

Good Health

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

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Superfluous Medicine.

SIR FREDERICK TREVES looks forward to a time "when people will leave off the extraordinary habit of taking medicine when they are sick." So also do we, and our faith in rational methods of treating disease is strengthened by seeing many cases of cure by these means alone which drugs failed to help.

National Physical Improvement.

THE Duke and Duchess of Devonshire gave a garden party on the 11th June in the interests of the National League for Physical Education and Improvement. The weather was perfect, and the beautiful grounds of Devonshire House presented an animated spectacle. Addresses setting forth the objects and work of the League were given by the Lord Bishop of Ripon, Lord Balfour of Burleigh, Sir Gilbert Parker, M.P., and others. The meeting was presided over by the Duke of Devonshire, who gave an earnest and impressive opening address, in which he pointed out some of the national benefits of such a Society. The eager attention given by the large audience testified to the interest which the general public is taking in the subject of physical education. The name by which the Society calls itself is really a happy one, although it will doubtless take time for it to become popular. "Physical Education and Improvement" is one of the great needs of the hour. Health is much more largely a matter of education than most people realize, and it is an encouraging omen that the large and representative organization which came into being at the Mansion House meeting two years ago this summer, should carry

in its very name the truth which many of the foremost physicians of to-day are endeavouring to impress upon the people.

To Lessen Infant Mortality.

WHILE the Society is working for the promotion of public health in general, it is, wisely as we believe, concentrating its chief efforts on the reduction of our high infant mortality. This is a matter in which every right-minded person must feel greatly concerned. The child in the mother's arms appeals to the deepest instincts of humanity. It is truly cause for sorrow and shame that with all the advancement in medical science, and hygiene and sanitation, the infant mortality of Great Britain should be about as high to-day as it was fifty years ago. This certainly ought not to be, and with an organization such as the National League in the field, and a good measure of public support behind it, we may be justified in hoping for a better state of things in the not distant future.

The Physician as Teacher.

WE mentioned last month the inauguration of the Islington branch of the League. One important feature of the work of this branch thus far has been a series of weekly lectures on home hygiene and the care of children by a well-known lady physician, at which a goodly number of district visitors and other workers for women have been in regular attendance. We believe the London County Council supplies a qualified lecturer wherever there is sufficient local interest to bring together a regular audience of this kind. It is to be hoped that a great many such lecture courses will be conducted during the coming

autumn and winter. Never is the physician more fruitfully employed than when teaching the principles of hygiene and healthful living.

Further particulars concerning the League may be obtained of the general secretary, Mr. Beverly Halley, 50 Dennison House, Vauxhall Bridge Road, London, S.W.

Premature Old Age.

THE men and women of this age do not live out half their days; they are cut off in their prime by one or more of the 1,500 odd diseases that are rife. And the reason for their susceptibility to disease may be traced to unnatural, health-destroying habits. We are transgressors against natural law, and we suffer the penalty. "It has become fashionable," writes a well-known physician, "to die of old age at about fifty or sixty. In reality one ought not to die of old age until at least one hundred and fifty years old, and there is good evidence for believing that the normal length of life of the human race, even in this degenerate age, might be increased to from one hundred and fifty to two hundred years within less than three centuries of the present time. Men have been known to live to the advanced age of one hundred and eighty-seven years."

Should Physicians Pay Funeral Expenses?

SIR JAMES BARR, of Liverpool University, said some excellent things in his presidential address in the Preventive Medicine Section of the Royal Institute of Public Health. We should like to quote copiously, but at this late date have only a very little available space. Sir James asserted that if the public were alive to their own interests, they would pay medical men liberally for directing them in the paths of health rather than for treating their diseases. Under such a system physicians might even be required to pay funeral expenses if they allowed the patient to die. He thought it was a great blot on preventive medicine that so much surgery should be necessary. If

there was less cant about "the Lord giveth and the Lord taketh away," and a little more genuine Christianity, it would be better for society.

A School of Baby Culture.

SOMETHING tangible is at length being done to reduce the high infant mortality in the St. Pancras district. In a little street off Euston Road the first school of Baby Culture has been started. The institution, which is known as the Mothers' and Babies' Welcome, has our hearty best wishes. We hope more such schools will be started, and have the public support which they so richly deserve. We also hope that the Bill for compulsory notification of birth within two days will pass through Parliament.

Better Care of Schoolchildren's Teeth.

THERE is a strong movement on foot in central Europe towards taking better care of the teeth of children. A school dental clinic has been established at Strasburg, to which schoolchildren are sent regularly for examination. The result of this examination is indicated on a card, and instructions for treatment are added. The clinic is also willing to undertake the work of treatment if need be, and does it at a cost of about £320 per annum, or about 3½d per head of the school population, the expenses being met by grants and voluntary contributions. The children are also taught to use the toothbrush, and illustrated talks are given showing the structure and growth of the teeth.

Wiesbaden and Mülhausen are also taking up this work. In Winterthur 2,400 children have had their teeth examined, it being found that only one child in forty has a perfect set, and that over twenty-eight per cent of the teeth examined are bad. At Langenthal, in the canton of Berne, the school board issues circulars to parents urging them to look after their children's teeth. Toothbrushes have been bought wholesale and retailed to the children, the profits being used to supply brushes gratis to poor children.

When to Visit the Dentist.

IT is to be hoped that a similar movement will be inaugurated in Great Britain. The adage, "prevention is better than cure," has a special application to the care of the teeth. Most people do not visit a dentist till driven to do so by a distressing tooth-ache. But when decay has gone far enough to cause pain, the best efforts of a skilful dentist can never fully repair the damage. Artificial teeth are, of course, better than none, but they cannot begin to compare in value with the natural ones. Well cared for teeth safeguard the general health by ensuring an aseptic condition of the mouth, as well as by making it possible to masticate one's food thoroughly. Intelligent culture of the teeth begun in early childhood and continued through life, including regular examination by a dentist about twice a year, will go far toward removing a large amount of unnecessary pain and suffering as well as serious disfigurement. "Take care of your teeth" is a lesson which parents should seek to impress upon their children both by precept and example. It is also being taught in our grammar schools. Smoking, it may be said in passing, and the free indulgence in sweets, should be avoided by all who desire to have sound, healthy teeth, and they must also be faithful in using the toothbrush.

The Cry of the Children.

THE meeting in Queen's Hall, June 14th, organized by the "Tribune" committee in connection with the movement to exclude children from the public-houses, brought together a large and representative audience, which listened with profound interest to stirring addresses from such speakers as Sir Thomas Barlow, Lord Meath, the Bishop of Hereford, Dr. Pearce Gould, Lady Henry Somerset, Mrs. Annie Besant, and Dr. John Clifford.

"Let Everybody Fall In."

SIR THOMAS BARLOW in opening the meeting, said that since the movement was started at the "Tribune" Rendezvous some three months ago, no fewer than five hundred meetings had been held in its

support throughout the country. This matter was outside party politics.

"In the American civil war, near the close of the campaign, when General Sheridan [the speaker probably meant General Sherman] took his army right through the heart of the South, he said: 'Let everybody fall in!' and I ask every one of you, according to your ability, conscience, and opportunity, to help to wipe off this disgrace from the English name,"

Putting the Home Right.

THE Earl of Meath, whose plain spoken utterances on Physical Detioration have done much to stir the country, spoke with an energy and enthusiasm that belied his years, and carried the audience by storm:—

"We want pure milk for every baby born into this world, and also pure food, pure water, pure air, more healthy conditions of life, medical supervision of schools and inspection of children, proper physical training, and instruction for boys and girls in matters of sanitation, health, and food.

"We want our girls to be trained in housewifery and cookery. I am all for their being taught music and singing and all things that make life pleasant, but let us do that afterwards, when the home has been put right. We must teach our boys and girls self-discipline and self-control, and to realize that their bodies are very delicate structures, and temples of the Holy Ghost.

"We want to keep the children out of the public-houses. We do not want to feed our children upon gin, but upon milk."

These are wholesome and timely words. May the noble earl be long spared to awaken the public on these momentous themes.

Dr. Pearce Gould set forth with telling force the harmful effects of intoxicants, and Lady Henry Somerset pleaded eloquently for the children. All the addresses were excellent. The audience signified its hearty assent to the clause drafted by the "Tribune" committee for excluding the children from public-houses. This is certainly a matter in which the whole nation is ready to act as a unit, and it is to be hoped that the necessary legislation can soon be brought about.

ENJOYABLE AND HEALTH-GIVING HOLIDAYS.

BY M. ELLSWORTH OLSEN.

A WELL-SPENT summer holiday is one of the best possible preparations for a successful and enjoyable year's work.

It is not well to make many rules, for they are sure to be broken; but two general principles should be laid down for every holiday: (1) Plenty of sleep by night, in a bedroom with wide-open windows. (2) An open-air life during the day. Weather conditions should not be allowed to interfere. A person in ordinary health who cannot enjoy a walk or a drive in the rain, has need to learn a lesson in adaptation; a whole world of enjoyable experiences will open to him when he has learned to enjoy the weather as it comes, and surrendering himself to the free and invigorating influences of nature, to draw in fresh strength and energy at every pore.

Most people will profit by taking a good deal of fairly vigorous outdoor exercise. The tendency of the age is towards sedentary living. During the working part of the year we persuade ourselves that we have no time in which to take exercise, and unless we make it a rule to include a generous amount of outdoor activity in our

holiday programme, the days are likely to slip by without giving us that wholesome contact with nature which is the very essence of a truly health-giving holiday. Especially in warm weather one is likely to sit indoors, or at least remain inactive, when light exercise would really make even the heat more endurable.

Resting Out-of-Doors.

Some, to be sure, ought to avoid a large amount of severe exercise. In this class would be those who have been under heavy physical strain during the year, such, for example, as shop-assistants, weary and toil-worn housewives, and others whose daily work involves muscular effort. But such need the invigorating effects of the open air as much as the others, only they should take their outdoor medicine in a more quiet way. To sit out in the garden



or on a roomy porch, or lie in a hammock, breathing long, deep draughts of life-giving oxygen, and letting the mind rest at ease; sometimes reading a pleasant book with clear, large print, at other times sleeping or simply lying quietly with eyes closed, or drinking in the beauty of the landscape—this is a way of spending one's vacation

days which will prove admirably suited to the tired men and women who stand most in need of rest. But let even the rest be taken out-of-doors. Count those hours wasted which are unnecessarily spent within doors. Let living in the open air be a cardinal principle in all your vacations.

At the Seaside.

As to where one should go for a holiday, that is a matter to be decided by one's individual tastes. Many enjoy themselves best at the seaside. Some object to the ordinary seaside resort because of the crowds of people which it attracts, and seek out some quiet place in the country where they can see more of nature and less of the "tripper." A very delightful vacation for lovers of the water who are fortunate enough to own a yacht, may be spent in cruising about the coast, or on a river. The more democratic rowboat is not to be despised either. The advantage of such vacations is that they get a person completely away from ordinary duties and surroundings and always have a certain element of the unexpected which is highly valuable in a vacation which is to renew one physically and spiritually.

Of course, bathing will form part of the programme at the seaside. It is a delightful tonic, but should be used in moderation. Persons who are lacking in vitality will be



wise to remain in the water only a few minutes, and care should be taken to secure good reaction. At about ten o'clock in the morning the vitality is likely to be at its highest. A vigorous row or a brisk walk will be found excellent means of securing a good circulation. One should never enter the sea when overheated by violent exercise, or chilly, or exhausted.

Camping Out.

Another delightful way to spend the holidays is to camp out. This is, however, treated in other articles in the present issue, and may be dismissed with a word. The unique value of camp life is the light it throws on the needless complexities of our modern way of living. If you would learn how little is really required for perfect health and comfort, by all means get a camping outfit, and use it forthwith. If your means will not allow you to go away, camp out in your garden.



THE MERMAIDS.

For the photos illustrating this article, we are indebted to Mr. J. R. Greenhagh, London.

Wherever and however the vacation is spent, let it be a real holiday, for mind as well as body. Don't let the feast be spoiled by a skeleton in the closet in the form of some business care or worry which, of all things, should have been left at home. The brain centres which are employed during the working part of the year should be given absolute rest in the holiday season. Let them lie dormant. Get as complete a change as possible from everyday life.

Of course the mind cannot remain a blank except for very short intervals. But we can take off the harness, as it were, and let it roam at will over flowery meadows of restful thought and soft, pleasing sensations. No vacation is a thorough-going success unless it succeeds in unharnessing the victim and making him feel his freedom.

Especially for mental workers there is a wise economy in giving the mind these resting spells. Industry and application will accomplish much, but once let the harness remain on too long, and the quality of the work is bound to deteriorate. There will be a loss of power and freshness; the sense of vigour, of fullness of life and energy, and of joy in one's work, will be wanting. On the other hand, a few days of judicious mental dormancy will often

bring in their wake a great increase of mental vigour. When the mind is at rest, and the nerve centres well built up by abundance of sleep, then it is that those fresh, strong intuitions creep in unawares which mark the really excellent work.

Then it is that one gathers unconsciously the strength which is to gird one for the conflict.

The summer holidays are a boon to delicate children. There is nothing like playing on the sands to build up a child's vitality. It would be a good thing if there were more sand piles in our gardens. Not that these would be substitutes for the seaside trip, but they would form, as it were, a pleasant connecting link, and the child might return home with less reluctance from knowing that there would be in the back garden, at least, a little reminder of the seaside



where he had spent such an enjoyable time.

Made to Order.

A SMALL girl was taken violently ill from an over-indulgence in unripe fruit. Her mother telephoned for the nearest doctor, whose telephone number proved to be surprisingly appropriate to the occasion, "eight-one-two-Green."—*Lippincott's Magazine*.

ALCOHOL AND MOTHERHOOD.

BY G. SIMS WOODHEAD, M.A., M.D.

Fellow of Trinity Hall, and Professor of Pathology in the University of Cambridge.

IN these days of keen competition, of mental stress and strain, and of highly developed social ambitions, the duties and privileges of motherhood are sometimes lost sight of.

Whilst they were strong and great, the ancient Greeks and Romans assigned to the mothers of their races the duty of rearing and training wise, strong, and healthy men and women, who should be well fitted to shape the destinies of the great nations to which they belonged, and to play their part in bearing and educating their successors. Only when this duty began to be lost sight of do we find commencing a deterioration of the brain and brawn of the sons and daughters of these two great peoples.

That the men and women of those days were

both observant and wise, and associated the healthy child with the non-alcoholic mother, is evident from the fact that they actually forbade the use of wine to newly married women. It was the glory of the mothers of these great races that they lived for their children. Our England also owes much to this glory, and it is devoutly to be hoped that it will never be allowed to fade from our land. Through it a mother will do all, suffer all,

sacrifice all, for the sake of her children, and it is because of it that many now make an appeal, not only to the individual, but to the nation, before the sense has

become blunted and the will weakened by any of the evil influences — amongst which drink is by far the most potent — by which, under our modern conditions of life, we are surrounded.

A study of the physiology of child-bearing has made it clear that the development of the unborn child depends in a very marked degree upon the healthy performance of the functions concerned in the nutrition of the mother. Any interference with the action of the nutritive or excretory functions in the body, as a result of which we have impaired nutrition on the one hand or an accumulation of



EDWIN CLARK SPRING.*

waste matter in the tissues on the other, interferes more or less markedly with the development of the child. This is understood readily enough when it is remembered that the mother has to obtain and utilize nutriment, not only for the building up of her own tissue, a process which goes on comparatively slowly, but also for the building up of her rapidly developing and growing

* Nephew of Rev. Spring, Gloucester, and brought up on strict health principles.

child. To meet this increased use of nutrient material, a greater strain is necessarily thrown upon the excretory organs, and unless the increased demand, both for nutrition and for excretion, is satisfactorily met, both mother and child must suffer.

Now alcohol, taken even by a healthy man, engaged in active exercise in the open air, exerts a definite influence in paralysing or lowering the activity of his tissue cells, as regards their power of taking up nutrition. Moreover, even those who claim that alcohol acts beneficially, maintain that waste is prevented only through a slowing down of the metabolic (or nutrition change) processes. Alcohol acting upon the cells

undoubtedly impairs their power of getting rid of waste material, and as this interference comes in at every stage of the process, both of nutrition and excretion, we can see that even a slight interference with any individual tissue, when cumulative, and where a larger number of tissues concerned in the taking up of food material and the throwing out of waste material are affected, comes to be a very serious matter indeed.

All this taking place in healthy men may give rise to slight lethargy only, or indifference to work. In the case of the mother, however, on whom so much extra work is thrown, and of the child, with its delicate, growing tissues, both of which require such an enormous amount of nutritive material, and have to get rid of such a large quantity of waste products, the

evil effects are much more pronounced. One would expect *a priori* that a child starting out in life handicapped by these unfavourable conditions would have far less chance of living a healthy life of normal duration than has the ordinary child; and I believe that every medical man who has attended a large number of confine-

ments in districts in which the drink habit is general can call to mind evidence that the children of a drunken mother have almost without exception been poor, wretched, little weaklings that bring into the world with them little chance of living the span of life that should be their portion. Further, they will have found, with all who have paid



attention to this matter, that the longer the mother has continued to drink, the more certainty has there been that the child would be born badly nourished and less capable than normal children of coping with various ailments and conditions which may prove fatal to the child of tender years.

There is abundant evidence that the children of alcoholic parents often exhibit great lack of mental ability, lowered vitality, and physical weakness, often of a very serious character. Dr. Ridge, pointing out that in this matter the mother is by far the more important factor, says:—

“In past centuries there have been many instances of drunken nations whose vitality does not seem to have been greatly interfered with. I attribute this to the fact that in those days the women, the mothers of the race, were sober. But if the mothers

as well as the fathers are given to drink, the progeny will deteriorate in every way, and the future of the race be imperilled."

This question has been approached from many sides, but always with the same results. For example, Dr. W. C. Sullivan, writing of the infant children of the female chronic drunkards who were admitted into Liverpool prison, says that they died at two and a half times the rate met with amongst the infants of sober mothers in the same station of life. He says, moreover, that as the mother becomes more confirmed in her drunken habits, the children become less and less capable of living. He holds that the importance of alcoholism in the mother is so great that:—

"As regards the vitality of the offspring, the influence of maternal drunkenness is so predominant a force that the paternal factor is almost negligible."

Again, going a step further, let us examine one of the most remarkable sets of figures ever published. These figures, collected by Professor Demme, are the result of a most careful investigation of twenty histories, those of ten normal families, and again of ten alcoholic families. These results he sets in the following tabular form.

	Ten normal families.	Ten alcoholic families.
Number of children,	61	57
Deformed,	2	10
Idiots,	0	6
Epileptic, choreic,	0*	6
Non-viable, †	3	25
Normal children,	54	10(2?)

* 2 backward.

† Could not and did not live.

Let those who are interested in the matter study this table carefully. Every line of it is suggestive, and demands consideration, but the climax is reached in the last. How can we expect to go on sowing the seed of thorns and thistles, and hope to gather figs and grapes from the plants that grow from such seed?

Why in these days of improved hygienic conditions is child mortality still high? It is now generally agreed that this is largely because women do not nurse their own children, but feed them with artificial food, milk, etc. Dr. Llewellyn Heath, investi-

gating "731 breast-fed and 144 artificially fed infants in Ipswich, showed that 91 per 1,000 of the former died before reaching one year of age, and 340 per 1,000 of the latter." Again, it has been shown by Dr. Vildermann, of Paris, that the condition and weight of the child are markedly affected by the character of its food in this respect. He classified 197 children of six to twelve months according to the method of feeding.

	Breast-fed.	Mixed* feeding.	Artificially fed.
Of or above average weight,	57%	43·5%	27·6%
Under average weight,	43%	56·4%	72·4%

* Breast and artificial.

In a further investigation on this point, this same observer noted the state of development and general health of 188 breast-fed and 149 artificially fed infants, and found that the conditions set forth in the following table prevail in (a) breast-fed and (b) artificially fed infants.

Of the breast-fed.	Of the artificially fed.	
60·6%	30·2%	were fine children.
32·4%	44·3%	were medium children.

Moreover, amongst the latter class several were suffering from affections of the digestive organs, and of these over eighty-six per cent were artificially fed.

Dr. Vildermann concludes as the outcome of his observations:—

"I think that I have shown sufficiently the great superiority of breast-feeding, which is the more characteristic because it has been a question of poor, miserable, nursing mothers, who live under the most deplorable hygienic conditions." But, mothers, let that breast-feeding be above reproach. (*To be concluded.*)

DR. THEO. L. CUYLER says: "What a young man earns in the daytime goes into his pocket; what he spends at night goes into his character."

FEW diseases, if any, end in perfect recovery; even chicken-pox leaves its scar.—*Dr. Gee.*



THE ROSTREVOR HILLS HYDRO.

HERE in this quiet rural spot,
 Far up a breary hill,
 O'erlooking many a farm and cot,
 I take my own sweet will :
 And wander o'er the meadows green,
 Or up the mountains brown,
 Charm'd with the ever varying scene
 Of peaceful County Down.
 Rostrevor's hills, its vales, its rills,
 Its woodlands rich and rare,
 Present a scene, pure, fresh and green ;
 Few with it can compare.
 Four hundred feet below me lies
 The Loch so broad and deep,
 O'er which I often cast my eyes
 Before I go to sleep.

The " House " commands a glorious view
 Of mountain, vale, and sea,
 And odours sweet the senses greet
 From many a bush and tree.
 The love of God rules in the hearts
 Of those who serve and wait,
 His peace reigns in their inmost parts,
 His truths illuminate.
 For those in quest of health and rest,
 A pleasant home from home,
 With kindly care, and wholesome fare ;
 No farther need they roam.
 Yet tho' wild flowers and forest bowers
 And vales are fair to see,
 I can't forget the pleasant hours
 I often spent with thee.

H. S. B.

IF beautiful surroundings can make people well, and they are believed to exert no slight influence in that direction, then the patients at the Rostrevor Hydro should very speedily recover health and spirits. When you have picturesque mountains behind and about you, and the blue sea in front, there is little more that can be asked in the way of scenery. Nature has indeed scattered her gifts of natural beauty with a lavish hand in the Mourne Mountain district, and walks and drives anywhere in the vicinity of Rostrevor and Warrenpoint are likely to prove most enjoyable. The hydro has some 130 acres of land

of its own, including a sizable mountain with two little lakes at its summit. There are spacious grounds for strolling about, and good facilities for wholesome out-door games, such as tennis and croquet.

Milk and butter from cows fed and cared for on the estate, and fresh vegetables and fruit grown in the garden, are other advantages the institution offers which should commend it to intending guests. Townspeople know to their sorrow that the vegetables and fruits sold on the market cannot begin to compare with those freshly gathered from one's own garden.

Neither does the institution in its new

location lack facilities for giving a large variety of treatments of known value and efficiency, hydrotherapy in many forms, including hot and cold pours, sprays, fomentations, full baths, sitz baths, electric baths, being prominent. Massage is another much-used means of co-operating with nature, and the electric-light bath is one of the most popular forms of treatment. A considerable sum of money has been spent in perfecting the institution's

ideas of the essential principles underlying health, and the lady patients have the special privilege of learning from the cook how the various appetizing dishes are made.

But all these and other pleasant features of the sanitarium can better be learned by personal visit than in any other way. We heartily commend the Rostrevor Hydro to our readers, many of whom we hope will pay it a visit in the near future. It is not necessary to wait till one is ill before visit-



IN THE GROUNDS OF THE HYDRO.

outfit in these particulars, with the view of meeting the wants of all patients.

At Rostrevor as well as in the sister institutions at Caterham and Leicester, it is the endeavour of the management to create a wholesome, cheerful atmosphere, and the effect is that of a pleasant home rather than of a public institution. A course of treatment is marked out by the physician in charge, including bath-room treatment, physical culture, and diet, and the patient begins at once in a cheerful, intelligent way to work for health.

Lectures given once or twice a week help greatly in giving the guests clear

ing an institution of this sort. Far better go while still well, perhaps for rest and a change; and at the same time to learn the laws of health, with a view of living them out in the daily life. Surely a few weeks in such a charming spot, so instinct with repose and deep soul satisfaction, would be a boon to many a care-worn mother, or over-worked business man—yes, and to the run-down student or clerk, and to many others who are on the verge of being invalids, not to speak of the invalids themselves, many of whom would doubtless find a speedy cure for their ailments, while all would derive real and lasting benefit.



FAMILY CAMPING.

BY ARNOLD EILOART.

AMONG the happiest memories of the years I spent in America, is the time passed with a family by the side of a lake, where they were accustomed to spend the summer months in camp. Their home was in a little country village only two miles away. The village was "not country enough" for them, however, so year by year they made their annual migration to where, between the lake and the rocks, the great trees shaded a level space, across which prattled a streamlet, still afoam from its leap down the crags.

Here, day and night, they lived alone with nature; here it was easier to be outdoors than in; easier to be healthy than not; easier to regard their own taste than neighbours' opinions. The change of scene was complete, though the home was so near. And this nearness had its advantages, for the house was still used for the weekly baking and the weekly washing.

This custom of spending the summer in camp has always been popular among American families, but on re-visiting the States last year I found that during the interval of twelve years the custom had greatly grown, and was beginning to affect the life of the workers in New York By the sea and

in the wild woodlands, which approach within a few miles of that city, various camps, co-operative and commercial, have sprung up, and hither many a man, rich or poor, condemned to toil during the day in the fiery heart of New York, hies him at night to find "a sleep" full of sweet dreams, and health, and quiet breathing; to find also his family growing healthier day by day, with air, and sunshine, and simple living.

Why do we in this country not do the like? Why is camping not more often enjoyed by the whole family instead of by the men alone? Unsettled weather? True; but on the other hand the excessive heat of the American summer robs the outdoor life there of much of its charm by making walking and all active sports a toil. The fact is that in America the

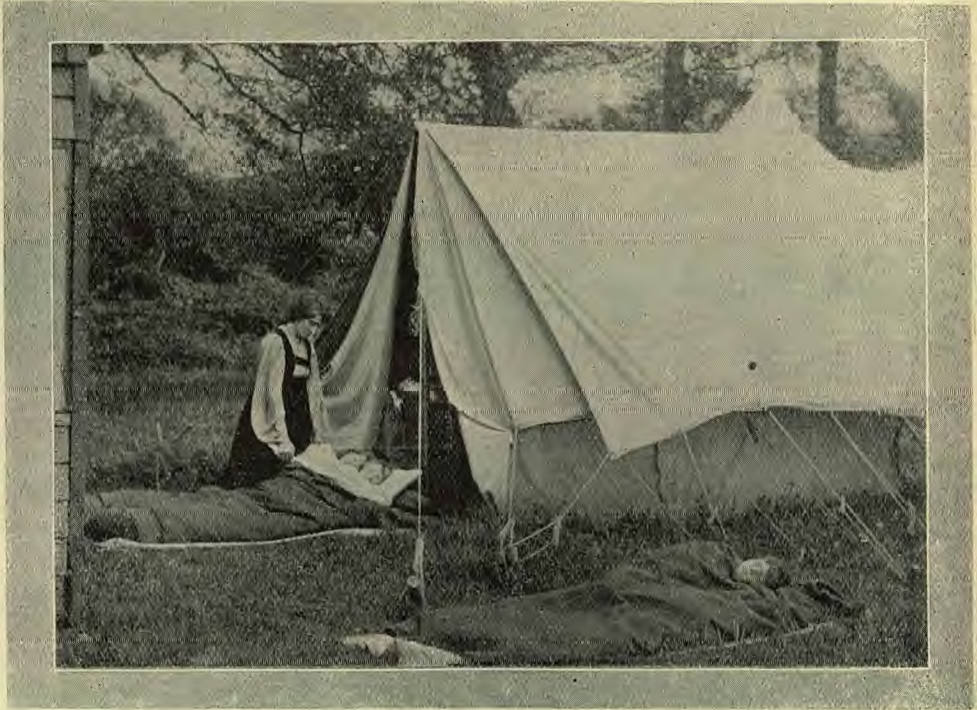


Indian has shown his civilized neighbours how to live, while here we have too long been out of touch with wholesome savagery.

Surely it is only our conservatism and conventionalism that prevent us from choosing camp life, not as a mere pastime for the strong, but as the healthiest mode of summer life for all. It is, indeed, particularly women and children who need the open-air life; women because they are

windows to clean, no doorstep nor floor to scrub. For when the floor begins to lose its freshness the tent is easily shifted on to a new floor of fresh and living verdure.

In the housekeeping also a refreshing novelty appears. Streets and shops are not exactly abodes of health, and even in a seaside town or a country town the hours spent in them are so many to be deducted from the matron's holiday. But our camp



IN NATURE'S BED-ROOM.

usually confined to the house so much more than men, and children because they bear confinement so much worse. The house-wife, too, needs change more than her husband who goes out to work; and in camp life she gets more change; for while all are affected by the revolution in domestic arrangements none feels the change so much as she who superintends the cooking, the bedding, the dressing of children, and above all, the house-cleaning. I say above all the house-cleaning because, oh! blessed change! in camp there is no house-cleaning! no stoves to polish, no

shopping mostly resolves itself into a series of open-air talks with neighbours, while fruits and vegetables and flowers are chosen in the gardens where they grow, or while the tradesmen who "call for orders" discuss their wares in open field.

But if camping has special attractions for women, it has also special inconveniences. I do not refer to the dreaded earwig in the bed. For even when he is not entirely imaginary, he is far less objectionable than the inhabitants of beds in certain "apartments." But a real inconvenience arises from the fact that a woman

cannot stoop so well as a man. It follows that either the camp fire must be raised to a convenient height (by building it on a bank, for instance, the approach to it being cut away with a spade) or the fire must be tended by a man. For stooping over it, if persisted in, may inflict on a woman not only painful backache but positive injury.

Ignorance of how to set about camping affects both sexes, but women far more than men. For a woman who has had no experience of the life has usually no friend of her own sex whom she can rely on for information. The camp I have started at Ditton Hill is therefore not only a holiday and health camp, but a veritable school in the art of the simple life. A week or two spent here will teach more than any books of what is and what is not essential to comfort and enjoyment.

The position of the camp is in itself an object lesson. In the heart of the country, amid oak-fringed meadows and wooded hills, it is yet only fourteen miles from London, so that the business man can go to and from his work for a shilling a day, or by the earliest trains for sevenpence; while the sojourner from the country can visit the "sights" of London, and yet secure at night the fresh air to which he is accustomed. On rising ground well above

the river mists, the camp is yet within easy reach of boating and bathing. On one side lies a golf course, on the other a cricket club. The farm itself supplies the freshest of dairy produce, and at the entrance to the camp a garden full of fine fruits, flowers, and vegetables, supplies these in perfect condition.

Here, too, the beginner learns what pattern of tent is best suited to his or her special needs, and where to pitch it with due regard to shelter and to aspect. Again, most beginners close up their tents at night so carefully that they are worse off for air than in a well-ventilated room; but those who know sleep under an awning only, or in fine weather under a tree. One unique feature of the Ditton Hill camp is the provision for campers of useful, healthful, outdoor work with axe and spade; work which many persons find so much more recreative than mere recreation. In this camp, too, resides a trained nurse, whose experience is available for those who wish to test the curative power of the open air.

There is only one danger. The woman who has once found the charm of this mode of life, and has grown to love "sleeping out," can never again be satisfied with living indoors.

Residential Camp, Ditton Hill, Surbiton.

A HOLIDAY UNDER CANVAS.

BY HARRY J. STONE.

PERHAPS there is no prettier and quieter ride out of North London than the ride to Mill Hill by way of Muswell Hill and East Finchley. One gets little surprise peeps at every turn—first of Crouch End and the Alexandra Palace, then of the Finchley fields, and later of Hendon and Mill Hill. Considering its proximity to London, the latter country is unequalled in its almost unbroken expanse of fields and hills and woodland. It was looking its very best on the May morning that we, a few hardy members of the North London Branch, rode out to the first Outdoor Club camp.

Dole Street Farm, the site of the camp, enjoys the rare privilege, from a visitor's point of view, of being within a mile of a

station, and yet almost out of sight of other habitations. The way into the camp ground, a pretty orchard, is under a bower of trees skirting a duck pond. On this charming ground we pitched the tents. The ladies' quarters consisted of two cycle tents pitched under the apple-trees in one corner of the orchard; the men had a large bell tent on some rising ground. A mound prettily covered with clumps of bushes served as larder and protection for the kitchen. Here we planted the wind screens and stoves for cooking.

The wind blew cold, but fitful gleams of sunshine cheered our expectant spirits into hope for warmer weather. Campers began to arrive in twos and threes during the afternoon, and the camp ground commenced to

assume a business like appearance. A strong contingent from the Wandsworth Branch strengthened our numbers considerably.

A large fire was started in the middle of the orchard, and formed a centre of attraction. A good friend had brought a phonograph, and song and band selections enlivened the evening. At sunset the wind dropped, and something of Nature's quiet stole over the party. The birds, with which the site is exceptionally well blessed, sang their joyous

good-bye song to the sun. As darkness came on, the Chinese lanterns which had been hung in the trees round the orchard, were lit up, and gave the place quite a Bohemian appearance. Presently the visitors departed, wishing the campers good sleep.

How cold it was that night! I have camped during November and not noticed the cold as I did on this Whitsunday morning. It was indeed a chilly experience for novices.

We were up early, and the men went away for a swim. After scouring the country for some time we managed to find suitable water in which to bathe. It was delightfully invigorating on such a morning, and we returned to camp with the proverbial appetite of the hunter. Several campers went to church during the morning, while others explored the beauties of

the surrounding country. Many members and friends of the Outdoor Club visited the camp during the day. And so evening came again, with its quiet time around the camp fire.

On Monday morning visitors began to arrive before breakfast, and during the day the number reached thirty, making the total number of visitors and campers for the holiday about fifty. Impromptu games, and tramps in the beautiful country immediately surrounding the camp, were organized. Many new specimens were added to our collections of wild

flowers. The phonograph provided music for those who preferred to sit round the camp fire, and thus the last day passed all too quickly. In spite of what would generally be considered very bad conditions for camping out, every one was sorry to strike tents. Those who camped for the first time found many new joys, and caught such glimpses

of those greater possibilities that awaited them under more favourable conditions, that they are all looking forward to the next O. C. camp.

It is perhaps worthy of note that, in spite of the many kindly and well-intended warnings of those who have never experienced the tonic effects of sleeping in the open or under canvas, no one who camped took cold or contracted rheumatism. In spite



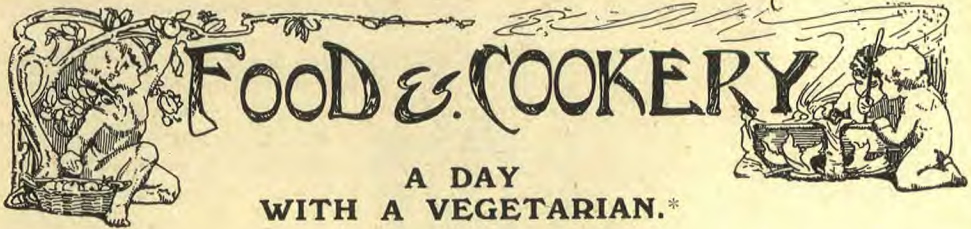
At the top a contingent of the Gillingham (Kent) Outdoor Club. Middle, a member of the North London Branch getting dinner in camp. Bottom, Birmingham Outdoor Club.

of the unusual weather conditions, every one felt braced and looked thoroughly healthy as a result of the all too short experience of camp life.

The camp ground at Mill Hill is open to all members of the Outdoor Club who can make their own arrangements for tents and outfit, at the following rates:—

For small tent, one night,.....1/-
 “ “ “ two nights,.....1/6
 “ “ “ one week,.....2/6
 “ large “ Double above fees.

The address is, Mr. Farley, Dole Street Farm, Mill Hill. The North London Outdoor Club hopes to organize another general camp during the summer.



FOOD & COOKERY

A DAY WITH A VEGETARIAN.*

BY GERTIE WRIGHT.

THIS I trust will not be the formidable ordeal which it once was, when to be a vegetarian meant to partake of a diet consisting chiefly of cabbage, potatoes, porridge, or vegetable soup. To-day, to be a vegetarian or a food reformer means that one has learned to eat that which is good; and the diet consists of food which is not only rich in nutriment, but pleasant in flavour, including, in addition to cereals and vegetables and usually dairy products, a large variety of fruits and nuts. What better diet can one desire than this? But the old saying is true that “the proof of the pudding is in the eating,” so we had better proceed to the recipes, and leave our guests to decide as to whether a vegetarian diet is satisfactory.

I must add just a few words here, however, which will serve as an apology to my readers for presenting a very simple bill of fare. After urging the mothers and housekeepers, in the June number of GOOD HEALTH, to get out as much as possible in the fresh air, and not spend so many hours cooking unnecessary dishes for the family, I could not consistently offer an elaborate menu; so while I have tried to suggest palatable and appetizing dishes, I have been careful to exclude all which entail much labour in their preparation.

In the following menus dependence has been placed mainly on the dried fruits, be-

cause they are obtainable at all seasons of the year. In the summer time plums, gooseberries, strawberries, cherries, and blackberries will naturally largely take the place of the dried fruits, and will be found very palatable additions to the daily meals, either raw or cooked.

MENUS.

BREAKFAST.

Maizemeal Porridge or Granose Gruel.
 Steamed Figs. Stewed Raisins.
 Granose Biscuits. Zwieback.
 Home-Made Bread.
 Dairy or Nut Butter. Fresh Fruit.

DINNER.

Lentil Soup. Fresh or Dried Peas.
 Cauliflower. Rice Balls.
 Baked Potatoes. Tomato or Parsley Sauce.
 Fresh Tomatoes.
 Bread. Wholemeal Rolls. Zwieback.
 Dairy or Nut Butter.

TEA.

Stewed Apples. Stewed Prunes.
 Bananas and Oranges. Banana Cream.
 Granose Biscuits. Bread and Butter.
 Coconut Cakes. Rolls.
 Caramel Cereal.

*Given at a recent meeting of the North London and o. the Good Health League.

Breakfast.

If porridge is required, it should be cooked the previous day. If this is impossible, gruel or porridge can be prepared very quickly from granose or gluten or some other thoroughly cooked cereal product. Some people prefer to eat their porridge in the form of oatmeal biscuits, granose, or wholemeal rolls. This is an excellent form in which to take it, as it ensures thorough mastication of the cereals; but if porridge is used, it should be eaten with some hard food, such as zwieback (twice-baked bread), or water biscuits.

RECIPES.

Maizemeal Porridge.—1 teacup maizemeal. 5 cups water. A little salt. Boil the water, stir in the maizemeal, and boil for two hours, or longer if possible. (This may be cooked in the oven instead of being boiled in a saucepan.)

Granose Gruel.—Into one pint of boiling milk and water (equal quantities) stir five granose biscuits which have been broken up, or the flakes may be used. Stir gently and boil for five minutes.

Steamed Figs.—Wash the figs, well cover with water, place a tight-fitting lid or plate over them, and cook in the oven for three-quarters of an hour. Add a little more water during the cooking if necessary, as they must not be allowed to get dry.

Stewed Raisins.—Wash the raisins well, adding $1\frac{1}{2}$ pints of water to 1 lb. raisins, and stew for one hour. If desired, a little lemon juice may be added when the raisins are cooked.

Home-Made Bread.—7 lbs. flour. 1 teaspoonful salt. 2 tablespoonfuls castor sugar. $\frac{1}{4}$ -lb. coco-nut butter. 1 oz. yeast. Dissolve 1 oz. of yeast in 2 pints of lukewarm water.

Sift the flour, grate the butter, add the butter and sugar to the flour, and into the centre of this stir the dissolved yeast. Mix it all thoroughly together, and set it away in a warm place (not a hot place) for three hours. Then knead for fifteen minutes, and place in tins, which should be warm and slightly greased.

Cover the tins with a cloth, and leave the bread in this form for half an hour in a warm place. Bake in a moderate oven for one and three-quarter hours if the loaves are a good size, that is, about 2 or 3 lb., or less time if smaller.

If the coco-nut butter cannot be grated, it should be dissolved and added to the yeast water.

Dinner.

Lentil Soup.— $\frac{1}{2}$ -pint lentils. A small onion. 1 quart water. 2 ozs. walnut butter.

Green Peas.—Fresh green peas can be used, but if these are not obtainable the dried, green, split peas are very good, or the tinned ones.

Rice Balls.—1 cup rice. 1 cup strained tomatoes (the Tarantella brand is a very good one). 2 ozs. dairy or nut butter. 3 cups water. 1 onion. A little salt. Flavour with sage or mixed herbs. When the rice is well cooked, add some zwieback crumbs or avenola, and make into balls. Bake in a hot oven for half an hour.

Tomato Sauce.—2 cups strained tomatoes. 2 cups water. 1 oz. butter. Thicken with three tablespoonfuls of gluten, pea flour, or browned flour.

Wholemeal Rolls.—7 cups wholemeal flour. 2 cups water. 2 ozs. nut butter (any kind of nut butter). Sift the flour to make the rolls light; but add to the flour before wetting it any bran which may be left in the sieve. Dissolve the butter, add to the water, and mix thoroughly. Turn on to a pastry board and knead well for fifteen minutes, pulling the dough apart in small pieces two or three times. Form into rolls about 3 inches long and one inch thick and bake for forty minutes in a moderate oven.

Tea.

Coco-Nut Cakes.—Equal quantities of flour and coco-nut. Sugar to taste. Make the mixture stiff, and bake in a quick oven, each cake not to be larger than a walnut when put in the oven.

Coco-Nut Rolls.—1 cup flour. $\frac{1}{4}$ -cup coco-nut. Sweeten if desired. Mix in a stiff dough, roll out in small rolls, and bake in a quick oven.

Mashed Bananas with Plasmon Cream.—3 heaping teaspoonfuls Plasmon Powder. $\frac{1}{2}$ -pint tepid water. Mix the Plasmon into a paste with 4 tablespoonfuls of water, then add slowly the remainder of the water. Stir thoroughly. Bring to the boil, stirring all the time. Pour into a bowl and cool. When cold, whisk into a cream. Flavour if desired with lemon, sugar, or any other flavouring. Mash the bananas, form into pyramids, and serve with the cream over them.

Boy-Smoking.

ROBINSON & CLEAVER, of Belfast, state that: "In engaging a boy for any department of our business, in the first place, we look for a courteous and respectful demeanor; next we look to see alertness and energy, combined with a willing cheerfulness to answer any question asked; and if we should notice the slightest sign of the smoking habit, or smell of tobacco, we would not engage such a boy under any circumstances, as we believe smoking to be absolutely injurious to the health and demoralizing to the character of any young fellow who indulges in it."—*The Deadly Cigarette*, by J. Q. A. Henry, D.D.

Outdoor Club Notes

The Birmingham Outdoor Club.

SOME of the enthusiastic outdoor members of the Birmingham Natural Health Society, which is a branch of the Good Health League, and has for its president Dr. Alexander Bryce, have united to form an Outdoor Club, and are carrying out an excellent summer's programme. The recreation field of the Society, provided with a splendid pavilion, has lent itself admirably for general recreation purposes. Physical culture instruction has been given to both sexes on Monday and Wednesday evenings, cycle runs are carried on fortnightly, and picnics are on the programme once a week. Organized games on certain evenings are another pleasant feature. The Whitsuntide camp at Crothorne was a great success, and an illustrated article giving an account of it will appear in next month's GOOD HEALTH. The secretary is at the present writing making arrangements for the August camp, which will probably be on the Welsh coast.

The city quarters of the club are at James Watt Street, Corporation Street, opposite the Law Courts. The summer quarters are at the B.N.H.S. Camp, Hadley's Farm, Wheelers Lane, Kings Heath.

New members will be cordially received. We believe the subscription is 2/6. The Outdoor Club numbers at present over fifty men and women

who are enthusiasts of the open air. There ought to be a great many readers of GOOD HEALTH in Birmingham who would enjoy associating themselves with this excellent organization. We feel to urge all such to communicate at once with the honorary secretary of the Club, Mr. A. J. Morris, 32 Denbigh Street, Bordesley Green, Birmingham.

There is real pleasure in associating with breezy, outdoor people. Such companionship is also health-giving. Nothing is more important than that the people of this country, especially the young men and young women, should imbibe a wholesome love of the great out-of-doors, and cultivate active open-air habits. There is amongst us far too much of the weakness and semi-invalidism which are born of indoor habits. All success to the Birmingham Outdoor Club. May it under the inspiring lead of its efficient and enthusiastic secretary make many converts to fresh air and wholesome outdoor living.



NEXT month we shall give a full list of secretaries of the different branches of the Outdoor Club. Meanwhile any readers wishing to join or desiring particulars are invited to write to the general secretary of the Club, 451 Holloway Road, London, N. We shall be much pleased to hear from any and all readers who are interested in this movement. We want representatives in every part of Great Britain, and we are willing also to receive members in other countries. The Club already numbers a few foreign members, India and South America being represented.

Better Food for the Masses.

AT a Mansion House meeting on the 27th June, under the auspices of the Bread and Food Reform League, the Lord Mayor presiding, Sir James Crichton Browne moved the following resolution:—

That an educational health and food campaign be held to stimulate societies and individuals interested in the welfare of the people, to make systematic co-ordinated efforts to remove this ignorance, strengthen local health committees, and influence public opinion, so that health visitors may be established to work in conjunction with medical officers of health in spreading plain, practical information among the people.

Miss May Yates, the honorary secretary, read letters of approval and sympathy from the patroness of the League, Princess Christian, Lord Roberts, the Earl of Crewe, and others. A well-organized campaign of this kind cannot but accomplish a great deal of good, and deserves hearty public support.

THE third annual outing of the employés of the "Pitman" Stores took place in mid June, and was a most enjoyable event in spite of several showers. A cold spread was provided, which included a large variety of excellent dishes. The growth of Mr. Cook's fine establishment has been a source of pride and satisfaction to lovers of good foods, and we have no doubt it will continue to make even greater advancement in the future.



VEGETABLES cooked by steam are much more nourishing and palatable than those boiled in the usual way. It is also possible by the use of a good cooker to save a deal of fuel, as the whole dinner can be prepared on one burner. We have much pleasure in recommending to our readers the steam cooker made by the Gem Supply Co. It is in use in a great many homes throughout the country, and is giving excellent satisfaction.

The Pure Water Still sold by the same firm is another excellent appliance for the health reformer's home. Pure, soft water, used in liberal quantities, is an efficient means of cleansing the blood and building up the health. Full particulars of both these appliances may be obtained by writing to the Gem Supplies Co., Dept. G.H., 22 Peartree Street, Goswell Road, London, E.C.

Summer Vigour.

Summer heat taxes the strength. Therefore care should be taken that in the natural desire for light, refreshing food, essential nutriment is not sacrificed.

Nut Kernels,

Sun-dried Fruits, Unpolished Rice—these are indispensable in Summer Diet.

We can supply these natural foods to perfection at reasonable prices. Write for 36-page Booklet (containing Nut Recipes by Mrs. J. W. Gillmour, of Belfast). We will send it free, with samples of "Cream o' Nuts" (two kinds), if you mention GOOD HEALTH.

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ATHLETES SHOULD NOTE

that to attain to perfect physical health and development, their bodies should be clothed aright as well as trained aright. **EMPIRE LINEN MESH** is the best underwear made; it gives full play to the millions of pores in the body, dries rapidly, and keeps the body at an even temperature. It is clean, cool, and healthy—an ideal summer wear.

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- 1 lb English Tomatoes.
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- 6 Bananas.
- 6 Oranges.
- 1 lb Dates.
- 1 lb New Season's Raisins.
- Box of Carlsbad Plums.
- 1 Fruit Nut Cake.
- 1 Pot Tomato and Nut Paste.
- Box of Nut Cream Rolls.
- 1 oz Pot Carnos.
- 1 Bag Digestive Milk.
- Sample of Grape Nuts, Gauva Jelly,
- P.R. Biscuits, Ixion Biscuits, Postum Food Coffee, Flaked Wheat, and Shaving Soap.

MESSRS. B. SHEARN & SON solicit the favour of a visit to their New Health Food Stores, at 234 Tottenham Court Road, W., and cordially invite you to a Fruit Tea at their expense at their Fruit Restaurant, 231 Tottenham Court Road, W. You will not be expected or pressed to purchase.

FREE TO YOU.

We are introducing a novelty in the shape of a new style of nutcrack. Unique in design and the best ever sold. Cracks easily and neatly all sizes and kinds of nuts, and never needs adjustment.

To every purchaser of a 5/- assorted box of Health Foods, we offer one of these **FREE**. It is just a special offer in connection with the opening of our new depot at 234 Tottenham Court Road, and is for a limited period only. We have the pick of the world's market in nuts, fruits, cereals, digestive teas and coffees, and carry the largest stock in London—we have built up our reputation by always keeping best quality only in everything. Send to us for your next supply, and you will get guaranteed quality.

We want you to pay us a visit at our new Health Food Depot at 234 Tottenham Court Road. We also want you to have our artistic catalogue, the daintiest booklet you have ever seen. This is a most complete and accurate "Guide to Better Things," which is the title we have given it. If you haven't had one, send us a postcard and we will forward you one, enclosing a free invitation to a Fruit Tea at our Fruitarian Restaurant.

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Puffed Rice.—B.P.: "Is puffed rice a nutritious article of diet?"

Ans.—Yes, certainly, and it is also a very wholesome food.

Avenola.—C.C.: "I have heard a lot about avenola, but have not as yet tried it. 1. Would you recommend it? I am taking Postum Cereal. 2. Do you think Brunak just as good a drink?"

Ans.—1. Yes. In our opinion avenola is one of the best breakfast foods on the market. It is made at Birmingham by the International Health Association, Limited, 70-74 Legge Street. 2. Yes. Still another excellent food drink is that prepared by the above-mentioned company, and called caramel cereal.

Sore Feet.—H.A.D.: "Can you suggest a remedy for soreness of the feet, which seems to be caused by constant standing?"

Ans.—The alternate hot and cold foot baths would undoubtedly give relief. Soak the feet in hot water for three minutes, then in cold water for half a minute, repeating the process six or eight times twice a day. Dry the feet from the cold water, and then rub and massage them for twenty minutes or half an hour. Wear "Nature-Form" boots and shoes, which you can obtain from Messrs. Hall & Sons, 112 Strand, W.C.

Chronic Catarrh.—J.G.: "My nose is very sore, and the air-passage is stopped up. My throat, too, is continually getting stopped up with mucus, which is very difficult to dislodge. 1. What treatment would you recommend? Also suffer very much with cold feet and hands. 2. What can I do to improve the circulation?"

Ans.—1. Obtain a Globe Hand Nebulizer, and use it for ten minutes three or four times a day. 2. Take a tepid or cool sponge bath each morning, and alternate hot and cold foot baths, which should be followed by vigorous friction. Go for brisk walks in the fresh air two or three times a day, and avoid the close, heated atmosphere of the house as much as you can.

Artificial Feeding.—J.C.: "I am distressed to find that cow's milk has such a constipating effect upon my baby of three weeks old. I give two parts of barley water and one part of milk. 1. What would you advise about the milk? 2. Would Nestle's milk be better? 3. Should the milk be scalded? 4. What can I give baby for a laxative?"

Ans.—1. You should add cream to the milk, and also a little sugar of milk, and some limewater. See an article on the "Feeding of Children," in the April number of the GOOD HEALTH magazine for this year. 2. Although Nestle's is one of the

best brands of condensed milk on the market, still we think that pure, fresh cow's milk is preferable when it can be obtained. 3. The milk should be heated to a temperature of 160 degrees Fahr. before using it. 4. A small portion of perfectly fresh dairy butter makes a mild and satisfactory laxative for a baby.

Asthma—Nasal Catarrh.—J.L.: "1. For many years I have suffered from asthma and nasal catarrh, and should be glad if you could give me some advice as to treatment. 2. Will you give me particulars of your nebulizer?"

Ans.—1. Have plenty of fresh air, and see that your rooms are well ventilated. Adopt a plain, simple diet consisting largely of fruit, nuts, and bread preparations. Take hot foot-baths before you go to bed at night, and dip the feet in cold water before drying them. Have a tepid or cold sponge bath each morning followed by vigorous friction. 2. The Nebulizer is an instrument for applying medicinal antiseptics and sprays, in the form of vapour, to the air-passages. It should be used for ten minutes three or four times a day. It is most efficacious in the treatment of nasal catarrh. The price of the instrument together with the Percussion Nasal Douche and medicine for both is 7/6, post free. It can be obtained from the Good Health Supply Dept., 451 Holloway Road, London, N.

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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.

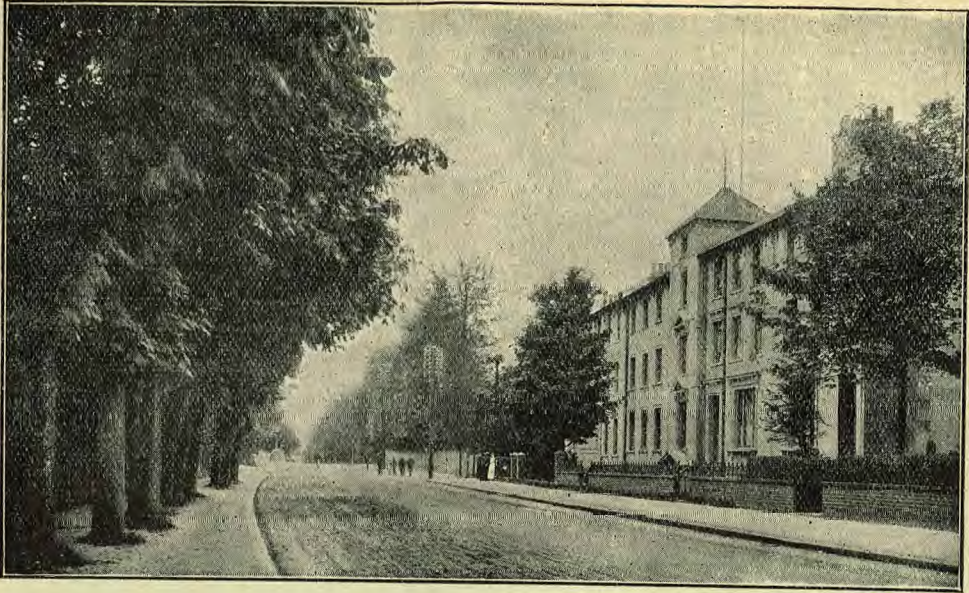
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EDITED BY
ALFRED B. OLSEN, M.D.
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MR. WINTER'S Nuxo, a new product which we have just had the pleasure of sampling, is valuable for use in gravies when a meaty taste is desired. It is a very rich proteid food, and has a flavour of its own.

MESSRS. CAMP & Co., 203 Borough High St., London, S. E., have opened up a neat little restaurant in connexion with their Health Food Stores, and are giving wholesome, sustaining meals at very reasonable prices. The place is only a few minutes' walk from London Bridge, and should prove popular with clerks and shop-assistants in that busy centre.

CANVEY-ON-SEA is winning an enviable reputation as an attractive seaside resort, and we trust that many readers of GOOD HEALTH will avail themselves of the exceptional privileges to be enjoyed at Marlborough House Health Home, which offers, in addition to abundance of pure, bracing air and excellent bathing facilities, a diet based on natural food principles, calculated to build up the depleted energies of the seeker after rest and change.

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Few things are more adulterated or more likely to convey disease germs than dairy produce. Why not try substitutes that are pure and far more wholesome and economical?

MAPLETON'S NUT MILK, 1/2 per lb.
For use in sauces, savouries, bread, cakes, etc.

ALMOND CREAM, 1/10 per lb. For blancmanges, coffee, cocoa, milk puddings, etc.

HAZEL CREAM, 1/3 per lb. For any of the above purposes.

COCOANUT CREAM, 10d. per lb. tin.
For sweet sauces, porridges, blancmanges, and milk puddings.

Each of above makes 14 Pints Rich Milk.

Sold by Health Food Stores and Grocers. Send to-day (mention GOOD HEALTH) for full descriptive list to Mapleton's Nut Food Co., Ltd., Wardle, Lancashire.



Would You Realize
How Nice
a Blancmange
Can Be?

Then make it simply
with--

BROWN & POLSON'S
"Patent"
CORN FLOUR

and good, sweet milk.

More--For summer fare,
it provides nourishment
without overheating the
system or overtaxing the
digestion.

But only "Brown &
Polson's Patent" please.

Obtainable from
all Grocers and
Stores in 6d. and
3d. Packets.

In answering advertisements kindly mention "GOOD HEALTH."

NEAVE'S FOOD

**SOLD IN 1/- & 2/6 TINS,
AND 4d. PACKETS,**

**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.

GOLD MEDALS, LONDON, 1900 and 1906.

Over 80 Years' Established Reputation.

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

One of Our 1,001 Food Specialties.

The Tonic Tea That Pleases.

"Pitman"

Apple Tea Essence

The Pure Quintessence for
Health and Vigour.

The Wonderful Appetizer, Uric
Acid Free, Purifies the Blood, and
Builds up the Nervous System.

As a Tea or Breakfast Beverage serve with
Milk and Sugar. For Dinner, serve like Grape
Juice, hot or cold, with water only added.

Per Bottle (sufficient for 30 cups), 9d.

Sample Bottles, - - - 2d.

Post Free, 1/- or 3d.

Sole Manufacturers:

"Pitman" Health Food Stores,
180, 189 Corporation St., Birmingham.

The largest Health Food Dealers in the world.
Illustrated Catalogue of Health Foods, 88 pages,
with Diet Guide and copy of "Aids to a Simpler
Diet," post free for two stamps.

WINTER'S WOOLLEY WINCEY.

The perfect material for Ladies' Blouses, Children's
Dresses, Night Dresses, Sleeping Suits and every de-
scription 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.

Marlboro' House Health Home, CANVEY-ON-SEA.

VEGETARIAN CATERING.
GRAND BRACING AIR. FINE BATHING.
TENNIS, Etc. MODERATE TERMS.

Run in connection with the Health Food Stores,
High Street, Marylebone.

NEAREST SEA-SIDE TO LONDON.

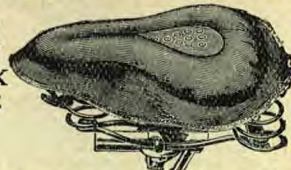
Day return tickets to Benfleet, nearest station,
only 2/6, thence by wagonette.

Proprietress: Mrs. C. Harding.

To Cyclists who are fond of a comfortable ride.

There is no-
thing to equal

A BIRKBECK
PNEUMATIC
SADDLE
COVER.



Recommended by "Good Health." Send for
free, illustrated booklet, for prices and sizes.

Sole Manufacturers: The Birkbeck Pneumatic
Saddle Cover Co., Birkbeck Works, Birkbeck
Road, Dalston, N.E.

PUBLISHERS' NOTES.

THE Birkbeck Pneumatic Saddle Cover, of which particulars are given on another page, is a great boon to cyclists, and is giving excellent satisfaction to a large number of users.

MESSRS. PITMAN have favoured us with a sample bottle of their Apple Tea Essence, which when added to hot or cold water forms a pleasing and health-giving beverage. Apple juice has valuable medicinal qualities, and we should like to see this tea become widely used.

"Cycling: Its Physics or Scientific Principles Explained," by W. K. Fulleylove. This is an interesting brochure dealing in an original way with the principles under discussion. It contains a number of helpful hints, and should be interesting to all cyclists. Price 3d. To be obtained from W. K. Fulleylove, Broadgate, Coventry.

BIRKBECK BANK

ESTABLISHED 1851.

SOUTHAMPTON BLDGS., HIGH HOLBORN, W.C.

2½ per cent. INTEREST

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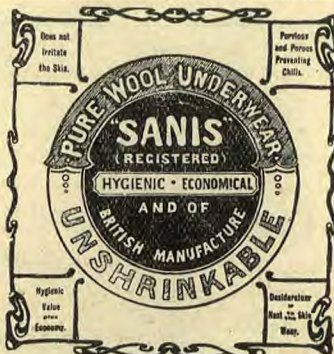
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Stocks and Shares bought and sold for Customers, Advances made and all General Banking Business transacted.

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

"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 Velling 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 Velling, 4/11 each.

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

"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.

THE RESTAURANT

4 Furnival Street, Holborn, E.C.,

[Opposite Prudential Buildings.]

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

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.

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., 451 Holloway Road, London, N.

In answering advertisements kindly mention "GOOD HEALTH."

HOT WEATHER COOKERY.

THE "GEM" STEAM COOKER

Is a positive blessing to every home, and pays for itself more than twofold every year.

Saving of Time.—It requires no attention. Sewing, ironing, or other housework can be done while the dinner is cooking.

Saving of Labour.—Easy to manage and keep clean. No scouring of heavy pots or kettles. No concern about scorching or boiling dry.

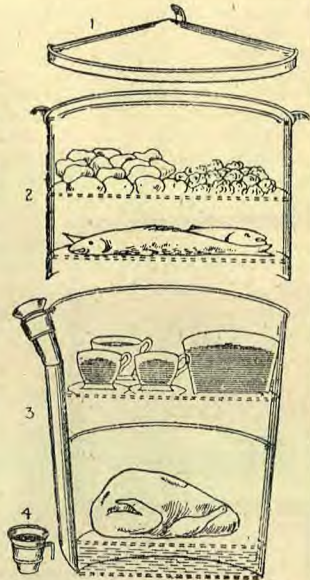
Saving of Food.—Nothing lost by evaporation. Juices of meat preserved. NOTHING BURNED.

Saving of Money.—The "Gem" Steam Cooker will enable you to do as much cooking over one burner on a Gas or Oil Stove as is usually done on three burners. In some houses it will SAVE A TON OF COAL in one season. No need to shut the kitchen door to prevent the steam and odour going through the house. The heat of the cooking stove can be utilized even for warming the sitting-room. WARRANTED to cook meat, puddings, and vegetables at the same time, without emitting any unpleasant odours, or mingling the flavours.

These Cookers are specially adapted for vegetarians. From 15/6. Please ask for Cooker Booklet—sent free.

The Housewife's Friend. Strongly recommended by Mrs. Wallace, Editor of "The Herald of Health."

Gem Supplies Co., Ltd., Dept. G. H., 23 Peartree St., Goswell Rd., E.C.



GERM-FREE AND WATER-FREE MILK.



THE WEST SURREY CENTRAL DAIRY COMPANY, after an extended use of the Just-Hatmaker Process, whereby fresh liquid milk is instantaneously deprived of both its Water and its Germs, are satisfied that the Sterile Dry Milk thus obtained by them is superior for practically all purposes to Liquid Milk, and they have accordingly installed the said Process in their Dairies, and are prepared to supply Germ-Free and Water-Free Fresh English Milk in packages, by post or rail.

The Medical Profession, Health Officers, and all well-informed persons know that it is practically impossible to obtain perfectly safe liquid Milk in cities and large towns. Even the harmless germs which are always present in liquid milk, live in it and vitiate it, and reduce its nutritive value, whereas disease germs often render such milk positively dangerous. These facts have caused the West Surrey Central Dairy Company to adopt the new scientific process above mentioned, for by such process Milk is robbed of its dangers and inconveniences, and made a stable and perfectly safe food.

A sample box of these milks will be sent to any address, by post, upon receipt of 6d.

The different qualities are supplied, postage or rail paid with full particulars and recipe book, as follows:—

- A 10 lb. tin of Full-Cream Dry Milk (Cow and Gate Brand)—equivalent to about 32 quarts of liquid full-cream milk, 10/6 each. 5 lb. Tins, 5/10. Packets, 1/6 and 10d. each.
- A 10 lb. tin of Half-Cream Dry Milk (Cow and Gate Brand)—equivalent to about 36 quarts of liquid half-cream milk, 8/6 each. 5 lb. Tins, 4/10. Packets, 1/3 and 8d. each.
- A 10 lb. tin of Dry Separated Milk (Cow and Gate Brand)—equivalent to about 40 quarts of liquid separated milk, 4/6 each. 5 lb. Tins, 2/10. Packets, 8d. and 5jd. each.

ADDRESS:

THE WEST SURREY CENTRAL DAIRY CO., GUILDFORD, SURREY.

Telegraphic Address: "GATES, GUILDFORD." Telephone No. 17.

Dr. Robert Hutchinson, in the last edition of his work on "Food and the Principles of Dietetics," 1905-6 (Arnold), speaks (page 119) of the Dry Milk produced by the Just-Hatmaker Process as follows:—

"The Just-Hatmaker Process consists in drying the milk by passing it in a thin layer between two heated rollers in such a way that it is immediately desiccated, and requires the addition of water to bring it back again to the condition of ordinary milk. The Powder so prepared contains all the solids of the original milk in a sterile and soluble form and is therefore of the highest nutritive value. There can be no doubt that desiccated milk will come into large use in the immediate future."

In answering advertisements kindly mention "GOOD HEALTH."

LOOKING FORWARD.

AMONG next month's articles will be one by Dr. A. B. Olsen, on "**Common Children's Diseases.**" Some further details will be given regarding the tests instituted by Professor Irving Fisher with a view to discovering the **foods most conducive to endurance.** Mr. Lemmoin-Cannon will resume his series of articles on "**Infectious Diseases and Disinfection.**"

Mr. Morris, Secretary of the Birmingham branch of the Outdoor Club, will contribute a report of one of the Society's camp outings, illustrated by original photos.

Dyspepsia
CAN
Be
Cured.

Pure Food is the greatest of remedies for Dyspepsia, and thousands are finding health in the

IXION HEALTH FOODS.

They are suited for all ages and states of health, and are the most economical Foods on the market.

May be had at your Stores in small quantities, or order direct.

IXION SHORT BREAD BISCUITS.

Easy to masticate. Direct prices, 7 lb., 3/9, 14 lb., 6/6, 28 lb., 12/-, carriage paid.

IXION WHOLE WHEAT BISCUITS.

The finest for children, making good teeth, strong bones, healthy nerves and good digestion. 7 lb., 3/-, 14 lb., 5/-, 28 lb., 9/-, carriage paid.

IXION INFANT FOOD.

The best food for infants over 9 months. 1/- per sample tin, or 9/- per dozen, carriage paid.

IXION WHOLE WHEAT FLOUR.

Millstone ground. Delicious for all purposes. At Stores, 7 lb. bag, 1/-, 30 lb. bag, 4/-, 60 lb., 7/6, carriage paid.

KORNULES.

A grand breakfast and emergency food. At Stores, 6d. per packet, or 6/- per dozen pkts., carriage paid.

Send 4d. stamps for samples of above and full explanatory booklet (mention "Good Health") to

WRIGHT & CO., Vulcan St., LIVERPOOL.

NEWCASTLE On Tyne
DEPOT.

"Good Health" Foods.

THE OLD, ESTABLISHED GROCERY.
26 CLOTH MARKET.

If You Visit Paris,

Don't fail to take your meals at the **Hygienic Restaurant**, where wholesome, appetizing meals, prepared on Food Reform principles, can be obtained at very reasonable cost. English spoken.

Proprietress: Miss Warren,
4 Rue Desrenaudes, Ternes, PARIS.

A Guide to Health.

THE new book, "**School of Health,**" by A. B. Olsen, M.D. and M. Ellsworth Olsen, M.A., gives a systematic presentation of the principles of health reform, and contains guidance and instruction that are needed in every home.

It first tells the essential facts in reference to the **heart**, the **lungs**, the **stomach**, and other vital organs with a view to enabling the reader to enter intelligently into the various treatments discussed.

Healthful dress, healthful cookery, and household hygiene in general, receive full treatment, together with many other phases of everyday life.



There are a number of excellent **food recipes**, with special chapters on preparing food for the sick, the **feeding of schoolchildren**, and the place of fruit and nuts in a healthful dietary.

The department on **children's diseases** is another valuable feature. The most common diseases from which adults suffer are also taken up, and the proper treatments indicated.

Physical Culture forms the topic of a fully illustrated chapter, complete instructions being given for the all-round development of the body.

A large section of the book is devoted to a consideration of the principles of **Hydrotherapy**, full instructions being given for the **home treatment** of a considerable number of common diseases. This part of the book is **very copiously illustrated** with a set of valuable cuts showing exactly how the different treatments are to be given.

There is also a well-illustrated chapter on **Accidents and Emergencies.**

The book is an up-to-date and thoroughly reliable work, and is meeting a widely-felt public want. It is strongly and attractively bound.

Prices: cloth, plain edges, 5/-; cloth, gilt edges, 6/6.

To be obtained of any GOOD HEALTH agent. Also to be had, post paid, on sending the price to the **Good Health Supply Dept.**, 451 Holloway Road, London, N.

In answering advertisements kindly mention "**GOOD HEALTH.**"

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.

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.

Three Pounds of Beef

are only equal in food value to a sevenpenny package of **Avenola**, the concentrated cereal food. This blood-, muscle-, and strength-making food is made by the International Health Association, Ltd., of Birmingham, and is served on the diet tables of many sanitariums. It is thoroughly cooked, heat-digested, and ready for immediate use, with the addition of fruit juice, milk, or cream. Also makes excellent puddings. It is the food for those who desire to get strong and those who want to keep strong.

Sold at all Health Food Stores. Write for our free Booklet on Food, and address of nearest Agent.

Address:

International Health Association, Ltd.,
Legge Street, BIRMINGHAM.

PUBLISHERS' NOTES.

FREE back copies of GOOD HEALTH are supplied for propaganda purposes. Send stamps for carriage.

THE Bournemouth Health Food Stores at Parkwood Corner, 342 Christchurch Road, Boscombe, have a very large selection of excellent health foods and health publications. Those of our readers living in the vicinity will do well to call and look over the place. These dealers who are making a speciality of the various health preparations, are accomplishing much to smooth the path of the food reformer.

REYNOLDS' Gold Medal Wheatmeal has added another series of awards to the large number already gained. In the late Manchester Bakery Exhibition three prizes were offered in Class 6, the most important competition for brown bread, and all three were won by bakers who used Reynolds' wheatmeal. Readers of GOOD HEALTH who wish to obtain this excellent quality of brown bread should write to Reynolds' head office at Gloucester, and ask for the nearest baker who uses their wheatmeal.

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, awn, 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. Applies to Rosa F. Broughton, Rest Cottage, Seacroft, etc.

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.

R. WINTER'S

NUXO

The New Nut Food; Different from Anything
Hitherto Produced. It Is All Nourishment.

PRICE 1/- PER TIN. ASK YOUR STOREKEEPER
FOR IT, OR SEND 1/3 FOR POST PAID TIN TO

R. Winter, Pure Food Factory, Birmingham.

HAVE YOU TRIED
BRUNAK
INSTEAD OF TEA OR COFFEE?

NOURISHING. SUSTAINING. WHOLESOME.

BRUNAK is similar in smell, taste and appearance to the finest Coffee, but has none of its disadvantages. It is a health food-drink invented by the great dietic specialist, DR. ALLINSON. It is suitable for every meal, and at all times.

BRUNAK is the best and most economical beverage obtainable.

BRUNAK stops the mischief tea or coffee is working, because it does not contain a particle of the poisonous principle which both tea and coffee do contain.

Sold by Cash Chemists, Grocers, and Co-operative Stores throughout the Kingdom, in 1 lb. packets at 1/- each; or a 1 lb. packet sent post free for 1/-; or a Sample and list of agents free by

The NATURAL FOOD Co., Ltd.,
Room 99, 305 Cambridge Rd., Bethnal Green,
LONDON, E.

Fastidious People!

WHAT is what people are called who like clean food, but how many of them care about a clean skin and will use any sort of soap on it, no matter what abominable grease it may be made of?

Ninety-nine per cent. of the people who shave have these fats rubbed into their skin by the barber or themselves. The odd one per cent. refuse to risk the awful results of a "dirty shave," and insist on **McClinton's Shaving Soap**. It is guaranteed made wholly from pure vegetable oils and the ash of plants.

Colleen Toilet Soap is made from the same materials.

Send 3d. to cover postage, and you will get samples of Toilet Soap, Shaving Soap, Shaving Cream, Tooth Soap, and Household Soap, all made from these vegetable materials.

D. Brown & Son, Ltd., Donaghmore,
Mention "Good Health." **IRELAND.**

THE OLD-ESTABLISHED

GEREAL & 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 lb. Can be ordered with nuts and des. 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."

A Worthy Enterprise.

It is a pleasure to invite our readers' attention to the Campers and Farmers' Union, whose objects are:—

1. To enable town dwellers to obtain country holidays with a maximum of fresh air at a minimum of cost.

2. To afford the farmer facilities for disposing of his produce by bringing the consumer to his door.

"Why sleep in London?" the Union circular asks. "If a man must spend his days in the stifling city, it is the more necessary that his nights should be spent in the open air." We heartily agree with this sentiment, and cordially commend the Union to readers contemplating holidays under canvas. A summer camp for business men and others has been arranged, and information may be obtained by addressing Campers and Farmers' Union, The Camp, Ditton Hill Farm, Near Surbiton, Surrey.

Union, The Camp, Ditton Hill Farm, Near Surbiton, Surrey.

"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.

CAMDEN TOWN
DAIRY AND HEALTH STORES,
 263 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. J. DAVIES, Proprietor.

THE SOUTH SIDE
Store for All Health
Foods Is At . .
Camp's Cafe 203 Borough
 High Street,
 S.E.

Five minutes from London Bridge. Price List free.
 Depot for Arpax Tooth Powder.

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.

Look to Your Children's Feet!

Corns, bunions, and deformed toes, would be things of the past if folk wore proper footwear. **BEGIN NOW WITH THE CHILDREN.**

Hall & Sons' Sandals and Sandal-Form Boots & Shoes give freedom and comfort to the toes, and add to the health and happiness of the children. *They also wear longer.*

Stocked in Ladies' and Gentlemen's. Send outline of foot standing.

Children's Sandals in three shapes from 2/11 pair;
 Ladies', 7/6; Gent's, 8/6. (Postage, 3d. extra).
 Children's Shoes, size 4, 4/8, rising 3d. pair to size 1.
 Children's Lace Boots, size 4, 6/2, ditto.
 Youth's Stout Box Calf Lace Boots (a strong Boot for School wear) Sizes 2 to 5, 10/11.

SAMPLES SENT POST FREE

WRITE FOR LIST POST FREE

HALL & SONS, LTD., 47 Bishopsgate St., E.C. (corner of St. Helen's Place);
 112 Strand, W.C. (opposite Lyceum); 5 Stoke Newington Road, N.

In answering advertisements kindly mention "Good Health."