

SPECIAL HOLIDAY NUMBER.

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AUGUST.

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In answering advertisements kindly mention "Good Health."

Contents.

Hints and Suggestions for the Summer Holidays.	227-231
Summer Diarrhoea: Its Prevention and Treatment.	232, 233
Drinking and Holidays.	234-236
Holidays that Count.	236, 237
Delights of Camping.	238, 239
Holiday Hygiene.	240-243
Medicine.	244-246
Some Seasonable Recipes.	248
A Page for Women.—"Rags."	250
Questions and Answers.	252, 254

A Caravan Health Mission.

OF the many ways for spending a successful and interesting holiday, caravanning can be specially recommended. Dr. Elizabeth Sloan Chesser in her new book "The House on Wheels" gives a most fascinating account of some weeks spent caravanning in Kent. For the benefit of our readers who are not intimately acquainted with the caravan we quote the following description:—

"It had two rooms. The front bedroom was compact and commodious like a cabin on board ship. Behind was a larger apartment—kitchen, salon, and bedroom in one. We had a miniature cooking range, polished to perfection, and there was a pantry where blue willow dishes were kept; on the opposite side a wardrobe, and a window seat with Liberty curtains. I noticed what appeared to be a wooden bench which would hold two in emergency, and which might do duty as a sideboard when meals were taken indoors. But it turned out to be a canvas bed with wooden top and bottom, and a sort of lid which pulled outwards like a concertina, the mattress, blankets, etc., being placed on top of the other bed during the day, and covered with a cretonne bedspread. There were green hangings, and dainty cream window curtains, and a great bowl of mauve sweet peas filled the little house with delicious fragrance."

A Hunger Appetite.

One of the first experiences that comes to the caravanner is a sense of hunger and a relish for plain fare which cannot fail to insure good digestion. The author writes:—

"Hunger is a luxury when you are within reasonable sight and smell and taste of a good dinner. But when food can only be obtained three miles on the other side of a hill on which your caravan is stuck, or you have horses which move a few yards at a time, you begin to realize the drawback of an appetite, to understand what it would be to revel in a 4d. dinner of beans and bacon, suet and rice pudding."

Again she says:—

"One of the minor worries of caravanning to the person in charge of the commissariat department is that everybody seems to be in a state of chronic hunger."

Besides giving a most interesting account of the daily experiences, including mishaps as well

as successes, the book contains much useful information concerning hygiene and sanitation. We are cautioned to boil the water if there is the slightest doubt with regard to its purity, and if necessary to carry jars of distilled water. It seems that anything like ordinary bathing is pretty well out of the question, and the most that can be expected is a collapsible rubber vessel for taking the daily sponge bath. But this is really a minor matter, and given privacy and a basin of water one can always manage a very satisfactory refreshing wet-hand rub or cold mitten friction in the morning, either of which makes a fine tonic.

Some Compensations.

But with the disadvantages are many delightful compensations, and caravanning is undoubtedly one of the best means not only of cultivating a jaded appetite and therewith health, but also for getting deep draughts at the well of nature.

"All day you may trek through glorious scenery. Now the road leads through the woods where the sun flickers on trunk and leaf, and the play of light and shadow is full of mystery and beauty.

"You trek across the moors in a lonely country for miles, or pass through quaint English villages where the cottages cluster round the old church and vicarage, and where a hospitable farmhouse may give you kindly welcome, or perchance gaze suspiciously at the gipsy cavalcade, and suggest that a next door neighbour has an ideal site for a pitch. (Continued on page 253.)

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(in both infants and adults)

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stead of milk, according to direc-
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VOL. 12.

AUGUST, 1914.

NO. 8.

Hints and Suggestions for The Summer Holidays.

BY THE EDITOR.

HOLIDAY is a good old Anglo-Saxon word and is derived from two roots, *halig*, holy, and *daeg*, day. As we would naturally infer from this derivation the ancient and original holiday was in reality a holy day, or rest day, devoted to religious duties. There was a freedom from ordinary labour and work, but the modern idea of recreation, amusement, and diversion is a much later development.

Recreation Needful.

Those who are engaged in constant labour, whether of a sedentary or active nature, benefit by an occasional change of scene and recreation. Long sustained work of any kind, whether it is manual labour, business activity, brain work, or merely the daily round of unceasing duties of the home life, becomes wearisome if not worrying after a time, and may lead to nervous and physical exhaustion unless there is a respite. Under such conditions

one is no longer able to produce the best results in any kind of work. A holiday wisely spent is a blessing, and has a wonderfully refreshing effect upon both mind and body, and sends one back to work with renewed energies and fresh courage.



Photo by
J. Heaton, Bury

A Holiday Trio—Ready for Anything.

Rest or Change of Work?

The holiday may be either a time of quiet relaxation and restfulness or it may be merely a change of work or activity. Those who are literally worn out and exhausted, who find themselves as tired and weary in the morning as at the

close of the day, those whose nerves are constantly on the *qui vive* and in a sensitive, irritable condition, obviously require a rest holiday. They want freedom from excitement, and quietness as much as anything and an extra amount of sleep. They need to relax and unbend and let-go. The soothing influence of an out-of-the-way quiet countryside or seaside where

they can live out of doors in the fresh air surrounded by the beautiful things of nature, and a plain but nourishing and attractive diet, with fresh fruit, fresh vegetables and salads, wholemeal bread and cereals, together with milk, cream, butter and eggs—these are the things which will soonest restore lost energies and refresh both mind and body.

The Strenuous Holiday.

But there are those on the other hand who merely want a change of scene and

possible train at the beginning of the holiday and return by the last one. Many men would profit more by staying at home and getting acquainted with their wives and children. The strenuous toil and long hours of business or labour makes them so weary when they return in the evening that they are scarcely fit for anything but bed, and in the morning they must needs start off early to work again. Where there are a number of children a holiday at home is often a blessing to the mother as well as the father, and this is particularly

true where there is a garden to occupy one's time. A week or a fortnight at home with the family, digging in the garden, romping with the children, eating out of doors, and, as far as possible, living out of doors, is of itself a great and beneficial change to sedentary workers who have to spend long hours in darkened and ill-ventilated offices and shops. It is sometimes worth while to rent a tent, put it up in the garden, and sleep out of doors in the fresh air. The



Photo by E. S. Rose.

The Conventional Holiday—Brighton Beach.

activity, and a working holiday suits them better. Indeed, many people put in harder work of one kind or another on holiday making than at business. The explanation is that the holiday work is not only a change, but it is more congenial, and therefore they enjoy it and benefit by it. An active holiday with a maximum amount of diversion such as cycling, walking, swimming and more or less strenuous games of various kinds suits such people and does them good. They seem to thrive on activity while the other class would only suffer injury.

The Stay-at-Home Holiday.

It is not always wise to take the first

children will enjoy the tent, and the delight of having father at home each day will amply compensate for a visit to Margate, Southend, or some other resort.

Seaside or Country?

Those who are leaving home will have to decide whether they are going to some quiet countryside village for their holiday, or to some seaside resort. Those living inland and the average town dwellers of our large cities will naturally prefer the bracing air of some seaside town or village, while others who live by the town or sea will prefer to seek the country. It is oftentimes possible to combine the delights of the seaside with the country. By

means of cycling or walking tours one can spend much of the time in the country and yet be lodging by the sea. The ozone of the sea air is a very pleasant tonic, and makes a fine change for the countryman.

Bathing and Boating.

⊖ A word of caution is necessary for those who go to the seaside and expect to indulge in sea bathing or boating. Those accustomed to bathing in the sea will benefit from the daily plunge, but the greatest care should be taken against drowning. Even good swimmers occasionally run grave or fatal risks at the seaside. Fortunately, by far the largest number of our seaside bathing resorts are remarkably safe as far as the sands are concerned, but none the less, danger is lurking about, and the holiday season rarely, if ever, passes without claiming a considerable number of victims. One should never go bathing alone under any circumstances, but always take a companion, and better still, several companions. Always note the state of the tide, whether ebb or flow, and ascertain



Photo by J. Heaton, Bury.

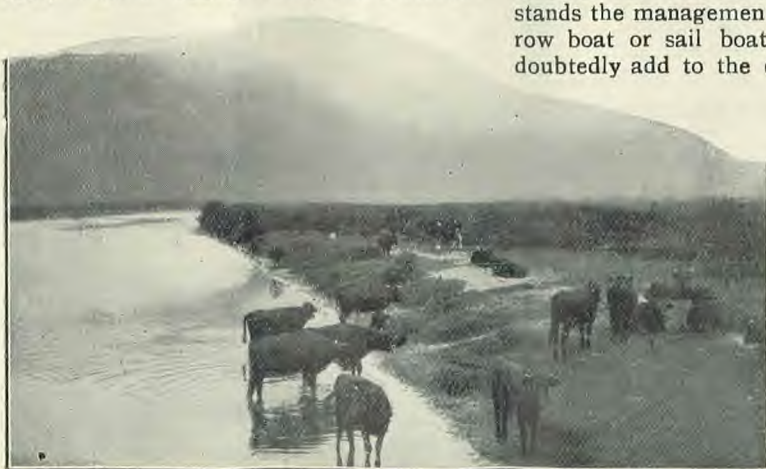
A Bit of Rough Weather at Blackpool.

the character of the bathing sands. It is a wise precaution to keep near the shore, and it is a still wiser precaution to always have a boat and boatman near at hand to watch the bathers and be able to render prompt assistance in cases of emergency. Even expert swimmers sometimes come to grief, and then usually through carelessness.

Boating and yachting, whether on the river, lake, or sea, is another risky recreation, and scarcely a week goes by in the summer time without recording fatal boating accidents. It would be a good thing if no boat was allowed to go out without being in charge of a competent sailor, or at least someone who thoroughly understands the management of a boat, whether row boat or sail boat. This would undoubtedly add to the expense of boating, but it would at the same time be the means of saving many valuable lives.

Artificial Breathing.

Everybody should learn the art of artificial respiration so as to be able to render first aid in case of emergency.



View Near Conway.

Photo by J. Heaton, Bury.

There are several methods, and it matters little which one is mastered. The object is obviously to assist the natural breathing process when the victim is unable to breathe through exhaustion. The first step in artificial respiration is to see that the tongue is drawn forward so that it will not impede the passage of air. The second step is to expand the lungs thus drawing in the air and afterwards to compress the lungs so that the air will pass out again. Artificial respiration should be performed steadily and deliberately at the rate of about fourteen or fifteen or sixteen times a minute, and it should be continued for several hours if necessary. Remember that a valuable life is at stake and that patient perseverance after several hours of artificial breathing has been the means of restoring life. Do not make the



Looking Towards West Pier, Brighton. *Photo E. S. Rose.*

mistake of giving up too soon. Just imagine yourself in the condition of the supposed drowned person and persevere with the movements until the faintest hope of restoration has passed. Other persons can render very material assistance by one going for the nearest doctor and one or two rubbing the extremities in order to restore warmth. The application of artificial heat is also helpful and important. Just as soon as the victim is able to swallow, it is an excellent practice to give sips of hot water, but do not give brandy, whisky, or alcohol in any form.

Walking Tours.

A very inexpensive and at the same time wholesome and pleasant holiday may take the form of a walking tour. With a knapsack on the back, a stick, and a jacket of rainproof cloth one is soon



A Warning—Don't Ignore Bathing Precautions. *Photo E. S. Rose.*

equipped for a walking tour of 100 miles or more. The necessities are in reality few, and may consist only of an extra shirt or two, an extra pair of hose, collars, handkerchiefs, comb and brush, one or two small choice books, and a light mackintosh coat or cape if the jacket is not rainproof. It is possible to travel comfortably with an even smaller load. A good map of the district that is visited should be obtained before starting.

Cycling Tours.

A cycling tour makes a delightful holiday for devotees of the wheel. With a cycle it is possible to cover a much wider stretch of country and one can comfortably do anything from 300 to 500 miles in a fortnight without undue speed and with keen enjoyment. Of course the comfort of either a walking or a cycling tour depends very largely upon the weather, but for those who are not afraid of an occasional wetting either can be heartily recommended. A party of two is usually the ideal arrangement, but larger parties are also successful.

A Sea Voyage.

A long sea voyage to the Mediterranean, to the Baltic, or to the "Land of the Midnight Sun," or a visit to some foreign country, makes a very interesting holiday for those who are good sailors and are not subject to *mal der mer*. There is always ample opportunity for such a holiday, either by joining some steam yacht that is fitted up for the express purpose of carrying tourists, or by securing passage on

some tramp steamer. The latter is very much cheaper and oftentimes equally interesting and successful, especially for those who are satisfied with plain fare. Many a delightful holiday has been enjoyed in some foreign land by those possessed only of the most meagre means simply through an arrangement with the captain of some tramp steamer by which he is taken on board as an extra hand.

This seems to be a necessary formality, for the tramp steamers are not supposed to carry passengers in the ordinary way.



Ready for a Walking Tour.

Your Reputation.

TAKE reasonable care of it, but do not give too much time or thought to that work. About the best way is to let it take care of itself. If folks throw things at it, let them throw. You can afford to do that, for in the end they will not stick if they do not deserve to. And you can

well afford, too, to wait for the end. . . . And while waiting you ought to be able to keep reasonably sweet and tranquil.—*Great Thoughts.*

Moderate Drinking.

EARNEST INQUIRER (collecting statistics for a work on temperance): "And how many glasses of beer would you—er—consume in a day?"

The Drayman: "Well, I can't say, gov'nor. Some days I 'as about twenty or thirty, an' then again, another day, perhaps, I might 'ave quite a lot."

SUMMER DIARRHŒA : Its Prevention and Treatment.

BY C. H. HAYTON, B.A., M.D.

DIARRHŒA is a term used to designate the frequent and loose movements of the bowels. It is most common in the hot weather, and reaches its greatest frequency and severity during the months of July and August. Adults as well as children are attacked, but it is more frequent and fatal among the latter. Poor children are among the most easily affected, especially those whose surroundings are most unhygienic, who live in filthy, overcrowded and stuffy rooms. It attacks the weakling and the artificially fed, and the children who are teething.

It is estimated that from 2,000 to 4,000 children under the age of one year die annually in London from this complaint, and published statistics show that the rate is increasing, notwithstanding the improvements made in the hygienic surrounding of these children. Sixty per cent of the deaths occur during the first three months of life, and the vast majority of these are among the bottle fed. Breast fed children seem to be immune from summer diarrhœa. Here is a fact worthy of consideration, and it should appeal to all mothers who wish to save their children from this serious complaint. Better by far suckle your child during these hot months than to hand feed it.

Prevention.

One of the greatest factors in the causation of diarrhœa is the use of improper and impure food. In the adult some unripe or over-ripe fruit starts the mischief. In the children, and infants, the milk plays the important part. It is not the fault of the milk *per se*, but more the surroundings, and the contamination through which the milk passes before the infant receives it as food, that does the harm. Milk is notorious as a good medium, especially in hot weather, for all kinds of bacteria. The greatest care must be exercised in handling it when it is used as infants food. All vessels in which the milk is placed should be scalded and cooled beforehand. The baby's bottles

and teats should be kept submerged in boric acid solution during the interval they are not in use. Boric acid is a cheap crystal; a few pence will buy at the chemist's sufficient to last some time. The milk itself upon being received should be sterilized immediately. Sterilizing milk is quite a different process from boiling it. Sterilized milk is milk which has reached a temperature of from 150°-170° Fahr. and has been allowed to remain at this temperature for from fifteen to twenty minutes. It has been found by experiments that raising milk to this temperature destroys all germs without changing the quality of milk, which is done when milk is boiled. Milk is quite easily sterilized by heating it in a double boiler. A thermometer with a boiling point to test it is a useful instrument to have in the kitchen. Do not boil the milk, but be sure to boil all the vessels, bottles, and rubbers that come in contact with it, or that are used in feeding.

While the above precautions are essential at all times in the preparation of milk used as infant's food, they are doubly so during the hot weather months. Breast nursing, however, should always have the preference and choice in feeding. Do not attempt to wean a child during the hot summer months. Fatal cases of diarrhœa among nursing infants are rare.

Symptoms.

Summer diarrhœa often begins with pain in the abdomen. The child cries fretfully and draws up its little legs to relieve the pain. Vomiting generally comes on in a few hours. Then follows the diarrhœa. The motions are at first yellow, then become greenish, or brown, in colour. There may be mucus and undigested particles of food mixed in. The stools are of a foul odour and increase in number from four to twelve per day. Blood is not generally present unless the case is serious.

The infant sleeps badly and awakes with a start. The temperature of the child may

be raised at first. If the attack lasts more than a day then it looks pale and pinched, and loses weight rapidly.

The serious form follows after several days of a mild attack. Especially is this so during the hot months. At the first sign of diarrhoea it is always best to consult your physician.

Treatment.

In many cases of summer diarrhoea, the child passes so rapidly from bad to worse that whatever

is done must be done quickly. At the first sign of diarrhoea stop all milk feeding. Administer a dose of castor oil to the child. Castor oil is a good old household remedy, and is of immense value in these cases. Children stand it well. The frequent stools are simply an effort of nature to expel

an irritating substance that has found lodgment in the alimentary canal, generally bacteria. One helps nature by giving a purge. One half to one teaspoonful of castor oil for a child under one year is sufficient. The child should then be fed with boiled water. After a day, add the white of an egg to half a glass of boiled water and feed with this when cooled. The second day rice water may be given, then barley water. Raisin tea may also be given. On another page recipes may be found for making these drinks. After a few days, if the diarrhoea is checked, milk feeding may begin again. Small feedings at one time are better than large feedings—say three or four teaspoonfuls every hour. Remember an infant suffering from diarrhoea needs plenty of fluids.

Water treatments act well in these cases. Warm fomentations to the abdomen, with a cold application following, three times a day, are good. A full cool bath, temperature at 70° for an infant with fever, acts like magic. Irrigation of the colon is of great value. Warm water enemas, or a weak solution of boric acid, or a salt solution (one teaspoonful to one pint of water) are best. The enemas should be administered three times a day. Half to one pint should be allowed to run in slowly through



A SIMPLE FOMENTATION.

In this case a piece of flannel is wrung out of warm water and laid over the stomach, after which a hot water bottle, partly filled with very hot water, is laid on top.

a funnel and a small rubber tube. These remedies are effective for checking an early case, but if they fail a physician should be called in immediately.

FATHER BERNARD VAUGHAN, when preaching the Lenten sermons in Dublin, was asked at a meeting what he thought of Sir Edward Carson. "I have the greatest sympathy for him," replied the lecturer. "And for why?" asked the man with the brogue. "Because," said Father Vaughan, "I hear he is suffering from a malignant Ulster in the liver."

"ALL that you really possess was given to you."



Drinking and Holidays.

BY J. JOHNSTON, M.D., EDIN.

WHILE many people are satisfied that they are better without alcohol, and are extremely moderate in the use of tobacco, under the ordinary circumstances of life, they seem to regard their holidays as justification for freedom from the usual restrictions—under the impression, it may be, that a little extra indulgence in these things will help them to enjoy their holidays all the more, and that habits which, at home and in normal circumstances, might be harmful, may then be indulged in with impunity.

One gentleman of my acquaintance hardly ever smokes under ordinary circumstances, but when on holiday he indulges in a mild orgie of tobacco; and though practically an abstainer at home, does not hesitate to drink freely of wine when abroad.

The practice of extra indulgence in alcohol when on holiday is based largely upon the idea that alcoholic liquids are stimulants—and that just as the fresh air and the sunshine stimulate us to greater activity, with resulting more rapid tissue change—metabolism, as doctors call this process—so does alcohol. Now it cannot be denied that stimulation is the first *apparent* effect of the taking of alcoholic drink—and it must be borne in mind that whatever variety of these drinks be indulged in—wine, beer, porter, whisky, brandy, gin, etc.—it is for the alcohol in them that they are taken, and that were this charmer removed there would be little or no fascination left in the remaining "slops." This so-called stimulating

effect of alcohol is presumed because of the quickened action of the heart and increased rapidity of the circulation—as shown by the flushing of the face, the quickened activity of the brain, and the loosening of the tongue. But these results are due not to an increased supply of force or energy to the body, but simply to liberation of its existing supply—from paralysis of the nerve which keeps it in check: like lifting the "governor" of the engine which controls the supply of steam to the cylinder, or removing the brake, so that the engine runs away. Thus the increased activity of the alcoholized individual is due not to stimulation of the energizer of the heart, but to paralysis of its regulator. Hence, alcohol must be regarded, not as a stimulant, but a sedative, a paralyser, a narcotic; and in truth, this is its action from first to last. The loosened tongue is not due to greater energy imparted to that organ, or to the brain, but to diminished control, to partial paralysis of the brain which functions it. The tired man no longer feels tired and the hungry man says he is no longer hungry, after a dose of alcohol—not because the tired feeling is removed and the hunger satisfied, but because these sensations are, for the time being, benumbed, from paralysis of the nerves. A sleepless man takes a "night cap" of toddy, but instead of being stimulated and kept awake he is soothed to sleep—and its effect in benumbing pain is well-known. Again a grief-stricken man takes to drink—not because he expects to be "stimulated" to a keener

sense of his grief—as assuredly he would be by a stimulant—but to “drown his sorrow,” and this it does for the time being—not by removing it but by benumbing his feelings.

In calling alcohol a stimulant, therefore, we are using a misnomer—for it is really one of the most powerful of sedatives—a narcotic, which should be classed with opium, chloroform, chloral, and such.

The apparent stimulation of the body by alcohol may be compared to the stimulation of a horse by a whip, the use of which results in the horse going faster—not by supplying more energy to it, but by making the animal use up its existing supply, and thus exhausting it the sooner. *Alcohol is, in truth, simply a whip*—and all it can ever do is to whip the reserve energy out of the body and leave it more exhausted than it was.

For this reason it is not only useless, but worse than useless—nay, positively harmful—in illness, accident, fainting, and all conditions of exhaustion and weakness; and one is surprised that the teetotal captain of the “Empress of Ireland” should have had alcohol forced upon him after his trying and exhausting experience—inasmuch as its administration under the circumstances tended to bolster up the scientifically exploded fallacy of its being a help to the body and a restorer of exhausted vital energy.

Another fallacy which science has

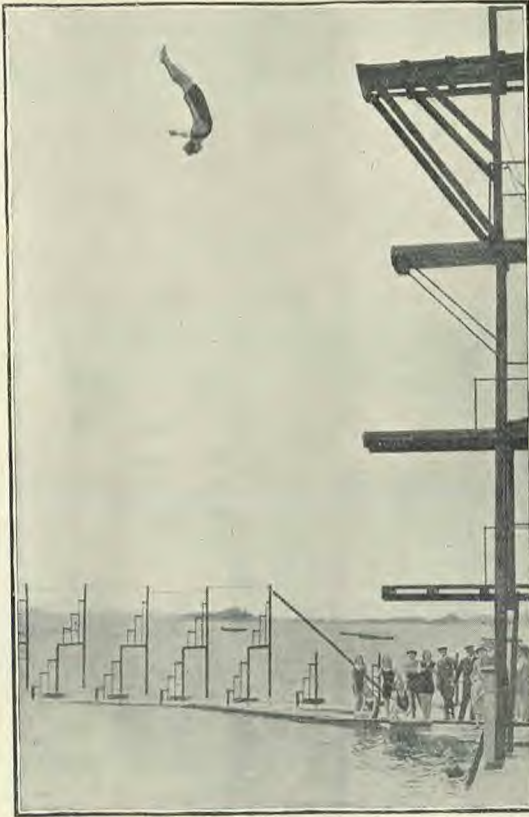
destroyed, but which has not yet died out among the people, is the idea that alcoholic drinks are strengthening and food supplying—workmen take beer to help them to do their work, mothers take porter to assist them to nurse, invalids take port wine and medicated wines to strengthen them. But the pronouncement of science against these ideas is confirmed by the

practice of all our great athletes—cyclists, cricketers, scullers, swimmers, runners, “strong men,” gymnasts—all of whom train without alcohol and abstain from it during the performance of their feats, because they know that it is a broken reed to trust to, a false friend that is sure to fail them in their hour of greatest need; and is it not condemned and tabooed by our great military commanders—Wolseley, Roberts, Kitchener, and others—by our great travellers and explorers—Nansen, Scott, Shackleton, Amundsen—

by our motorists and aviators—all of whom testify that instead of strengthening and helping the body it weakens and harms it?

But the holiday-maker may urge that it cannot do him or her any harm—they only take it in moderation, and it does help them to enjoy their holiday—it makes them feel jolly and sociable—free and easy with everybody—they may even back up their argument by the quotation that “wine maketh glad the heart of man.”

Quite true—and if this were all there



Molberg—Olympic Champion 35 ft. Dive.

would be no great harm done. But it is not all; for if we inquire into the "reason why" of this effect of alcohol we shall find that it is due to an extension of its effects, as we have already noted, upon the circulation, viz, loss of control—mental and moral control, as well as physical.

That alcohol does induce a lowering of the moral tone of the individual—producing a perversion of the moral nature—through a loosening of control by the higher faculties and liberation of the lower—may be seen at any Public Dinner Party where it is freely used, by comparing the demeanour and the tone of the conversation of the guests at the beginning of the repast, and after the wine is in active circulation. What has changed the tone of the conversation? And why do these gentlemen now indulge in talk and enjoy jokes and songs they would have scorned an hour ago? It is the alcohol which has paralysed their higher faculties—liberated their lower ones from normal control—removed the brake from the bicycle going downhill

—thrown the reins upon the neck of the runaway horse—with possibilities of cureless disaster ahead.

It is this possibility which menaces the alcohol drinking holiday-maker—particularly in the case of the young—exposing them to temptations whose force is the stronger because of this alcohol-induced loss of control—deprivation of their natural armour of defence.

Very real is the temptation to the young of both sexes to indulge in alcohol at holiday times—and very serious may be the physical as well as the moral results of such indulgence. It is in youth that habits are so easily formed—habits which are afterwards found so difficult to get rid of. Habits are soon acquired; but when we try to cast them off it is like being flayed alive. And serious as is the danger of contracting the alcohol habit to young men, it is more so to young women; because its effects are apt to be more permanent and more degrading and its subjects more difficult of reclamation.

Holidays That Count.

BY W. T. BARTLETT.

A HOLIDAY is always welcome to the genuine toiler, if only for the rest and change it affords, but some people manage to get much more out of their vacations than others. The bronzed complexion gives place all too soon to the customary pallor; the memory of the field or seashore dies away; the scent of the hay or seaweed is forgotten; but if the holiday has been marked by some enrichment of the mind, it remains a source of pleasure for years to come. How vividly the memory recalls that week spent in Shakespeare's country; or the visit to Holyrood palace. What scenes and events revive at the thought of Canterbury Cathedral! Such excursions into the olden days mean a noteworthy addition to our stock of knowledge; they impart fresh zest to our reading of history; life would have been distinctly poorer without the experience.

A holiday that secures for us such last-

ing good is doubly worth while. It brings pleasure not only during the fortnight; it recalls and binds together the things we read in earlier years, and it also hangs in memory's halls pictures at which we may often gaze with interest and delight in the years to come; pictures that will illustrate and vivify the books we shall read hereafter. Chapters in history that would have been otherwise dry as dust, will take on new meaning as the result of a personal visit to the scenes where they were enacted.

For the parent whose family ties or limited means demand that he resort to the same convenient and inexpensive spot year after year, the time may have gone by when he could plan his holidays so as to broaden his outlook on the national progress, or strengthen his grip on the events that made his country famous. But those who are still free to consult their



Photo by J. Heaton, Bury.

Village of Bolton Castle, where Mary Queen of Scots was Imprisoned.

own inclinations would do well to make the annual release from routine as rich in permanent value as possible, invigorating not merely to the body but also to the mind. By careful planning the holidays may be made to contribute, in the course of years, no mean acquisition to the mind's store of wealth. And what is gained in this way is likely to prove a permanent asset. Facts with which we have become personally familiar stand out clearly from the mass of knowledge which we obtain from books alone.

Even if the opportunities for travel are limited, the holiday can still be made one of educational value. A visit to the same neighbourhood year after year may yield less in quantity but more in quality. Even though the historic interest be small, perhaps there is something worthy of note in the dialect, in the village traditions, the characteristics of the people, their industries, the geology or botany of the place. Some thread there will surely be which, followed up, will lead into fields of study where the mind may gather material

of value for present and future use. Let none be content to bring back from the summer holiday no richer harvest than a recollection of the peculiar flavour of the local beer.

WIFE: "We have been married twelve years, and not once have I missed baking you a cake on your birthday, have I, dear?" Hubby: "No, my pet. I can look back upon those cakes as mile-stones in my life."



Conway Castle.

Photo by J. Heaton, Bury.



YES, I think camping is the most delightful, recuperative, and certainly the most healthful holiday one can possibly have, and there is no real reason why such a holiday should be considered only suitable for men and adventurous young people. Surely worn-out fathers and weary mothers would appreciate the delights and benefits of camping if they could muster up the courage to try it.

Just think of it: Folks go away for "a change of air" and spend quite half of the time in stuffy apartments, when they might be breathing pure air *all* the time; they endure the exorbitant charges of greedy landladies; they are often miserably conscious of the presence of things much more distressing than an occasional spider

in the bed; they put up with the numerous petty annoyances of crowded boarding-houses and the disappointments incidental to the conventional holiday in apartments—not because they enjoy these things, but because they are too conservative to break away from the old routine.

Contrast the ordinary holiday which is often actually fatiguing, and from which people return feeling well-nigh worn out, with the restful, health-giving holiday spent by the side of a beautiful lake or on some choice part of the coast, away from

the bustle of the usual seaside resort. No housework—no dress parades—cooking reduced to a novelty—over which the men folk usually like to preside—nothing to do but to eat and sleep and lounge about in hammocks



An Ideal Camping Site—Loch Fyne.

or carpet chairs and read or ramble or boat or bathe and, as night draws on, to listen to the "grand evening concerts" which the birds give, or spin yarns in the twilight and lay plans for the next day, and then—with all Nature retire to rest—and such rest, too, with practically the sky for your canopy and the pure fresh air doing its beneficent work at night as well as day—oh, the fascination of it all—words cannot picture its delights; such a holiday must be realized to be appreciated. True, there are drawbacks; but nothing that is worth having is got without some trouble. The weather plays quite an important part in making or marring a camping holiday, and so it does in any kind of holiday programme, but with a good stout tent—and suitable clothing for such emergencies I am of the opinion that (unusually rough weather excepted), the camper has by far the best side of the argument compared with ordinary holiday makers who crowd into shelters and under bathing machines to get out of a shower of rain. And it really is surprising how much disagreeable weather one can stand and thoroughly enjoy if the mind is made up to get the most good out of whatever comes. If you have the opportunity this summer try camping, and if it is your first experience we advise you to write to the Secretary of the Amateur Camping Club, 4 New Union Street, Moorgate Street, London, E.C. This club offers valuable assistance to amateur campers in the way of information, equipment, and list of sites in the United Kingdom.

We are indebted to Mr. J. Heaton, of Bury, for the privilege of reproducing the photographs illustrating this article. The girls in the pictures spent the whole of last August camping at Penpont, in Dumfriesshire.



The Campers at Play.



Visiting the Neighbours.



Washing Day.



Holiday Hygiene.

BY A. B. OLSEN, M.D., D.P.H.

ONE of the main objects of the average holiday seeker is to restore wornout energies and to improve health and strength generally. Of course he is seeking general recreation and diversion, yes, and amusement too, but nevertheless he is extremely desirous of returning home better fit physically, mentally, and spiritually, for the daily task. This being true it is desirable that he should give a little thought and attention to the selection of the resort where he will spend his holiday.

Where To Go.

Some like to return year after year to the same place which they have learned to love and enjoy, but the majority of holiday makers like a change, and each year seek out some new locality to visit. When about to visit a new place it is always a wise plan to correspond with the town clerk in order to obtain particulars with regard to the salubrity of the climatic conditions and the general healthfulness of the district. Ask for the latest report of the medical officer of health. What is the elevation? Is it a low flat district barely rising above the sea? or is it a rolling country with hills and valleys? Is it bare or well wooded? and is there a river or creek, a lake or canal? All these are interesting and important questions.

Soil and Water.

It is important to enquire about the nature of the soil, whether clay predominates, or chalk, or gravel, or sand. A

clay soil is not desirable for persons subject to rheumatic affections. Ascertain the source of the water supply and whether filtered or not. Is it supplied by the municipality or by a private company, or from private wells? Is the water hard or soft? Typhoid fever, as well as other infections, is frequently carried through the water. As a rule private wells are the most dangerous source of water supply.

Danger of Infection.

It is well to enquire about the incidence of the various infectious diseases, including children's diseases if there are any children participating in the holiday. The prevalence of tuberculosis in the district is a matter of importance, as also is cancer. Not infrequently the holiday seeker, and especially the children, contract some disease during the holiday and get home just in time to go to bed with a more or less prolonged illness. This is a sad ending to the holiday, and might be avoided in most cases if care were taken to make full enquiries in advance with regard to the health conditions of the place selected.

It is also well to ascertain about the prevalence of flies, whether they are abundant or not. Flies are now known to play a very important rôle in the distribution of germs of disease, and localities where they are abundant should be carefully avoided. It is well to bear in mind that for every fly that gets into the dining room there will be anything

from² ten to twenty times as many flies in the kitchen, which the visitor is not supposed to see.

Selecting a Lodging House.

In selecting rooms it is always well to notice the location with regard to the rest

From FLIES and FILTH and FEVER to FOOD.

FLIES ARE DISEASE CARRIERS.

THEY LIVE AND BREED IN ALL KINDS OF FILTH.

FLIES INFECT FOOD AND LIQUIDS BY GERM-LADEN FEET.

EACH FEMALE FLY CAN LAY 150 EGGS.

FLIES SHOULD BE KEPT OUT OF DWELLINGS.

The presence of flies is a direct evidence of careless housekeeping and the existence of filth in some form about the premises; Remember that when and where absolute cleanliness prevails there will be no flies;

Look daily after the garbage cans. See that they are carefully sprinkled with a disinfectant;

Look carefully after the cuspidors; They require constant attention; They should always contain a disinfectant;

Flies feast on tuberculous sputum, and hover around cuspidors. The specks of flies contain live tubercle bacilli after they have eaten tuberculous sputum, showing that the bacilli will pass through the digestive tract of the fly in an active, infective state;

Flies carry on their mouths and on their legs disease germs, on which they have recently fed, and then crawl over food, infecting it.

Keep flies from the SICK, especially those ill with communicable or contagious diseases;

Don't forget that flies will carry the bacilli of typhoid fever to the food in the kitchen and dining-room. This is no conjecture. The Spanish-American War proved this fact;

The great secret of how to get rid of flies is **CLEANLINESS**; Screen all food.

Keep receptacles for garbage carefully covered, and the cans cleaned or sprinkled with oil, lime, or some good disinfectant.

Cover food after a meal.

Screen all windows and doors, especially the kitchen and dining-room;

Don't forget, if you see flies, that their breeding place is near by.

It may be behind the door, under the table or in the cuspidor; If there is no dirt and filth there will be no flies;

If there is a nuisance in the neighborhood write at once to the Health Department;

Look at the marginal illustrations. They are not pleasant. Neither are flies.

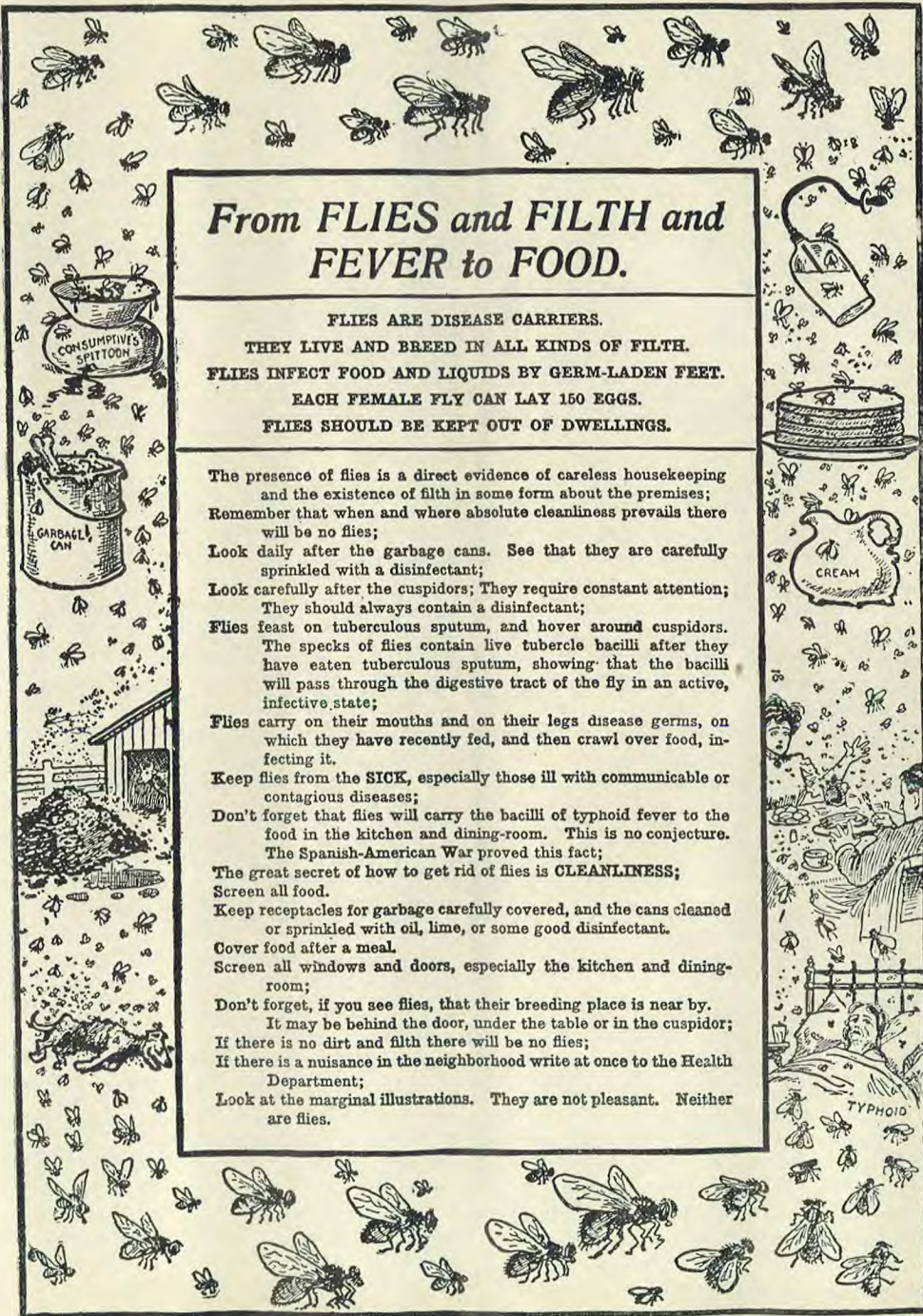




Photo by J. Heaton, Bury.

The Children's Delight—Paddling at Blackpool.

of the town, and also the character of the house, whether ancient or modern. The sanitary condition of many of the old houses is anything but satisfactory, for they were built before much attention was given to the question of public and private hygiene. Notice particularly whether there is any musty or other unpleasant smell about the house or any evidence of staleness or closeness. Notice the window space which would be available for fresh air, and if permissible have a look at the kitchen as well as the dining room. Notice the presence of stables and other out-houses in the vicinity and the sanitary care which they receive. Also enquire with regard to illness in the family and especially infectious diseases.

Avoid a Rush.

Too many people make it a point to rush off to the holiday resort by the first train after leaving work, but this is a bad habit. It is far wiser to take ample time to pack the necessary articles which you will take with you, and by the by, they ought to be as few as possible, and then leisurely travel to your destination. Of course this applies particularly where the wife and children are members of the party. To rush off in a hurry means that you will arrive tired and exhausted, and

will be unable to enjoy the first day or two of the holiday. An additional day spent at home in quiet preparation is far more satisfactory. Then, too, you will be less liable to leave behind some of the necessaries the absence of which might seriously interfere with the full enjoyment of the holiday.

Sea Baths and Sun Baths

Some of those who go to the seaside will want to indulge in sea bathing, and there is no objection, provided they are accustomed to it and remain in the water only a short time, usually not more than five or ten minutes. Those who are not accustomed to sea bathing, ought, if possible, to consult their family physician as to the advisability of entering the water. Under the most favourable circumstances the water is always cold, but active exercise in moving about and swimming will maintain the circulation, providing the heart and lungs are sound and the other organs are in a good condition. Sea bathing should only be taken in the sunshine. Elsewhere in this journal we utter a warning with regard to the danger of drowning. Rarely a year passes without a number of drowning fatalities associated with sea bathing.

Whenever they are available, sun baths may be taken alike by all provided there is plenty of sunshine. The method is a very simple one. It is only necessary to get some secluded spot of bright sunshine where one is free from observation, disrobe, use a loin cloth, and an umbrella for the head. Sun baths should not last more than five to ten minutes, otherwise there is danger of burning the skin. They should be taken daily if available and while they are mild and adapted to almost all persons, young or old, they nevertheless have a

fine tonic influence upon the system. After taking sun baths for some weeks the skin gets brown and stronger and one can lie in the sun for half an-hour without any danger of burning. Some places make special provision for sun baths, and more would do so if the public appreciated their great therapeutic value.

Walking and Cycling Tours.

While on holiday one should make it a point to live out of doors in the fresh air as much as the weather permits. Walking tours make a very pleasant and helpful diversion. They may be brief, lasting only for a few hours, or longer, lasting for several days or weeks. Comfortably-fitting strong boots with thick heels are most satisfactory for walking. It is a wise precaution to take an umbrella for a walking stick, or, if preferred, a cycling cape, so as to be ready for any passing showers. When one is not accustomed to walking the feet are in a tender condition and a little wisdom will have to be exercised in getting accustomed to long walks. Too many make the mistake of attempting too much the first day, and as a consequence get sore feet and fatigued nerves and muscles and are obliged to give it up.

Those who have cycles will prefer a cycling tour by which places at a greater distance may readily be visited. But even on a cycle tour it is inadvisable to attempt too much. Shorter tours taken leisurely are more productive of good than the longer, strenuous, exhausting tours which but very few should attempt. When organizing a cycle party the rate of speed should be gauged to suit the least experienced and frailest member of the party. In such cases it is a good practice to make it a rule to halt at the foot of hills and walk up leisurely. Bear in mind that the number of miles rolled off is by no means an index of the amount of good derived.

The Diet.

Plain, simple and frugal fare, is always to be recommended when holiday making. Too many a holiday has been debauched by gluttony and drink. When indulging in swimming, walking, cycling, and other forms of exercise, the appetite is naturally stimulated and the digestive organs are at their best. The best time to leave the table is when plain food still tastes good. Beware of surfeiting which of itself will soon spoil that which might otherwise be an ideal health holiday.



Vigorous Sport—the Bolster Fight on a Spar.

Medicine.

BY L. J. L. HAGA.

MEDICINE—yes, you have all heard of it and most people will, I daresay, associate the word with a bottle or pill-pox. But is that all that medicine means?

Nuttall's Standard Dictionary defines medicine as, "any substance that has the property of curing or mitigating disease, the art of preventing, curing, or alleviating disease."

There is no restriction here, the word covers everything that proves itself of value in assisting the sick to gain strength and health.

If you read much medical literature you will often find yourself face to face with strong statements affirming that drugs are not only useless as a means of healing the sick, but that they are dangerous poisons, and, as a consequence, "every dose diminishes the patient's vitality."

Surely then, modern medicine demands something better than drugs which only set up disturbance in the body; whose effect is largely confined to an irritating and even poisonous action upon the organs reached, with the imposition of an extra amount of work upon the diseased structure, which under the drug's influence, is aroused to greater activity in an effort to rid itself of disease.

Drugs can sometimes in this way compel a greater expenditure of work and energy, but cannot and never do impart any real strength; the patient may suppose himself helped, but he is being temporarily deluded.



A Treasured Gift.

An old book published in 1652 handed down from father to son.

A great movement, which started over fifty years ago among the laity, and has extended to every country in the world, is culminating in our day in universal acknowledgment of the standard truth it proclaimed—that Nature cures disease.

Everywhere the scientific physician and surgeon acclaim this doctrine as their creed. It is a fundamental fact that "the blood is the life," and that the body heals itself.

Knowledge and under-

standing are characteristic of our age. We all crave enlightenment and demand it as our birthright. "Know thyself." Know your body; understand its marvelous functions. Comprehend and obey the laws governing life and health, is the message of modern medicine.

In a healthy body all is harmony and consequent wellbeing. If, through ignorance or for any other reason, the natural requirements for the maintenance of this state of health are neglected, the harmony

in the body is disturbed and processes of further disorganization and degeneration follow. Nature does its best to stem the tide of evil, but unless the ruling intelligence of the transgressor can be brought back to the former state of obedience to natural law, further chaos results in chronic ill-health and misery.

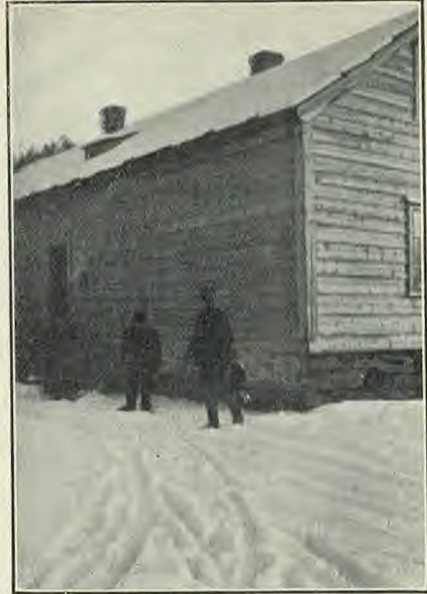
The particular ailments as they manifest themselves may be classified under various medical terms as Rheumatism, Lumbago, Gout, Neurasthenia, Sciatica, Neuritis, Arthritis, etc.

In no other physical disorders is greater pain and suffering experienced, and in no other conditions have drugs more manifestly proved themselves worthless as health restorers, unless we except tuberculosis, in which condition their worthlessness is so patent that they are no longer even mentioned.

Now, if drugs really had any strengthening and healing properties, they ought to be used, surely, in a case of consumption. But it is a matter of common knowledge that doctors no longer treat tuberculosis by means of drugs. No, "Nature cures disease, and apart from Nature nothing cures."

Eminent physicians in all parts of the world have proved this conclusively during the last half century.

In my native country, Norway, people used to live a hundred years without seeing a doctor. The doctor nearest to my native village lived eight miles away across a big



"No place like home."

fjord. We had then no telephone nor telegraphic means of communication. If the doctor was found at home when sought from such a distance, the people indeed were lucky, because, as a government official, he had a district covering many miles over land and rough sea. The risk of not being able to see the doctor was certainly good reason for not resorting to him except in case of actual necessity.

A regular nurse was unknown. The nearest neighbour or friend came in and helped to watch by the bedside of the sick or dying.

The only remedies used were cold compresses, or the *omslag*, and attention to feeding and the bowels. Under such conditions nature had a fair field to demonstrate her powers, and the sick usually recovered without any aid from drugs, pills or potions.

If, under some conditions, gross ignorance hindered nature's work, or made it impossible to render intelligent aid, she struggled in vain to save



The brave people of the rocks and mountains.

the patient's life, and even then, no doctor's certificate was required; a statement by the nearest relation as to the illness sufficed. The battle had been fought and lost, and the brave people of the rocks and mountains accepted the defeat as the hand of God.

Greater results along these lines are achieved to day. Doctors in all parts of the world are healing chronic invalids of all classes by the use of scientific, natural remedies such as massage, light treatment, medical electricity, and hydrotherapy or the use of water in various forms of application and of varying temperatures.

The proper use of these natural healing agents, which are nature's most effective forces for relieving congestion, for directing and utilizing the bloodstream to produce revulsive and tonic effects, and for thus increasing what is termed vital resistance, demands a more intelligent familiarity with the human body in health and disease, than was deemed necessary for the administration of drugs.

These natural remedies include every agency that can be profitably used to help the body gain increasing strength and vital power to fight disease of all kinds, and restore health and vigour in a natural way, without injurious after effects. They constitute the scientific modern medicine. Physiologic Medicine has had to fight for its position, but it has gained the victory over ignorance and prejudice and to-day holds the field.

Dr. Dowse, M.D., F.R.C.P., writing in the preface to his "Lectures on Massage and Electricity," says:—

"When massage was introduced into this country many years ago by myself and a few other physicians the practice was denounced as heterodox, uncanonical and unprofessional. But now a vast change has come over the nebulous dreamings of these exalted and exclusive philosophic spirits. They are being swept away in every direction by the never-ending advance of new discoveries and new methods."

The well-known physician, Dr. J. H. Kellogg, of Battle Creek Sanitarium, writes in the preface to the third edition of his book, "Rational Hydrotherapy,"

"The interest in Physiologic Medicine

is rapidly growing in the profession."

"The great success of the open-air treatment in tuberculosis has established the important principle that those curative agents are of greatest worth which build up the vital resistance of the organism. This places rational applications of water, as well as pure air and all other natural agents, at the head of the list of curative agents and methods."

Self-Discipline.

To Charles the Twelfth of Sweden I owe much of what has stood me in best stead all my life. It was nearly thirty years ago, when but a boy, that I bought his life for a penny in the "New Cut." I took it home and devoured it. It made a great impression on me. Not his wars, but the Spartan heroism of his character. He inspired me with the idea of triumphing over physical weakness, weariness, and pain. To inure his body to bear all manner of hardships indifferently, to bathe in ice or face the torrid rays of the sun, to discipline his physical powers by gymnastics, to despise the niceties of food and drink, to make his body an instrument as of tempered steel, and at the same time to have that body absolutely at the disposition of the mind, that seemed to me conduct worthy of a hero. And so, boy-like, I tried to imitate him, and succeeded at least so far as to be happily indifferent to the circumstances of my personal environment.—*Rt. Hon. John Burns.*

ONE day Smith, returning from a shooting trip with the usual accompaniment of an empty bag, it occurred to him that his wife would make fun of him if he returned without even one proof of his oft-boasted skill. So he purchased a brace of partridges to deceive his trusting spouse. As he threw them on the table in front of her he observed: "Well, my dear, you see I am not so awkward with the gun after all." "Dick," replied the wife, turning from the birds with a grimace, after a brief examination, "you were quite right in shooting these birds to-day; to-morrow it would have been too late."

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Ask your Health Food Store or Grocer for a bottle. Price 2/6 Trial Sample Bottles, 3d. each



P. 53.



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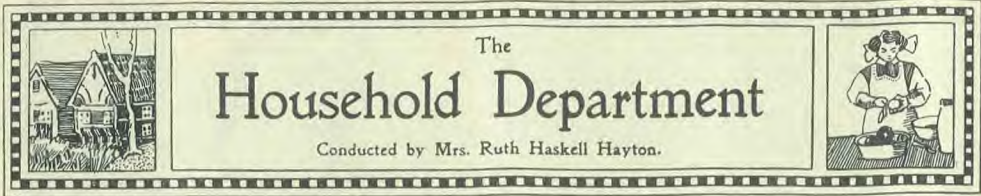
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SOME SEASONABLE RECIPES.

Cherry Pudding.

$\frac{1}{2}$ cupful tapioca, 1 pint hot water, 1 pint stoned cherries, $\frac{1}{2}$ cupful sugar.

Soak half a cup of tapioca for two hours. Pour on it one pint of boiling water and cook until transparent. Have ready in a pudding-dish a pint of stoned cherries, sprinkle the sugar over them and pour the cooked tapioca over them. Bake for half an hour in a moderate oven. Serve with or without cream.

Strawberry Muffins.

4 eggs, 2 cupfuls milk, 2 cupfuls flour, $\frac{1}{2}$ teaspoonful salt, strawberries, sugar, cream.

Beat up the yolks of the eggs very light, add the milk, salt, and flour gradually beating all the time, then fold in the stiffly beaten whites of the eggs. Divide the mixture into well buttered muffin-irons and bake in a hot oven for half an hour. If properly baked they will puff up so that when done the insides will be nearly hollow. With a sharp knife cut off the top of each muffin. Fill the centres with ripe strawberries or raspberries, sprinkle with sugar and a teaspoonful of whipped cream, and put on the tops.

Strawberry Whip.

1 cupful strawberries, white of 1 egg, $\frac{1}{2}$ cupful sugar, 1 teaspoonful lemon juice.

Choose well-ripened strawberries, wash them and remove the stems, put all the ingredients into a basin, then beat with a wire egg whip until light and fluffy which will take twenty minutes or more. Pile lightly on a dish, and pour a border of crushed fruit or red fruit juice unsweetened around the whip on each dish.

Strawberry and Granose Dessert.

1 Granose Biscuit, 1 tablespoonful warm milk or cream, strawberry whip.

Toast a Granose Biscuit and pour over it one tablespoonful of warm milk or cream to slightly soften it. Then drop a tablespoonful of strawberry whip on top. Fill the dish with as many biscuits as desired. Garnish on top with a large ripe berry or a spoonful of crushed berries, and serve. Raspberries or blackberries may be used instead of strawberries.

Albumen Water.

Stir the white of an egg, after passing it through muslin, into a glass of cold water, or water as warm as it can be without coagulating the egg, and serve.

Barley Water.

2 tablespoonfuls of barley, 1 quart of water.

Wash the barley in cold water until the water is clear. Put it to cook in a double boiler with one quart of water, and boil until the water is reduced to a pint. Strain off the water and serve.

Vegetable Gelatine (Agar-Agar).

Put one ounce of agar-agar to soak in warm water for one hour. Drain well and put into a saucepan, to which add one quart of boiling water. Let it boil about ten minutes after boiling begins, or until clear. Strain through cheesecloth and it is ready for use. One ounce will solidify three quarts of liquid, inclusive of the water in which the gelatine is cooked.

Berry Mould.

$1\frac{1}{2}$ cupfuls of strawberry or blackberry juice, $\frac{1}{4}$ cupful of lemon juice, $\frac{1}{2}$ cupful of sugar, one cupful of vegetable jelly.

Mix all ingredients together and mould immediately. Garnish with fresh berries and whipped cream.

Raspberry Sponge.

1 pint of raspberry jelly, $\frac{1}{2}$ pint of cream.

Take a pint of raspberry jelly, flavouring it with fresh crushed fruit, and set aside to cool. When thick, but not firm, beat to a froth with an egg-beater, then fold in lightly half a pint of cream, whipped and sweetened, and pour into a mould to harden. When firm, turn out and decorate with points cut from sponge cake and raspberries.

Lemonade for a Week.

2 quarts of water, 4 cupfuls of granulated sugar, $1\frac{1}{2}$ cupfuls of lemon juice.

Boil together the water and sugar for ten minutes, then add the lemon juice. Let cool and pour in jars or bottles and set where it is cool. The addition of a teaspoonful of raspberry syrup will give the lemonade a good colour and pleasant flavour.

Rice Water.

$\frac{1}{2}$ cupful of rice, 3 cupfuls cold water.

Wash the rice well and put into a saucepan; add three cupfuls of cold water, and boil for thirty minutes. Strain and serve.

Raisin Tea.

1 breakfast cupful of raisins, 2 cupfuls of water.

Chop the raisins fine, simmer for two hours. Strain and serve.

I should just think I do like
Bird's Custard.

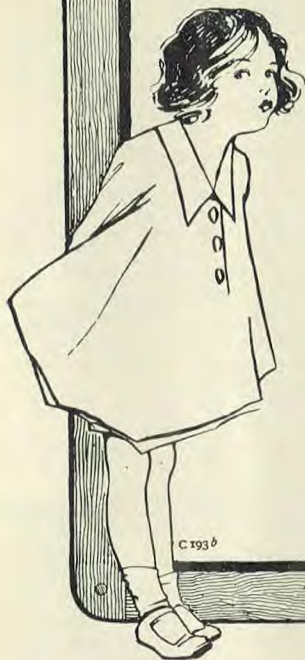
— Why! I simply love it.”

BIRD'S is the only Custard which wise mothers should choose for their children, because it alone contains a rich store of body-building nutriment, and is so pure that it never disagrees.

*Watch the children enjoy
BIRD'S Custard and thrive upon it.*

Among the grown-ups, **BIRD'S** Custard is also first favorite. Its clean fresh taste and velvet creaminess add a delightful relish to all stewed fruits and puddings.

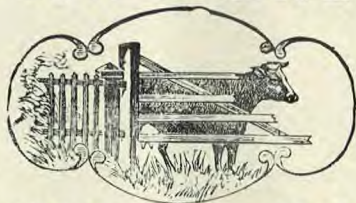
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**The West Surrey Central Dairy Co.,
 GUILDFORD. LTD.**

THE BEST
**CURE FOR
 CATARRH**

is the
GLOBE HAND NEBULIZER.

**Kills Disease Germs
 Gives Instant Relief**

An opportunity to apply scientific methods in the home treatment of a very common malady.

The possession of this outfit will enable you to

Check a Cold at the Start,

and so avoid the numerous complications and danger of infecting the whole family.

This is the Rational Method of Curing a Cold.

Dosing one's stomach for colds, catarrh, and coughs is irrational.



The outfit consists of a Hand Nebulizer, strong, simple, and easily cleaned, the Percussion Douche made of hard rubber with soft connecting tube, a bottle of Thyoleum, the finest balsam known to science, and a packet of Alkaline Tablets, with complete instructions.

Further particulars and prices sent on application to

**GOOD HEALTH SUPPLY DEPARTMENT,
 Stanborough Park Watford, Herts.**

In answering advertisements kindly mention "Good Health."

A PAGE FOR WOMEN*

CONDUCTE BY MARIE BLANCHE.

"Rags."

THE above word does not, as might be imagined, apply solely to the tattered and frayed out garments of tramps and beggars. Nor does it belong specially to the unattended and worn out clothing of any other particular class of persons. You will find at quite opposite ends of the social ladder my lady of Mayfair, with typical indifference to their value, calling her fifty guinea gowns, costly lingerie, and needle-run laces "rags"; while Mrs Suburban-Brown, of Brixton, with characteristic affectation also dubs her ready-made skirts and coats and cheap silk blouses her rags. Everything now-a-days that belongs to the wardrobe, rich, poor, feminine, or merely man's, comes within this terse and somewhat slangy little word; and "rags" will sweep across the whole area of apparel, new or old, and comprehensibly embrace all manner of dress and fashion from the topmost tip of madame's jaunty head-gear to the polished toes of her saucy little patent leather shoes.

"Not a rag to my back" is an expression one often hears from a woman returning from the annual holiday. It is an oddly contradictory statement because as a matter of fact if you are at all observant you will quickly see that the average woman after a few weeks holiday-making has quite a goodly share of very real rags to her back; the reason being all too obvious that she has not in the first place provided herself with utilitarian and serviceable holiday "togs." More than likely she sallied forth for breezy coast or country lanes and open fields or sun-baked hills, with what she judged to be a splendid selection of frocks and frills and furbelows, while in all probability having entirely overlooked the claims of practical things. Now let me preface a little counsel on the choice of holiday garb with just half a dozen preliminary *don't's*.

Don't wear a picture hat foaming with feathers. Don't wear new shoes with narrow toes, high heels, and brown paper soles. Don't wear such skimpy skirts that walking is reduced to shuffling and shuffling. Don't tie veils of any kind across your face, they are microbe traps and strictly unhygienic. Don't wear a lot of imitation lace and tawdry jewellery. Don't garnish yourself with fancy fringes and tassels and strings of coloured beads. If you hold fast these few simple rules you are not likely to stray very far wrong in your holiday outfit. At any rate you will be preserved from much that is in bad taste, and unsuited to the occasion; and better still, you will be freed from much of the care of clothes and will enjoy greater ease and comfort.

Women are supposed to be proverbially fond of dress. Well, and quite right, too. I wouldn't give a fig for the woman who didn't love pretty fripperies. But moderation, please, in all things. Rags certainly can at times be very bothersome

and distracting; and it lies in their power to make one quite uncomfortable and bad tempered if we are weak enough to truckle tamely to the tyranny of dress. Think of the vexations of a heavy hat which doesn't fit your head, but merely touches in places, wobbling this way and that on some blustering day, your hatpins tearing and pulling at your hair roots with diabolical determination. Then there are the tantalizing tricks of a narrow skirt nearly tripping you off your feet if you venture to quicken pace. That odiously tight collar too, and the hard, unyielding corset with its injurious compression. Again, the misery of ill-fitting, badly shaped shoes that make walking almost unbearable. All these forms of silent torture you may inflict upon yourself if you so choose at any other time, but for your holiday surely you might indulge in ease and comfort. With this much-to-be-desired end in view, I would suggest that all "rags" be simple. This does not mean dowdiness. Quite the reverse; and you will find it is the most simply dressed women who look at the same time the smartest.

The tailor-made is the best friend you can take with you to either sea or country. It can be of serge, or linen, or silk, or tweed, or alpaca, according to your taste, and incidentally I might add, your purse. A shady hat of light straw is also to be recommended, trimmed with a washing silk or muslin scarf. All blouses or shirts should be of simple design and loosely belted at the waist. For very hot days linen is the coolest wear, but a light-weight woollen coat for probable chilly evenings should be included in the holiday outfit. If the holiday is to be spent right in the heart of the country, at some farm house, or rustic bungalow near the coast, you can cast conventional fashions to the winds. You can dispense with hats, gloves, collars, and if you wear sandals you can also discard stockings. A big green sunshade is useful if you are going hatless; or better still one covered with reversible linen, white outside, green within. Much depends upon how and where the holiday is to be spent; but in any case comfort ought to be considered when it comes to a choice of rags! Unfortunately we cannot dispose of the whole business of dress in the light and airy manner of a certain German philosopher who was heard in London the other day to remark "clothing is unnecessary in summer except perhaps for engine-drivers!" For pure originality I think this observation would take some beating.

ANSWERS TO CORRESPONDENTS.

H.S.—The person who has *not* been vaccinated is more likely to get small-pox when there is an epidemic of it than the person who *has* been vaccinated. You ask for my opinion on the subject so perhaps the best way of giving it is to tell you that I have chosen to be vaccinated myself whenever I have heard of an epidemic to which I was likely to be exposed, as I have the greatest possible horror of the disease. I have six small scars on my arms as the result and this is not to be compared with the awful disfigurement that follows a case of smallpox. I have never suffered any ill effects not even the most temporary or trifling from being vaccinated. It is needless therefore to say that I am in favour of vaccinating as a necessary precaution.

*Correspondents should address Marie Blanche, Sunny-view, Caterham Valley, enclosing stamp.

ADVERTISEMENTS.

Pioneers of Knitted Elastic Hosiery.

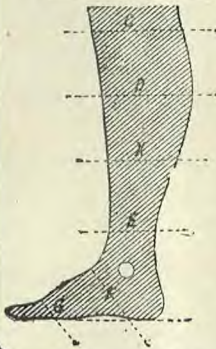
Direct from
Machine to
Patient.

YOU NEED SUFFER NO LONGER FROM

VARICOSE VEINS.

Varicose Veins principally affect those who have to stand about a good deal, and if prompt measures are not taken, more often than not a serious operation has to be performed.

Obviate this trouble by AT ONCE wearing a "WALCUR" Knitted Elastic Stocking. We have treated over 30,000 cases with success.



The rubber being knitted into the garment in a spiral movement, this stocking is made entirely without a seam, fits like a skin, never wrinkles, rubs, or cuts the flesh.

SPECIAL OFFER to readers of "Good Health." Fill in this coupon and secure a "Walcur" Stocking at the special price **2/6**

This special offer applies to first purchase only.

COUPON..... CUT OFF HERE.....

WALTON & CURTIS, 190 Broadhurst Gardens, West Hampstead, London, N.W.

Please supply me with one "Walcur" Stocking at the special price of 2/6, which I understand is for the first purchase only, and for which I enclose P.O. for 2/6. My measurements are enclosed.

Name (Mr., Mrs., or Miss).....

Address.....

BENGER'S FOOD

is soothing and satisfying. It contains all the elements of a natural food in a condition suitable for immediate absorption.

When milk alone is heavy and unsatisfying, Benger's Food, made with milk, is appetizing and nutritive.

Benger's Food should be used for Infants, Invalids, and the Aged; for healthy development in infancy, for rebuilding strength in weakened systems, and for the preservation of old age in usefulness and vigour.

Benger's Food is obtainable throughout the World of Chemists.

Sole Manufacturers:

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Branch Offices: New York, U.S.A., 92 William Street.
Sydney, N.S.W., 117 Pitt Street.

Canadian Agents: National Drug and Chemical Co., Ltd.,
94 St. Gabriel Street, Montreal, and branches throughout
Canada.

Wise Cooks Use MARMITE

(The Pure Vegetable Extract).

- MARMITE is absolutely pure.
- Is an invaluable pick-me-up.
- Strengthens as well as stimulates.
- Is easily digested and economical.
- Is recommended by medical profession.
- Is used by Food Reformers and Vegetarians Everywhere.

THE LANCET says: "This entirely vegetable extract possesses the same nutrient value as a well-prepared meat extract."

Obtainable at all Health Food Stores.

FREE SAMPLE on receipt of 1d. stamp to pay postage by . . .

Marmite Food Extract Co., Ltd.,
59 Eastcheap, London, E.C.

QUESTIONS and ANSWERS

Send communications with address and stamp to the Editor, Good Health, Caterham. Anonymous communications are not considered.

1153. **Bright's Disease.**—W.T.: "What diet would you recommend for a patient suffering from Bright's disease?"

Ans.—Such a diet should be comparatively free from proteid, and therefore animal flesh in all forms should be avoided. We need scarcely mention the harmfulness of alcohol in any form; and we might add that it would also be well to avoid such stimulating drinks as tea, coffee, and cocoa. Eggs should be taken sparingly, and the same is true of milk and also pulses, such as beans, lentils, and dried peas. A patient suffering from Bright's disease may take fruit in abundance, either fresh or stewed, cereals and bread stuffs, vegetables of all kinds including greens and salads, and also nuts. In extreme cases it may be necessary to avoid nut foods and even nuts, or at least take them sparingly. It is well to drink water freely in the morning and between meals, taking from two to four pints per day.

1154. **Cold Feet—Insomnia—Cough.**—E.S.: "1. I am troubled with cold feet and often have to sit near the fire to keep them warm. What would you recommend? 2. What can I do to get better sleep? 3. What remedy would you recommend for a bad cough with much phlegm?"

Ans.—1. Take an alternate hot and cold foot bath each morning on rising and also before retiring at night. Put the feet in hot water for three minutes and then dip them in cold water for a few seconds and then back into the hot water, alternating five or six times and finally drying them from the cold water. Wear loose soft woollen socks and change them daily and see that they are quite dry when you put them on. Change them during the day if the feet get cold. 2. To obtain refreshing sleep at night it is necessary to get out-of-doors in the fresh air and get a reasonable amount of exercise. It is equally necessary to have your bedroom window open so as to have plenty of fresh air. As regards diet, avoid tea, coffee, and cocoa, and also animal flesh as far as possible. Three meals a day ought to be sufficient, and you should not take any food later than seven at night. 3. We would recommend the Globe Hand Nebulizer which you can obtain for 7/- post free from the Sanitarium Sales Department, Caterham. Be sure to avoid any of the so-called cough medicines which are so much advertised. They will only do you harm.

1155. **Renal Calculus.**—W.W.: "I am just recovering from an attack of renal calculus, and I am writing to ask you if it would be wiser to abstain from meat altogether. 2. Kindly let me know whether oatmeal porridge would be objectionable."

Ans.—1. We believe you would do better to avoid butcher's meat entirely and adopt a generous fruitarian diet including milk, cream, butter, and eggs. 2. There is no objection whatever to
(Continued on page 254.)

HORLICK'S MALTED MILK.

MALTED BARLEY,
WHEAT AND MILK
in Powder Form.

THE IDEAL FOOD DRINK.

A glass of Horlick's Malted Milk contains all the unrivalled nutritive qualities of pure full-cream milk and the choicest malted barley and wheat, and the delicious, natural flavour makes it a most welcome food-beverage at all times.

As a beverage before retiring Horlick's, taken hot, will induce restful sleep and correct insomnia.

READY IN A MOMENT WITH WATER ONLY. REQUIRES NO COOKING.

Especially useful in wasting diseases

as the ratio of protein to carbohydrate commends it as a reliable reconstructive, whilst its perfect digestibility renders it invaluable in all intestinal troubles.

In Glass Bottles, 1/6, 2/6, 11/-, at all Chemists and Stores.
Liberal Sample for trial free by post on request.


HORLICK'S MALTED MILK CO.
SLOUGH, BUCKS, ENGLAND.

THE BREAD OF HEALTH

The greatest living specialist on diet, Dr. Allinson, says: "It is impossible to overestimate the value of Wholemeal Bread to those who suffer from Indigestion, Constipation, Piles, Appendicitis, and other similar troubles. I have benefited thousands by getting them to eat Wholemeal Bread." People benefit to an enormous extent by the daily use of pure Wholemeal Bread.

Allinson Wholemeal Bread is made solely from Wholemeal of the entire wheat, and is the most delicious, nourishing, and healthful bread ever baked. It is a perfect food for every part of the human system, and should be the staple article of diet for all.

Sold by bakers everywhere. Send post card for free illustrated book, "A Chat with Dr. Allinson," address of nearest baker, and particulars of Housewives' Cash Prizes Competition.

NATURAL FOOD CO., LTD. (Dept. 26) 
305 Cambridge Rd., Bethnal Green, London, E.

Allinson
WHOLE MEAL BREAD

(Concluded from page 225.)

"At nightfall, in the stillness and peace of a summer's evening, after tents are pitched, and the day's work is done, and there are no more curious visitors, and the children have gone to bed, you take deck chairs into the moonlight and talk or sit silent in the beauty of the night. The spell of nature is all around you. For you are very close to 'the dear old nurse' as you turn into your camp bed and sleep with the white moonlight flickering across your face and the night breezes whispering through your House on Wheels."

Not least among the interesting experiences are the acquaintances that one picks up on the road. The following character sketch of "George" is inimitable:—

"George, a personage whom you would designate a tramp, was, underneath his air of distrust and his rags, a true gentleman of the road. He came prowling round our caravan one evening in the dusk, and he volunteered the information that he thought that we were 'Suffragettes belonging to that ere Pankhurst crew.'

"I told him that we were out to tell people how to live healthy lives, and to keep their windows open, so that they might successfully evade the germ of consumption.

"It seemed that George did not sleep in a house as a general rule, although he occasionally sojourned at the workhouse. Open windows he wholeheartedly condemned. Two nights before he had been one of seven in an apartment of a lodging house. 'And I've had a chill ever since,' said George, 'because one of the chaps opened the window and we didn't find it out for an hour.'

"George's theory was that you get plenty of fresh air outside. 'Ouses is' ouses and draughts is draughts,' was his conclusion, and if there were any germs about—which he for one didn't believe in—it was best to keep them outside. 'I 'as no objection to sleepin' in 'ouses and I 'as no objection to sleepin' under a 'edge but I likes to do one or t' other. Them as likes fresh air should stop outside.' He confided that he preferred the variety of life on the road to the monotony of regular employment any day. He had been a soldier, and he said he was a drover by profession—when he could get the work.

"'A fine free life in the summer but cold and rheumaticy in winter. Rheumatics and hunger are the worst, mum. I've gone for more 'an two days without bite or sup, and it's not for the want of asking.' English hospitality is not what it was. 'Too many of us on the road, the folks get tired out by the tramps and no wonder.' George is a kindly soul, and it was good to see the dexterity with which he made the simple fare he designated 'a bloomin' banquet disappear.'

But we must refer our readers to the book. "The House on Wheels" makes ideal reading for a holiday, for it breathes the true spirit of the open road. It is printed in large type on excellent paper, and contains a large number of beautiful full page half-tones. Indeed, the illustrations alone are well worth the small price of the book, 2/- net. Anyone who wants to know about caravanning will find in this book not only a wonder-

ful mine of useful information but also a foretaste of the joys, yes, and sorrows too, of a caravan holiday. There is also an appendix giving many helpful hints and useful "don'ts." The book is published by Chapman & Hall, Ltd., and can be ordered through any bookseller or newsdealer.

SCHOOL OF HEALTH

By the Editor of "Good Health."

A practical handbook for home use written in simple style, devoid of technicalities. The principal features of this useful book are:—

1. Elementary Facts of Physiology.
2. Practical Course in Physical Culture.
3. Hygiene in the Home.
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6. Simple yet Scientific Treatise on Baths and Other Hydropathic Remedies.

In handsome red English cloth, 5/-.

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Indigestion: Its Cause and Cure.

By Dr. H. Valentine Knaggs, L.R.C.P.

Third Edition. Illustrated and entirely re-written. Embodies the fruit of direct observation and the latest discoveries of "Naturopath" therapeutics. Illuminating, rational, and practical. 1/- net, or 1/2 post free from

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**GIVES
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†Gives the necessary support without the harmful pressure.

†Delightful freedom of movement unknown to wearers of the ordinary corset.

†Graceful and natural figure.

†Gives satisfaction and pleasure.

For descriptive circular and prices write

**GOOD HEALTH
SUPPLY DEPT.,**
Stanborough Park
Watford, Herts.

the use of oatmeal porridge providing you take pains to chew it well.

1156. Iron Jelloids.—J.H.: "Knowing your aversion to most advertised remedies I should like your opinion of a course of 'Iron Jelloids' for anæmia. Do you think they would benefit me?"

Ans.—We would strongly recommend you to have nothing to do with any form of advertised drugs or medicine. You should consult your family physician and follow his counsel. Nourishing food, an abundance of fresh air, and sound sleep, are the best remedies for anæmia. A tepid or cold sponge bath each morning on rising followed by a vigorous rub down is also a good treatment to adopt.

1157. Floating Specks.—For some years I have seen specks floating before my eyes. They make me very miserable and I wonder if they will ever disappear. What would you recommend?"

Ans.—The floating specks are probably of no serious consequence and your wisest course will be to entirely ignore them. See that your general health is properly attended to if necessary, and that you have a plain, simple, nourishing, fruitarian diet, and get out-of-doors daily in the fresh air for exercise.

1158. Rheumatism.—J.C.: "For the last two years I have been troubled with rheumatism. 1. Do you think that the use of acid fruit would aggravate the rheumatism? 2. I take meat once a day. Would it be any better for me to adopt a vegetarian diet?"

Ans.—1. No. 2. Yes. Do not fail to see that you have a good selection of food, which is properly cooked and combined. It would be a mistake for you to go on a starchy diet and take too much of that kind of food. Fruits are valuable, and the same is true of salads and greens, but you would have to have a fair amount of cereals, and we would also recommend you to go on using milk and egg preparations.

1159. Bisurated Magnesia.—READER: "Kindly inform me of the composition of the patent medicine 'Bisurated Magnesia' and oblige."

Ans.—As far as we know the composition is a secret known only to the makers and we have not seen an analysis. We always advise our readers to avoid patent medicines and drugs of all sorts.

1160. Nasal Catarrh.—C.B.: "A very bad cold has left me with catarrh of the nose which sometimes interferes with breathing. What would you recommend?"

Ans.—Wash the nose out each morning with salt water in the proportion of a teaspoonful of salt to a pint of water. You would also be benefited by the use of the Globe Hand Nebulizer for five minutes three or four times a day. This is one of the best means of administering a mild antiseptic preparation to the lining membrane of the nose and throat. It is perfectly harmless and can only do you good. You can obtain it post free from the Sales Department, Sanitarium, Caterham, for 7/- including the medicine.



"It comes from the land where the grass grows green, It is dainty and sweet as an Irish Colleen."

**McClinton's
COLLEEN
SOAP.**

4½d. per Tablet.
3 Tablets 1/-.

**Made from Plant Ash
and Vegetable Oils.**

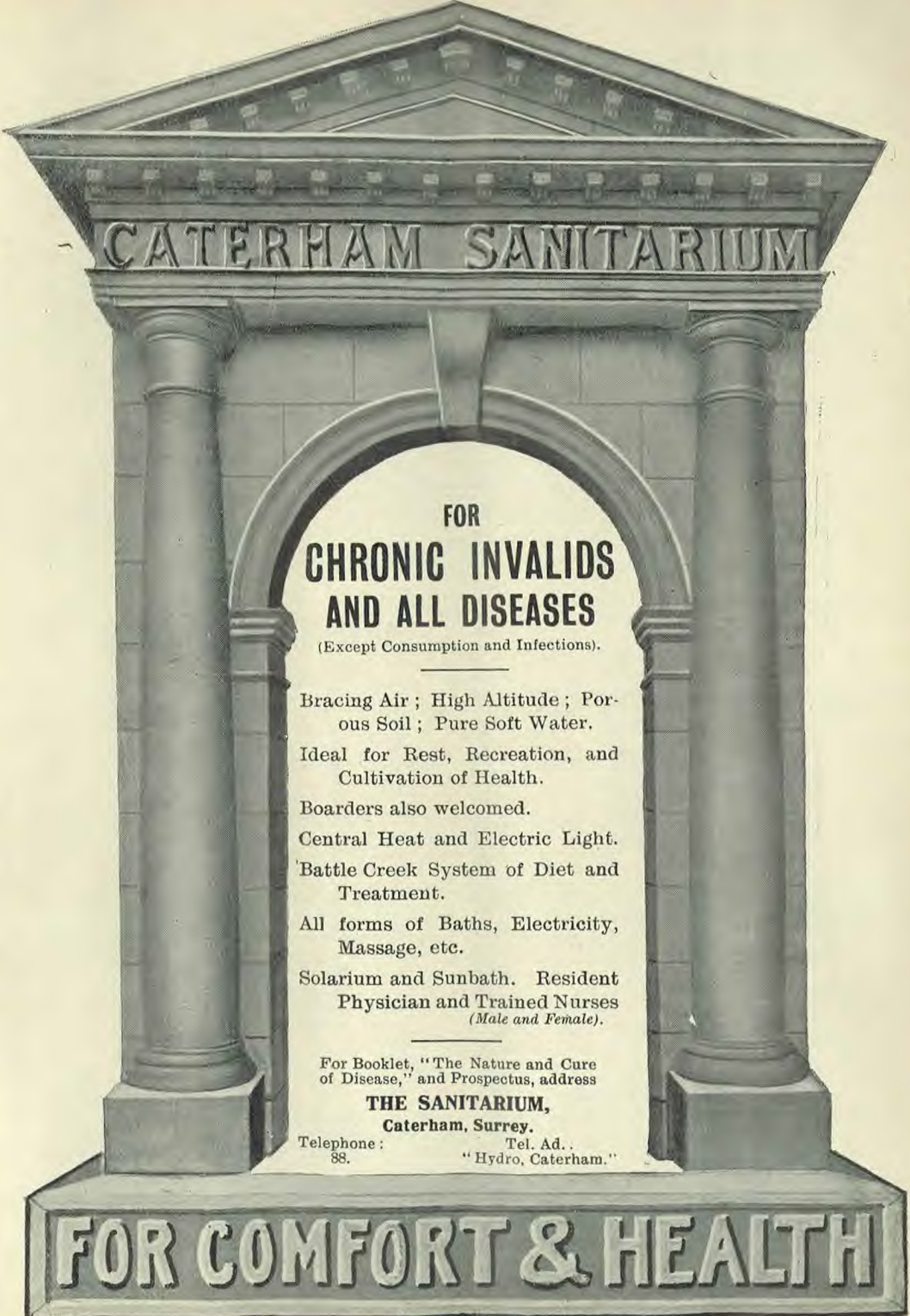
**Keeps the Skin
Soft, Clear, and
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Samples on receipt
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**MCCLINTON'S
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were awarded three gold medals at the White City Exhibition, and Grand Prize at the Festival of Empire, London.

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CATERHAM SANITARIUM

FOR
**CHRONIC INVALIDS
AND ALL DISEASES**

(Except Consumption and Infections).

Bracing Air ; High Altitude ; Porous Soil ; Pure Soft Water.

Ideal for Rest, Recreation, and Cultivation of Health.

Boarders also welcomed.

Central Heat and Electric Light.

'Battle Creek System of Diet and Treatment.

All forms of Baths, Electricity, Massage, etc.

Solarium and Sunbath. Resident Physician and Trained Nurses
(Male and Female).

For Booklet, "The Nature and Cure of Disease," and Prospectus, address

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Caterham, Surrey.**

Telephone :
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"Hydro, Caterham."

FOR COMFORT & HEALTH

GOOD HEALTH.

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

Published for the proprietors by Simkin, Marshall, Hamilton, Kent, & Co., Ltd., 23 Paternoster Row, London, E.C.

Editor: ALFRED B. OLWEN, M.D., D.P.H.

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Address business communications to

GOOD HEALTH, Stanborough Park, Watford, Herts.
Telegraphic address: "Hygiene, Garston, Herts."

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

S. African Edition. Yearly subscription, post free, 2/6. Office 56 Roeland Street, Cape Town, S. Africa. Natal-Transvaal Office: Stranack Street, Maritzburg.

SEPTEMBER **GOOD HEALTH** will be devoted to the Garden City Movement, and the pages of the journal will be given to the progress of this most welcomed reform in our housing conditions.

"The General Garden City Movement" will be discussed by Cecil Harmsworth, Esq., M.P., who is familiar with all phases of the problems associated with this great reform in housing.

"The Garden City at Letchworth" will be described by Aneurin Williams, Esq., M.P.

"The Garden City from the Health Standpoint," will be the subject of an article by Francis E. Fremantle, F.R.C.S., D.P.H. (County Medical Officer for Hertfordshire.)

"The Garden City from the Temperance Standpoint," by Leif Jones, Esq., M.P.

"Co-Partnership," by Henry Vivian, Esq., J.P., Chairman of Co-partnership Tenants, Limited.

"The Garden City Rural Movement," by Mrs. Victor Branford.

"The Garden City Movement Abroad," by Ewart G. Culpin, Esq.

The journal will be profusely illustrated by views taken from the various garden cities. The Garden City **GOOD HEALTH** will form a valuable compendium of one of the most remarkable movements of modern times, and as there will be a very large demand for the journal the orders should be placed early.

Residents in Romford and district are fortunate in having a well-equipped establishment at 66 Western Road, Romford, where chronic invalids, and sufferers from Rheumatism, Gout, Arthritis, Neurasthenia, Sciatica, Neuritis, as well as the other most distressing stomach and liver disorders, are treated successfully by L. J. L. Haga, masseur and trained bathman, who administers personally all treatment to his patients both at his treatment rooms or at residence of patients who may be unable to visit him or make arrangements for suitable residence, which can be secured for those who may desire to visit Romford to undergo his course of treatment.

Glasgow Health Culture Society.

Aug. 5th : Evening Ramble to Wallace Monument. Meet at Riddrie at 7.15 p.m.

Aug. 8th : Ramble to Duncombe. Meet 3.30 p.m. at Dalmin.

Aug. 19th : Evening Ramble to Bardowie Loch. Meet at Killermont at 7.15 p.m.

Aug. 22nd : Ramble to Dargavel Burn and Langbank. 3.30 p.m. train from St. Enoch's to Kilmocolin.

Aug. 30th : Special Service in Carmunnock Parish Church. Meet at Mount Florida 10.30 a.m.

For further particulars and full programme of the Society's summer arrangements apply to John C. Brechin, M.A., LL.B., 128 Hope Street, Glasgow.

In answering advertisements kindly mention "Good Health."

Directory of Health Food Stores

in the United Kingdom.

We are continually being asked to state where Health Foods can be obtained; this department is designed to give such information, and we hope our readers will show their appreciation by patronizing these stores wherever possible. We suggest that you apply for a price list at the nearest store in your locality; most of the leading health food manufacturers' specialties are stocked, and the proprietors are thoroughly reliable.

LONDON.

SHEARN'S.—World's Largest Fruitarian and Vegetarian Stores and Restaurant. 231-234 Tottenham Court Rd., W.

HYGEIA HOUSE. Up-to-date Food Reform Boarding Establishment, 37-39 Warrington Crescent, Maida Hill, W. Phone No. 6136 Paddington. Mrs. Wilkinson, Proprietress.

BLATCH'S HEALTH RESTAURANT Ltd., 50 Cannon Street, London, E.C.

LEEDS.

Leeds Health Stores, 26-30 Queen Victoria Street, Brig-gate. Tel. 4247. Proprietor, H. J. Mapleton. Finest selection of health foods in the north of England. Write for list.

LIVERPOOL.

Chapman's Health Food Stores and Vegetarian Restaurants. Eberle Street and 54 Whitechapel.

Reform Food Stores, 84 Whitechapel. Proprietor, Percy S. Barber. Wholesale and Retail.

LINCOLN.

HEALTH FOOD STORES, 6 Exchange Arcade, Lincoln. All the leading health foods in stock. Proprietress: N. Green.

ADVERTISEMENT NOTES.

HERE is a hint that mothers will be glad of: In nearly every family there is a child who does not like milk puddings; the addition of Bird's Custard is an inducement which few children can resist. Rice, sago and tapioca puddings can be treated in this way and the result is a delicious as well as nourishing pudding. At this season of the year Bird's Custard is a great help to busy mothers, who can prepare with it in a few moments a delicious custard for serving with stewed fruit, or a hot sauce for boiled puddings.

OUR readers will have noticed that Messrs. A. Wander Ltd. are advertising their Wild Alpine Raspberry Syrup in this number of the magazine, and a very fine product it is, too. There is a fullness and exquisiteness in the flavour which certainly is remarkable and with the makers' guarantee that no preservative or flavouring of any sort is added, that nothing but the wild raspberries and the necessary sugar is used, we can heartily recommend this syrup, for it is a well known fact that many of these syrups are not made from fruit at all but are chemical compounds, consequently cheaper, but healthwise inferior. Wander's Syrup is used largely as a thirst quenching beverage but it is also excellent for flavouring ices, blancmanges, puddings, etc. When making summer drinks it is always best to use either boiled or distilled water, as, of course, it is not claimed that flavouring water purifies it. The Gem Still is the best appliance we know of for providing pure water that is at the same time fresh and free from the insipid taste that usually marks distilled water.



GRANOSE is an excellent food for those who have weak digestions, or who suffer from dyspepsia, constipation, or poorness of blood. Athletes, hard workers, and all who undergo mental strain will be much benefited by the use of Granose. It is light, dainty, and highly nourishing, requires no cooking whatever, this being done in the process that converts the wheat into flakes. Granose can be given to infants—many fine babies are reared on Granose—it is ideal for growing children, and they “do love their flakes”; young people and grown-ups enjoy them, and the housewife finds many general uses for Granose as a basis for nourishing dishes of all sorts. It can therefore truthfully be described as

A Genuine Family Food.



We offer FREE SAMPLES of Granose in both flake and biscuit form to anyone mentioning this journal, and for the benefit of those who would like to try the various health foods we manufacture, we send on receipt of 1/- a Special Sample Parcel post free to any address in the Kingdom.

Address the sole manufacturers :

**THE INTERNATIONAL HEALTH ASSOCIATION, LIMITED,
STANBOROUGH PARK, WATFORD, HERTS.**

In answering advertisements kindly mention “Good Health.”

Holiday Fare

For real good health you need not only a bronzed complexion but a thoroughly nourished and clean system.

Don't be satisfied with a holiday diet of white bread, white flour puddings, etc., but if they don't already know "ARTOX" introduce it whenever you go. It will be a kindness to yourselves and them and to us.



contains every atom of the wheat ground marvellously fine by a patent process. It makes everything white flour makes and makes everything nicer.

Avoid Coarse Wholemeal.

Sold only in 3 lb., 7 lb., and 14 lb. sealed linen bags by grocers and health food stores, or 28 lb. will be sent direct carriage paid for 5/-.

"Artox" is not sold loose.

We Give away a hand- booklet "Grains of Common Sense." It is full of good recipes and is sent post free.

WRITE FOR A COPY TO DAY.

Appleyards, Ltd., Dept. C. ROTHERHAM.

Energy Flags

during springtime and functional ailments frequently arise. Mental and bodily functions become lethargic and nature calls for a natural reconstructive. Such is

"Cream of Malt" with Sicilian Olive Oil

A delightfully palatable and vegetable product rich in the elements required for the elaboration of bone, brain, and muscle. Try it for a month—note the increase in weight—and the added zeal for daily duties. A valuable laxative in Habitual Constipation.

Price 1/10 and 3/6 per bottle.

Obtainable from all chemists, and at Cranston's, Glasgow.

Manufactured by
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"THE MEDICAL ANNUAL" DISTILLED WATER

The medical profession are beginning to realize the importance of drinking water in the treatment of gout and various arthritic diseases. The more free the water is from mineral ingredients the less likely it is to cause the deposit of urates in the tissues. We have tried the prescription of various bottled waters for some years, but they have the disadvantage of limiting the quantity of fluid consumed by the patient, and frequently the water becomes stale from too long keeping before use. **What we require is an abundance of fresh distilled water, and in the great majority of cases it is far better that the patients should distil this water for themselves.** After going very carefully into this question we have come to the conclusion that the still produced by the Gem Supplies Co., Ltd., is the most efficient appliance that we can recommend. It is simple in construction, and gives a continuous supply of distilled water which is bright and palatable, instead of possessing the rapid taste which makes distilled water disliked as a beverage. This appliance can find a place on an ordinary cooking range, or it may be used in conjunction with any oil or gas stove. It costs 4/1, and will prove an absolute economy to those who require to drink distilled water as a beverage, and also to the physician or chemist who requires a constant supply of fresh distilled water.

Recommended by your Editor. Pamphlet post free.

The Gem Supplies Co., Ltd.,
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I want to help others as I have been helped

Seeing me walking in pain a Covent Garden friend advised me to try "Soft Spots." I tried a pair of arch cushions as illustrated and found instant comfort. Now I would not be without them.

My business is to sell Fruit, Health Foods, etc, but I like to help a good thing along and have arranged to supply 'Good Health' readers with this simple remedy for flat foot and other



forms of foot trouble. Send size of shoe and say ladies' or gent's.

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"SOFT SPOTS"
Heel and Arch Cushion.
4/- per pair, post free.
Heels only, 1/3 "

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