the importance of exercising as far as we possibly can those large muscles which lie directly over the internal organs.



EXERCISE 1.

are habitually subject to constipation and its evils. This condition can easily be obviated by proper exercise of the abdominal muscles. Sipping a glass or two of pure cold water immediately before the exercises is a further help.

Exercises in the Prone Position.

We would encourage those who have only a very limited amount of time at their disposal for exercise to devote the greater part of it to those exercises, usually taken in the prone position, which directly affect the vital regions—the chest, abdomen and spine. Some such were given in the April number of GOOD HEALTH. Here are some more:—

Exercise No. 1.

Lie on the floor, face downward, arms by the sides. Raise the shoulders and arms, arching well the spine, and reaching backwards with the outstretched arms. Hold the tension for a moment, and then allow yourself to go back to the first position. Now endeavour to raise the legs upwards as high as possible, as shown in the cut. Repeat the double movement four to six times. It may at first be found difficult and almost impossible to get much of a movement in the second part of the exercise, but the very effort to raise the legs will act beneficially and develop the muscles so that in time it will be easy to raise the legs quite a bit.

Exercise No. 2.

Lie on the back, arms by the sides. Raise one leg at a time to the vertical position. Repeat eight to twelve times the alternate raising. When these movements become easy and familiar, try to raise both legs at the same time.

Exercise No. 3.

Lie on one side, head resting on the outstretched arm, the hand of the other arm pressing on the floor in front to assist in maintaining the position. Raise leg upwards to the vertical position, then lower. Repeat six or more times. Turn over and lie on the opposite side, and exercise the other leg in a similar way.

Cure of Obesity.

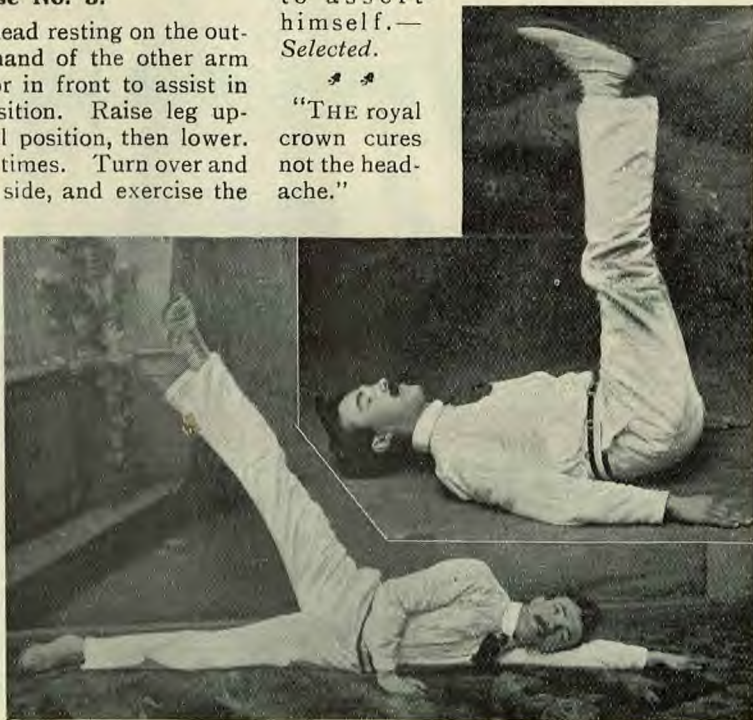
The exercises illustrated here, and those referred to in the April number, will entirely prevent an excessive deposit of adipose tissue in the region of the abdomen, and will soon dissipate such a condition where it already exists. Deep-breathing exercises of all kinds are also of importance.

His Only Chance.

"IS THERE a man in all this audience," demanded the female lecturer on woman's rights, "that has done anything to lighten the burden on his wife's shoulders? What do you know of woman's work? Is there a man here," she continued, folding her arms, and looking over the assembly with superb scorn, "that has ever got up in the morning, leaving his tired, worn-out wife to enjoy her slumbers, gone quietly downstairs, made the fire, cooked his own breakfast, sewed the missing buttons on the children's clothes, darned the family stockings, scoured the pots and kettles, cleaned and filled the lamps, and done all this, if necessary, day after day, uncomplainingly? If there be such a man in this audience, let him rise up! I should really like to see him!"

And, in the rear of the hall, a mild-looking man in spectacles, in obedience to the summons, timidly arose. He was the husband of the eloquent speaker. It was the first time he had ever had a chance to assert himself.—
Selected.

THE royal crown cures not the headache."



EXERCISES 2 AND 3.

BEER-DRINKING: ITS RESULTS.

BY D. H. KRESS, M.D.

IN many of our civilized countries, especially among the ignorant classes, beer is considered a highly nutritious beverage. Because it increases body weight, even physicians have been known to recommend its use to the emaciated and the sick.

Nursing mothers take beer to increase their flow of milk, and because of the quieting influence it exerts on the nursing child. During the past few years, as a result of these erroneous ideas held by the poor, drunkenness among women has been increasing in such an alarming manner that at present one of the most serious problems that confronts Great Britain is how to check this growing evil. In the city of London more women are at present arrested for being drunk and disorderly on the streets than men. This is certainly a sad state of affairs, since the drinking mother disorganizes and demoralizes the home, she is not only unable to hand down to her offspring a healthy heredity, but she is bound to neglect their proper training as well. Mothers who believe that beer is a valuable nutrient naturally encourage its use among their children as far as their means will permit. The working classes of England, as a result, spend on an average about one-seventh of their entire income on drink.

Weight but Not Health.

The fact that beer produces body weight is no evidence that it is a food, for morphine, phosphorus, and other deadly poisons do the same. These poisons interfere

with normal cell activity, which results in a retention of waste material and fatty degeneration of the tissues. The increase in weight is therefore a pathological rather than a physiological process. While in appearance the beer-drinker may be the picture of health, the physician knows that in reality he is a degenerate, incapable of recovering from mild disorders. Should the beer-drinker meet with a slight wound,

he may die of blood poisoning. For these reasons surgeons do not wish to operate on such subjects. There exists an abundance of flesh, but it is of an inferior quality. The flesh produced and the weight put on by the use of stout or beer is itself an evidence of degeneracy and disease.

Nutriments in Ten Quarts of Beer.

Baron Leibig, speaking of the value of beer as a nutrient, said: "If a man drinks daily from eight to ten quarts of the best



Bavarian beer, in the course of twelve months he will have taken into his system the nutritive constituents contained in a five-pound loaf of bread." The cost of eight to ten quarts of beer a day would amount to about £50 a year. Is not £50 too much for a labouring man to pay for the amount of nutrition contained in a five-pound loaf of bread, which may be purchased at the moderate cost of sixpence? Well might the prophet inquire of this generation: "Why do ye spend money for that which is not bread, and your labour for that which satisfieth not?" Beer is not only not a food, it is a poison, and as such does great harm to the body. Prof. Von Bunge says: "Of all alcoholic

drinks, beer is the most injurious." While it produces a species of degeneration of all the organs of the body, it chiefly affects the heart, the liver, and the kidneys. The general prevalence of diseases of these organs, and the many sudden deaths from heart failure, are largely due to the use of this beverage.

Effects on Heart and Kidneys.

Dr. Bollinger, of the city of Munich, is responsible for the statement that it is rare to find a normal heart and a normal kidney in an adult resident of that city, owing to the free use of beer.

But the physical effects are not the worst feature of beer consumption. The most pernicious thing is its demoralizing and brutalizing influence on those who habitually use it. In speaking of the influence of beer on the German nation, Prof. Edward Von Hartman says: "Although of all nations the German has the greatest capacity for culture, the general culture of its higher classes is undergoing frightful retrogression because of the beer consumption of its students."

Moral Effects.

Vulgarity, impurity, and immorality are the legitimate and natural outgrowths of beer-drinking. I am convinced we shall yet discover that immoral acts are nearly always committed while the mind is under the influence of some poison, and could we stop the sale of these beverages, we should require fewer prisons and fewer policemen. Just to the extent that drinking becomes more universal, vulgarity, immorality, and every form of impurity will become more common. Even the

Gospel stands powerless before the onward march of vice and immorality unless it is capable of checking the use of alcoholic beverages.

Since moral elevation can only come through the pathway of temperance, every legitimate effort should be made to educate an unsuspecting people, and call attention to the dangers concealed within this deceptive cup. But more than this should be done. The time has fully come when every lover of humanity should awake, and by a united effort do all he can by voice, vote, and pen to suppress the manufacture and sale of such beverages to an innocent, ignorant, or unsuspecting people.



NATURE'S BEST DRINK.

A Remedy for Stammering.

A LIFELONG stammerer cured himself by the following simple method: Once or twice a week he went into a room by himself and read aloud from a book for two hours, keeping his teeth tightly closed, and moving only his lips while speaking. The result was a rather severe aching of the muscles of the jaws and of the tongue at first, but this soon disappeared, and the stammerer found himself able to speak with much less difficulty than before. He stated that he felt as though something had been loosened. Many cases may be entirely cured by this simple means.—*Selected.*

THE MORAL GOOD HEALTH OF OUR CHILDREN.*

BY J. I. C. HOWARD, B.A., *Combermere School, Barbados.*

THE mother is the child's natural nurse, and infancy is the important time for the moulding of character. It is at this early time that strictest discipline is necessary; and although undue rigour is fatal to sensitive and timid children, yet false tenderness is to be strongly deprecated. The infliction of momentary pain in suppressing wayward humour is a duty from which parents must not flinch.

If faults are not amended by timely care at an early period, the pride and tenaciousness of an after period will resist all endeavours to correct these faults.

Much advance, indeed, has been made in the education of women, but few are instructed in those matters which would provide mothers for the coming generations. "The management of human beings in their most helpless and impressible state is the inherent office of woman."

How necessary, then, is it that they should pay attention to acquiring knowledge, through the experience of others, in matters wherein they are not trained by natural intuition! All other accomplishments sink into the shade when compared with that of being a good mother.

It is very laudable that parents should be animated with zeal when the time arrives that their dear ones must begin the education which is to fit them for the battle of life; but how very important

it is that before this critical juncture has arrived they should have exercised themselves in preventing habits which may prove highly inimical to the future advancement in goodness and gentlemanly characteristics of their children.

A child begins to be susceptible as soon as he begins to notice things around him. Even in early infancy the best of feelings or the most unruly passions can be excited, according to different modes of treatment. Repeated punishments can by no means take the place of the influence exerted by a good example. "No impression short of moral principles can establish integrity, and fear is destructive of that self-determined rectitude which ought to be matured with the most anxious care."

Long before a child is capable of distinguishing between right and wrong, it is capable of noticing and imitating the manners of its elders. Is it not cruel, then, to lead children wrong by our example, and then punish them for being faithful copies of ourselves?

The naughty tricks of very young children are often merely a source of merriment; but as the child develops, and the tricks develop, in vain do the fond parents strive to repress faults they might have nipped in the bud. A child that has never been deceived, and never been forced to practise deceit through fear of punishment, naturally grows up imbued with principles of truth and uprightness. An odious propensity may be checked in its incipient stage, but it is not so easily eradicated



"The child is father of the man."

*Moral training and health are very closely allied. We are pleased to reproduce these paragraphs from an article written for one of the local papers. As an educator of experience, Mr. Howard lays down principles of the utmost importance in ensuring the moral health of the growing child.—Editor.

when once it becomes engrained in the mind.

There can be no excuse for the monstrous fictions often resorted to in order to terrify or entice little ones to do right. This practice is often kept up too long, and they soon discover the deception that has been used by those whose word they trusted. We should rather appeal to their reason, and teach them to rely on our

guidance in a spirit of loving confidence instead of fear.

If the first child be not spoiled by petting and unreasonable indulgence, he will impart to his juniors the training he has received. It is a better principle to carefully guard and guide our children in the right way than to punish them for faults they have been permitted to acquire through our own negligence.

FOOT HYGIENE.

Hints Towards a More Scientific and Rational Treatment of the Feet.

WE westerners commiserate the Chinese women, and send out missionaries to teach them the harmfulness of foot-binding. Do we treat our own feet a great deal better? Does one English woman in ten wear really comfortable boots? And how many men are absolutely free from corns and worse deformities? If fashion should suddenly declare in favour of bare feet at all social functions, would the resulting spectacle be anything but painful?

Why are there so many deformed feet? Because physiological footwear is so little known. Almost from babyhood up the feet are slighted or abused, crammed into tight, improperly-shaped boots, and never given their freedom or allowed access to the fresh air and the sunshine.

Are the feet, then, of so little importance that their health and well-being can be safely ignored? By no means. Foot comfort is most essential to the general health. Tight, ill-fitting boots are the cause of pain and discomfort in parts remote from the feet. Neglect of these important organs reacts most decidedly against bodily health and efficiency.

If the tired shop-assistant, on returning home at night, would devote five or ten minutes to bathing her feet, she would feel ever so much fresher. If the feet were hardened by exposure to the air and sun (for instance walking barefooted in the wet grass mornings, as Kneipp advised), they would soon become less sensitive to changes of temperature, and improve in strength and shapeliness. It is surprising what a good effect upon the general nervous system may be brought about simply by ministering to the comfort of the feet.

Given really healthy, well-cared-for feet, and it is seldom that those feelings of utter weariness and *malaise* will take possession of the overworked man or woman. The feet form, as it were, the foundation of bodily health, and their condition affects the whole nervous system very powerfully. Headaches and other aches and pains, as well as feelings of discomfort, are often traceable to improper treatment of the feet.



ARE YOUR CHILDREN'S FEET LIKE THESE?

Cold feet are also due to lack of attention to the simplest rules governing the well-being of the feet. In order to have the feet warm and comfortable, one must see that the blood circulates freely in those parts of the body; but with tight, ill-fitting footwear this is impossible. And even when suitable boots or shoes are adopted, the feet sometimes remain cold for a time because the bad treatment they have received has left them limp and crippled. The proper treatment in such cases is to restore life and vitality by dipping alter-

nately in very hot and very cold water, and by vigorous rubbing and massage.

Even the best of tonic treatments, supplemented by strict cleanliness, which is often neglected, will never avail to make healthy, shapely feet unless proper footwear is adopted. Sandals are doubtless the best form of covering for the feet, as they supply necessary protection without shutting out light and air, and allow full room for development. Children should certainly be allowed to wear sandals all through the warmer part of the year, and if they wore them also in winter their health would be all the better for it. Adults could wear sandals about the house, even if they discarded them when going out merely to avoid attracting undue attention from their neighbours.

Shoes and boots made to fit the foot are

also capable of supplying the essentials of comfort and health. Fortunately some enterprising firms are giving special attention to this very important matter. We have for some time found our own needs very fully met by the fine assortment of boots, shoes, and sandals supplied by Messrs. Hall & Sons, of Bishopsgate Street, the manufacturers of the Good Health Boot and a variety of other specialities. Mr. Hall has given much study to the subject of hygienic footwear, and as the firm is willing to send samples without deposit to any interested persons, the expert knowledge of the founder is thus available for all readers of GOOD HEALTH. We feel sure that the comfort and health incident upon the adoption of suitable footwear will more than compensate for the slight effort necessary to procure it.

THE PLEASURES OF THE SCULLERY.

BY MRS. A. M. PIKE.

CAMPBELL gave the world the "Pleasures of Hope," and Lord Avebury has added the "Pleasures of Life," but I venture to think that literary geniuses have passed over the fascinating and pleasant subject of the scullery with a chilly silence that it little deserves.

There may be reasons, and cogent ones, for this neglect. The genius of the scullery—and please note that the words "scullery" and "scullion" are not allies to each other—may well have closed the gates of her kingdom firmly, if kindly, when some venturesome neighbour of the study essayed to enter. There is room there, and plenty of it, for things and ideas, but not for paper and inkpots and words. Over the door in golden letters should be inscribed Pope's often quoted words; and "Order is heaven's first law" should shine down upon and inspire the household.

Incongruous? By no means! Are not straightness and unobtrusiveness the characteristics of the gate that "leadeth unto life"?

Now this pleasant place, the scullery, like many other pleasant places, may be made not only unpleasant but positively dangerous. But in this potentiality of

evil lies the stimulus to effort, and the genius knows, and rejoices in knowing, that on her success may depend the health of her house-mates.

Each recurring meal threatens her orderliness with overthrow, but time after time it rises triumphant: chaos vanishes, order returns; dishes and plates and knives, potato peels and tea-leaves, forks and spoons, greasiness and stickiness, go to their appointed places. In her kingdom muddy boots become bright and shining; knives resume the gleam and glitter of the Toledo blade.

Yes, say the unpoetic and scoffers, all the dirty work and the drudgery is done there, and dullness, colourlessness, and monotony reign supreme. But in this blessed, wonderful, dual world of ours, you have but to touch these unalluring-looking pebbles with the magic wand of faithfulness, and lo! in their place you have the gems of healthfulness, patience, method, self-respect, and added capacity.

Let us turn to the charge of colourlessness: is there in reality such an insuperable barrier between our genius of the scullery and the artist?

The painter and the worker in enamel reproduce for us the colours Nature spreads

with lavish hand. To the door of the genius comes the homely basket of the greengrocer; but in it appear the vivid green of the cucumber, the glorious red of the tomato, the rich purple of the damson, the yellows and oranges and browns that cannot be rivalled. Then, if you turn from these stronger colours, where are such pearly tints, such mauves and palest greens, such creamy whites to be found as in the onion? There is no need to take a journey to town, no need to wearily pace through airless picture galleries, where one gazes at still life through the medium of oils on canvas.

And who with any appreciation of the picturesque would hesitate a moment between the pictures of black-coated conventional worthies on the walls of the Academy and, at one's own back door, the gipsy hawker, with her brown skin and her bright shawl, carrying her basket of

met and subdued, bring us the everlasting pride and pleasure of self-conquest, and above all, the realization that the unattractive duties are often just so many hammers given us to help strike off our shackles, and thus join the company of those whose souls are gloriously free.

MR. H. J. STONE, one of the secretaries of the Outdoor League, supported by members of the London group of the "Light of Reason" readers, conducted a week-end camp for boys last summer. Twenty-seven boys availed themselves of the rare privilege of living the simple life under canvas, and thoroughly enjoyed themselves. Most of the boys, Mr. Stone tells us, came direct from the L. C. C. School, Devons Road, Bromley-by-Bow, East London.

The boys not only had the advantage of the fresh air and wholesome surroundings, but were also taught some of the most important principles of healthful living.

The total expenditure amounted to £17 4s. This included, of course, the cost of the outfit.

It is hoped to carry on the work the present year on a more extensive scale, and any

readers of GOOD HEALTH who would like to contribute towards the expense are invited to send their offerings to Mr. H. J. Stone, Avondale, Fallo Court Avenue, North Finchley, London, N.

The accompanying photo gives some idea of the camp, which was located on a beautiful spot.



A BOYS' CAMP.

ferns on one arm and her baby on the other? True, the blue of the seascape may be wanting, and the landscape with its giant mass of mountains or its restful pastoral scene: but in their place is there not the sky with its ever changing magnificence; and are there not the clouds and the stars, the sun and the moon, to be seen from the window, and watched, and loved?

But the voice of the uninitiated brings us back to earth again, with its plea of a natural aversion to the washing of plates and dishes, the blacking of boots, and cleaning of knives. And it is perhaps a very natural "natural aversion"; but here, again, if we take the trouble to look below the surface and be sincere, we may, nay, shall, find that our aversions, fairly

Bristol.—It is always encouraging to see evidences of growth and development in connexion with the health work. We are glad, therefore, to call attention to the Treatment-Rooms which Mr. and Mrs. L. P. Rayner have opened at 2 Aberdeen Road, Clifton, Bristol. There must be a good many persons in this large city who know the value of such natural tonic treatments as the electric light bath, the salt glow, the electric water bath, massage, and other excellent remedies. Mr. and Mrs. Rayner, while they treat most of their patients at the above-mentioned premises, also give treatments in private houses. A post-card from any interested person would bring full information.

Health for the Million.

A LONG-FELT want has at last been supplied. A text-book giving the basic principles of health and hygiene in a clear and definite fashion, understandable by the "million," and in a cheap and attractive, readable form, is now in our hands—"Health for the Million," by the brothers Olsen. This is not a book that one cares to take up and read only in his most studious moods, but one that can be placed side by side on the drawing-room table with such books as "The Best of Everything," or find a convenient corner in our hand-bag when we go away for a week-end. After wading through large technical works, trying to select the helpful and useful from the mass of useless matter usually contained therein, it is refreshing to find those simple, God-given principles of health reform presented in a brief, bright, one might almost say "breezy," style. One feels that there is

Health Holding the Pen.

The book is excellent value for 2/6, and fairly comprehensive, not many a pet theory or fanciful whim, that one has almost come to claim as his very own, appearing to have been overlooked by the authors. Commencing with a healthy definition of health—"a delightful unconsciousness of natural functions," or "fitness for work"—we trip lightly through chapter after chapter of interesting and helpful reading, without tiring either brain or eyes, for both have been considered in the large, clear type and short, readable chapters. "Physical Deterioration" is naturally followed by its sequel, "Physical Culture"; and then we are told just how our heart does its work, given valuable hints about the hygiene of the nose, throat, and lungs, and how to care for the hair, teeth, and complexion, etc. Then the chapter on "Love and Marriage" is introduced, and deals in a wholesome way with this all-important question. Following this are discussed things usually thought to be of interest only to ladies, but which, in this setting, claim the attention of all of us, such as "Personal Hygiene," "Rational Beauty Culture," etc. The chapters dealing with "Stimulants and

Narcotics," and "Boys and Cigarettes," briefly state the authors' views of these evils, and give an insight into the practical measures they urge for stemming the tide, which is not only drowning the "submerged tenth," but sapping the best life forces of our nation. "First Aid to the Injured" will be read with interest, and found of real help in cases of accident, where knowing what to do, and doing it, saves unnecessary suffering and oftentimes life. The book is not intended to make amateur doctors or nurses of us all, but it certainly tells us in plain, healthy English how to care for our bodies and preserve them in health. The place of the family physician has due recognition, as being the counsellor and friend, to be called in to help when we or our loved ones are seriously ill, so that we can no longer rely upon our own knowledge. We wish "Health for the Million" God-speed!

W. M. S.

The Sanitarium Summer School.

A WELL-CONDUCTED sanitarium is always an educational institution, but the instruction is usually of an incidental or occasional nature, the guests going and coming continually. This summer it is proposed to give a systematic course lasting four weeks. The students will receive instruction by lectures, demonstrations, and text-book work in all the most essential principles underlying healthful living. Physiology and Hygiene will be taken up in a simple, popular way, with a view of bringing out clearly the fundamentals involved, and such subjects as Diet, Hygienic Dress, and Healthful Cooking, will have thorough-going treatment. It is proposed to carry on this school for the benefit of those who wish a proper preparation for Good Health League work, lecturing, and introducing health literature. Of course, the instruction will be found equally valuable as a means of improving one's personal health, and to this end the thorough work in Physical Culture will do much. The exercises are based on the Swedish system, and are calculated to correct such very common deformities as round shoulders and hollow chests, as well

as incorrect postures. The demonstrations in Hydrotherapy and the hygienic treatment of disease will be thoroughly practical.

While the instruction will be definite and systematic, it will not be dry and formal. Every exercise will deal with vital things in which one cannot but be interested. Men and women who wish to prepare for giving health lectures and demonstrations will find the Summer School an excellent preparation. It will take them behind the scenes, as it were, and show them the secrets underlying the success of Sanitarium treatments.

Recreation in the open air will alternate pleasantly with the class work, it being the intention that students shall thoroughly enjoy themselves. There will be opportunity for tennis and croquet on the Sanitarium grounds. There are golf links not far away, and the delightful hills and valleys of Surrey make walks, drives, and cycling tours especially enjoyable. The cost of board, room, and tuition will be only one guinea a week. Syllabus giving full outline of course, faculty of teachers, etc., may be had on application to the Secretary, the Sanitarium, Caterham, Surrey.

Had a "Bargain Mother."

THE arrival of twins to her mother was told to Ethel, the ten-year-old daughter.

"Oh, dear!" said the little girl, "mamma has been getting bargains again."

THE cigarette is the starting-point in the downfall of thousands who fall into its clutches and eventually drift away from all sense of morality.—*John Wanamaker.*

RECIPES.

Grape Toast.—1 pint grape juice; 1 pint water; the juice of a lemon; half-teacupful sugar; 1 tablespoonful cornflour. Put into a saucepan the grape juice, water, lemon juice, and sugar. When very hot, thicken with cornflour braided with a little cold water. Cook for ten minutes. For each person dip a slice of zwieback for just a moment into boiling water, put into a warm dish, and cover with the grape dressing. Serve immediately.

Corn Soup.—Heat canned sweet corn in a double boiler; strain through a sieve. To every pint of pulp add a pint of milk, and salt to taste. Return to the double boiler, and serve when sufficiently hot. Tomato juice may be used in

place of milk, using one and a half pints of juice to a pint of corn pulp.

A DAY'S MENUS.

BREAKFAST.

Oatmeal Porridge with Cream.
Grape Toast. Blanched Almonds.
Fig Wafers. Bananas.

DINNER.

Corn Soup with Croutons.
Mashed Potatoes. Brown Sauce.
Plain Omelette. Green Peas.
Baked Parsnips.
Coco-Nut Pudding with Lemon Sauce.

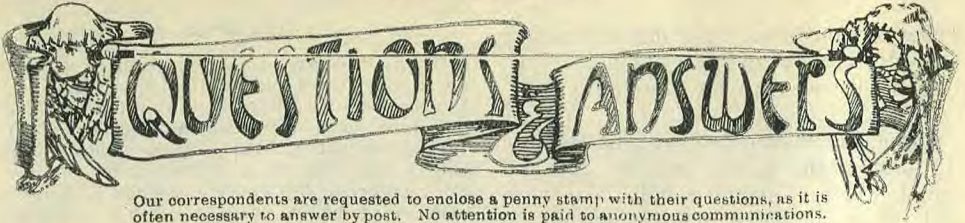
SUPPER (Early).

Toasted Granose Biscuits. Nut Rolls.
Pine Chunks with Whipped Cream.
Caramel Cereal.

Brown Sauce.— $\frac{1}{2}$ oz. butter; 3 tablespoonfuls browned flour (browned in the oven); 1 pint hot water; $\frac{1}{2}$ pint tomato juice; 1 tablespoonful onion juice; $\frac{1}{4}$ teaspoonful celery salt, sugar, and thyme; $\frac{1}{2}$ teaspoonful salt; and one bay-leaf. Melt the butter in a saucepan, cook the onion in it for two minutes, then add the flour and cook for five minutes, stirring constantly. Pour into the above mixture the water, carefully mixing the first half-pint, also the tomato juice. Add celery salt, sugar, thyme, salt, and bay-leaf. Simmer for fifteen minutes, then strain through a sieve and serve at once.

Coco-Nut Pudding.—1 lb. white bread-crumbs (fine); $\frac{3}{4}$ lb. desiccated coco-nut; 5 tablespoonfuls sugar; 4 eggs; about half a pint of milk. Mix well together the bread-crumbs, coco-nut, and sugar. Beat the eggs well, adding to them the milk. Moisten the dry mixture with the eggs and milk. After well mixing, turn into a greased basin, and steam from three to four hours. Serve with lemon sauce. The inner part of a double boiler may be used instead of a basin and steamer.

Lemon Sauce.—1 pint water; the juice of a large lemon; the juice of one and a half oranges; 1 dessertspoonful cornflour. Add lemon and orange juice to the water; heat in a saucepan. When very hot, add slowly the cornflour, which should have been braided in a little cold water; stir until well mixed. Cook for about ten minutes, and serve with coco-nut pudding.



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.

Scurf on the Scalp.—A.L. (Dorchester). For this affection shampoo the scalp twice a week with plenty of warm, soft water and McClinton's Soap, followed by rubbing in a solution consisting of one part castor oil and three parts alcohol. Morning and evening massage the hair with the finger-tips dipped in cold water. Look well to your diet. Take only three meals a day, and let the third one be very light. Avoid greasy foods and all indigestible things.

Psoriasis.—J.M. would like suggestions for the hygienic treatment of this disease.

Ans.—Psoriasis is an obstinate skin affection, which is most likely to attack a person who is in a run-down condition. Do what you can to build up the general health. Adopt a wholesome but varied diet. Live out-of-doors as much as possible. Keep the skin active by baths and exercise. It would be well for you to get a Gem vapour bath cabinet, and use it two or three times a week. Also attend to any digestive difficulties.

Hygienic Treatment of Hay Fever.—W. M. (Kent) suffers from hay fever during the summer months. His general health does not seem to be affected. He wishes instructions for the hygienic treatment of this difficulty.

Ans.—Hay fever is a difficult affection to treat, and in some instances a change of climate seems necessary to a complete cure. However, something can be done to mitigate the severity. Adopt a very simple dietary, consisting of granose biscuits and zwieback with mild fruits, such as well-ripened bananas, dates, mellow apples, sweet oranges; also stewed prunes, raisins, and figs. You can also use some cream, and at the principal meal of the day, well-cooked vegetables. Avoid things containing cane sugar, also the large use of free fats, as well as heavy puddings, pastries, and other things difficult of digestion.

Fletcherize your food: that is, chew it till it is quite fluid, and practically swallows itself. This instruction, if carried out carefully, will be likely to reduce the intake of food. Do not take more than three meals a day at the most. Let the third meal be extremely light. In most cases of hay fever the patient does better on two meals than on three. *It is also well to take the cold bath in some form daily. The cold mitten friction, or the wet hand rub, does very well in case there is no opportunity for a cold shower or plunge. Take five or six minutes' brisk exercise preceding the bath, and the same amount following. Be sure to secure a good reaction. The use of a good vapourizer or spray with a standard lotion is also very helpful.

Sea Bathing and Grey Hair—Buttermilk.—J.F.: "1. I like swimming very much, and go into the sea daily. Would the salt water have a tendency to turn the hair grey? 2. Is buttermilk a wholesome drink?"

Ans.—1. We are not aware of any reason why salt water should cause greyness, although the trace of chlorine present in sea-water might have a slightly bleaching effect temporarily. 2. Yes, buttermilk is wholesome, but it is a food and not a drink.

Catarrh.—C.D. wishes to know what to do for a two-year-old child who is persistently troubled with catarrh, and breathes through the mouth. What would be a good solution for syringing the nose?

Ans.—Hot water with a little salt in it—about a tablespoonful to the pint—is a fairly good liquid for syringing the nose. Of course, the solution we supplied in connexion with the Catarrh Outfit would be a little more effective than the salt solution, and the Nebulizer provided with this outfit is also helpful, both for adults and children troubled with catarrh. If the child is subject to colds, and sleeps with the mouth open, we should advise you to have her medically examined to see if she has adenoids. These growths occur very commonly in children, and might produce the results you mention. Do what you can to improve the circulation and the general health. Dress the child comfortably, but do not put on too much clothing, and endeavour to increase the activity of the skin. The bedroom must be well ventilated.

INDISPENSABLE TO WOMEN.

"Ladies' Guide in Health and Disease," by J. H. Kellogg, M.D.

is a book which should be in every woman's library. It deals successively with Girlhood, Maidenhood, Wifehood, Motherhood.

It considers a large number of diseases peculiar to women, and gives simple home prescriptions for Baths of various kinds, Swedish Movements, Postural Treatment, Electricity, Massage, and invaluable advice generally.

It also takes up a number of the most common Children's Diseases.

The book is complete in one volume of 672 octavo pages, and substantially bound. It is the standard work on this subject, and has had a circulation already of upwards of 100,000 copies. For further particulars address:

Good Health Supply Department,
Caterham Valley, Surrey.

GOOD HEALTH FOR THE CHILDREN

Foot Wisdom. You cannot begin the care of the feet too early. More depends upon it than you realize. Children whose feet are not comfortable are almost certain to be peevish. Deformed toes and even spine trouble are the results, at times, of early cramping of the toes. There is no more reason in compressing the feet than in cramping the hands or the head. Besides, it is a poor economy from any point of view. Footwear, right in shape and fitting, outlasts the ordinary shop article by months—sometimes years. We have a client who boasts that, wearing two pairs of our shoes in turn daily, he has bought none since August, 1904. This speaks for itself.

If you wish your children or yourself to have scientifically constructed Boots, Shoes, or Sandals that look well, feel comfortable, and last long, call or write us as below.

Hall & Sons' "SANDAL-FORM" Boots and Shoes.

They wear longer and are not ugly.

Children's Shoes, size 4, 5/11; Children's Lace Boots, size 4, 6/11; rising 3d. per pair to size 1. Youths' Stout Box Calf Lace Boots, Toe Caps (an especially Strong Boot for School and hard wear), size 1, 10/11, rising 3d. per pair.

Sandals are still the best wear for indoors, and in fine weather outdoors. Prices, Children's from 2/11, sizes 2 to 5; Ladies' 7/3, 8/3; Gents' 8/3, 9/3.

"Sandal-Form" Shapes also stocked in Ladies' and Gentlemen's Sizes. Samples sent for inspection, post free, on mentioning "Good Health."

Send outline of foot standing. Postage 3d. extra. Write for Illustrated Catalogue.

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(Opposite Shacklewell Lane.)



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SENT
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FOR LIST
POST FREE**

Birmingham Outdoor Club.

SUMMER QUARTERS: B.N.H.S. Camp, Hadley's Farm, Wheelers Lane, Kings Heath.

Beginning early in June, Holiday Camp on the Avon, at Cropthorne, near Evesham (week to ten days). See special programme. Cycle Runs, Field Picnics and Games.

The well-appointed recreation field at Kings Heath, including an up-to-date pavilion, is always open to members for recreative games, such as tennis, croquet, basket-ball, cricket, hockey, etc. A special Field Day of sports and games, etc., including a tennis tournament, will be held early in July. Friends invited. Teas provided.

Write for full programme, terms, and full particulars, including the swimming section, to the secretary, Mr. A. J. Morris, 32 Denbigh Street, Bordesley Green, Birmingham.

Manchester Physical Health Society.

The annual meeting of the Society was the greatest success ever achieved; over 100 members and friends were present, and there were several converts made. Our Summer Syllabus was incomplete at time of printing, but has since been issued. June fixtures comprise: Whit-Monday, all day ramble. There will also be a ramble in Todmorden district and a visit to the Nut Food Works of Messrs. Mapleton. Cycle runs will be made under captaincy of Miss McPhail and Mr. Bottoms. Swimming. Meets for ladies and gentlemen will be in full swing. Syllabus from Secretary, 27 Brazenose Street. Subscription, 2/6 per annum, includes GOOD HEALTH monthly; *What can you ask for more?*

On Easter Monday, a ramble in the picturesque Mid-Cheshire was greatly enjoyed. See detailed reports and announcements in the "Manchester City News."

Glasgow Health Culture Society.

MEETINGS in the Shepherds' Hall, 25 Bath Street.
June 3rd, "Poetry and Mind Culture," Miss Nellie Porter.
"Recreation and Fitness," Mr. Joseph Norrie.
"Evening Cruise (tea, music, etc.), tickets, 1/6.
Further information from general secretary.
"17th, "The No-Breakfast Plan," Miss M. Drysdale.
"Personal Experiences," Mr. John Brown.

Full particulars of the rambles are given in the summer programme, to be obtained from the Honorary Ladies' Secretary, Mrs. Crawford, 64 Woodlands Road, Glasgow, and Honorary General Secretary, C. W. D. Conacher, 51 Grant Street, Glasgow. There is a special fee to include Meetings, Library (260 volumes), Rambles, and Swimming Classes from now till the end of September.

Medical Books at Tremendous Reductions! New Books at 25% Discount!

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A Page for Women.*

Conducted by Marie Blanche.

A Word to the Overworked Mother.

WE live in a busy age, and in a busy world, we are all so much engaged in the daily round and common task that we give ourselves no time for rest and quiet. All are, of course, agreed that exercise and recreation are desirable, and even necessary, to maintain physical health and well-being, but how few women, comparatively speaking, realize the importance of a daily rest.

If we look up and down the social ladder, from the highest to the lowest, from the fashionable society butterfly to the hard-working wife of the artisan, we read the same story, the same constant pressure of engagement, social or domestic, the same high tension and nerve-destroying rush that has reduced the possibility of rest to almost the vanishing point. The fashionable woman, it is true, has her "rest cure" when collapse comes, as it generally does at the end of a big season, and also she shortens her working hours, if such the hours of her day may be called, by staying in bed half the morning, and having her breakfast brought to her in the privacy and quiet of her boudoir; but she pays for it by losing those freshest, sweetest hours of the day, when the air is purest and most invigorating. That is, however, her business, not ours.

But I should like to say a word to the busy housewife, the overworked mother, whose domestic duties seem so overwhelmingly numerous, and whose opportunities of a little real rest do appear to be so very scarce. Why is it, I wonder? Can it be want of management, lack of regime? Not always, perhaps. Yet something could surely be done to fit in one hour, or even half an hour, when the tired feet and aching head could have absolute quiet and rest. An hour spent in a quiet room with an open window, or in the shade of a garden if possible, will often go a long way to help one through the duties of the day, and I am sure it would have a very happy effect upon the temper of the overworked housewife, who, frequently, as the result of overstrung nerves and constant tension, grows peevish and irritable, and the temper, reacting upon the features, transforms her once bright, cheery face into a cross, wrinkled visage that is anything but pleasing to her spouse returning from a day's hard work. I have already spoken at some length in a previous issue of **GOOD HEALTH** on the subject of improving one's

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

personal appearance, but I would again say that the daily rest would go a long way towards keeping a woman fresh and young.

The hour's rest in the middle of the day need not always be an absolutely idle one. Sitting quietly by an open window with the eyes closed and the feet raised will soon bring a feeling of refreshment, and part of the time might be spent in reading an interesting book, or doing some trifling bit of needlework that would not involve much effort or movement. The family ought to regard this time of rest as mother's sacred hour, and everything should be done to avoid breaking into it. Surely, too, a little less cooking might be done. There are many good and nourishing foods that call for next to no cooking, while many things, if steamed instead of boiled, would require no watching or attention beyond keeping the outer pan supplied with water. This way of cooking foods is, moreover, economical, and preserves the nutriment and flavour which is otherwise carried away with the water they are boiled in, and thus wasted.

And now with the holiday season comes a fresh strain upon the housewife, who often, as I have noticed, returns from her trip to the seaside utterly weary and worn out. My heart goes out to her, and I long to pack her troublesome, inconsiderate family of boys and girls off to their respective schools, and just put the tired mother to bed for a week. I heard the other day of a man who, when it came to arranging the holiday, stoutly declared his intention of staying at home himself. He was very determined over it, and kept his word. He sent his wife and family off to a busy seaside place with plenty of money to enjoy themselves, and he stayed at home, and had a quiet rest. Between ourselves, I think he had the best of it. Certainly when the family returned they looked very tired and dishevelled, while he had a certain calm and well-conditioned appearance that spoke of rested nerves and general well-being.

Answers to Correspondents.

"**RUELLA.**"—Fruit acids are the acids in freshly cut fruits, such as lemon juice, grape juice, or the juice from a fresh lime or a pomelo.

F.L.P.—Electrolysis is a means of removing superfluous hairs, the electric current being conveyed to the roots by a needle. I think zinc ointment would be rather drying to the skin. Why not use Crème Marquise? It is healing and softening. Any good chemist would procure it, price one shilling a tube. McClinton's soaps are various prices. Write to the makers.

Mrs. E.A.—I am always glad to help readers. Do not use glycerine. Read foregoing answer to **F.L.P.** Rub olive oil into the scalp. Crème Marquise could not possibly hurt your baby's skin. Clean your hands with lemon juice, and rub it on them every time after washing, allowing to dry into the skin.



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Telegraphic Address: "Hygiene, Garston, Herts."

Address editorial correspondence to the Editor, **Sunny View, Caterham Valley, Surrey.** Telegraphic address, "Hydro, Caterham Valley."

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MR. AND MRS. JAMES ALLEN, at Ilfracombe, have thrown open their pleasant home for paying guests, and we feel sure that any members of the **GOOD HEALTH** family who care to spend a vacation in one of the prettiest of seaside towns, will find the accommodations all that could be wished. It always adds much to the pleasure of a vacation when the time can be spent in a thoroughly congenial place, where the practice of health principles will not attract objectionable attention.

GRANOSE flakes and cream make an admirable breakfast dish on a summer morning. Granose biscuits, fresh toasted, and eaten with stewed fruit, are also delicious. If any of our readers are not acquainted with these delightful products, they should certainly give them an early trial. The International Health Association also make a number of other excellent foods. Their price list should be in everybody's home.

THE Abdominal Supporter, which may be had of the Good Health Supply Department, Caterham Valley, Surrey, has been found exceedingly valuable in cases of prolapsed stomach and similar difficulties. Many a person suffers from indigestion chiefly because of a prolapsed condition of the vital organs. Further particulars of the Supporter will be sent on request.

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.

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

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

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What can be nicer
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Jelly made with

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Corn Flour?

Instead of milk,
use the juice got from
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Jelly. You know
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Sanatoriums, Vegetarian Homes, and large buyers specially catered for. Bananas, Grapes, Oranges, Figs, and Dates, etc., etc. Australian Apples are arriving daily in the following varieties: Cox's Orange Pippin, Ribston, Worcester Pearmain, Scarlet Pearmain, Jonathan, Prince Alfred, Sturmer Pippin, New Yorks, French Crabs, etc., etc.
Lowest market prices. Send for current quotations. Save money and secure sound fruit. Mention "Good Health."

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1. A 52-page booklet on Nuts and other natural foods. Contents include 36 simple nut recipes.
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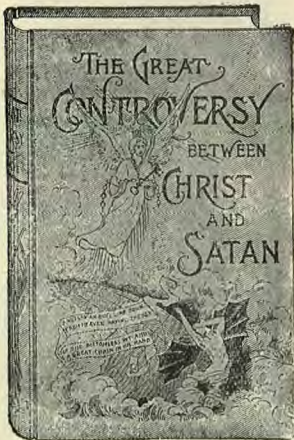
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N.B. We pay carriage on orders value 5/- and upwards to any part of the United Kingdom.

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"A shilling post free from **CAMP & CO.,** 203 Borough High Street, London, S.E."
"Quite so, thank you! But I mean, what's Arpax for?" "Oh! it's for the teeth. Best dentifrice out." "Good Health" says (March, 1908): "Arpax Tooth Powder is a valuable preparation which those who wish pearly white teeth would do well to use regularly."

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

Maggi's Essence—a Special Condiment for Vegetarians.

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

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

Of all vegetarian stores and grocers.

Sole Agents:

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The Latest Book on Scientific Health Culture.

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By the Editors of "Good Health," with Introduction by Professor G. Sims Woodhead.

TELLS the story of the body and how it should be cared for, in twenty-eight brightly-written chapters. Combines science and common sense—gives busy men and women reliable information about their health. **SAVES DOCTORS' BILLS.** Makes for greater efficiency in work. Printed in large, clear type, illustrated with nine full-page half-tone engravings.

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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.

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

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A grand breakfast and emergency food. At Stores in 1 1/2 lb. packets, or 3/6 per half-dozen packets, carriage paid.

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

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

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

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

Here is a list of the varieties:—

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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.

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Delightful location, near the chimes, pleasure gardens,
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Highest recommendations.
Accommodations exceptional, including facilities for
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**Pure Dandelion Coffee, Dandelion Root
only, roasted and ground. 1/10 per lb.**

Agrees with dyspeptics.

Cooking Oils, Pure Olive Oils, Vegetable Oils.

Maxwell's Pure Vegetable Coconut Butter

for the breakfast-table, for pastry, and for
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Price List gratis. Goods value 15/- sent carriage
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Write for any of the well-advertised vegetarian
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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.

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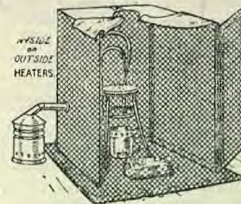
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It is the only high-class bath cabinet at a low price.

Price includes patented three-burner stove.

Booklet on the Gem System of Turkish Bathing post free.

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The Vegetarian Federal Union.

MISS FLORENCE NICHOLSON has kindly favoured us with particulars of the forthcoming Annual Congress, from which we cull the following items:—

The London Vegetarian Association will hold its annual dinner at the Holborn Restaurant at 7.30 o'clock on the evening of June 17th, the speakers being Mrs. McDouall and Mr. C. W. Forward.

Thursday evening there will be a grand concert in aid of the Children's Dinner Fund at the "Sallé Erard," 18 Great Marlborough Street, W., at 8 p.m. Madam Sarah Grand and Miss Florence Nicholson will speak on the subject, "Feeding of the Necessitous Child."

On Thursday the Federal Union will hold its annual meeting in the Memorial Hall, Mr. R. S. Coad taking the chair.

There will be a large public meeting in the Queen's Hall (small), Langham Place, W., at which Dr. Hadwen will occupy the chair, and Mrs. Cobden Sanderson, Mrs. Ormiston Chant, and others will speak.

The conference closes with a garden party at the Old Manor House, Gunnersbury Lane, Acton, W., at which the guests will be received by General Sir Alfred and Lady Turner.

Any readers of GOOD HEALTH who are not able to be present at the meeting June 18th in aid of the Children's Dinner Fund, may send donations for this beautiful work to Miss Florence Nicholson, Memorial Hall, Farringdon St., E.C.

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The House for
**CHOICE CEREALS,
 SHELLED NUTS,
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Free deliveries to all parts of London daily. Special rates for country customers.

72-PAGE PRICE LIST FREE.

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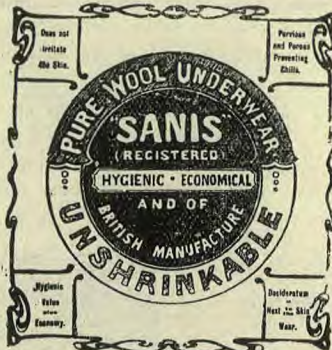
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"Sanis" Underwear.

[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 Fortess Road, London. N.W.

THE ALLINSON WHOLEMEAL

Is a pure meal, made from carefully-selected and finely-ground wheat. A grain of wheat is a perfect food IN ITSELF. It contains everything the body requires, and in nearly the proportion needed; therefore those who eat Allinson Wholemeal Bread have the full benefit of the wheat.

NATURE'S BEST FOOD.

THE ALLINSON WHOLEMEAL

Should be used by all who would be well; it is a NECESSITY, not a luxury. Those who use it regularly do not suffer from constipation and its attendant evils.

It makes delicious bread, cakes, scones, pies, etc., and can be obtained in 3½ lb. bags, 6d., 7 lb. bags, 1/-, from all the leading Vegetarian Food Stores, also from most Grocers and Co-operative Stores. Full list of agents on receipt of post card—

THE NATURAL FOOD CO., LTD.,
 Room 151, 305 Cambridge Road, Bethnal Green.

In answering advertisements kindly mention "Good Health."

The Way to be Well

Is to obey the laws of health, and adopt a pure and simple diet. The I. H. A. Foods are scientifically prepared yet simple foods, the every-day use of which builds up

a healthy body and a sound mind.

I. H. A. NUT FOODS.

Protose. A perfect substitute for flesh meat, prepared entirely from Nuts and Wheat. More nourishing than beef, yet quite free from all its impurities. Ready for use, in sealed tins. $\frac{1}{2}$ lb. 8d.; 1 lb. 1/-; $1\frac{1}{2}$ lb. 1/4. Made in three varieties: No. 1, The Original; No. 2, Pine-nut Protose; No. 3, Hazel-nut Protose.

Nuttose. Another pure Nut Meat. Very nutritious, and excellent for stews and roasts. Same prices as Protose.

Nuttolene. A tasty and delicate Nut Food, suitable for a large variety of dishes. Nuttolene sandwiches are A 1. Same prices as Protose, except $\frac{1}{2}$ lb. tin, 7d.

Nut Bromose. A very digestible Nut Food, indispensable in all cases of wasting disease or mal-nutrition. Makes good blood very quickly. Sweet, nutty flavour. 30 tablets in box, 1/6.

Fruit Bromose. Same as above combined with fruit.

Sold by all
Health Food
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