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OFFICE EDITOR: W. L. EMMERSON

YOUR HOLIDAY

Holidays are necessary for health and efficiency. It is a mistake to think that you can work month after month and still maintain a high standard in your health and your work. When correctly taken, holidays ward off staleness and the breakdown which so often is the precursor of serious disease. They also have an important effect on the mind, broadening the outlook and prolonging life.

As in most things, there is a right and a wrong way to take a holiday. To ensure success, both rest and change are necessary. Where to go and what to do, therefore, will depend largely upon your usual occupation and routine. Never take what is commonly known as a "busman's holiday." If you live in a city and follow a sedentary occupation, take your holiday in the country or by the sea. Spend most of the time in Nature's great out-of-doors, wandering through the woods, climbing the hills, drinking in the perfumed air of dawn and twi-

light, and soothing the nerves with the wondrous, restful harmony of the sunset sky.

If, on the other hand, your home is in the country and you are daily engaged in manual labour, you will benefit by a holiday requiring mental effort.

Perhaps the thing which is more likely to ruin a holiday from a health point of view than anything else is the common fault of trying to crowd too much into the time. If you do this, your holiday may quite easily do you harm, and you will return home for work more weary than when you went away. Be sure to make your vacation a time of relaxation and not one of strain.

Here, then, is the important point to bear in mind when taking your next holiday. Rest the organs, whether they be brain or muscle, usually active in your daily work and exercise those not normally employed. In this way you will return home refreshed and ready to take up your daily duties with new zest and interest.

D.A.R.A.



Facts and Fallacies about Diet

By S. McCLEMENTS, M.R.C.S., L.R.C.P. (Lond.)

It is scarcely necessary for me to remind my readers that the many different substances that may be served as food are composed of seven simple materials: Proteins, fats, carbohydrates, mineral salts, vitamins, cellulose, and water.

Proteins are most abundantly present in such foods as lean of meat, egg, cheese, and the gluten of wheat; and their function is to act as body-building material in growing animals, and to repair the living body tissue that vital activity is constantly destroying. It is important that we should know how much protein is required to make good the loss from vital activity, for it has been demonstrated in the physiological laboratory that all excess of protein not required by the tissues is harmful to the body, because upon the liver and kidneys is thrown the unnecessary burden of eliminating the surplus food. As a result, these organs are prematurely worn out and become incapable of performing their normal functions of destroying and eliminating the natural body wastes.

Physiologists have endeavoured to determine the protein requirement of the body by practical experiment and, after years of conflict of opinion, they are all agreed that a low protein intake is not only consistent with good health, but actively promotes it. To quote Professor Chittenden, "The

smallest amount of protein with non-nitrogenous food added, that will suffice to keep the body in a state of continual vigour, is the ideal diet."

Fats, although not absolutely essential as food constituents, are extremely useful as concentrated sources of energy. If eaten in excess, however, there is a strong tendency for the normal alkalinity of the blood to be diminished, and intestinal putrefaction is encouraged.

Carbohydrates include the starches and sugars, all of which, during the process of digestion, become converted into glucose. This is absorbed into the system where it is oxidized and becomes the most important source of heat and energy. The human frame is well adapted to a dietary very rich in carbohydrates, and energy in this form is more easily used than in any other.

Mineral salts containing calcium, sodium, iron, potassium, and magnesium, are found in spinach, lettuce, wholewheat meal, egg yolk, lentils, figs, almonds, potatoes, etc. Their presence is necessary for the formation and repair of bone, muscle, and blood; indeed, human and animal life would not survive if they were absent from the food.

Vitamins, like mineral salts, come from the plant and vegetable world and their functions are to prevent certain specific diseases such as rick-

ets, neuritis, and scurvy. Just recently it has been proved that vitamin A plays a very important part in helping the tissues to overcome infective diseases.

Cellulose is an indigestible kind of carbohydrate that forms the coarse fibrous portions of greens and the outer covering of cereals. It is not acted upon by the human digestive juices and so serves to give the food bulk, enabling it to move along the alimentary canal at the proper rate. It is by means of the roughage formed from cellulose that Nature prevents constipation and the accompanying evil of auto-intoxication.

The most important element for the sustenance of life is *water*, as it is well known that a human being, if he had the choice of having only one of the food elements mentioned at the commencement of this article, would live longest if he selected water. Its presence is essential not only as a medium in which living matter flourishes, but as a carrying agent to bring nutrition to the millions of cells that form the tissue and to remove the waste products such as urea, uric acid, and creatinine. It should be taken freely between meals as its ingestion at mealtimes promotes excessive secretion of hydrochloric acid in the stomach, and at the same time so dilutes the gastric juice that the digestive ferments are not in sufficient concentration to do their work completely.

Second-Hand Materials

All food, including mineral salts and vitamins, come originally from the vegetable kingdom; flesh-foods of all kinds, while they may contain tissue-building and energy-producing foods, are second-hand materials saturated with waste animal products, which throw upon the eliminatory organs the double burden of removing the poisons normally manufactured in the human mechanism and those produced in the animal. In addition, the individual cells that form the tissues, instead of being bathed with healthy lymph from the blood, are chronically subjected to the injurious effect of the poisons formed from animal proteins. Understanding this, it requires no great mental effort to realize why

such degenerative diseases as cancer, arteriosclerosis, chronic Bright's disease, diabetes, and gout are so prevalent amongst carnivorous animals, including man.

On the other hand, clinical experience demonstrates that people who adhere to a properly balanced non-flesh diet, while they may be subject to the acute infections, are rarely ever troubled with any of the above diseases. It is obvious, then, what doctrine we who have the welfare of our fellow-men and women at heart ought to preach.

Fresh Foods

But unless they are taught that vegetarianism is a positive doctrine, and does not mean simple abstinence from meat, disaster lies ahead. I have known several people become fanatical in their anti-vegetarian views because they had not learned that their new diet should contain a large percentage of uncooked food. A meat-free diet, consisting of cooked vegetables, lentil and nut roasts, is almost certain to be productive of dyspepsia and accompanying mental sluggishness. But a diet rich in vegetable salads and uncooked fruit with milk, cheese, eggs, whole wheaten bread, butter, and potatoes, is the healthiest obtainable. The adoption of such a diet overcomes intestinal intoxication and tissue poisoning, prevents the onset of chronic skin diseases such as psoriasis and eczema, and promotes a surprising degree of bodily and mental vigour.

Indeed, with very few exceptions, no one can experience the pleasure of perfect good health unless his or her diet conforms to that just outlined. When we are assailed as food faddists it is well to remember that primitive man, before the art of cookery had been discovered, lived upon the products of the earth as presented by

(Continued on page 7.)



A liberal proportion of uncooked foods should be included in the daily bill of fare.



© Topical

ONE day when travelling by train I got into conversation with a fellow-passenger whom I discovered to be a social worker who had to deal continually with the results of drink. I was astonished beyond measure to find that she believed that it was only injurious when a large quantity was taken. I am glad to say her whole attitude on the subject had changed before we reached our journey's end.

In 1909 an International Conference on Alcoholism was held in London, to which most of the great nations sent delegates. At that conference the following statement was drawn up summarizing the effects of alcohol upon the human body :

"Exact laboratory, clinical, and pathological research has demonstrated that alcohol is a dehydrating, protoplasmic poison, and its use as a beverage is destructive, and degenerating to the human organism. Its effect upon the cells and tissues of the body is depressive, narcotic, and anæsthetic. Therefore, therapeutically, its use should be limited and restricted in the same way as the use of other poisonous drugs."

When we realize that our well-being depends on the normal functioning of the millions of cells of which the body is composed we can readily

Is Moderate Drinking Harmful ?

By NURSE A. E. CHAPPELL, L.O.S., C.M.B.
(Pioneer Plunkett Nurse)

imagine what a devastating effect alcohol must have upon health.

The effect upon the white blood corpuscles is most marked. They are a standing army millions strong, ready to attack and destroy the hordes of injurious germs which may find an entrance to the blood through the air we breathe or in food and drink. Under the microscope it was found that even a moderate drink of alcoholic beverage passing quickly into the blood paralyses the white blood corpuscles. They behave like drunken men. In pursuit they cannot catch the disease germs. In conflict they cannot hold the disease germs for devouring, and they cannot operate together in great numbers as they do when sober.

"Every time a man takes a drink of alcoholic beverage," we are told, "he lays himself open for a time to contracting diseases. Every time a man takes a drink he puts his life in peril. If the drinks are repeated, the microscope shows that the fighting powers of the white blood corpuscles are permanently impaired, even when they are not actually drunk. This accounts for the lowered vitality of regular drinkers, even though temperate.

"After long continued drinking, even though temperate, the microscope shows that the white blood corpuscles, with the serum which contains their vegetable food continually sucked up by the dehydrating toxin, become carnivorous, and begin to feed upon the tissues and organs like the disease germs. The favourite food of the degenerate corpuscles is the tender cells of latest development. In the human being the latest development is the brain. . . . This accounts for the heavy mortality among heavy drinkers and the degeneracy."

It also shows why noble, true, and tender-hearted husbands and fathers become brutal and cruel. What can one expect but that the intellect will lose its balance when the very cells of the brain are devoured?

There is an idea among some superficial thinkers that drinking makes a man good-natured, but that is not so. It makes him throw his money away on anything or to anyone, because he has lost his balanced judgment. His own often have to go without, as I well know after working in slums and among those who have come down through drink.

I admit that there are many, both men and women, of naturally noble characters who are addicted to drink. My personal opinion is that this type are often snared in the first place by their dislike to hurt people by refusing to take a friendly glass.

A foreign prince, who is a lifelong abstainer, was telling me not long ago of such a temptation. He is by nature one of the kindest of men and would not willingly hurt the feelings of anyone. An Indian prince had convened a great banquet in his honour and the choicest wines were on the table. Being invited to partake of them he graciously declined. The Indian prince put great pressure upon him to take some wine, but he firmly refused, explaining that he was a lifelong abstainer and that it was against his religion. The prince pleaded that for friendship's sake he would just take a little. As he told of the circumstance I could tell the great pain it had been to him to refuse all the pressure which had been brought to bear upon him, in view of its being regarded as a token of friendship. But he stood firm to principle.

It is just there, however, where so many fine people have fallen. The last people in the world one would expect to become slaves to drink, and who probably could have been ensnared in no other way, have been induced to take intoxicating liquor in the name of friendship.

♦ ♦ ♦

Facts and Fallacies about Diet

(Continued from page 5.)

the generous hand of Nature; and our less remote ancestors, men who formed Wellington's armies, lived on a somewhat similar diet. They were tall, handsome, vigorous men, each one superior to two of his adversaries.

Diet and Childbirth

The uncooked or fresh-food diet is especially beneficial for expectant mothers. Too often they are taught to eat a lot of concentrated food in order to give the growing foetus ample nourish-

ment. The result is the difficult and painful birth of large babies weighing anything from seven to ten lbs., and the consequent damage of maternal tissue with the all-too-frequent supervision of fatal child-bed fever. In other words, the high maternal mortality (1 in 150) is largely due to the disproportion between the size of the child and the mother. A mother fed on a correct diet should give birth to a child whose weight does not exceed six pounds, the head at birth being comparatively soft, and the actual birth giving little pain.

♦ ♦ ♦

Intestinal Infection and Constipation

THE establishment of putrefactive bacteria in the intestines is caused through imperfect functioning of the digestion.

These bacteria produce dangerous toxins. Absorbed into the blood-stream these toxins are evidenced by the symptoms of intestinal infection such as Arthritis, Rheumatism, Neuritis, Boils, etc.

The absorption of toxins leads to further stomachic disorders such as Constipation, Acidity, Colitis, Dyspepsia, Gastritis, etc.

"Bulac" Bulgarian Lactic Milk strikes at the root cause, namely, the established putrefactive bacteria, and its consumption will enable you to break the vicious circle of chronic ill-health, and to enjoy life with the zest only good health can give.

Bulac is a Food, not a medicine, and innumerable tributes from customers testify to the valuable work Bulac is doing.

The New Research Company of Worcester Park will be pleased to send particulars. (See advertisement on page 17.)

♦ ♦ ♦

A Guide to Health

The Health and Nature Cure Handbook. (Nature Cure Educational Association, 25 & 26 Lime Street, London, E.C.3.) 2/6.

WE welcome the publication of the first edition of this inexpensive little annual. It is concise, yet comprehensive, showing what Nature Cure is, and why natural healing yields results where drugs, serums, and operations fail.

Included in its pages are authoritative articles on diet and cooking, fasting cures, hydrotherapy, exercise and relaxation, sun and air treatment, herbal remedies, osteopathy and chiropractics, electrotherapy, and outline Nature Cure treatments for common ailments. There are also lists of Nature Cure practitioners, hydros, and societies, health reform restaurants and guest houses, health food stores, and useful periodicals and books.

A welcome addition to the literature of the Nature Cure movement, it deserves a wide circulation and will certainly bring health to the sick and new vigour to all who put the principles outlined into practice in their daily lives.

Safeguarding the Babies

By the Secretary of the National Baby Week Council.

THIS year will see the fifteenth National Baby Week. When the first National Baby Week was held—in 1917—very few of us, we imagine, expected that it would become a thoroughly established annual event. Yet that is what time has proved it to be. National Baby Week is a week during which, by every means practicable, the attention of the public is called to the study of serious problems connected with the welfare of mothers, infants, and little children. Undoubtedly for this mother and child section of the public, things have improved very greatly during the past ten or twelve years—since the Maternity and Child Welfare Act was passed in 1918.

That Act, however, is a permissive one. It does not say to local authorities, You "must" institute measures for the care of mothers and babies in your area, it says you "may." Now as local authorities carry out their work more or less at the desire of the rate-paying public they represent, it is obvious that we must have a firm opinion in favour of maternity and child welfare measures if all that is necessary is to be done. Here lies the function of the National Baby Week Council—to cultivate public opinion.

One of the subjects to be brought forward this year is that of a National Maternity Service Scheme. The death-rate among mothers has shown no decrease of late years, although the infant mortality-rate has been more than halved since the beginning of the century. We lose about 3,000 mothers in childbirth each year and many more are disabled. The nation is now realizing this tragedy of mother-life so acutely that the demand for some national maternity service has arisen.

In another direction the National Baby Week Council is turning our thoughts this year—the care of the child from one to five years of age. This is the subject upon which Dr. Sophia Seekings Friel, Joint Honorary Secretary of the Council, wrote very fully in the special Baby



Week issue of GOOD HEALTH published in 1928. Once infancy is passed and the child is able to walk, he is very apt to be the victim of unconscious, or perhaps inevitably conscious, neglect.

A new baby may have arrived. His mother, having to devote herself so closely to the new infant, puts the toddler on one side. When he has reached the age of five he passes into the care of the school, where his life is more or less regulated, and where he is under medical supervision; but between learning to walk and going to school there are four years full of peril to his health and well-being, years during which he needs special care suited to his developed age. He needs special diet, plenty of exercise, fresh air, suitable clothing, plenty of sleep under quiet conditions.

For want of proper supervision the toddler often becomes ailing and fretful; indeed the seeds of ill-health are often sown, and grow into real defects, which may not be detected till the child comes under the purview of the School Medical Service. The National Baby Week Council feels that this state of affairs must be remedied, and for that reason it is this year urgently asking every man and woman of us to consider the well-being of the child from one to five years of age. We need nursery schools, toddlers' clinics, health visitors sufficiently at liberty to give time and attention to the little toddler.

And with all this it has to be borne in mind that the word "welfare," according to the National Baby Week Council, has a three-fold interpretation—the physical, the mental, and the spiritual.

MANY people look upon salad as a spring-cleaning agent for the body on account of its blood-purifying properties. But why not keep up the "salad habit," and so enjoy the good health resulting from a continuous supply of pure blood.

There is no good reason why a salad cannot be made a part of every meal, because it is not only a purifying agent but a body-building, heat and energy producing food as well.

The "orthodox" or conventional idea of a salad is a tablespoonful of raw or cooked vegetables, two or three slices of tomatoes, or a half-ripe banana, served on a lettuce leaf with some rich dressing or vinegar. This is all wrong. Salads should be simple. When complex they are difficult to digest, and much of the good sought is lost.

To ensure good combinations it is best to avoid salads made of both fruit and vegetables, but rather keep to the one or the other. Salad ingredients are better uncooked, thus retaining the valuable salts and vitamins therein. Nuts or cheese are very nutritious, and their use in salads serves as a splendid meat substitute.

Salad dressings vary according to individual taste. Simple dressings are best. If they are rich the benefit of the salad will be lost. Oils are concentrated foods and difficult to digest. Vinegar should never be used, but should be replaced by lemon, grape-fruit, orange, or pineapple juices.

The following recipes illustrate the simplicity with which salads and dressings can be made:

Carrot Salad

Ingredients.—Carrots, cucumber, tomatoes, lettuce, dressing.

Method.—Mix one cupful grated carrot, two-thirds cupful chopped cucumber, and four skinned

How to make some *Delicious Salads*



By Nurse E. Crooks

and sliced tomatoes. Serve on lettuce leaves with dressing.

Cabbage Slam

Ingredients.—Cabbage, cream, lemon juice.

Method.—Put a head of cabbage into cold water to make it crisp, run through a chopper or cut fine, and serve with dressing of sweet or sour cream mixed with lemon juice.

Vegetable Salad

Ingredients.—Lettuce, cress, spring onions, tomatoes, cucumber, hard-boiled egg, lemon.

Method.—Make a salad of lettuce, cress, spring onions, tomatoes, and cucumber. Mix in salad bowl and garnish with slices of hard-boiled egg and lemon.

Strawberry and Orange Salad

Ingredients.—Oranges, strawberries.

Method.—Sweet oranges, peeled and shredded, used in the proportion of three oranges to a quart of well-ripened strawberries make a very pleasant salad.

Apple and Banana Salad

Ingredients.—Bananas, apples, cream.

Method.—Serve one and one-half cupfuls of banana and apple, sliced and mixed with a cream dressing.

DRESSINGS

Cream Salad Dressing

Ingredients.— $\frac{1}{2}$ cup cream; 2 tablespoonfuls sugar; 2 egg yolks; 2 tablespoonfuls lemon juice.

Method.—Mix cream, sugar, and egg yolks well together and cook in a double boiler. When thickened, remove from fire and add the lemon juice, and a pinch of salt. This dressing may be served with any fruit salad.

French Dressing

Ingredients.—1 tablespoonful lemon juice; 3 tablespoonfuls olive oil; $\frac{1}{2}$ teaspoonful onion juice.

Method.—To the lemon juice, salt, and onion juice, gradually add the oil, beating all the time.

How the Body Works—VII.

Digestion & Indigestion

By D. A. R. AUFRANC,

M.R.C.S., L.R.C.P. (Lond.),

L.D.S., R.C.S. (Eng.)

LAST month we studied the changes which take place when food is acted upon by the first of the digestive juices, saliva, in the mouth. We will now consider what happens as it passes farther along the digestive tract.

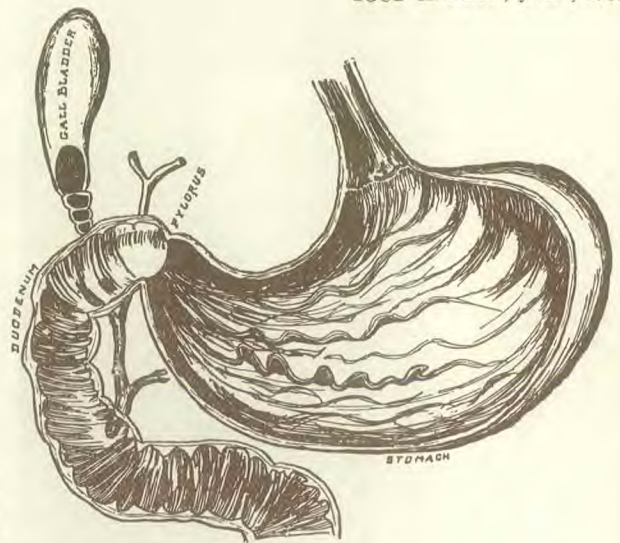
It is interesting to notice first the means by which the alimentary canal propels its contents along. We have previously learned that this canal, or tract, contains involuntary muscle. This muscle, by means of the nerves which it contains, contracts in waves from above downwards. This form of contraction is peculiar to the œsophagus and intestine and is termed *peristalsis*. It is by means of this muscular wave that the contents of the alimentary canal are propelled onwards. The movement is a reflex one. That is to say, it is beyond the control of the will. Under ordinary conditions we are hardly conscious of it. When it becomes exaggerated, however, we are familiar with it as the griping sensations felt at times in the abdomen.

Proper peristaltic movement is most essential to good digestion. When it is sluggishly performed, the passage of the intestinal contents is delayed, and stagnation, fermentation, and flatulence result. Normally peristalsis is caused by the presence of food, the nerves being stimulated and sending out impulses which cause the muscular coat of the œsophagus and intestine to contract.

Gastric Digestion

We will assume, then, that the food which has been thoroughly masticated has passed down the œsophagus into the stomach. Here it will probably remain for three or four hours.

The coat of the stomach is composed of several layers. From the point of view of digestion, the two important ones are the muscular and the internal, or lining, layer which contains special



cells. These cells, which it has been estimated number about five million, secrete the gastric juice. In contrast to the saliva, this is an acid fluid containing 0.2 to 0.3 per cent of free hydrochloric acid. Other constituents of the gastric juice are *pepsin*, mucin, salts—chiefly phosphates and chlorides—and a very large proportion of water. The active digestive agent is pepsin, a ferment which, in the presence of hydrochloric acid, acts upon proteids in the food. This is the essential action of the gastric juice.

When conditions are suitable for gastric digestion, the proteids in food are acted upon and broken down into *peptones*. The envelopes of fat globules are also dissolved, but the fat itself is not changed at this stage. Milk is precipitated or curdled by the gastric juice. The object of these changes is to get food into a soluble and more simple state so that it can be absorbed later by the cells into the body.

The amount of gastric juice secreted daily varies greatly in different individuals and according to conditions. It has been estimated that between ten and twenty pounds, even thirty in some cases, are secreted by the gastric glands in twenty-four hours, though a large quantity of this is reabsorbed. The flow is not continuous, but fluctuates according to requirements. When the stomach is empty and at rest, the special cells manufacture and store up the juice ready for digestion. When food enters, even in small quantities, there is a copious flow of juice. Pleasant emotions also stimulate the secretion; hence the value of laughter and music as aids to digestion. The flow is checked by fear, worry, and feverish conditions.

Favourable Conditions

Conditions which favour gastric digestion are, a moderate temperature, such as that of the body, and a minute subdivision of the food when it enters the stomach. This, of course, means thorough mastication of all food. Should the material to be digested not be properly broken up, it cannot be thoroughly mixed with the gastric juice. Another most important point is that the amount of hydrochloric acid must be correct. Too much or too little acid will hinder or stop digestion at this stage.

Provided the stomach is healthy and empties itself regularly, a given amount of gastric juice will convert an unlimited amount of proteid into peptone, as the pepsin is not used up during digestion.

Other factors which affect digestion are muscular and mental effort. Normal or gentle work is favourable, but over-exertion is harmful, as also is complete rest. Acids or alkalies taken in food are not good as it will readily be seen that they upset the balance of acidity.

Lastly, a most important point is regularity of

meals. It will be obvious that if the stomach is to function properly, it must have periods of rest in which it can recuperate and store up secretion for the next meal.

Importance of Stomach Muscle

But the digestive fluid is not the only thing we have to consider at this stage. There is another factor which plays a most important part and that is the muscular coat of the stomach. During digestion the stomach is not at rest. By means of the muscular fibres the food is continually kept moving and turning over and over as it passes from one end of the organ to the other. This is sometimes spoken of as the churning action of the stomach. It is a very vital part of gastric digestion, as without it the food would never be thoroughly mixed with the digestive juices. When this muscular action is weak, the stomach becomes more or less flabby and the food remains in the organ longer than it should do. Fermentation and stagnation take place, gases are generated, and a very troublesome state of indigestion is established.

(Continued on page 18.)

Cooling, Refreshing and Nourishing

WE all forget that hot weather foods contain little nourishment—while the need for nourishment is much the same all the year round. Every food element necessary for health is present in 'Ovaltine' in a correctly balanced form. Cold 'Ovaltine' is easily and quickly prepared by adding 'Ovaltine' to cold milk or milk and water. Mix for a minute with an egg whisk or in a shaker. Then you have a creamy, refreshing drink—brimful of energy-giving nourishment.



'OVALTINE' Served COLD

Prices in Gt. Britain and N. Ireland: 1/3, 2/- and 3/9 per tin

P646

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Sunshine brings health to the children. Two lucky youngsters combining sun, air, and water treatment.

SUNSHINE stands for life, health, happiness; darkness for the reverse. What would existence be without light and warmth! Someone has said, "Water is great; air is greater; but the greatest of all is light."

It is one of our inexplicable inconsistencies to overlook or under-value the thing at hand and cry for the unattainable or the expensive, though the latter may be of far less worth. So it is with sunlight. Were it possible to bottle it and attach to its origin and manufacture some interesting mystery, people who need its life-giving properties and have been ignoring them would pay exorbitant prices.

In a way, sunlight is being sold to-day. Medical and physical culture institutes are making the solarium (a place for sun-baths) a prominent feature, and many progressive physicians are using the light cure in their private practice—sometimes scientifically, sometimes in a popular way easily understood by the layman.

Every child knows that life in all forms is most profuse in warm countries; the luxuriance of tropical vegetation is proverbial. He knows, too, that house plants, ordinarily, live or die according to the amount of sunshine they are given. Further, he has seen, or read of, the paleness of underground workers, of their tendency to tuberculosis; and has noted the colourful, radiant skin of farmers, electric linemen, and others who spend much time in the sun. All these things are significant, if we would but remember them and apply the facts to our own lives. It should not be necessary to pay a physician for this information—though, of course,

Come Out

By L

certain cases require expert advice.

The most immediate effect of sunlight, as a health-builder, is on the skin, and the common impression is that "a coat of

tan" represents the full effect. Really, all the tissues for an inch or two under the skin are benefited. The hæmoglobin (the colouring matter of the blood) is to the body just what chlorophyll is to the plant, and its "manufacture" is facilitated in the body by sunlight just as is the growth of green chlorophyll in the plant.

A wound in the skin and flesh is wonderfully helped by sunlight—though generally the application requires an expert's direction. Dr. Crile has stated that the use of sunlight in the treatment of wounds was the greatest medical development of the war.

One of the most remarkable results of sun-bathing—especially when the sun-bath is taken partly as an air-bath—is the relief of catarrhal inflammation. This comes from the suffusion of blood to the body's surface and the consequent withdrawal of waste matter from the inner passages and organs. In my opinion, catarrh is simply the result of retained waste, and any measure that increases elimination, as sun-bathing surely does, exercises a great curative influence.

In one way, catarrh may be termed a chronic cold, and I am positive that the practice of sun- and air-bathing, with a daily cool



Youth revels in the sun after a ch

to the— Sunshine banks

sponge and a light diet, is the surest cure for colds.

Many people who grant the necessity of sunlight to health hesitate to be much in the sun because they fear sunburn and unsightly tan. The possibility of sunstroke is also a deterrent in some cases. But none of these fears need prevent any person from taking sunbaths. The important point is not to overdo the treatment at first. Blondes, particularly, should be careful not to expose the usually covered parts of the body to the hot sun for more than

four or five minutes at first. A blistered skin is anything but beautiful, and far from comfortable. Increase the period of exposure gradually and your coat of tan will involve no inconvenience.

If the tan becomes too dark, or if for any reason you wish to "shed" it rapidly, the following "sunburn cure" may be used after a bath while the skin is still wet: Fine almond meal, 4 ounces; finely powdered borax, 6 drams; oil of bitter almonds, 3 drops; oil of lily of valley, 3 drops; finely powdered pumice stone, 6 drams; finely powdered orris root, 2 ounces.

Sunstroke is due to the effect of the sun on the central nervous system, and may be prevented by keeping the head and spine cool. Particularly at the beginning, the head should be covered with a straw hat, or wrapped with a towel rung out of cold water. Be sure to protect the eyes from the sun's glare.



Sunshine keeps the old folks hale and hearty. A nonagenarians' tea party. © Topical

Early morning or late afternoon is the best time for the beginner, as the sun is not so powerful at these times. As soon as you notice that the skin is beginning to redden, cease for the time; it will not be long until you can lengthen the period of bathing. After the first three days you will be able to stand a moderate sun for ten or fifteen minutes; and after a week of this you will have no trouble "staying in" an hour or so. Your skin will now be "browning" nicely, without any burn.

It makes a sun-bath more pleasurable and more beneficial if it is possible to take one or two cold showers during the hour; the combination of sun, air, and water is a wonderful tonic to the skin, improving its texture as well as its functioning power.

One need not lie down in order to sun bathe; this is customary, but if one cares to exercise results will be so much the better—particularly as regards elimination of impurities, because of the perspiration caused by activity in the heat.

Breathing exercises while in the sun are at their best, because solar warmth quickens the elimination of carbon dioxide and at the same time increases the intake of oxygen. This is one reason why many experienced physical culturists insist on being nude when they practice muscular movements.

Without going into a detailed discussion of the composition of sunlight, we may say that it is the chemical rays which principally affect the body. As these are absorbed by glass, one cannot expect as much benefit from exposure of the body at a sunny window (as many persons do.)

(Continued on page 18.)



*...as well. Taking the
Welsh mountains.* © Topical

HEALTHFUL food and social intercourse are two of the leading aspects of our daily meals. Food, healthful food, is, of course, of the first importance, and the wise mother who has thrashed out the problems of her family's likes and dislikes will have arrived at conclusions of her own. She will have made a mental list of the various things that one and the other like best, and she will have several items, no doubt, that she has been forced to put upon a sort of black list. And so while holding fast to the unchanging rule that all dishes must be healthful, and all menus well balanced, she will know how to provide variety and even novelties.

Training the Palate

It is well to remember that tastes for food, just as much as tastes for other things, are cultivated and trained while we are young. It is not uncommon to hear grown-ups declaring that they "can't bear greens," and never could even in childhood. Others will tell you that salads and all raw vegetables are distasteful to them, and even in childhood they never could eat them. All such fads are, of course, due to their wrong upbringing and lack of proper dietetic education. Their mothers are largely to blame for the trouble. And so if you want your children to cultivate a taste for wholesome foods you should start early and educate the juvenile palate by providing the right foods of which, I need not say, all vegetables, salads, fruits, and coarse brown bread are among the most important. Discourage all pappy foods and white bread.

Social Intercourse

Then we come to the question of social intercourse and table manners in general. In many homes it is not possible for every member of the family to take all the meals *en famille*. Some are in offices, some are in shops and stores, while others hold appointments where they cannot choose any hour for every meal. And so it comes about that the principal meal of the day, dinner, is

About Mealtimes

BY

MARIE BLANCHE



often a rather disjointed, disconnected function. A trying state of affairs, no doubt, for the housewife who has perhaps to be ready with dinner for one girl at half-past twelve and for another at one o'clock, while yet other members of the household arrive at half-past one or even two o'clock. For the mother who does the cooking it is rather like running a small restaurant where she has to keep dinner going "on tap," so to speak, for all the family. In these circumstances, needless to say, there is practically no thought of social intercourse.

Cultivate Conversation

But where a family can all sit down comfortably together, there can be pleasant conversation and interesting chatter going on. You know a meal eaten mum is a fearfully dreary and a hopelessly stodgy business. Laughter and talk are such splendid aids to digestion and such wonderful stimulants for our mental makeup that they can transform the simplest fare and the most humble surroundings into a really joyous little banquet. A meal need never be just a sitting down to feed. It should, and quite easily can, be a time for all sorts of jolly conversation and mental uplift. So learn to be chatty at mealtimes; be sociable, merry, and friendly.

That rather formidable retort made to children who talk at mealtimes, telling them to be seen and not heard, seems to me entirely wrong. It is true that in a large family a perfect babel would ensue if all talked at once. But manners demand that one should speak at a time, while all should be heard in turn. To argue that it is rude—and even dangerous—to talk with your mouth full is another bit of advice that needs explanation. It is quite possible to talk quietly all through a meal without breaking the rule not to talk with your mouth full. To keep silent all through is rather to suggest that your mouth is full all the time, and that you are simply stuffing and can't get a word out edgewise. Most people who are good-natured and want to make themselves agreeable can find something to say.



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THIS is the month when overgrowth in every direction has to be kept down. We begin now to gather fruits and vegetables in earnest. The long days of May and June show signs of shortening, reminding us all too soon that the season is on the wane.

Early roses and other spring flowers are now beginning to fade. These should be cut off and burned, so that the garden may be kept fresh and tidy. Hedges at this time of the year make particularly rapid growth, so the shears must be kept busy, especially when the weather is showery.

Begin Planning for Next Spring

Now is the time to think of flowers for next spring by pricking out seedlings of spring-flowering plants and perennials and biennials sown earlier in the year. A good mulching of straw manure will do the dahlias and roses good.

One should continue to sow such hardy annuals as are needed to fill gaps or make good failures. Perennials and biennials, such as wall-flowers, shirley poppies, polyanthuses, and primroses may be sown in the open; also calceolaries, cinerarias, and stocks for winter flowering. Nicotiana and such tender biennials as hollyhocks, liable to suffer outdoors from attacks of pests, are better under glass.

Using Cleared Ground

In the vegetable garden some ground that has been cleared of early crops will now be available for winter greens. Such ground need not necessarily be dug over again, only cleared.

Shallots begin to ripen this month. In order to hasten the ripening process, the loose soil around should be pulled away.

Leeks and celery may still be planted if they are not all in.

Backward vegetables may be stimulated by watering them with a solution of nitrate of soda (1 oz. to the yard row), applying it after rain or after watering with clear water. Parsley that is

running to seed should be cut back to encourage fresh growths.

Should the weather be dry, it is very necessary to use the watering-can freely on such vegetables as peas, beans, all saladings, marrows, tomatoes, cucumbers, and any newly-planted-out subjects. All plants put in during very dry weather should be placed in thoroughly wet soil. Before it receives the plant, each hole should be filled with water, so that the plant is literally "puddled" in.

Herbs that have come to flower may be tied up in bunches and stored for future use.

It is now time to begin earthing up celery. Care should be taken to pack the soil well round each plant. Before doing this, however, it is a good thing to tie up each plant in a brown-paper jacket. This helps the bleaching process and keeps the plants clean.

Although potatoes may have been sprayed earlier in the season, a second spraying does good.

Give Attention to Fruit Trees

Fruit trees and vines need close attention at this time of the year.

Those who are fortunate enough to possess grape vines should remove bruised and imperfect berries from the bunches. Plenty of air and less water is necessary as the bunches begin to ripen.

If any sign of mildew appears on vines, the attacked foliage should be dusted with flowers of sulphur.

Loganberries should now be layered by bending down the canes and covering the tops with three inches of soil.

If apple trees show signs of mildew, a spraying with Bordeaux mixture may be given, and diseased shoots, as far as possible, should be removed. A good insecticide should be sprayed on cherry shoots attacked by black fly.

Strawberry runners must now be layered for

forcing. Runners not required for new plantations and forcing to be cut off. Now is the time to prepare new strawberry beds.

Those who grow melons in frames need to raise them on to pots or slates so that they colour up nicely all round.

A Reminder

The foregoing applies to gardens in the south. The season in the north is usually about a month later, so that what gardeners in the south usually do in June is done in July by gardeners in the north.

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and not only delicious but nourishing. Granose Biscuits will give you the summer health that will enable you to enjoy the hot sunny days. They make your step brisk and buoyant because they contain all the energy of wheat in a form that does not overheat the system. The only *wheat flake* biscuit that can be eaten like bread. Just spread butter, honey or cream cheese on them.

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Digestion and Indigestion

(Continued from page 11.)

Let us remember, then, that in order that gastric digestion may be normal and vigorous, two things stand out as absolute essentials. These are normal gastric juice, with the correct amount of acid, and strong, healthy movements.

Gastric Hygiene

Having studied these few elementary facts concerning the stomach and its functions it will be easy to form a few simple rules to ensure sound gastric digestion. In other words, it should not be difficult to escape that multitude of ailments vaguely described as "indigestion."

First, we must avoid overloading the stomach by too many meals or by too much food at one meal. This is probably the commonest of all

causes of stomach trouble. Three moderate meals a day should be the maximum, and when the age of forty-five is reached, two will probably be more suitable.

Four or five hours should be allowed between each meal, during which time nothing whatever must be taken except water. Even a small thing, such as a biscuit, causes a flow and consequent waste of gastric juice, besides delaying the expulsion of any food already partly digested. At least three hours should elapse between the last meal and bedtime.

Heavy exercise and rest are both harmful after a meal and should be avoided. The same applies to mental exertion and worry. Laughter and cheerfulness are great aids to digestion. General exercise daily out of doors is essential, otherwise the stomach, like the other muscles of the body, will become flabby and sluggish. A daily action of the bowels to allow the intestinal contents to pass on is imperative. A good carriage and upright posture are also helpful.

Things which tend to produce fermentation and interfere with the normal process of digestion are alcohol in all forms, tea, flesh-foods, spicy preparations, strong acids or alkalies such as vinegar, bicarbonate of soda, etc. Some of these many even seem to be good for a time, but in the end they render the condition far worse.

♦ ♦ ♦

Come Out into the Sunshine

(Continued from page 13.)

True there are some good results from the heat and light-rays, but one cannot expect to secure the full benefit. Many people who are to-day taking sun-baths regularly are deriving but a small portion of the possible benefit because of their ignorance as to the effect of glass.

If a beach is accessible you can combine sun and water-bathing. Throw a little exercise into that combination, preferably amusing games in the sands, and you have reason for high hopes.

However you have to manage it, determine to have your share of sunshine. It is here for all of us, one of God's greatest gifts to man, and the finest of all tonics.

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Activities in Many Centres

THE past few months have been busy ones for us and we are glad to pass on good news of progress. Special Good Health League meetings have been held in quite a number of our larger centres. In some cases lantern lectures have been given and these have been very much appreciated.

Plymouth reports a good meeting at the time of the visit of Dr. S. McClements of The Stanboroughs Hydro. He gave a lantern lecture on "The Mechanism of the Human Body," with a record attendance of members and friends. Dr. McClements also gave this lecture in North London, when about 120 to 150 people were present.

We are pleased to report the first meeting of the Leeds branch, which has now been reorganized. The secretary, Mr. G. W. Hamblin, passed on the word that they had an attendance of nearly 100 and enrolled thirty-five members for the Good Health League. They are aiming to obtain 100 members by the end of September. The meeting was held in the City Museum Hall. Dr. H. Edelston gave a lecture on this occasion, his subject being, "Mental Hygiene." "The doctor introduced his subject by emphasizing the very close relationship between the body and the mind. He declared that if one should be defective the other is inevitably affected. He proceeded to stress the necessity of having a good mind to use a good body and the importance of having a good body for a good mind to use. Dr. Edelston also impressed upon his listeners the importance of right training for children and encouraged all present to make life a clean and noble undertaking." Expressions of appreciation were received from those present and the secre-

tary reports that "the members are keen as mustard," if we may use such a term in the Good HEALTH magazine.

Such meetings as these are helping the Good Health League to make friends among those who really need the help that the League is trying to give.

We have also received good news from our new health centre at Hull, and they report that upwards of 100 children are regularly attending the Junior Health League meetings.

The readers of GOOD HEALTH will be glad to know that as a result of the special Home Nursing Classes conducted by our nurses we have sent out to date over 100 certificates to those who have completed the course and satisfactorily met the test.

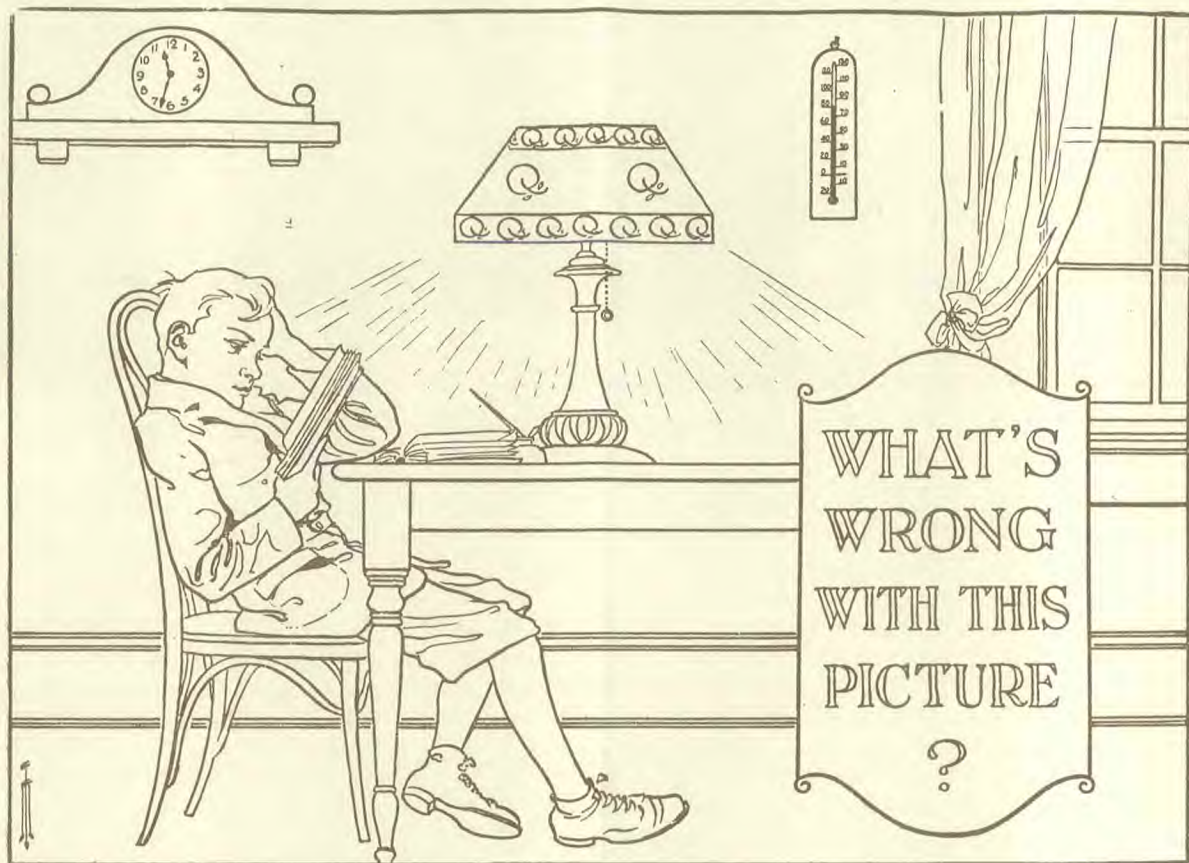
The success that has attended our winter's work is most encouraging. We hope that the good instruction that has been given will be put into practical use.

HAPPY HEALTHY HOLIDAYS are only possible as we give careful thought and attention to our diet. Why not, through the summer months, make practical application of the principles that we have been endeavouring to present to you in this magazine and in our Good Health League lectures? The summer affords a special opportunity to make some of the essential changes in our diet which we feel sure will be in the best interests of our readers.

Please remember that the Good Health League is at your service, to help you to find the way to Health and Happiness.

F. W. GOODALL.

Our Children's Corner



By the courtesy of "Life and Health."

What the Doctor Told Bonnie

BONNIE was seven, but looked about five. She never seemed to grow. Every month or so she would have a fresh cold. Bonnie's mother took her to a good doctor who lived in the next road, and the following conversation took place:

"And what did you eat this morning, little girl?" the doctor asked as he playfully pinched her pale cheeks.

"Oh, some bread and butter, a bar of chocolate, and half a glass of milk," piped up little Bonnie, trying to smile at the big man in the black-rimmed glasses.

"M-m-m," mused the doctor thoughtfully, "a half a glass of milk isn't enough for a child of seven. You should have a whole glass of milk, some nice brown bread and butter, an orange, and a piece of toast."

Bonnie made a wry face. "I don't like toast," she said.

"Well, Bonnie," the doctor was serious now, "why do you suppose your mother brought you here to-day?"

"Oh, because I had a headache yesterday," the little girl replied, "and she was afraid I was getting the 'flu.'"

"No, you are wrong, Bonnie," the doctor explained. "It is because you are not growing, your cheeks are pale, and you are always catching cold. Now, do you want to know why this is happening to you?"

"Well, I suppose my mother would like to know."

The doctor took her on his knee. "Because," he said, "you are not getting the right kind of

food, and you have too many sweets. Now what would you say if I told you that you would have to stay at home from school for six months?"

"Oh, but I couldn't do that, Doctor." Bonnie looked as if she were going to cry. "I'd get behind in my class, and have to stay in standard two another year; wouldn't I, Mother?"

"That's right," her mother said, "and Mary will be ahead of you when you go back. No, I don't think you want to miss school."

The doctor measured Bonnie and then he weighed her.

"You should be about four inches taller, and you are fifteen pounds underweight. Yes, I think you'll have to stay at home and rest all right, school or no school, unless"—he stopped and looked at Bonnie—"you agree to eat what I tell you for the next six months."

Bonnie was bravely trying to hold back the tears. "I'll eat whatever you say, Doctor, if you'll only let me stay at school."

"We'll try it for one month," the doctor said, "and see what improvement there is. If she eats according to this diet," handing her mother a slip of paper, "she ought to gain at least one pound."

It was so hard at first having to give up sweets of all kinds; but when Bonnie was tempted to ask for chocolate, she remembered what the doctor had said about staying away from school, and promptly put out of her mind the thought of sweets. It was no easy task, either, for the little girl had been so used to eating what she wanted that it seemed as though she never had a single thing that tasted nice. At the end of a month, the doctor's scales showed that she had gained three-quarters of a pound. He agreed to let her try it for the rest of the time.

Would you believe that in six months' time Bonnie had actually gained ten pounds? She grew an inch and a half taller, too, and began to show some colour in her cheeks.

Do you want to know what Bonnie ate that made her taller and heavier? Here is what she had:

"One quart of milk every day. Two green vegetables. Two whole oranges every day. Baked potato with butter. A hot cereal every morning. An apple every afternoon. One hour of play in the open every day. One half-hour's rest every afternoon. And plenty of sleep."

If you are under-nourished and look as Bonnie did, try her doctor's order. It will make you look better, grow taller, gain weight, and keep you well.—*Cela McCulla.*



Our Competition Corner

My dear children,

THE prize for the April competition goes to a very young reader. She is Doreen Honnor of 19 Myddelton Square, London, and is only six years old. Her attempt would have been a credit to a much older child. Evelyn Webber of Wandsworth also did very well.

Now for this month's competition.

There is something wrong with the picture on the opposite page. I want you to look at it very carefully, and then make a neat list of all the things which you would correct if you were given this picture to draw. When you have completed your list send it to me at the GOOD HEALTH Competition Corner, Stanborough Park, Watford, Herts., by the 31st of July.

Margaret Timpany has gained four more members for the Junior Health League, making a total of seven. She writes that she hopes to get still more. Then Ruth Wallis has introduced three little brothers, Teddy, Bobby, and Freddy Norris, to our band. She is also doing her best to get more.

All you have to do to become a member of the Junior Health League, is to send me 3d. in stamps together with your name, age, and address, and you will receive your membership card and badge. Our motto is "Health for Service," and the only rules which you have to observe are the following:

1. Clean hands before meals.
2. Brush teeth night and morning.
3. Thoroughly chew food.
4. Eat some vegetables and fruit daily.
5. Breathe fresh air day and night.
6. Exercise daily in open air.
7. Drink plenty of water.

These rules are all so simple that even the youngest of us can remember them.

Don't forget. Write to me if you would like to become a member.

Yours affectionately,

HILDA CAREY.

In the Consulting Room

Here you have the unusual privilege of FREE chats with the doctor. All questions should be directed to Editor, "Good Health," Stanborough Park, Watford. Let your letters be short and to the point.

Stamped addressed envelope must be sent in every case.



BLOOD PRESSURE.—M.L.: "I am fifty years of age and suffer from high blood pressure. Please suggest a suitable diet for me."

Ans.—The chief object in dieting for high blood pressure is to cut down the amount of food taken and limit proteids. You will probably feel much better on two meals a day and on a non-flesh diet. Eat sparingly of root vegetables, but those which grow above the ground you may eat. Fruits you should take liberally and be sure to see that the bowels act freely. Avoid pastry and all rich foods and anything which you find tends to upset your stomach. If you are careful with your diet, take plenty of rest, avoiding worry and strain, you will probably find your blood pressure not too serious a matter.

RHEUMATISM AND ASTHMA.—E.G.: "The past five or six years I have suffered from frequent attacks of bronchial asthma and just lately have had rheumatism, particularly in hands and feet. Can you advise me with regard to diet? Do you think I should give up meat?"

Ans.—We believe meat to be harmful for rheumatism and asthma owing to the toxins it contains. It is a repair food and is not likely to help you to put on flesh. In fact you should eat sparingly of all protein food. Milk, butter, malt, Ovaltine, etc., are much better for this purpose. Be sure you get a good supply of fruits and green vegetables, taking care to get the water that the latter are boiled in, so as to obtain the salts. As rheumatism is so often due to bad teeth, you should consult a dentist if you have not already done so.

Felsol, a preparation made by the British Felsol Company, is useful in warding off attacks of asthma.

GASTRIC TROUBLE.—A.G.: "Will you please tell me what is the best diet and treatment for gastric trouble? If I have anything acid I find that it brings on wind."

Ans.—Stomach or "gastric" trouble is only a vague term covering a number of conditions. If yours is of the acid variety, we would recommend you to drink one or two tumblerfuls of hot water one hour before each meal. Take your meals dry and masticate all food thoroughly. Allow at least three hours between each meal and between the last one and bedtime. Eat absolutely nothing between meals.

Do not have flesh-foods or fatty substances for breakfast. Instead have stewed fruit, such as figs or prunes, with cream or wheat preparation such as "Granose." Use meat sparingly or not at all and strictly avoid tea, coffee, alcohol, pickles, condiments, pastry, excess of sugar and all rich foods. It is quite likely that the use of tea and meat is the cause of your indigestion.

The fruit in the mornings and water between meals should overcome your constipation. But if you must take an aperient, cascara is as good as any, or liquid paraffin may be obtained mixed with other purgatives.

Much of the misery in this life is caused by being unkind to those who love us.—George F. Hoffman.

Good Health

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Few beverages combine delicious, refreshing flavour and essential medicinal properties as well. But Welch's Grape Juice is definitely one of that select few.

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Welch's Grape Juice is sold by most Grocers, Health Food Stores, etc., at 1/3, 1/10 and 3/6 per bottle. If you prefer, send 6d. in stamps for a Welch's Junior Size, post free, to Fassett & Johnson, Ltd., (Dept. A.,) 86 Clerkenwell Road, London, E.C.1.

Welch's

GRAPE JUICE

Please mention "Good Health" when writing to Advertisers.

The Joyous Quest for Health

A Notable Hydro and Health Home

By H. THORNTON MOLESWORTH
(Reprinted from "The Monthly Pictorial")

DISCUSSIONS on health and disease used to bring a shudder to most ordinary people; it was felt that such matters were best ignored and that, if it were absolutely essential that they should be mentioned, one should speak in undertones.

That attitude has largely been replaced by another which arises out of the recognition that what has been called "the joyous art of being well" comes of a common-sense attitude to health matters and, surely, if the art of health be joyous, why should not the search for health be joyous, too?

ments, there is a genuine smile in it. It is a bright place, a cheerful place; and that, when one comes to think of it, probably accounts in large measure for the excellent results which are attained. For a cheerful spirit undoubtedly goes far towards aiding a patient to recover.

The situation of The Stanboroughs could hardly be bettered, for although it is within easy reach of town, it stands in the midst of delightful country; moreover it has its own private well-wooded park. The buildings are ideally adapted to their purpose and contain excellent provisions for entertainment, with rooms devoted



The Home of Natural Healing.

One cannot help asking this question after having made an investigation into the activities of that splendid up-to-date hydro and health home at Watford, in Hertfordshire, known as The Stanboroughs; for although this establishment is designed to restore ill people to health, although it is equipped throughout with all manner of up-to-date devices for special treatment, although it has facilities for electrotherapy, hydrotherapy, phototherapy, massage, medical gymnastics, Bergonie treatment and X-Ray and laboratory depart-

to billiards, bagatelle, table tennis, and so on. The patients' rooms are nicely decorated and tastefully furnished, whilst there are first-class dining- and drawing-rooms.

The underlying object of this establishment is to apply Nature Cure methods. It is impossible not to recommend this establishment most heartily and any readers of these necessarily brief notes who desire further information are urged to communicate with the Secretary.

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