



" The grass is ours, and sweeter sounds than these,
As down we couch us by the babbling spring,
And overhead we hear the whisper of the branching trees.

" Ah, sweet is this, and sweeter in the spring,
When the sun goes through all the balmy hours,
And all the green earth's lap is filled with flowers! "

—*Lucretius.*

Good Health

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

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Editorial Chat.

Outdoor Principles.

THIS number of GOOD HEALTH is devoted largely to the exposition of what we may call outdoor principles. These are fundamental factors in the building up of a strong, vigorous, enduring body. Sedentary work and sedentary forms of recreation are altogether too prevalent. They are responsible for the large amount of physical stagnation which we see everywhere, and for not a little disease.

Afraid of Fresh Air.

THE horror of draughts and fear of catching cold if a window is open, can be traced to the same cause. We become excessively sensitive to atmospheric changes because we remain within walls, and ride when we should walk. The system is clogged with poor food and lack of oxygen. House air is debilitating. The pure air of the wind-swept fields is restorative and invigorating.

It Is a Real Spring Tonic.

TO THE careworn city toiler we would say, turn your eye toward the country. If your work confines you indoors, your recreations should take you out under the open heavens. Even though daylight be denied, a walk can be enjoyed by starlight. Quicken the pace till you are breathing deeply, and the red blood is bounding through every part of the body. Shake off the lethargy that has held you within doors so long. Go to bed early; get up early; take a morning walk before you go to work, and see how much more pleasant life will become to you.

Our Natural Birthright.

NATURE is yours to enjoy, could you but realize it. For you the thrush sings, and the violets bloom, and the trees put on their spring robes of daintiest green. For you the sun shines, and the refreshing showers come down and water the earth. But you need a heart to appreciate and understand this beauty, and you need observing eyes to see it. You need to cultivate the outdoor spirit, and endeavour as far as possible to bring it into your daily work.

Planning for One's Holidays.

POSSIBLY it may seem rather early in the season to say much about camping; but the best vacations are those planned a long way ahead. In fact, one of the real pleasures of a walking or cycle tour, a trip to the continent, a fortnight in camp, is the careful planning beforehand of each detail. It matters not that the plans will often have to be changed; that one may expect; nevertheless the vacation is sure to be at once more rational and more enjoyable as a result of being thought out carefully some time in advance.

How to Have the Best Time.

IF asked our opinion as to the best kind of a vacation, we should reply that it depended largely upon the nature of one's routine work during the year; but in general, the more unconventional, the better. For the young men and women who form such a large part of the population of our great cities, a summer vacation which will require "roughing it" a bit

would seem the most likely to prove thoroughly helpful. A boating trip on some river, a walking tour, a couple of weeks under canvass—these are some of the ways of spending one's holiday which bring larger returns in the way of renewed health and freshness of spirit than the conventional stay at a country or seaside boarding-house, where the crowds are almost as distracting as in the city. GOOD HEALTH will have something further to say on this subject later. Meanwhile the secretaries of the various branches of the Outdoor Club, of which particulars are given on another page, may be able to give useful information to interested readers.

Hope for the Consumptive.

IN England and Wales alone 60,000 persons die of consumption of the lungs and other forms of tuberculosis yearly. Throughout the world one-seventh of the



deaths are due to this dread disease. At one time consumption was thought to be incurable, now it is known to yield to open-air treatment. Indeed, the prospects are very favourable providing the case is taken in hand early.

The consumptive's main needs are: (1) Pure air day and night; (2) an abundance of wholesome, easily-digested, and nourishing food. House air, even with open windows, is not quite equal to outdoor air. Therefore the consumptive will do well to devise some means of sleeping out-of-doors. The illustration, for which we are indebted to the "Journal of the Outdoor Life,"* shows a very simple sleeping-porch attached to a house in one of the poorer quarters of Cambridge, Massachusetts. The cost is said to be only \$11, or about £2. 5s. Something on similar lines could doubtless be put up in this country at a reasonable price.

Not only consumptives, but persons suffering from nervous weaknesses and general debility are often helped greatly by sleeping out-of-doors. Healthy people who are compelled to live sedentary lives would also profit by adopting an outdoor bedroom. We spend about one-third of our lives in bed. If we sleep out-of-doors, even if our work is confining, our nights will largely compensate.

Roosevelt's Daily Exercise.

PRESIDENT ROOSEVELT is one of the wise men who regard outdoor exercise as a daily need. A hard worker, he also knows how to play. "No one will deny," writes a correspondent of the "Ladies' Home Journal," "that the president is a busy man. A look at the newspapers will show you something of what he does; a visit at the White House will confirm it. The vital questions that come before him every day are of world-wide importance, and yet he manages to get his daily exercise without neglecting any detail. You can see the tennis court from the windows of his office. There, on many a day, at 4 o'clock, he plunges into tennis. In the winter his horse is ready, and off he goes. It is a busy day indeed when he says, 'I cannot have my exercise.' And when he says that it is because he has not foreseen some immensely important event. Snow, rain, and mud do not disturb him. In the two hours which he allots to the duty of riding, walking, or playing tennis, he gets

*Trudeau, N.Y., U.S.A.

all possible enjoyment out of each exercise. You may see him in the grey shade of a mid-winter day, tramping up to his ankles in mud, out beyond the Rock Creek, accompanied by a friend, and wearing clothes that few Americans would dare to wear so near the haunts of civilization. And in the spring, if you see a carriage start from the White House about 4 o'clock, you will know that the president is on his way to find his horse somewhere in the suburbs."

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Health Lessons from an Earthquake.

REFERRING to the San Francisco earthquake, Dr. J. H. Kellogg, in an editorial in the American "Good Health," suggests that it probably was the means of teaching some valuable health lessons. We quote the following paragraphs:—

"One lesson is evident: Three hundred thousand people have found out that they can live out-of-doors, and that out-of-doors is a safer place than indoors.

"People who have all their lives slept on beds of down, protected by thick walls of brick or stone, barricaded against the dangerous (?) air of night, have found that it is possible to spend a night upon an unsheltered hillside without risk to life, and it is more than likely that, as in the case of the Charleston earthquake, not a few modern troglodytes, who scarcely ever saw the light of day before, have been actually benefited by being forced out into the fresh air and the sunshine.

IO "The great tent colonies improvised by the military authorities with such prompt-

ness, under the efficient management of the able General Funston, may become the permanent homes for some of the thousands who are now for the first time in their lives tasting the sweets of an out-



OUTDOOR ENTHUSIASTS.*

of-door life. Man is an out-of-door creature, meant to live amid umbrageous freshness, fed by tropic fruits, and cheered by tropic birds and flowers, his skin bathed clean by morning dews or evening showers, browned and disinfected by the sun.

*Annie and Dora, daughters of Mr. John Birch, editor of the "Harrogate Times." (Photo by Mr. Boak, Bridlington.)



THE DELIGHTS OF CAMPING.

For the Nature-lover. For the Student. For the Health Enthusiast.
For the Victim of Civilization.

BY HARRY J. STONE.

ARE you a lover of Nature? Do you delight in the silent woods and rolling downs? Have these varying moods of sweet Nature found a sacred corner some-

where within you, so that, when circumstances for a time bind you in unnatural conditions, your thoughts spring back to where the wind moves in the pines? Oh, if you really *love* Nature in this way, go pitch your own little tent deep in the lonely forest, or away on the breezy cliffs. Stretch yourself on the heather while the insects make harmony in the sun, and the birds tell their love tales. Make

your couch on the moss-bank or amongst the beech-leaves.

To the camper Nature reveals herself in every wood, from the sleepy tree—et of the first waking bird, to the last faint flicker of gold and away into the silent night. Through all the day's glorious poem, Nature is an open book. You may wake in that soft hush that foretells the dawn, when all the earth seems

"Quiet and holy as a nun
Breathless with adoration."

You may watch the first ray from the east break through the bracken and light up the green carpet at your feet. In this quiet hour the birds shall be your choristers in the noble cathedral where men may best worship. And at close of day you may watch the smoke of your camp fire curl lazily up through the trees in the twilight hour,

"When the flickering shadows
Softly come and go."

You will know, if you do not already know, how peace and refreshment will steal into a weary mind and body in this gentle hour when Nature lays herself to sleep.

Botanizing in Camp.

Perhaps, though, you are more scientist than poet. For the present you prefer to know more of the composition of these ever-changing forms rather than to listen for the inner message they voice. You will find no better laboratory than a little tent. No need of pouring over dry textbooks in unhealthy rooms: Nature herself is at your own door. Is your subject Botany?—Make your home among the living specimens for a time. Or do you study Geology?—Pitch your tent in a hollow of the South Downs and swing your "cradle" over the



cliffs. Maybe your tastes are more humble, and you take a delight in a simple collection of wild flowers. You will be surprised perhaps, to find how many you have missed in your rambles that become familiar friends in camp. Whatever be your study, a tent will bring you possibilities undreamt of.

Where to Spend a Vacation.

Do you know that young fellow who scorns a hat in any weather? His figure is athletic, and his skin glows with the quick flow of the blood. Alas! that these effects so often have to be produced by unnatural exercise, under artificial conditions. Your health enthusiast will confess, too, that even regular Indian club exercise and the daily cold bath, are often unable to combat the effects of city life, and that he often sickens for the very lack of oxygen. I appeal to all who nobly attempt to maintain the body in a state of healthy efficiency against such odds. Hie you away to the farm, at least for your vacation. Here you may take your morning bath in the running stream. Instead of smashing furniture with your Indian clubs swung in a narrow and badly-ventilated room, you may help the farmer to bring home the golden grain, or learn to plough a straight furrow in the rich, brown earth. Try it!

Wearied to Death.

Perhaps you are heartily sick of that artificial rush styled "modern life." You are wearied to death of that same old journey in the stuffy car, the incessant booking, cashing, and filing of uninteresting documents, the same monotonous shadow of a meal in the dingy tea-room. Your whole soul yearns for an out-and-out change. Don't contemplate a conven-

tional boarding-house holiday! Get out into a pine wood, out by the edge of a lake, out anywhere where the breeze blows fresh across the hills, where Dame Nature is warm and loving and "open arms" to all living things. "Climb the mountains," says John Muir, "and get their good tidings. Nature's peace will flow into you like sunshine into trees. The winds will blow their own freshness into you, the storms their energies, and cares will drop off like autumn leaves."

The Higher Service.

Let us not forget, too, that these good gifts of Nature's storehouse are not worth



MR. STONE'S "POCKET EDITION" TENT.

the seeking for their own sake. They can really become ours only in so far as they help to make us more useful to others, only in the degree that, through us in some humble way, they serve to make for the betterment of those near us. And Nature herself will always be reminding us of this fundamental law.

I would not have my readers misunderstand the meaning attached to the term "camping" in this case. I do not advocate a cumbersome "army" equipment such as one often sees on the banks of the Thames in summer. I have in mind a portable "pocket edition" tent that one

may carry on the bicycle, or, if necessary, on the back; an arrangement, which, while affording a sufficient protection from the storm, will never spoil a landscape, nor needlessly come between its inmate and

Nature. The keynote of successful camping is simplicity.

Of the necessary apparatus, of cooking, of this and that imaginary difficulty, we may, perhaps, treat in a future number.

THE MOTHER, THE BABE, AND THE PUBLIC-HOUSE.

BY M. ELLSWORTH OLSEN.

MR. G. R. SIMS' stirring articles in the "Tribune," entitled, "The Cry of the Children," must have been followed with deep interest and sympathy by a large number of our readers. The spectacle set before us is most pathetic. Language fails to do justice to a situation which reflects disgrace upon the nation as a whole and upon its individual citizens. To dose innocent babies with alcohol, and thus poison their lives at the very source is the utmost refinement of cruelty, and the terrible effects of such a course are in no way mitigated by the fact that the mothers do not know any better. Such ignorance is utterly inexcusable in highly-civilized England at the opening of the twentieth century.

of those great natural laws which lie at the foundation of physical health.

When the Mother Drinks.

The issue is an urgent one. Something should be done at once. We can, at least, keep the children from

and not allow these noisome places to form the nurseries of toddling infants. Then there is the larger and more difficult question of educating the mothers as to the harmfulness of drink upon their own constitutions. This, too, is vital, for when the mother drinks the baby is sure to be terribly neglected, whether allowed to be carried inside the dram-shop, or left to languish uncared for in

LIFE'S FRIENDSHIP.

TO HIM who looks on Nature as a friend,
Who loves her varying moods, whate'er they be,
Of calm and glorious sunshine, or the free,
Wild sweep of winds, that toss about and bend
The branches of the mighty oaks, or rend
Their great hearts wide—to him, the mystery
Of life is not so great—he holds the key
To much that others cannot comprehend,
And finds a miracle in every bird,
Or creature wild—an endless spring
Of joy, and as the seasons come and go,
And Nature's wooing voice is clearer heard,
Rejoicing in the best, he learns to fling
Aside as worthless much—for room to grow.

—Bessie Andrews Dana.

some wretched apology for a home.

Hygiene in the Schools.

It is to be hoped that, as a result of the action taken recently providing instruction in hygiene and temperance in the public schools, the young people now growing up will be better informed. Certainly no true system of education could fail to take account of these vital matters. Better far that our children should grow up utterly uneducated in book knowledge, beyond the rudiments of reading, writing, and numbers, than that they should be ignorant

Alcohol a Poison.

Alcoholic drinks must be acknowledged to be poisonous to the adults as well as to children, and their daily use at once unsafe, unphysiological, and utterly irrational. The researches of such men as Sir Victor Horsley, Professor G. Sims Woodhead, and other eminent medical men, have set this matter clear, and it is most earnestly to be hoped that the general practitioner will not lay himself open to the charge of being hopelessly antiquated

in his methods by recommending stout to nursing mothers. Apparently women, once habituated to drink, yield to its terrible fascination more quickly than men, and there are not wanting pitiable cases of wives becoming abandoned drunkards who first began the use of alcoholic stimulants in obedience to medical advice.

Unfavourable Social Conditions.

No doubt the hard conditions of the labouring classes, and the mean and sordid surroundings at home, are among the causes which drive them to the public-house. Here a fruitful field opens for individual work. If neighbourliness and sociability were cultivated more generally, and if persons who have some knowledge of the laws of health, were to unite together in an organized effort to make them known to others, a great deal could be accomplished. Of course, such work requires exquisite tact, and true love and sympathy. The British mother is not wanting in affection for her child, but she is in many cases grossly ignorant of the laws governing her own and her children's physical welfare, and it is want of such knowledge that is the real cause of the terrible tragedies Mr. Sims has so vividly set forth.

Bad Food Leads to Drink.

Moreover, poorly selected and ill-cooked food, the large use of flesh meats, strong, stewed tea, and irritating condiments, such as pepper and mustard, as well as unhealthful habits generally, do much to pave the way for alcoholic stimulants. Wholesome cookery and a clean, well-kept home are among the best safeguards against alcoholism. When John Burns was asked what the British workingmen

most needed, he replied: "Wives that can cook," and we think he was not far from right.

A Broad Health Platform.

While we heartily favour the work of temperance organizations and direct temperance legislation, we also believe that the broad health platform is the one from which the most fruitful lasting reforms can be accomplished. The laws of hygiene at the present day are as much beyond the ken of the great masses of the people as a knowledge of Greek or the higher mathematics. The proposition before us is nothing less than the education of a nation in health laws. GOOD HEALTH is trying in a very feeble way to do something in this direction; other excellent agencies are at work; but what has been accomplished is as nothing compared with what remains to be done. What is wanted is that everyone alive to the nation's need should do at least a little toward supplying that need.



THE MAN WITH THE HOE.

If You Are in Earnest.

Do your work cheerfully, even if it is not congenial.

Make it a stepping-stone to something higher.

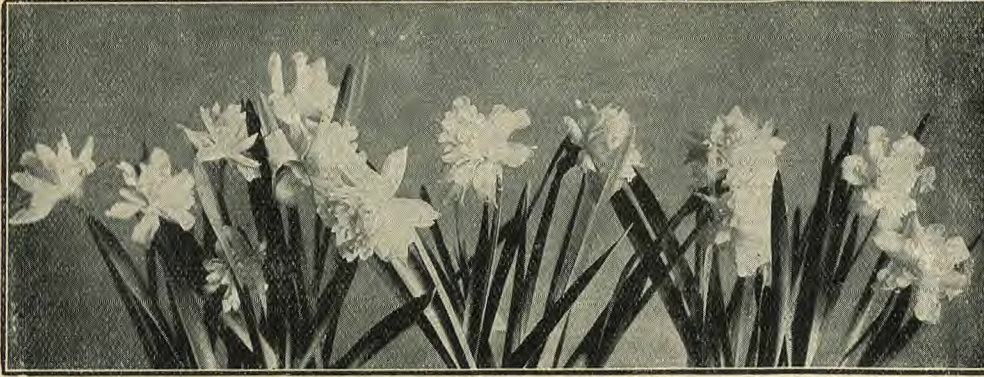
Keep yourself in condition to do it as well as it can be done.

Endeavour to do it better than it has ever been done before.

Make perfection your aim, and be satisfied with nothing less.

Believe in its worth and dignity, no matter how humble it may be.

Remember that work well done is the highest testimonial of character you can receive.—*Selected.*



THE OUTDOOR CURE FOR INVALIDS.

BY ELLEN G. WHITE.

HOW GRATEFUL to the invalids, weary of city life, the glare of many lights, and the noise of the streets, are the quiet and freedom of the country! How eagerly do they turn to the scenes of Nature! How glad would they be to sit in the open air, rejoice in the sunshine, and breathe the fragrance of tree and flower! There are life-giving properties in the balsam of the pine, in the fragrance of the cedar and the fir, and other trees also have properties that are health-restoring.

"Drooping Spirits Revived."

To the chronic invalid, nothing so tends to restore health and happiness as living amid attractive country surroundings. Here the most helpless ones can sit or lie in the sunshine or in the shade of the trees. They have only to lift their eyes to see above them the beautiful foliage. A sweet sense of restfulness and refreshment comes over them as they listen to the murmuring of the breezes. The drooping spirits revive. The waning strength is recruited. Unconsciously the mind be-

comes peaceful, the fevered pulse more calm and regular. As the sick grow stronger, they will venture to take a few steps to gather some of the lovely flowers, precious messengers of God's love to His afflicted family here below.

Outdoor Work.

Plans should be devised for keeping patients out-of-doors. For those who are able to work, let some pleasant, easy employment be provided. Show them how agreeable and helpful this outdoor work is. Encourage them to breathe the fresh air. Teach them to breathe deeply, and in breathing and speaking to exercise the abdominal muscles. This is an education that will be invaluable to them.

Exercise in the open air should be pre-



scribed as a life-giving necessity. And for such exercises there is nothing better than the cultivation of the soil. Let patients have flower beds to care for, or work to do in the orchard or vegetable garden. As they are encouraged to leave their rooms and spend time in the open air, cultivating flowers or doing some other light, pleasant work, their attention will be diverted from themselves and their sufferings.

With the Birds and Flowers.

The more the patient can be kept out-of-doors, the less care will he require. The more cheerful his surroundings, the more hopeful will he be. Shut up in the house, be it ever so elegantly furnished, he will grow fretful and gloomy. Surround him with the beautiful things of Nature; place him where he can see the flowers growing and hear the birds singing, and his heart will break into songs in harmony with the songs of the birds. Relief will come to body and mind. The intellect will be awakened, the imagination quickened, and the mind prepared to appreciate the beauty of God's Word.

In Nature may always be found something to divert the attention of the sick from themselves and direct their thoughts to God. Surrounded by His wonderful works, their minds are uplifted from the things that are seen to the things that are unseen. The beauty of Nature leads them to think of the heavenly home, where

there will be nothing to mar the loveliness, nothing to taint or destroy, nothing to cause disease or death.

Let physicians and nurses draw from the things of Nature, lessons teaching of God. Let them point the patients to Him whose hand has made the lofty trees, the grass, and the flowers, encouraging them to see in every bud and flower an expression of His love to His children. He who cares for the birds and flowers will care for the beings formed in His own image.

Out-of-doors, amid the things that God has made, breathing the fresh, health-giving air, the sick can best be told of the new life in Christ. Here God's Word can be read. Here the light of Christ's righteousness can shine into hearts darkened by sin.

Under such influences as these, many suffering ones will be guided into the way of life. Angels of heaven co-operate with human instrumentalities in bringing encouragement and hope and joy and peace to the hearts of the sick

and suffering. Under such conditions the sick are doubly blessed, and many find health. The feeble step recovers its elasticity. The eye regains its brightness. The hopeless become hopeful. The once despondent countenance wears an expression of joy. The complaining tones of the voice give place to tones of cheerfulness and content.



REARED OUT-OF-DOORS.*

*Photo by J. L. Huntly, 470-472 Holloway Rd., London, N



THE MORNING SPRINT FOR HEALTH.

BY WILLIAM M. SCOTT.

How can the most be got out of our early morning walk or "sprint?" If we can spend only half an hour or an hour at the most, after the day's work is done, how can we best fill in that time out-of-doors? Anyone who has at one time or another supplemented his regular "system" of physical culture with a vigorous walk or steady run out in the open air, will have recognized the extent to which his breathing has been quickened and deepened.

An Outdoor Prescription.

Do you wish to dispel a fit of indigestion, break up a cold, or banish a "fit of the blues?" Then put on an easy-fitting suit, discarding the waistcoat, which hampers breathing, and get out-of-doors for a good brisk walk up the highest hill in your neighbourhood. If the vigorous exercise has accelerated the work of the lungs to such an extent that you find yourself panting, stop, stand erect, and force yourself to take deep, full breaths until your breathing is regular and deep; then set off again, and do not be content until you have covered at least several miles.

After a time, when your lungs and breathing muscles have got stronger and accustomed to the exercise we have sug-

MY beloved spake and said unto me, rise up, my love, my fair one, and come away. For, lo, the winter is past, the rain is over and gone; the flowers appear on the earth; the time of the singing of birds is come, and the voice of the turtle is heard in our land; the fig-tree ripeneth her green figs, and the vines are in blossom, they give forth their fragrance. Arise, my love, my fair one, and come away.—Canticles.

gested, then you can start off with a run of 100 to 500 yards, endeavouring to breathe regularly the while. It is a good plan when walking briskly, or when running, to see how many steps you can take while inhaling, and again the number while exhaling. This is fine training for the lungs and the muscles of the chest and abdomen. Such exercise will bring a healthy hue to the palest face and a bright expression to the dullest eye.

Before starting out with the system suggested, take careful measurements of your chest in the normal state, after you have forcibly exhaled, and also after a full, deep inhalation. Take the same measurements from time to time as you continue the walking and running, and you will be more than satisfied with the results.

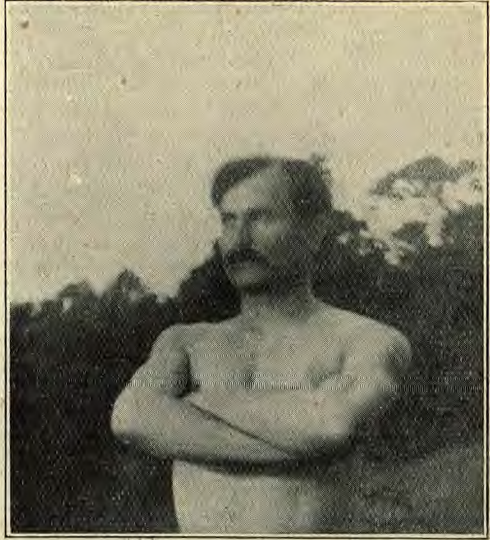
Cured of Consumption.

This is the system which Dr. Herbert Ossig, the young doctor who cured himself of consumption by living in the open air, both summer and winter, followed in curing himself of this dread disease to which so many of our young men allow themselves to succumb. Even now he does not think he has commenced the day fitly unless he has had a run of ten miles before breakfast.

To Improve the Chest.

The accompanying photographs will indicate better than we can describe the magnificent development of chest and lung capacity that have resulted from this system for the development of the most vital organs of the body, the lungs. Have you a weak, hollow chest with shallow breathing, or do you already possess a fairly well-developed chest and normal lung capacity—there is still hope for improvement; there is no reason for your remaining as you are; do not be content with mediocrity; be up and doing, and attain the heights of power. Do you aim at a high position in your profession? Powerful lungs, and the confidence which a healthy, open face with bright eyes and a manly bearing inspires, will help you towards that end.

Or perhaps you want to be a better representative of diet reform. You cannot understand why your simple living and purer diet do not make a more marked improvement in your looks. You feel your friends would be more easily induced to give the reform diet a trial if you were a better example of its benefits your-



THE ONE-TIME CONSUMPTIVE.

self—then give up studying books on the latest addition to the already bewildering list of patent, concentrated foods, all guaranteed to “make red blood,” and get outdoors and see what the most essential food, pure oxygen, which is not charged for by the pound, will do for you.



IN RUNNING COSTUME.

Good Health League.

THE lecture-room of the Birmingham Natural Health Society was filled at the meeting held 6th Feb., for its inauguration as a branch of the Good Health League. There is also in connection with the Society, an open air section, which has weekly rambles. Birmingham readers of GOOD HEALTH would do well to attend the meetings of the Society. Full particulars may be had of the secretary: Mr. J. Belling, 103 Vivien Road, Harborne, Birmingham.

The North London Branch is maintaining an excellent interest in its monthly meetings. Secretary, Mr. Edward Marsh, 65 Cranleigh Road, West Green, Tottenham.

We have had an encouraging report from the Newcastle branch, which is working along various lines, giving special attention, however, to diet reform. Secretary, Mr. Geo. Bonnett, 217 Osborne Road, Newcastle-on-Tyne.

The League has on hand a limited supply of assorted back numbers of GOOD HEALTH, a parcel of which will be sent to any readers forwarding one shilling to cover cost of packing and carriage.

Full particulars concerning the principles and organization of the League may be obtained by applying to the general secretary, 451 Holloway Road, London, N.

THE FEEDING OF CHILDREN.

BY ALFRED B. OLSEN, M.D.

THE enormous death-rate of the children, and especially of infants, is proof enough that the ordinary treatment they receive is not of the right kind. When we stop to consider that deaths of children under one year of age are from ten to twenty times more numerous than those of adults, we can realize to some extent the terrible loss of life among these little ones. In some parts of the country one out of five children under one year of age dies each year, and nearly half perish before the age of five.

The Natural Food.

Although there are a number of causes, we shall in this article deal only with the question of feeding. The natural food of a baby is the mother's milk, and there is nothing that equals it. Nature has provided this form

of nourishment for the little one, and every possible care should be taken to see that the infant is supplied in this way. The milk of a healthy woman contains just those various food elements that the child most needs, and further, contains them in the right proportions. But perhaps most important of all is the fact that the mother's milk is pure, clean, and free from any form of contamination. This is of vast importance to the child, for it is almost impossible to secure any other kind of substitute that will even approach the purity of the natural food.

Hours for Feeding.

In nursing the child, put it to the breast once in two or two and a half hours during the first two or three months, and once in the night, that is, between 10 p.m. and 6 a.m. During the following three or four months, the child need not be fed at night, and in the daytime only at intervals of three hours. Afterwards, the intervals

can be extended to three and a half hours, allowing from five to six feedings a day. It is well to begin to give the child other food at the ninth or tenth month, and to wean it at the eleventh month, or not later than the twelfth month. Clean, pure cow's milk from healthy animals can be given from the eighth month, and it would be well to begin with one feeding a day, and later increase it to two or three feedings.



"GOOD HEALTH."*

One may also give thin gluten gruel or barley gruel at this time. The child should not have solid food of any kind until at least one year old.

Substitutes.

For those infants who, for some reason or other, cannot have mother's milk, the best substitute is good cow's milk, providing it can be obtained clean. As this is almost impossible, especially in the large cities, it becomes necessary to sterilize the milk, and this can be done by heating it

*Photo by J. L. Huntly.

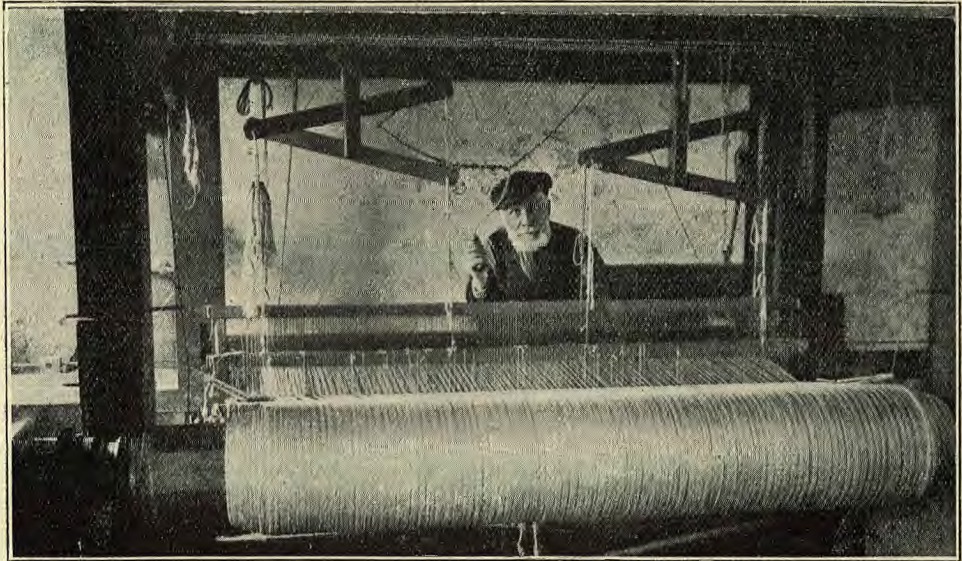
to 160° Fahr. for twenty minutes. Cow's milk will have to be diluted with water in different proportions according to the different ages, as the following table will indicate; limewater, a little cream, and sugar of milk must also be added in order to make the composition suitable to the needs of the child.

	1-3 mnths.	3-6 mnths.	6-10 mnths.
New milk,	6 oz.	8 oz.	12 oz.
Cream,	1 "	1 "	2 "
Milk sugar,	1 "	1 "	1 "
Limewater,	1 "	1 "	1 "
Boiled water,	12 "	8 "	2 "
Barley gruel,	0 "	0 "	4 "
Number feedings a day, ...	8-10	6-8	5-6
Number night feedings, ...	2	1	0
Interval between feedings,	2-2½	3	3-3½

An Ancient Industry.

WE are indebted to Mr. James Winter, of Cortachy, Kirriemuir, for the accompanying cut, which represents a very ancient industry, and one well deserving the hearty support of all lovers of the simple life.

Hand industries have much in their favour. The conditions under which they are carried on are far more conducive to the health of the employees than those which one meets in the modern factory. Moreover, fabrics made by the hand-loom are for beauty and durability greatly to be preferred to the machine-made article. There are no chemicals to whiten and weaken the fabric, and the materials must be of good quality. The somewhat higher



LINEN WEAVING BY THE HAND-LOOM.

The bottle should be carefully washed and sterilized after each feeding; indeed, the child should be provided with three to six bottles, so that there will be time to subject them to thorough cleansing.

Feed the child at regular intervals, and avoid overfeeding. From one to four ounces are sufficient during the first three months; afterwards from four to six ounces may be given, and after the sixth month, six or eight ounces at each feeding.

price is more than compensated for by the increased durability.

To Readers—a Suggestion.

If you enjoy this number of GOOD HEALTH, you will probably find future numbers equally interesting. The magazine may be ordered regularly of any newsdealer, or it will be sent post free to any country in the Postal Union on receipt of 1/6. See page 352 for announcement of some special features of the May number.

GRACE AND EASE IN WALKING.

BY MRS. LENNA WHITNEY-SALISBURY.

A READER of GOOD HEALTH asks the following questions :

1. What is the proper way to hold the body when walking?
2. Should the arms be swung rather forward or entirely to the back? Which is better for the chest?
3. Should the step be long or short, the toes turned out or straight?

At all times, whether walking or standing, the correct position of the body should be maintained. This has been given

let the support be suddenly removed without warning. If the arm drops of its own weight, quite lifeless, it is probably relaxed, but if you find yourself still holding it in the same position, or nearly so, that will prove that it is not yet fully relaxed. This ability to withdraw at the will the energy from any part of the body is most valuable, for it means a conservation of nervous energy, but it is not always easy to acquire, and often requires weeks of patient practice.



CORRECT STANDING POISE.

CORRECT POISE IN WALKING.

INCORRECT POISE IN WALKING.

many times in GOOD HEALTH, but I will repeat it here; the weight of the body should be poised well over the balls of the feet, the abdomen drawn in, the chest well raised, and the head erect with the chin in. In rapid walking the body naturally inclines forward more than when walking at a moderate gait or standing still.

The question of the swinging of the arms is a very simple one when properly understood. The arms when not in use should hang from the shoulders perfectly relaxed and lifeless. This relaxation is not so easy to acquire as might be imagined at first thought. If you think you have withdrawn all will power and energy from your arms and that they are absolutely relaxed, ask someone to lift one of them as high as your shoulder. Then

Position of the Arms.

If the arms hang relaxed from the shoulders, then in walking they will of necessity swing because of the motion of the body. How much or how little they will swing will depend wholly on the length and rapidity of the step. When standing still in a correct position, the tips of the fingers should rest against the outer front of the legs. From that point the arms will swing forward and backward to a greater or less degree. If a person be walking leisurely, the arc described by the tips of the fingers would probably be from eight to twelve inches. In the long, swinging stride, there will be a corresponding swing of the arms, both forward and backward.

No one should try to swing the arms.

If they are relaxed, and one is standing in a proper poise, they will swing of themselves, without any effort on the part of the pedestrian. Some people seem to try to propel themselves through the air by the movement of their arms, and the result is a most unsightly and ungraceful appearance.

As to the effect on the chest, the important point is to keep the chest well raised and active. In this position it will not be appreciably affected whether the arms be swung forward or backward.

Learning to Relax.

If you have difficulty in relaxing the arms, "letting go" in parts successively may be helpful. The following exercises may be practised standing or sitting. Stretch the arm (it is best to take each separately) as high as you can above the head, with the palm turned in. Stretch to the tips of the fingers, then close the eyes and gradually withdraw the energy from the fingers only, still keeping the wrist energized. The fingers should drop lifeless, toward the palm of the hand.

Next withdraw the life from the wrist, and the hand will fall forward palm down. Then relax the arm at the elbow, and the forearm will drop forward till the finger tips touch the chest. The palm will be turned out. Lastly withdraw the energy from the shoulder, and the whole arm will fall to the side, feeling exceedingly heavy. Be careful that you do not in any of these exercises *put* the arm into the required position. Let it be assumed as the result of the relaxation. It will be found helpful to close the eyes while practising.

Length of Steps.

The length of one's step depends on one's height. A tall person taking very tiny steps and a short person walking in long strides are alike ludicrous. By a little thought on his part and the kindly criticism of some friend everyone should be able to decide the length of step suited to his height, and having ascertained this, he should practise it until it becomes natural.

In ordinary walking for the average woman of five feet four inches (our inquirer is a lady), the length of step would

vary from sixteen to nineteen inches (measuring from the toe of the back foot to the heel of the front foot), according to the person. If one were a member of the Outdoor Club, and given to long rambles in the country, he would find the long, swinging stride the only comfortable gait for a ten- or fifteen-mile walk.

Too short steps are undignified, and give one the appearance of hopping. Both in walking and standing the toes should always be turned out slightly.

Mrs. Bryce's Nutmeat.*

Ingredients.— $\frac{1}{2}$ lb. grated walnuts, $\frac{1}{2}$ lb. grated breadcrumbs, one grated onion, one grated apple, one egg, salt, lemon juice and grated rind to taste, parsley and thyme as required, chopped very finely, large tablespoonful of flour, and a little milk.

Method.—Mix the grated walnut, breadcrumbs, onion, apple, seasoning, and flour together; beat the egg well, and add to the dry ingredients, using as much cold milk as will make into a stiff paste. Grease a mould, put in the paste, cover with a buttered paper, and steam for two and a half hours. Serve very hot, with a sauce of tomatoes, or any brown sauce that may be most agreeable.

SOME hundreds of copies of this number of GOOD HEALTH have been paid for by members of the Outdoor Club to circulate gratis amongst shop-assistants, and other more or less shut-in persons, with the view of encouraging such to spend as much as possible of their leisure time out-of-doors.

WE have pleasure in calling special attention to the excellent Good Health boot made by Messrs. Hall and Sons, whose advertisement in the present number gives further particulars.

For Holiday or Health. At breezy, bracing Seacroft, near Skegness, Lincs, there is a homely REST COTTAGE, close to the sea and golf links. South rooms, lawn, and tent, good views of open country. Any wishing to live the simple, or outdoor life will be welcomed. Also invalids needing quiet rest and care. Terms moderate. Apply to Rosa F. Broughton, Rest Cottage, Seacroft, etc.

THE GOOD HEALTH SCHOOL

Teaches a System of Physical Culture that
 Strengthens the Nerves,
 Invigorates the Heart,
 Brings Refreshing Sleep,
 Gives Strength and Endurance,
 Relieves Indigestion and Constipation, and Promotes
 Sound Health of Body and Mind.
 Full particulars for stamp.

451 Holloway Road, London, N.

*GOOD HEALTH readers are heartily invited to try this recipe, kindly furnished by Mrs. Alexander Bryce, of Birmingham. It is about the best recipe for a home-made meat substitute that we have yet come across.

GARDENING FOR HEALTH ACCORDING TO PRESCRIPTION.

BY CAROLYN GEISEL, M.D.

THERE is an axiom, much quoted at the Glendale Sanitarium, to the effect that if a man's health be insufficient to his needs, he may get more if he will but dig for it; and when we arrive, we are met by an energetic little soul who is waiting to help us put this motto into motion. She is Miss Reed, the physical director, all armed with shovel and hoe, and backed

plete; for there is but one soul among us who is permitted to escape the garden: Mrs. Wiggs, of the cabbage patch, is supposed to have had too much gardening in her lifetime, so for her is prescribed a wheel-chair, and flowery beds of ease. She is given many bouquets, but they are all cut and tied for her. But there are three others among us who "catch it."



A GARDEN PARTY.

up by handfuls of authority in the shape of prescriptions from the head physician, Dr. Winegar-Simpson. She greets us with a very critical expression; in short, she "sizes us up," not in the same sense as does the treasurer, but equally shrewdly. She takes note of every muscle, of carriage, gait, and expression; she even remarks upon the style of our gowning, and mentally conjectures from this whether we will elect to go here into the vegetable garden, or there to the posy bed, but to one or the other we surely will go as soon as ever our examinations are com-

Insistently, promptly, and unceasingly, our prescriptions come in. The first one is he who has spent all his youth sowing wild oats; the next is the man (but he is not from the plantation) who has lately occupied himself raising Cain; and the third is this dainty creature, who has travelled all the way through life on flowery beds of ease. Oh, how we three are made to work out our physical salvation! Sweat and sunburn and calloused hands—all these griefs are ours, and many more.

But we are not alone. There are others,

as you see by the accompanying picture. The Tomato-lady and the Cucumber-lady, standing not so far apart at the right of the picture (the one in the background with the sun-bonnet on; the other, near the front, hoe in hand), have prescriptions of such length that they have ample time to hoe, and water, and train their plants, or even hold their umbrellas over them, as need may require. But the Sweet-pea-lady frets because her forty-five minute prescriptions are insufficient to the proper training of her vines. The



RECEIVING HER PRESCRIPTION.

Radish-lady is recovering rapidly, but she stoutly affirms she will not be sent home until she has eaten the fruit of her labour; while the dear, genial, Morning-glory-lady may be compelled to leave us before the seeds she has put into the ground can show us the beauty of their blossoms.

O! The Breathing-man, he of the light hat at the left of the picture, has increased his chest expansion an inch and a half in four weeks. He is familiarly known among us as the Breathing-man because of his faithfulness to the breathing exercises, which have wrought for him the

good we mention. Another, not with us in the picture, Mr. Man-from-Lansing-Mich., escaped from the snowdrifts with hæmorrhage and a diagnosis of tuberculosis, but by taking to his heels and the Golden State Limited he arrived at the garden. His prescription was a wholesale one. He was given the whole garden for the whole time, and as a result he has increased his chest expansion, taken on flesh, the hæmorrhage has ceased, tuberculosis germs have disappeared; in short, he is called a well man.

The dear little man at the front of the picture, with the hose in his hand, is our "rain-maker," and it is his pleasure to tell us when our gardens are calling for water.

Although we are a houseful at the Glendale Sanitarium, so full that we run over a bit into cottages and tents, still we are not a clumsily large family, just enough of us for wholesome companionship; and there is always a sense of regret on both sides when one and another recover sufficiently to return to the dressing of his own olive branches. So much has been said about gardening for health that I am persuaded I have said nothing new. All that remains is to apply the prescription.



THE "OLIVE BRANCHES" IN THE GARDEN.



THE OUTDOOR CLUB.



Objects of the Club.

To CULTIVATE wholesome outdoor habits, to take some daily exercise out-of-doors, and to bring the open air spirit into one's daily work as much as possible.

To increase one's acquaintance with birds, trees, flowers, and other natural objects, and to interest others in such studies, both by direct observation, and the perusal of books devoted to these subjects.

To encourage rambles in the country side, gardening, walking and cycling trips, camping out, and other wholesome forms of outdoor recreation, and to form centres for the gathering of useful information in reference to economical ways of getting the maximum amount of open air activity during vacations, and throughout the working part of the year.

To urge the necessity, on the score of health, of the open bedroom window, and the thorough ventilation of living-rooms, school-rooms, railway carriages, churches, lecture halls, and other public buildings.

To secure the co-operation of all persons interested in outdoor principles, and to seek by the circulation of literature, by personal effort, and in other ways, to set forth the advantages of the simple, natural mode of living, and especially of some form of wholesome, outdoor recreation.

Who Should Join ?

Young men and young women who are forced to work indoors, but love nature and the open air, should join the Club, and thus get in touch with others like themselves, whose sympathy and companionship will be a source of fresh courage and inspiration.

Young people, again, whose health is suffering from sedentary habits, and who need some inducements in the way of pleasant companionship, in order to get out, will find the Club and its

associations thoroughly enjoyable as well as health-inspiring.

Then we have the class of outdoor enthusiasts, of all ages so far as years are concerned, but young and fresh in heart, who love to be out-of-doors in all weathers; such should join the Club because it affords a means of organizing for the aggressive promulgation of outdoor principles which are so vital to the health and efficiency of the nation.

Persons who have some practical acquaintance with wild birds and plants will be especially welcome, as their knowledge will enable them to add greatly to the interest of the rambles.

Centres Wanted.

The Outdoor Club wishes to get in touch with those who can form centres of influence in various parts of the country, and gather about them interested persons.

Branches have already been formed as follows:

1. North London: Secretary, Mr. Harry J. Stone, 25 Marriott Road, Tollington Park Road, London, N.

2. Gillingham (Kent): Secretary, Mr. S. Andrews, 49 College Avenue, Gillingham.

3. Croydon: Secretary, Miss Elsie Cole, 69 Leslie Grove, Croydon.

4. Sunderland: Secretary, Mr. E. H. Walker, 35 Dinsdale Road, Roker, Sunderland.

Miss Amy K. Osborn, Llanberis, West Cliff Avenue, Southend-on-Sea, and Mr. A. Morrell, 1 Lebanon Road, West Hill, London, S.W., have also consented to act as honorary secretaries, and interested persons in those parts are invited to correspond with them.

Mr. Stone, who has had considerable experience in camping, has kindly consented to reply to any inquiries pertaining to such matters.

Miss Cole is an ardent exponent of the morning walk, and can give some telling "pointers" on the subject.

FRESH AIR SONG.

THERE is a gift we scarcely prize.
'Tis good, sweet, pure, fresh air.
It fills the world from God's clear skies,
This good, sweet, pure, fresh air.
It waits outside your stuffy room,
It waits to rout out germs and gloom,
It waits to give you health and bloom,
This good, sweet, pure, fresh air.

When sluggish grows life's stream and dull,
Breathe good, sweet, pure, fresh air.
And lo! you'll soon be beautiful,
And find that duty's fair.
The life-blood tingling in its flow,
With oxygen anew will glow,
Disease will give a sigh, and go,
For good, sweet, pure, fresh air.

'Twill paint the rose upon your cheek,
This good, sweet, pure, fresh air.
'Twill help to make you glad and meek,
It is an aid to prayer;
For 'tis a symbol of God's love,
A type of spirit, as the dove,
Expansion from a world above,
Is good, sweet, pure, fresh air.

FRANCES E. BOLTON.

Mr. Stanley Andrews is something of a naturalist, and the club of which he is secretary not only has weekly rambles and frequent indoor meets, but has planned a camp for the summer.

Of course all inquiries addressed to these secretaries should be accompanied by stamp.

Miss Jessie Walker, one of the members of the North London Branch has designed a neat little badge, in the form of an oak leaf, which will be supplied to the members at one shilling.

Membership cards, also designed by Miss Walker, are being prepared, and will be supplied free to all members. A booklet giving quite fully the objects of the organization, and pointing out the great advantage on the score of health and efficiency of regular exercise out-of-doors, will shortly be ready for distribution, and a copy will be furnished free to each member.

The initiation fee of the Outdoor Club is one shilling. There is no specific annual fee; but members associating themselves with the various branches meet their share of any slight expenses found necessary in the work of the club.

Readers of GOOD HEALTH are heartily invited to fill in the following form, and send to the general secretary, 451 Holloway Road, or if living in the neighbourhood of a branch, to the local secretary.

APPLICATION FORM.

I am in sympathy with the objects of the Outdoor Club as outlined in the April number of GOOD HEALTH, and wish to become a member, for which I am inclosing the initiation fee of one shilling. Kindly assign me a number and forward membership card. [If badge is desired, two shillings should be enclosed.]

Name

Address

.....

.....

VEGETARIAN SPECIALITIES. NUTS, CEREALS, AND ALL HEALTH FOODS.

To be obtained at the **WEST END DEPOT OF STALLWORTHY & CO.,**
 Agents for WALLACE BREAD and MAPLETON'S BUTTERS, etc. * * 81 High Street, Marylebone.

"Cream o' Nuts"

is the concentrated goodness of all the best Nuts. It is easily digested, and is most delicious. It is unique. We will send you free sample with our dainty Booklet, if you mention "Good Health." Price, 1/- per lb.



Gathered Sunshine.

- The Freshest of Nut Kernels,
- The Choicest of Sun-Dried Fruits,
- The Finest of Unpolished Rice,
- The Purest of Cane Sugars.

Of these we sell more every week, because we give the highest quality at a reasonable price. We pay carriage to your door on 5/- worth or more.

GEO. SAVAGE & SONS (Dept. A.),
 55 Aldersgate Street, London, E.C.
 Agents for Winter's Biscuits and Foods.

WINTER'S WOOLLEY WINCEY.

The perfect material for Ladies' Blouses, Children's Dresses, Night Dresses, Sleeping Suits and every description of Ladies' and Gents' underwear. It is

THE FLANNEL OF THE FUTURE,

being unshrinkable, light, and hygienic, lending itself with perfect facility to all purposes for which flannel could be employed.

In Cream, Pink, or Blue, and a variety of pretty Stripes.

SNOWY-WHITE LINENS.

Table-cloths, Sheetings, Towels, etc., made on the handloom. Perfect in workmanship, of splendid wearing quality, and sure to please. The coarser makes excellent for camping.

OUTING BLANKETS.

I can also supply wool blankets of natural brown colour, light, warm, and porous.

Write for particulars to . . .
JAMES WINTER, Linen Manufacturer,
 CORTACHY, KIRRIEMUIR, N.B.

In answering advertisements kindly mention "GOOD HEALTH."

QUESTIONS AND ANSWERS

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

Cheese—Digestive Tea—Flushing the Colon.—N.C.: "1. What is the food value of cheese? 2. Do you recommend tea? 3. What is your opinion of Digestive tea? 4. Do you advocate the unnatural practice of periodically flushing the colon?"

Ans.—1. High, from a chemical standpoint, but comparatively low from a hygienic standpoint, because it is so difficult of digestion. 2. No. 3. That there is but little difference between it and ordinary tea, and consequently, that it would be better not to use it. 4. No.

Painless Dentistry.—"Sufferer": "1. What is your opinion of the use of gas for teeth extraction? 2. Is it dangerous? 3. Do you know of any other way by which the teeth can be extracted without pain? 4. Can you recommend anything that I can get to loosen the teeth so as to make them easier of extraction?"

Ans.—We consider it one of the best anaesthetics for that purpose. 2. Practically without danger, when given by a competent physician. 3. We consider it preferable to other anaesthetics. Sometimes cocaine is used for the extraction of a single tooth. 4. No.

How to Get Thin.—E.A.H.: "I am stout and fleshy, and would like to know how to get thin."

Ans.—Be abstemious in your diet. Avoid sweets and fatty foods, and take not more than two meals a day, with an interval of six or seven hours between them. Adopt a systematic course of exercises such as that furnished by the "Good Health School of Physical Culture," and live out-of-doors in the fresh air as much as possible.

Obstinate Constipation.—H.E.: "Kindly advise in a case of obstinate constipation, where the enema brings no results unless pills are previously taken."

Ans.—You should combine abdominal massage with the enema, and use soapsuds instead of plain water. Take the enema in a knee-chest position, and retain the fluid as long as you can.

Tumour.—J.F.: "I would like your advice concerning a simple tumour in my wife's breast. She is twenty-seven years of age. The tumour was discovered accidentally about six months ago, and appears to be a small, firm nodule, which is slightly painful on being pressed."

Ans.—From the description we think it is a benign growth, which is not likely to cause any harm unless it increases to an uncomfortable size. If

this view is correct an operation will not be necessary; at least, not for the present. Consult a physician, and follow his counsel.

Digestive Pills—Raw or Cooked Fruit—Book on Dieting.—J.W.T.: "1. Can you recommend a good digestive pill? 2. Is fruit beneficial for a dyspeptic? 3. Should it be taken raw or cooked? 4. What does a gurgling sound in the region of the liver indicate? 5. Can you recommend a good work on dieting? 6. Does it injure the heart to drink three glasses of hot water a day? 7. Do you consider biscuits preferable to wholemeal bread?"

Ans.—1. No. We would advise you to avoid all advertised pills and draughts: all are useless, and many of them are dangerous. 2. Yes, as a rule, but all fruits would not suit each person. 3. Most people can take fruit either raw or cooked to advantage. Baked apples are an example of a fruit that would suit almost any person. 4. It probably indicates fermentation and wind in the bowels. 5. "The Stomach," by Dr. Kellogg: post free from this Office for 6/-. 6. No, not under ordinary circumstances. 7. Yes, as a rule, providing they are plain biscuits.

Cold Baths and Inflammation of the Eyes.—A.M.: "Would you advise cold baths in my case—I have inflammation at the back of the eyes?"

Ans.—No, but there would be no objection to taking a tepid or cool sponge bath, followed by vigorous friction, each morning, providing you have a good reaction.

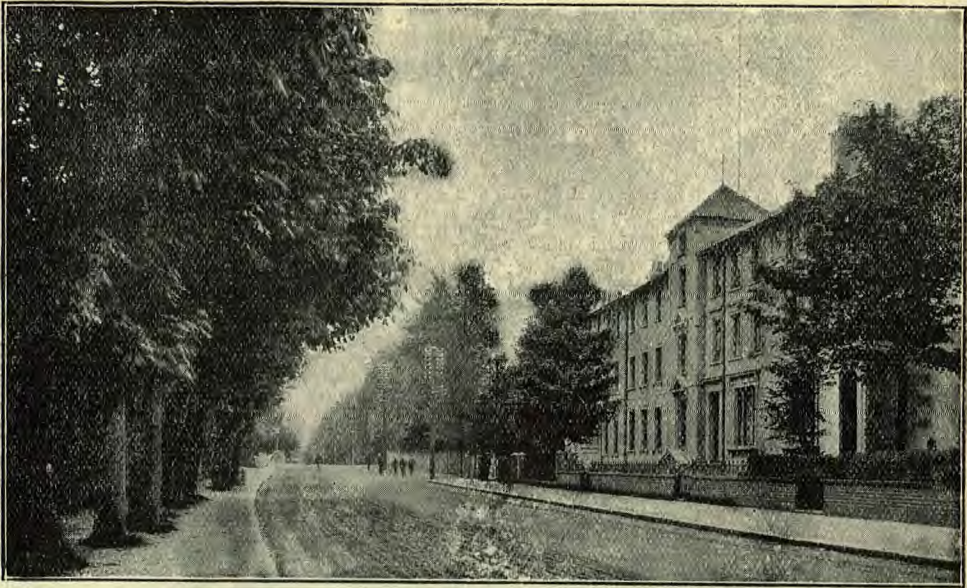
The Good Health Adjustable Bodice



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

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

Send for circular and prices to the Sole Agents: **Good Health Supply Dept.**, 461 Holloway Road, London, N.



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CATERHAM, SURREY.

THE location is delightful, being about 450 feet above sea level, in the beautiful valley of Caterham, surrounded by the picturesque hills of Surrey; the air is pure and bracing, and the water excellent. Situated within five minutes' walk of the Caterham Station, on the S. E. Railway, with an hourly service of trains from Charing Cross, Waterloo, Cannon Street, and London Bridge, the Institution is remarkably easy of access, while it is sufficiently far from London to be out of range of the fogs and smoke of the metropolis. The treatments consist of

BATHS OF EVERY DESCRIPTION, Including the Electric Light Bath.

MASSAGE AND MANUAL SWEDISH MOVEMENTS.

ELECTRICITY AND VIBRATORY MASSAGE.

DAILY DRILLS IN PHYSICAL CULTURE.

With a carefully regulated and classified Dietary.

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

For further information, rates, etc., apply to . . .

THE SANITARIUM, CATERHAM, SURREY.

In answering advertisements kindly mention "GOOD HEALTH."

GOOD HEALTH.

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

EDITED BY

ALFRED B. OLSEN, M.D.

M. ELLSWORTH OLSEN.

(Managing Editor.)

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Indian Edition: Yearly subscription, post free, Rs. 2. Indian Office, GOOD HEALTH, 39/1 Free School St., Calcutta.

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

S. African Edition: Yearly subscription, post free, 2/6. Office: 56 Roeland St., Cape Town, S. Africa.

WHEN you have read your copy of GOOD HEALTH, why not pass it on to a friend, and thus secure another regular reader?

♦ ♦

THE "Pitman" Stores, 188, 189 Corporation Street, Birmingham, have favoured us with a sample of their Vigar Oil, made from a fine quality of nuts, which we consider most excellent. Better tasting oil for table use we think it would be impossible to find. No doubt invalids will greatly prefer this oil to the cod liver oil so often recommended, and yet so unsatisfactory from many points of view.

♦ ♦

SANDWICHES are often in demand at picnics and at parties, and it will be well to remember that the new pinenut protose manufactured by the International Health Association, Legge Street, Birmingham, is an excellent substitute for meat. It has the same nourishment as meat, which it also resembles in flavour. Slices of brown bread and butter with a layer of this excellent proteid food would make a very satisfactory lunch to take along on a cycling trip. Malted nuts is another admirable food made by the same company, which, stirred into hot water, makes a hot drink both palatable and nourishing.

**A SIGN OF
PURITY AND
GOODNESS** 



This best to get the best. **MAPLETON'S NUT FOODS** are known and valued by food reformers all over the world, and his trade mark is a guarantee of cleanliness, purity, and unflinching excellence. They are delicious, nutritious, and digestible, and should have a regular place in your dietary. Some special items are: **ooking Nutter**, 1½ lb., 1/-. **Nutter Suet**, 1 lb., 8d. **Walnut Butter**, 1 lb., 1/-. **Fruitarian Cakes** from 3d. per ½ lb. pkt. Send for full descriptive list to **HUGH MAPLETON, 2 & 3 Dolphin St., Ardwick, Manchester.**

"Scotch Pancakes"

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DROP SCONES.

*A Dainty for Tea as
in "the land o' cakes."*

Made in 15 minutes
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Flour," per recipe in
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The best results are
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Banana Pocket Rations,

[ETC.]

BANANA Perfect Food BISCUITS.

20 per cent Proteids.

Per Tin, 6d., 1/2, 2/6, 4/6, and 9/6.

Banana Fruit Wafers per lb., 6d; 7 lb. tin, 5/8.

Finest Jamaica Dried Bananas, WHOLE OR CUT FIG BANANAS.

Per lb., 5d.; per doz., 4/9; Original Baskets, 8d. each.

BANANUT CAKES. UNCOOKED, READY TO EAT.

Made by electricity with dried bananas and 10 varieties of nuts. Per Cake, 1d. and 6d. each.

BANANUT OUTFITS.

Cakes, Biscuits, and Milk Chocolate.
A Three Course Luncheon for 6d.

BANAMALT FLOUR.

For making delicious pastry, scones and bread.
Per linen bag, 1½ lb., 9d.; 3½ lb., 1/8; 7 lb., 5/5, with full directions.

Sole Manufacturers:

"PITMAN" HEALTH FOOD STORES,

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The largest Health Food Dealers in the world. Illustrated Catalogue of Health Foods, etc., 88 pp., with copy of "Bananas and All about Them," with 80 recipes, post free, two stamps.

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SOLD IN 1/- & 2/6 TINS,
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BY ALL CHEMISTS, GROCERS, and
STORES.

"An excellent Food, admirably adapted to the wants of infants and young persons."—**Sir Chas. A. Cameron, C.B., M.D.,** Professor of Chemistry, R.C.S.I., Medical Officer of Health for Dublin, City and County Analyst.

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

Health says:—"Well fitted for the delicate stomachs of children, invalids, and the aged.

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1900 and 1906.

Over 80 Years' Established Reputation.

Purveyors by special appointment to
H.I.M. THE EMPRESS OF RUSSIA.

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HALL & SONS' HYGIENIC SANDALS AND SANDAL- FORM BOOTS AND SHOES

preserve the natural shape, and give freedom and comfort to the toes. They outwear all others. Adult sizes also stocked.



Sandals are still the best wear for indoors, and in fine weather out-of-doors, prices from 2/11.

Childrens' 2/11,
Ladies' 7/6,
Gents' 8/6.

Special Youths'
Stout Box Calf Lace
Boots with Toecaps.
Splendid wear and
shape. Sizes 2 to
5. 10/11.

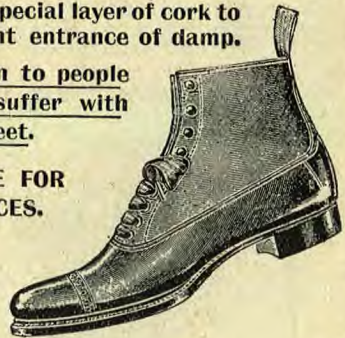
NO RISK. Samples sent on approval, carriage paid. Send outline of foot standing. Mention "Good Health."

WE ARE ALSO MAKERS OF THE Good Health Boot

With special layer of cork to prevent entrance of damp.

A boon to people
who suffer with
cold feet.

WRITE FOR
PRICES.



HALL & SONS, LTD.,

47 Bishopsgate St., E.C. Corner of St. Helen's Place.
112 Strand, W.C. Opposite Exeter Hall.
5 Stoke Newington Rd., N. Opposite Shacklewell Lane.

Send outline of foot standing for size.
Samples free. No risk. See what you are buying.
Mention "Good Health."

New Dainty Illustrated Catalogue, post free.

In answering advertisements kindly mention "GOOD HEALTH."

PUBLISHERS' NOTES.

A VERY delightful health food to put into one's pocket when on a walking tour is Mr. Winter's Prunus, made of choice nuts and cereals, and resembling in its delicate flavour a fine grade of confectionery. This is one of the foods that encourage mastication because one wants to keep them in the mouth as long as possible. Prunus is also very nourishing, and makes a good stand-by. It is a far better thing to give to children than confectionery, and makes an excellent body builder.

THE samples of "Cream o' Nuts," kindly sent by Messrs. Savage & Sons, certainly justify the name. This palatable food may be had both with and without cane sugar. We found the unsweetened very delicious, the sweet fruits combining with the nuts to give it a full, rich flavour. Messrs. Savage also carry a fine selection of the best nuts, as well as all health foods.

HEALTH FOOD STORES,

6 Peas Hill,
CAMBRIDGE.

Conducted by W. E. Blunt. Agent for the International Health Association's Foods, all other health foods, and the "Good Health" magazine.

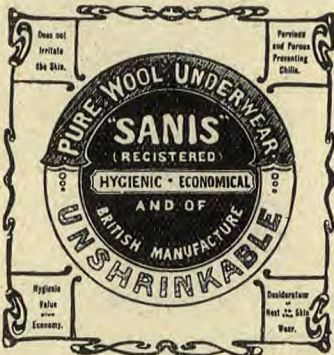
"Sanis" Underwear

[REGISTERED.]

The Perfectly Healthful Underwear.

Protective against chills.

Remember prevention is better than cure.



The fabric is of the purest fine Colonial Wool. Porous, Pervious, and non-conductive of heat, allowing the noxious vapours to escape from the skin.

It gives a sense of SAFETY and COMFORT during and after violent perspiration. Unshrinkable. Descriptive pamphlet sent free on application to

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

Ladies are advising their Friends to get the . . .

"Nurse Ina" LAYETTE

For Health! Economy!! and easy to dress.

Nun's Veiling Day Gowns, Hand-tucked Skirts, Yokes trimmed Soft Lace; Soft Saxony Flannel Blankets and Night Gowns, Fine Silk and Wool Vests, Turkish Napkins.

58 GARMENTS FOR 58/-



Special! for Short Clothing. Fine Cashmere Frocks, yokes arranged to allow for growing, "Hand made," 7/6 each, or in Nun's Veiling, 4/11 each.

Booklet free from "NURSE INA,"
182 Norwood Road, LONDON, S.E.

MATERNITY NURSE, certificated, vegetarian, terms moderate, disengaged. Deacock, 53 Broughton Road, Thornton Heath, S.E.

BIRKBECK BANK

ESTABLISHED 1851.

SOUTHAMPTON BLDGS., HIGH HOLBORN, W.C.

2½ per cent. INTEREST

allowed on Deposit Accounts Repayable on Demand.

2 per cent. INTEREST

allowed on Drawing Accounts with Cheque Book.

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

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

THE RESTAURANT

4 Furnival Street, Holborn, E.C.,

[Opposite Prudential Buildings.]

Is the most advanced Vegetarian Restaurant in London. Nut preparations and various Health Foods, fresh fruits, and salads, always on the Menu.

1/- ORDINARY, Three Courses and Lemonade.

The finest Sixpenny Teas in London served after 3.30 p.m. (Cocoa or Brunak served instead of tea if desired.)

Open from 9 a.m. to 8 p.m.; Saturdays, 7 p.m.

June, July, August, September, Saturdays, 4 p.m.

CHRONIC CATARRH

ITS HOME TREATMENT.

With the help of the Complete Outfit chronic catarrh can be thoroughly and satisfactorily treated. This outfit contains, first, a Percussion Nasal Douche, to be used in cleansing the nasal passages from mucus. Secondly, it includes a Globe Hand Nebulizer, complete, for applying healing vapours to the affected parts. Thirdly, it includes a generous supply of medicines, to be used with both instruments. Price, 7/6, post free.

GOOD HEALTH SUPPLY Dept.,

451 Holloway Road, London, N.

In answering advertisements kindly mention "GOOD HEALTH."

The Editor
of "Good
Health"
recom-
mends
the GEM
30s.
Turkish
Bath
Cabinet.

CATCHING COLD

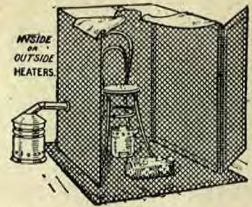
Is easy but unpleasant. You catch cold without being aware of it. Dr. Andrew Combe, knowing the dangers inseparable from colds and chills, declared that a hot air and vapour bath increases strength, and by exciting the vital action of the skin gives rise to a power of reaction enabling it to resist colds much better than before. That is why the "GEM" Turkish Bath is such a valuable aid to health. It is curative as well as preventive. It "lifts" a cold as nothing else does. Other great authorities have declared it—a boon to humanity—as conducive to the enjoyment and prolongation of life—worthy to become a national institution—a necessity in every home. Don't delay purchasing. It will prove the finest investment you ever made.

100-Page Book Free on mentioning "Good Health."

PRICES FROM 30/-.

The GEM SUPPLIES Co., Ltd.,
(Dept. G.H.)

22 Peartree Street,
Goswell Road, LONDON, E.C.



THE OUTDOOR SEASON IS HERE.

Pedestrians, cyclists, and travellers generally, who need nourishing food in small compass to carry with them, cannot do better than provide themselves with the following Health Foods:—

BROMOSE TABLETS. A wonderfully sustaining nut food. 30 tablets in box, 1/6.

PROTOSE SANDWICHES. Protose is the Standard Nut Meat. More nutritious than flesh meat, and absolutely pure. $\frac{1}{2}$ lb. tin, 8d; 1 lb., 1/-; $1\frac{1}{2}$ lb., 1/4.

NUTTOLENE, NUTTOSE. Other nut meats. Same prices as Protose.

NUT ROLLS. A very nutritious and toothsome biscuit. 5d. per lb.

FRUIT WAFERS. A palatable health biscuit. 8d. per lb.

WHEATMEAL BISCUITS. Free from all chemicals and other injurious elements. 5d. per lb.

GRANOSE BISCUITS. The best whole wheat food extant. Can be used instead of bread for sandwiches, or with milk. $7\frac{1}{2}$ d. per pkt.

All of the above are convenient to carry in your pocket or your bag, and represent highly-strengthening, and energy-producing food of the best kind.

Send for our Shilling Packet of Samples, post free.

INTERNATIONAL HEALTH ASSOCIATION, LTD., LEGGE ST., BIRMINGHAM.

PUBLISHERS' NOTES.

AFTER a three or four hours' walk in the open air, or strenuous exercise of any kind, a very delightful means of rendering the muscles supple and removing any feelings of weariness would be a short vapour bath followed by a rub down. We have pleasure in testifying to the excellent quality of the Gem Bath Cabinet. It is made of strong, durable material, and the lamp which is provided with each Cabinet, is well made and the safest of any on the market. In fact, it is far superior to any other lamp that we are acquainted with. The price of the Cabinet and outfit complete with the book of instructions is 30/-; to be obtained of the Gem Supplies Co., 22 Peartree Street, Goswell Road, London, E.C. This company also sells a very excellent Pure Water Still, and a Steam Cooker which could be used to advantage, we should think, in any kitchen.

GOOD HEALTH

is a home magazine, read by thoughtful, intelligent people, and often kept on file for future reference. It therefore makes an excellent advertising medium. Largest circulation.

RATES: £8 per page; £4 per half-page; £2 per quarter-page; £1 1 0 per eighth-page.

Address: GOOD HEALTH, (Advt. Dept.)
451 Holloway Road, London, N.

WORTHING—SUNNY WORTHING.

PORTLAND HOUSE, 46 Marine Parade, Worthing.

A high-class boarding establishment, situated in the best position of the Marine Parade. Vegetarian diet when required. Terms, 30/- to £3 3s. per week. Address, The Manager.

"GOOD HEALTH" STORES,

19 Stroud Green Rd., London, N.

Conducted by MISS N. MUSSON.

Agent for the International Health Association's foods, and all other health foods.

... ALSO FOR ...

Musson's Wholemeal Specialities.

All Health Magazines.

NEWCASTLE On Tyno DEPOT.

"Good Health" Foods.

THE OLD, ESTABLISHED GROCERY,
26 CLOTH MARKET.

REYNOLDS' Digestive WHEATMEAL BREAD.

Most wholesome and
nutritious bread to be
obtained from choice
wheat.

Order Reynolds' wheat-meal bread from bakers and stores everywhere.

Or write: Reynolds & Co., Ltd.,
Millers, Gloucester.

HAVE YOU TASTED THE NEW IXION "SHORT BREAD" BISCUIT?

Haven't you wished for a pure Whole Wheat Biscuit that will not strain the teeth? In our new IXION "SHORTBREAD" BISCUIT you have the very thing. It is most easily masticated; is delicate and delightful in flavour, and is all food. It is shortened without the aid of chemicals, and is guaranteed free from all additions of salts, baking powder, ammonia, or any other deleterious substance.

Invaluable for growing children, and a great favourite with them.

ALL FOOD AUTHORITIES APPROVE THE BISCUIT HABIT.

Those who know the quality of our Ixion Whole Wheat Biscuit can assist us materially by ordering their supplies through the Grocers and Stores, or we can supply direct.

7 lbs. 3/9, 14 lbs. 6/6, 28 lbs. 12/-, carriage paid. Insist upon our trade mark, "IXION," Regd.

WRIGHT & CO., Vulcan Street, LIVERPOOL.

The New Biscuit is only one of our MANY GOOD THINGS.

We have a booklet telling all about them which we will send with

SAMPLES of each for 4d. stamps.

Mention the "Good Health."

In answering advertisements kindly mention "GOOD HEALTH."



Plenty of healthy outdoor fun can be had with one of these motor cars, going rapidly down a slope. It is safe, too, for the brakes are good. Any boy wishing to have one free should send 3d. for postage on samples of M'Clinton's soaps, and ask for a booklet explaining how to get the car.

M'Clinton's Soap is made from pure vegetable oils and the ash of plants, and is therefore the mildest in the world. Send at once to **D. Brown & Son, Ltd., Donaghmore, Tyrone, Ireland.**

**The Oldest Health Food Stores
in the United Kingdom.**

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

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

NEW CALIFORNIAN DRIED
APRICOTS, PEACHES, PEARS.
All kinds of DATES, FIGS, Etc.
Nuts of every description, Shelled, and
Nut Meals.

BILSON'S COKERNUT BUTTER,
which is a splendid substitute for the
ordinary Dairy Butter for cooking, is
perfectly wholesome, and of a delicate
flavour. **8d. per lb.,** carriage forward.
SAMPLE TIN, 6d., post free.

Agents for the **IDA NUT MILL**, which is the
best Mill ever offered for grinding all kinds of
Nuts, Cheese, etc. 1/6 and 3/6 each.
Agents for all health foods. Send for price list.

GLUTEN MEAL WHEAT EXTRACT.

GLUTEN, the nitrogenous and flesh-forming element of wheat, barley, and rye, is the most remarkable of all food elements, in that it alone is capable of sustaining life indefinitely in the absence of all other elements. This is doubtless due to the fact that this wonderful principle sustains, as does no other element, the brain, nerves, glands, muscles, and all other highly vitalized tissues of the body.

GLUTEN can be prepared only by washing out the starch of wheat flour. It is by this laborious and costly process that this product is prepared. This **Invaluable Food Preparation** is eminently adapted to all cases of feeble nutrition, impoverished blood, general debility, and all diseases attended by general weakness.



In convalescence from any acute disease, nothing can excel in value this . . .

Delicate, Digestible, and Toothsome Article of Diet.



It's a luxury for the well, a necessity for the sick. Babies and growing children thrive wonderfully on our 20% Gluten Meal. Recipes on packet.

In 1 lb. packets, 20 per cent strength, 10d.
For Diabetes, in 1 lb. packet, 40 per cent strength, 1/8. } Postage extra.

READY FOR USE IN ONE MINUTE.

Send post card for our full price list of Health Foods and address of nearest Agent.

INTERNATIONAL HEALTH ASS'N., Ltd., Legge St., Birmingham.

In answering advertisements kindly mention "GOOD HEALTH."

Prize Essay.

To the Editor of *GOODS HEALTH.*

Dear Sir,

Will you allow me space in your valuable paper to call the attention of your readers to the fact that two prizes have been offered—one for £10, and one for £5—by Mr. Jaitha Kabanje, for the two best essays on "Cruelties and Diseases Connected with Flesh Eating." The prize essays not to exceed 3,000 words, and to be printed afterwards by the London Vegetarian Association, in pamphlet form. Intending competitors are required to visit at least one slaughter-house *during working hours*, and to read "Uric Acid," by Dr. Haig, and "Perfect Way in Diet," by Dr. Anna Kingsford. (Both books can be borrowed from the L. V. A. Office, free of charge.)

This offer is open to all. Manuscripts are to be sent in by the last day of April, Addressed, Secretary, London Vegetarian Association, Memorial Hall, Farringdon St., E.C., with "Prize Essay" marked on the left hand corner.

Trusting that many of your readers will avail themselves of this opportunity,

Yours truly,

FLORENCE T. NICHOLSON,
Secretary.

T. W. Mitchell, secretary of the walking section of the V.C.C., 128 Cottenham Road, Hornsey Rise, London, N., extends a hearty invitation to lovers of the open air living in North London to join in the weekly stroll. Address him for full particulars.

MAXWELL'S PURE FOOD STORES,

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

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

Cooking Oils, Pure Olive Oils, Vegetable Soaps.

Maxwell's Pure Vegetable Coconut Butter

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

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

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

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

THE OUTDOOR OR INDOOR DIETARY.

BREAKFAST.

R. WINTER'S WEATNUTS.

A Pure Cereal Food.
A Boon to Dyspeptics.

Requires no cooking, and is ready any moment to be eaten with milk or cream, fresh or stewed fruit.

Per lb. 8d.
7 lbs. 4/4.

DINNER.

R. WINTER'S NUTTON.

The finest Nut Meat. Made in 7 varieties, including Almond, Walnut, Pine Kernel, and Cashew.

Palatable, Digestive, Nutritious.

A perfect substitute for flesh food. It may be used in every way in which Butcher's meat is used.

½ lb. tins, 6d. and 7d.
1 " " 11d. " 1/-
1½ " " 1/3 " 1/5.

SUPPER.

R. WINTER'S PRUNUS.

A scientific preparation of Nuts.

Delicious, Nourishing, Sustaining.

In caramels, ... per tin, 1/3.

Prunus Perfect Food.

Same as above in powder form. Per tin, 1/-.

Ask your Storekeeper or Grocer for these foods, or they may be had direct on the following terms—Cash with order, carriage paid on 5/- worth, from

R. WINTER'S Pure Food Factory and Stores, City Arcades, and 11_B New St. Birmingham.

WRITE FOR CATALOGUE. AGENTS WANTED IN ALL TOWNS.

In answering advertisements kindly mention "GOOD HEALTH."

"NUTRINE."

Regd.

A dainty Nut Food, guaranteed absolutely pure and free from any artificial colour or flavouring, far exceeding any of the meats in actual food value. The following nuts are used in its manufacture: HAZEL NUTS, ALMONDS, WALNUTS, BRAZILS, CASHEW NUTS, BARCELONAS and PINE KERNELS. **BANANA NUT.** Made with Nutrine and Sun Dried Bananas, is very much appreciated by our customers. **FIG NUT.** Made with Nutrine and Fine New Figs. Delicious and easily digested. It is a very agreeable laxative, and therefore very valuable to those suffering from constipation.

These Nut Foods are most enjoyed when eaten with bread, taking the place of butter or jam.

Sample box of "Nutrine," Banana Nut or Fig Nut, 6d., carriage paid. 1/4 per pound, carriage paid. Average weekly sale over one thousand packages. Obtainable only of the proprietors:

NUTRINE CO., 61½ Fore Street, London, E.C.

CAMP'S

203 Borough High St.,
LONDON, S.E.,

is now open as a depot for all Health Foods. Central for South London. Write for price list.

THE HEALTH OF HIS MAJESTY THE BABY.

A baby's digestive powers are very limited, and it is one of the primary essentials of robust growth and development that the child should take food capable of easy assimilation.

Dr. Allinson's Natural Food for Infants

Is a front-rank baby-builder, and contains every element of nourishment; it builds up the system and produces sound flesh, bone, and muscle. It puts a child into a first-class condition, and, what is more, keeps it there. Dr. Allinson's Food is purchasable from all the leading Cash Chemists, Grocers, Bakers, and Co-operative Stores.

1/- Tins contain 22 ozs.;
2/6 " " 4 lbs.

If unable to obtain locally, either size sent post free on receipt of remittance.

THE NATURAL FOOD CO., Ltd.,
Room No. 99, 305 Cambridge Road,
Bethnal Green, London, E.

THE OLD-ESTABLISHED

CEREAL & HEALTH FOOD STORES

THE FIRST AND BEST IN LONDON.

We have a specially fine selection of NUTS, DRIED FRUITS, pulses, and a host of packet and proprietary articles suitable for the XMAS SEASON. PLEASE DO NOT FAIL TO WRITE FOR SPECIAL LIST, post free.

NUTS AS A FOOD.—For many years we have studied the Nut Food Diet, and we know by our long experience, that unless nuts are really good, they are, as a food, absolutely worthless. It is by far the best policy to give a little more and have the best, than to pay a low price which only leads to disappointment.

We deliver to any part of the United Kingdom, FREE, 5/- worth and over of our Shelled Nuts.

	s.	d.		s.	d.
Shelled Walnuts (old)	1	0	per lb. 3 lbs.	2	9
(new)	1	2	" " 3 "	3	3
Cashew Nuts, extra fine.	1	0	" " 3 "	2	9
Pea Nuts, Finest Spanish.	6	"	" " 3 "	1	4
" " African.	4	"	" " 3 "	11	"
Hazel Nuts, new, very fine.	1	0	" " 3 "	2	9
Pine or Pignolia Kernels (new)	1	0	" " 3 "	2	9
Mixed Shelled Nuts.	10	"	" " 3 "	2	3
Extra fine Valencia Almonds.	1	6	" " 3 "	4	3
" " Jordan Dessert.	2	6	" " 3 "	7	0
Pistachio Kernels.	3	6	" " 3 "	1	4
Roasted Pea Nuts.	6	"	" " 3 "	1	4
New Brazils.	9	"	" " 3 "	2	0

We grind any of these nuts for an additional 1d. per lb.

NUT MILLS. "THE IDA," 3/6 each, post free, 4/-. SMALL MILLS, 1/6 each, post free, 1/10.

THE NEW FOOD.

Crush Nut.

Have you tried it yet? A real food sweetmeat, made from all the best nuts and blended with milk and pure cane sugar.

1/2 per Can be ordered with nuts and de.
lb. livered free. Give it a trial on our recommendation.

REMEMBER BAX'S FOODS ARE ALWAYS GOOD FOODS.

OUR ONLY ADDRESS:

FRED^K BAX & SONS,

35 Bishopsgate St. Without.
LONDON, E.C.

In answering advertisements kindly mention "GOOD HEALTH."

NEXT MONTH.

THE report of Dr. Olsen's address on "The Rational Cure of Disease," begun in the February number, will be concluded in next month's issue, to which Dr. Olsen will also contribute an article on "The Spotted Fever." Other features of the May number will be:—

"Fundamentals of Healthful Dress," by Dr. Carolyn Geisel.

"The 20th Century Stomach: Its Needs and Its Abuses," by M. Ellsworth Olsen.

"The Chinese Doctor," by H. W. Miller, M.D.

A further article on "Camping," in which Mr. Stone will give interesting details regarding camp equipment, selection of a site, necessary expenses, etc.

2/- INSURES YOUR COMPLEXION

Dr. HARLAN'S BEAUTY-CUP MASSAGE

For the Face, Neck, Arms and Body.

"No woman who owns one of these wonderful little Cups need have any fear of wrinkles or blackheads."

The simplicity of this scientific system of self-applied massage, and the speed with which it clears the complexion, are almost beyond belief. A single soothing application of the little Beauty-Cup produces remarkable results. Blackheads in many cases are banished in sixty seconds. It pumps impurities out of the blood by atmospheric pressure, rounds out the cheeks, arms and neck, and plumps the waste places in the body with wonderful rapidity. Acts directly on the circulation and feeds fresh pure blood to the tissues, making the flesh firm and fair, and the skin soft and satiny. Dr. Harlan's Beauty-Cup sent by mail in plain wrapper—with our Beauty Book—to any address for 2/1 P.O. (abroad 2/6 M.O.). Address H G HIGHWATER LABORATORY Co., 9-94 Exchange Building, Southwark, London.



Hundreds of unsolicited testimonials.

Artistic Photography.

Special offer to "Good Health" readers: 12 large circles, 14/6. Usual price, 17/6.

HUNTLY STUDIO

470-472 Holloway Rd., London, N.

Largest premises in North London. Established 1889. Handsome enlargement made from any photo. Write for particulars. Only good work turned out. Children's Pictures a Speciality.

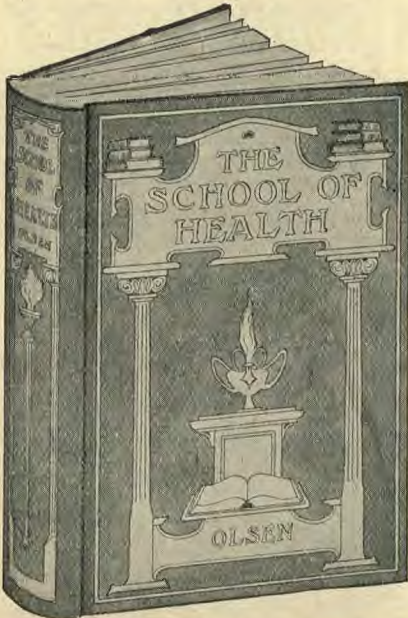
CAMDEN TOWN DAIRY AND HEALTH STORES,

265 Great College Street, N.W.

Trams: Holborn to Hampstead Heath.

Agent for . . . From
NUT BUTTERS, NUT CAKES, Allinson Food Co.
FRUIT CAKES, BISCUITS, Wallace Bakery.
WHOLEMEAL BREAD, ETC., Hugh Mapleton.
VEGETARIAN LITERATURE, London Nut Food Co., International Health Association.

R. T. DAVIES, Proprietor.



The School of Health

contains reliable information in regard to the causes and treatment of all the most common diseases, and a discussion in the light of present needs of the leading questions of health and hygiene.

Some representative chapters:

- The Human Body.** (Fully illustrated.)
- Physical Development.** (A complete system of home training, with line blocks indicating all important movements.)
- Personal Hygiene.**
- The Feeding of Infants.**
- Nature's Food Filter.**
- Hydrotherapy in the Home.**

The book contains a selection of fine half-tone engravings, including a beautiful frontispiece in three colours. Neatly and substantially bound. Price, 5/-. It is sold by subscription; it can also be supplied by a regular GOOD HEALTH agent. Those who cannot conveniently obtain it from an

agent, may send in 5/- to the undersigned and receive a copy by return mail.

GOOD HEALTH SUPPLY DEPT., 451 Holloway Road, LONDON, N.