

THE IRISH VILLAGE AT THE FRANCO-BRITISH EXHIBITION.



Good Health

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Hygiene and the Principles of Healthful Living.

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NO. 8

BALLYMACLINTON AND THE CRUSADE AGAINST TUBERCULOSIS IN IRELAND.

Some Particulars Concerning One of the Most Remarkable and
Successful of Modern Health Movements.

THE Franco-British Exhibition possesses many rare attractions, but we have no hesitation in saying that the man who is interested in the great world movement towards better health and the abolition of preventable diseases by the adoption of hygienic and sanitary measures, will first of all betake himself straight to the pretty Irish village, which bears the musical name, Ballymaclinton. He will go there first because in various ways it is the thing most worth seeing, and in

a mammoth exhibition offering so many attractions, one finds it necessary to make a wise selection of places to visit in order to obtain the most satisfactory results.

Wherein, it may be asked, lies the unique interest of the Irish village. Chiefly in this, that it is part of a well-organized crusade to expel tuberculosis from Ireland. As already intimated, the movement towards better hygienic conditions and the stamping out of preventable diseases, especially of tuberculosis, which

yields so readily to sane methods of attack, is making more or less headway in all civilized countries; but in Ireland, under the magnificent leadership of Her Excellency, Lady Aberdeen, a particularly well-organized and aggressive campaign is being carried on. Two travelling exhibitions

are going from place to place, taking in turn city, town, and hamlet, telling the people the truth about tuberculosis in popular lectures given by qualified medical men, picturing it before them by striking diagrams,

and by the exhibition of actual pathological specimens.

The Irish Village at the Franco-British Exhibition is part of this national movement. In fact the Tuberculosis Exhibit, which is housed in the fine Village Hall, includes a full set of valuable charts and specimens used in connexion with the lectures, as well as literature dealing with the movement. But more of this later. While the Tuberculosis Exhibit alone is well worth the modest sixpence charged



for admission to the village, it forms only a very small part of the concern, the whole profits of which, however, go to swell the funds for fighting this dread disease in the Emerald Isle.

Healthy Ireland, young Ireland, happy, care-free Ireland of song and story, is to the front in this delightful village, with its

erection the identical windows, rafters, stairs, and other woodwork of the original cottage have been used. The furniture is also old and genuine, and one must say as much for the occupants, especially the cheery soul who knits in front of the peat fire, while the teapot simmers on the hob. The earthen floor is Irish, as well as the



impressive background of ancient Irish cross and church and tower of Kilcullen.

Once pass under the massive castellated gateway, with its grim portcullis, and, if you love Ireland, you will feel its soft spell stealing over you, for you will see familiar Irish scenes and hear melodious Irish voices on every side.

Just around to your right is the McKinley Cottage, in which the ancestors of the late American President lived. It is a typical yeoman's cottage, and in its

old wooden porringers and the utensils on the wall.

Coming out of the cottage, you may stop for a few minutes to watch the fair colleens engaged at lace-making in the open air, and perhaps to follow the rapid flights of the jaunting-car, and note the cows and donkeys wandering about the village.

The Round Tower of Kilcullen will carry your mind back into the remote past, when Ireland's fame as a centre of light



INTERIOR OF THE M'KINLEY COTTAGE.

and learning was known from afar, and the ancient church by its side, which is a replica of "the one on the lonely island of Arranmore, off the coast of Galway,"

and contains some exceedingly interesting tablets, will repay careful inspection.

About this time you will probably be attracted to a stone building on the right, where the famous McClinton's soap is being manufactured and sold. For more than a hundred years this soap, whose mild emollient nature has made it very popular in many different parts of the world, has been made by the old process, using the ash of plants instead of caustic soda. Here it can be seen in the making, while at



[By courtesy of Messrs. Kennan, Dublin.]

OPEN-AIR CHALET FOR CONSUMPTIVES.



COLLEENS AWAITING THE KING.

adjoining counters obliging maidens, dressed picturesquely in green and red costumes, display the finished product to prospective customers.

Irish linen is well represented by the linen loom factory of Messrs. Robinson and Cleaver, housed in a pretty, two-roomed, thatched cottage on the left, and it is difficult to say which is the more interesting, the process or the finished product.

You will probably enter next a fine, tiled building of red brick, which is devoted to the exhibits of the Royal Irish Industries Association and the Irish Art Companions. The former, it will be remembered, was started by

Lady Aberdeen in 1886, during Lord Aberdeen's first term as Lord Lieutenant, and has been instrumental in increasing the sales of Irish products. The Irish Art Companions is an organization devoted especially to the production, collection, and sale of Irish works of art in plaster, also books, linens, blackthorns, china, and other goods useful or ornamental.

Passing on a little farther, you come to the Fisherman's Cottage, which is built of cobblegathered on the shore, and is provided with a thatched roof. Beside the door is a *coragh*, or canvas boat such as is used by these hardy fishermen.

On the opposite side, beyond



LADY ABERDEEN.

President of the Women's National Health Association of Ireland.

the City Hall, is Morton's Carpet Factory, where rows of comely Irish colleens weave the prettiest of carpets and rugs.

Next to the street lies the Model Cottage, which is a replica of the cosy homes built by Messrs. Mc Clinton for their employes at Donaghmore, Tyrone. It is a neat, four-roomed cottage, and is let for 2/- a week, together with a half-acre of ground for use as a garden.

In the rear of this cottage stands the Art Gallery, containing a fine selection of paintings by some of the leading Irish artists.

On the left of the entrance on the outside is the Vegetarian Restaurant, which was opened early in July and bids fair to become a very popular as well as educationally helpful feature. Mr. Robert Brown, chief proprietor of the village, has given much study to the causes

of tuberculosis, and is a firm believer in the value of a natural diet as a preventive against this disease. The restaurant will accordingly furnish its tables with the best

that nature offers in the way of fruits, cereals, nuts, and vegetables, together with pure dairy products. There will be no slaughterhouse products.

The village forge is one of the most attractive features, and is always surrounded by a crowd for whom the Cork smith turns out lucky horse shoes. Some one asked him what part of Wales he came from, and he replied in his rich brogue

'Shure, you may well say that, for I'm, that mesmerized since I came here that I could not tell you whether I'm a German or a Jew.'

A word is due the bright-eyed colleens, who give so much colour and life to the



BALLYMACLINTON.



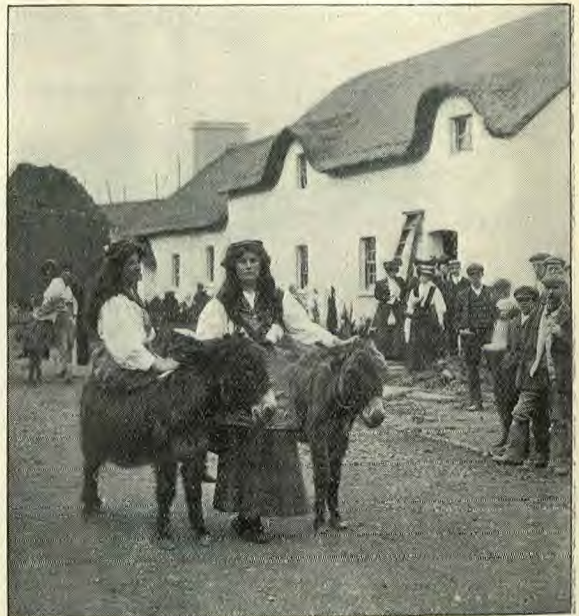
village. It would be hard to find in any country a prettier and yet more modest set of girls. Their fine complexions, due we must suppose in part at least to Mc-Clinton's Soap, which they all use, might well be the envy of many more fashionable ladies.

We have enumerated very briefly a few of the features of interest, but to us the individual exhibits, while good in themselves, are chiefly valuable as contributing to the delightful impression one carries away of the village as a whole. There is an old-world atmosphere which one hardly expects to find in an industrial exhibition. Everything bears the stamp of genuineness and sincerity. The visitor feels he is in actual contact with Irish life, its poetry and romance, its abounding joy and its deep pathos. The village hall, where fresh

young voices sing the Irish songs, the cheerful lace-makers, the ponies and the jaunty-ing-cars, the thatched cottages and the ancient cross and tower, all unite to form a picture which will not easily be forgotten.

The village takes on added interest when one realizes that it exists for the purpose of furthering the great fight against tuberculosis in Ireland, and freeing the land from the plague which carries off some 12,000 of her fairest sons and daughters every year.

Mr. Brown has been working for years to improve the national health. In the April number of GOOD HEALTH we told something about his heroic efforts to get the windows open and improve the diet amongst the working people of Donaghmore and vicinity. Something like a year ago he sent two young women to take a course of



training at the Battle Creek Sanitarium, in order that when they return they may engage in educational health work amongst the labouring classes.

In 1902, at a Belfast meeting of the British Association, Mr. Brown read a paper on "The Increase of Consumption in Ireland." As this paper gives in compact form the chief points which are being emphasized in the present campaign, it may be well to give a brief summary:—

Referring to possible causes, the damp climate was often blamed; but the western counties had by far the heaviest rainfall, yet there the death-rate from consumption was considerably less than in the eastern counties. Moreover, towns in very wet districts of Scotland had materially lowered their mortality from this disease.

He thought the sanitary authorities were slack in the performance of their duties, and tolerated a state of filth which



The writer stated that whereas in other countries progress had been made in combating the disease, in Ireland the victims were more numerous year by year, one-sixth of all deaths being due to it, and one-half of all deaths between the ages of fifteen and thirty-five.

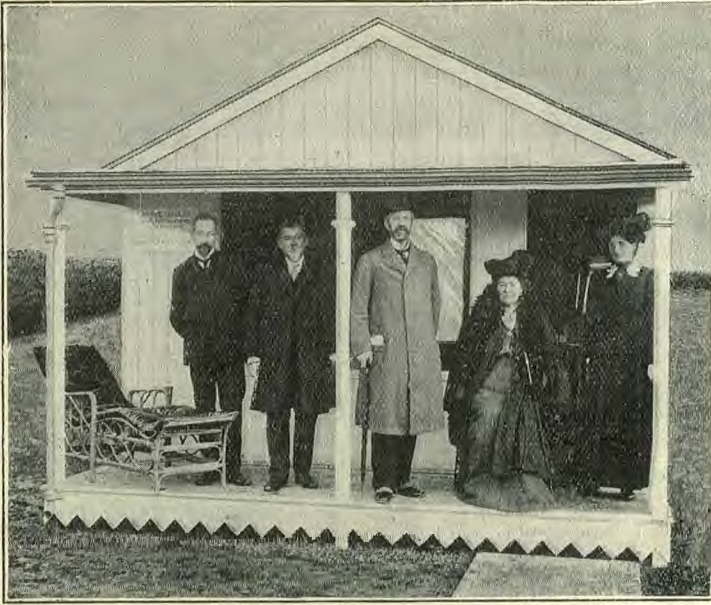
The following figures show the progress of the disease.

Deaths from consumption per thousand of the population:—

AVERAGE.	ENG. & WALES.	IRELAND.
1870-1875	24	19
1880-1885	19	21
1895-1900	14	21
1901-1905	12	21.5

would not be permitted elsewhere. Bad housing accommodation accounted for a good deal, and unfortunately in some cases the replacing of hovels with modern cottages made things worse instead of better, because the occupants knew nothing about ventilation, and the plastered houses were air-proof as well as weather-proof, whereas the old loosely-built houses let in fresh air on all sides, while the expired air escaped by the hole which let out the smoke.

Drink was doubtless responsible for a great deal of consumption in Ireland. Bad



[Courtesy of Messrs. Kennan, Dublin.]

OPEN-AIR CHALET (Lord Liéutenant in centre ; Lady Aberdeen on his left).

food was an equally important factor. The increased use of bread and tea as the chief diet of the working-classes was sapping their vitality and making them increasingly liable to consumption. It was not merely that tea itself was injurious, but it enabled those who took it to put up with a dietary which they would have found unsatisfying were not the stomach's cravings temporarily dulled by a narcotic. A very large proportion of the working-classes took strong, stewed tea three to five times a day, and it was certainly not doing them good.

Vigorous measures ought to be taken in the direction of disinfection of houses and premises where tuberculous patients had died.

In 1907 the Women's National Health Association of Ireland was formed, under the leadership of Her Excellency, the Countess of Aberdeen, which is making most encouraging headway. At the outset it was decided that one of the first duties of the Association would be to fight tuber-

culosis. Inquiry elicited the fact that an Itinerant Tuberculosis Exhibition had been found of great value in other countries. It was accordingly resolved to carry on such an exhibition in Ireland.

The exhibition, having been successfully formed, was opened October 12th in a section of the Dublin International Exhibition by the Lord Lieutenant. It remained in Dublin nearly a month, the excellent lectures given

nightly in the large hall being so well attended that many people had to be turned away.

From Dublin the exhibition began to tour the country. So much was it in demand that it had to be duplicated, allowing for a northern and a southern circuit, and the two exhibitions have up to the present writing visited some fifty odd towns and villages.

The exhibition remains about a week in each town. The mode of procedure is somewhat as follows:—

A large hall is taken, and at one end of it what are known as the "Contrast Bedrooms" are divided off. One is the hygienic room, with linoleum on the floor, simple, unstuffed furniture, clean wall paper, and muslin curtains to an open window. In the other room there is a bed with heavy top-curtains and valence, a dirty carpet, torn, dirty wall-paper, dusty ornaments, and a closed window. Specimens of diseased organs and bones, human and animal, are shown in bottles, also.

various hygienic appliances. Literature in the form of excellent tracts and leaflets, reprints of lectures, etc., is on sale, and in the evening a popular lecture is given on some phase of the campaign.

Everywhere the exhibition has been warmly welcomed, the local medical men and clergy, as well as the members of district councils and boards of guardians, giving their hearty co-operation. The evening lectures, which have been given

Scientific facts have been presented in a popular style, so as to be intelligible to the masses. Cleanliness of person and premises, care as to the disposal of the sputum, the need of fresh air day and night, and of a varied and wholesome diet—these primary principles, as well as the facts concerning the very high death-rate from this disease in Ireland as compared with other countries, have been brought home to the minds and consciences of the hearers, enforced by



INTERIOR FISHERMAN'S COTTAGE.

chiefly by local doctors and surgeons, have been a very important feature of the enterprise. Dr. William Osler, Professor of Medicine at the University of Oxford, gave the initial lecture in Dublin, and was followed by such well-known men as Sir Robert Matheson, LL.D., Registrar for Ireland, Sir John Byers, Professor of Midwifery, Queen's College, Belfast, Dr. Lindsay, Professor of Medicine, and others like them. The lectures have been of the most helpful and telling character.

the display of pathological specimens and striking diagrams.

The work, as a whole, is going rapidly forward, and bids fair to take on greater dimensions in the near future. Lady Aberdeen's splendid organizing ability and large experience, no less than her glowing enthusiasm, give her supreme fitness for leading in this great national effort, and she is having the loyal support of the Irish people everywhere.

It is hoped that the Tuberculosis Ex-



HEALTHY.



UNHEALTHY

hibit, which is such an important part of the Irish Village at the Franco-British Exhibition will enlist the interest and sympathy of large numbers, and that there will be those who will wish to give liberally toward the support of such a magnificent project. Surely Irishmen in every part of the world cannot but feel the deepest interest in this well-organized effort to stamp out the disease which is ruthlessly destroying so many promising young men and women every year. Moreover, this is really a world question. All health questions are international in character. Wherever disease is fought on rational lines and a victory gained for humanity, thither right-minded men and women of all nations must turn their eyes.

One of the things most needed just now is a well-equipped tuberculosis van that could be used in carrying this exhibition into the small villages and out-of-the-way places where there is no public hall. It is also desired to raise money with which to pay the salaries of visiting health nurses in the various districts, who could assist in caring for consumptive patients who are being nursed at home. Sanatoriums are likewise needed, it being a proved fact that the death-rate from tuberculosis has decreased most rapidly in those countries which are liberally provided with sanatoria.

As already stated, the entire profits of the

Irish Village will be devoted to this work. The initial cost will be little short of £35,000; but it is hoped to realize this and a substantial surplus. What a fine thing if some wealthy Irishman were to offer to double any sum raised, say up to £5,000. It would be hard to find a nobler use for one's money. Much good work has been done in health lines during the last twenty-five years; but we know of no movement on the whole so excellently organized, that has succeeded so admirably in utilizing all existing agencies, and in accomplishing definite results, as has the Women's National Health Association, founded by Her Excellency, the Countess of Aberdeen. It seems to be in the fullest sense a model health organization, and we hope and expect that Ireland's splendid example will be copied in many countries.

Certainly every reader of GOOD HEALTH who is able to do so will want to visit the Irish Village and make a personal study of the interesting charts, pathological specimens, "Contrast Bedrooms," and other things there to be seen. He will find the attendants most obliging. Mr. Robert Brown himself and his brother and partner in the enterprise, Mr. David Brown, as well as the advertising manager, Mr. H. B. Amos, are generally on the ground, and can be seen by persons desiring additional information.

WHAT WE KNOW ABOUT TUBERCULOSIS.*

BY WILLIAM OSLER, M.D., F.R.S.

Regius Professor of Medicine in the University of Oxford.

IN the past twenty-five years there has been an extraordinary increase in our knowledge relating to tuberculosis. We know *eight* things about the disease thoroughly.

In the first place, we know the germ—

*From a lecture given at the Tuberculosis Exhibition in Dublin, under the auspices of the Women's National Health Association of Ireland.

the cause. We can pick it out as easily as you pick out a beech-nut from other nuts. Give, for example, Professor McWeeny a group of these germs, and he will pick out that of tuberculosis as easily as a farmer will sort oats from wheat.

Secondly, we know whence it comes— its two great sources, the sputum of affected individuals, of persons affected

with consumption, and, secondly, from the milk of tuberculous cows.

Or Thirdly, we know how it gets into the body. It is taken in through the breath and swallowed with the food. In these two ways the germ enters.

Fourthly, we know what happens to the germ when it enters the body. Like seed sown in any other way, it illustrates again the old story—the parable of the sower. Some of the seed, you remember, fell by the wayside, and the birds of the air picked it up. Fortunately, a great many of the germs of tuberculosis fall by the wayside and never get into us. Some of the seed falls on stony ground, and, as you remember in the parable, it does not flourish because of the lack of depth of earth. And just so, into a certain number of us these seeds of tuberculosis enter; but fortunately we are of rocky constitutions, and they do not develop. And some of the seed fell among thorns, and the thorns sprang up and choked it. Now it is a very fortunate thing for some of us that we have a thorny constitution, and when the germs get into us there may be a growth for a short time, and they may thrive and develop, but in a little while thorns spring up. In other words, the constitutional resistance is so great that the germs are killed, and the patient is cured. But, alas! too much, indeed, falls on good ground, and you know then what happens. It brings forth a hundredfold, and tuberculosis in some form results.

How the Ground Is Prepared.

Fifthly, we know how the good ground is prepared. It is well to remember that the seed is not everything—the seed is everywhere, we inhale it every day—it is the soil that is the important thing. Now, how do we prepare the ground for the seed that it may grow to tuberculosis? There are the three “bads”—bad food, leading to ill-nutrition, which is the great preparation of the ground; bad air in

wretched habitations and miserable cabins; and bad drink, alcohol. Those are the three “B’s” for you to remember with reference to the preparation of the soil for consumption. And just as a farmer has not his crop of grain unless he cultivates the ground properly, and prepares it and fertilizes it, so the great majority do not get tuberculosis if they avoid these three “B’s” and do not cultivate a body-soil proper for its growth.

Sixthly, we have learned how to recognize the disease. Upon this point I need not enlarge further than to say that we now get the cases earlier.

Seventhly, we have learned how successfully to prevent it. And it seems so easy—first by the destruction of the germ, and secondly by making the soil unsuitable.

Then, eighthly, we have learned how to cure the disease. There were many doctors long before our day who recognized how tuberculosis was to be cured, but it takes a good while to get wisdom into the profession—even longer sometimes than to get it into the public. It took us a good while to learn how to cure consumption. But we know how to cure it to-day *if only we can get the cases early.*

And, lastly, for your great consolation, we know that the disease is not hereditary, and for this let us be thankful.

A Comforting Thought.

“How long shall I have to lie here helpless?” asked a young woman of her doctor after a painful accident. “Oh, only one day at a time!” was the cheerful answer. The patient declared afterward that it did her more good than she could tell all through the weeks until she was well again. So with any disappointment or trial that comes into young lives, the great fact that it has to be borne only a day at a time is the thing to think about instead of crying out: “How long must I suffer?”—*Selected.*



THE NATURE OF DISEASE AND ITS CURE.

BY ALFRED B. OLSEN, M.D.

DISEASE is a result of physical wrongdoing—physical sin. One or other of the vital organs, or several of them, fail to do their duty, or do it improperly. In other words, the functions become perverted, and there is a varying derangement of the vital machinery. There is discord in the tune of life, and either the physical or the mental state or both may be affected.

Lack of Ease.

The natural ease and comfort of a healthy life are wanting, and disease (lack of ease) and discomfort take their place. The joy of living ceases, and in its place come *ennui*, pain, and distress. Buoyancy of spirits, exuberance of life, happiness in mere existence, a healthy optimism, all disappear, and in their place we have irritation, annoyance, aches, sorrow, depression, melancholia. The living machine is out of gear, and vital functions are hindered and subverted.

Harmonious Equilibrium.

The various vital phenomena, the sum total of which go to make up what we call life, are absolutely dependent on the interchange of matter. Inert matter in the form of food of various kinds is received into the body daily, and serves to nourish, strengthen, and energize life. This inert matter is assimilated into the living cells, where it receives the spark of life, and temporarily becomes a part of the living body, till, after having served its purpose,

once again it becomes dead matter, a waste substance which must be eliminated from the system as soon as possible.

In health the constructive and destructive forces are nicely balanced, and there is a state of equilibrium between the food supplied and the tissue wastes. Both constructive and destructive forces are constantly at work, the first leading to life and health and happiness, the second to disease and misery and death. And they are equally necessary, and even equally beneficial, as long as there is a harmonious equilibrium. The destructive processes reduce vitality and sap the springs of life, while the constructive processes heal the breach and re-create the body daily.

Life-Giving Forces.

The body is endowed by the Creator with certain forces which make for health and have a neutralizing and destructive effect upon the breaking-down processes that are also at work. These healing and life-giving forces are constantly in action conserving life and defending the body from disease. The potency and effectiveness of these healing processes vary according to the physical and mental state. In robust health they are most powerful and efficient, and life is in a state of relative safety, while in ill-health the life-giving forces are more or less weakened and inefficient, hence the body is more susceptible to the invasion of disease.

Health Spontaneous.

Thus it will be readily seen that good health depends chiefly upon maintaining a high degree of vital resistance. Fortunately, the natural tendencies of the body itself are all towards health, and sound health may rightly be expected under favourable circumstances. But the environment is by no means always favourable; the nutritional supplies furnished are often unwholesome and unsuitable, and the habits and routine of daily life are very likely to hinder and subvert health. Consequently, there is a constant fight against various conditions and circumstances that would undermine health and destroy life.

Physiological Supplies.

To keep the human engine running requires fuel and a certain amount of repairs. Food furnishes both. In its broadest sense, food includes air and water as well as the various aliments taken at mealtime.

The food supply is a vital consideration, and one that has very much to do with our daily health and physical efficiency. Food serves two purposes; as fuel it produces heat and muscular energy, and as building material it furnishes the necessary repairs. The daily losses of the body through the stress of wear and tear are made good by the food. In the course of a few hours, the dinner, after digestion and assimilation, becomes a part of the blood, and is dis-

tributed to the various organs and tissues of the body as required.

The food should be readily digested and assimilated, and then is capable of repairing the body and furnishing it with strength. Plain, wholesome food, possessing sustaining and strengthening properties rather than that which merely tickles the palate, is required.

Wholesome Food.

The normal sense of hunger makes the plainest food tasty and delicious. Without hunger, that is, without the call of nature for food, one is not justified in eating. It is under a condition of repletion and surfeiting that artificial hunger must be created by taking various condiments, spices, rich sauces and savouries, and stimulating articles. All of these are unwholesome, and none of them should be resorted to except in sickness and disease, when it is



NURSES OF THE CATERHAM SANITARIUM.

often desirable and necessary to make the food as attractive and appetizing as possible to induce the patient to take it. But even in such cases it is rarely necessary to resort to unwholesome stimulation.

A large part of the sickness and disease of this life would disappear if every one made it a rule to eat only when really hungry, and then to take no more than the body required.

Muscular Exercise.

Activity is characteristic of life. It is by activity that life manifests and supports

itself. A quiet, sedentary life is not wholesome, and does not make for health. Food is of little value unless it is oxidized, that is, utilized by physical activity of some sort. All of the numerous functions of the body are encouraged and stimulated by muscular exercise.

Immunity from Disease.

That nature intended man to be free from disease is evident from his fine constitution and the resisting forces with which he is endowed. Immunity from disease depends primarily and chiefly upon the vital power of the body to resist its invasion. But this means a strict avoidance of the numerous causes which open the door to the invader. Unfortunately, ignorance also plays an important part, and superstition is the twin-brother of ignorance. Many are misled concerning the real nature of disease and the various causes that lead up to an attack.

Alcohol and Disease.

Take the striking example of alcohol and its use as a beverage. There are thousands of people to-day who do not have the slightest knowledge of its true effect upon the human body. They still



ON THE HILLS OF HEALTH.

believe that alcoholic beverages are not only wholesome, but exert a healing and beneficial effect upon the body. There is scarcely any belief that could be farther from the truth.

Alcohol is distinctly and emphatically a tissue poison. The direct effect of alcohol is to shrivel and harden the tissues, and thus destroy them. These destructive, morbid changes are exerted upon practically every tissue, nay, every living cell, of the body. Consider the dwarfed, hardened kidney of Bright's disease, or the hobnailed liver, or the fatty heart, or the hardened, brittle, inelastic arteries of the apoplectic. These are only a few of the evils caused by the use of alcohol.

The Best Stimulants.

Alcohol is often recommended as a stimulant, but this is a great mistake, for its real, permanent effect is that of a narcotic depressant. There are natural, wholesome stimulants that are unappreciated and overlooked. In our opinion the best as well as the cheapest stimulants are light and air. Wholesome food, too, is an excellent stimulant and also a strengthener. And what is more refreshing and exhilarating than a brisk morning walk in the country after a good breakfast?



IN NATURE'S LAP.

Exercise under such conditions is a genuine tonic and pick-me-up.

Cure of Disease.

The cure of disease is not found in the medicine bottle or the pill box, but comes from within the body, from the vital centres. The *vis medicatrix naturæ*, i.e., nature's remedy, lies within the body, and must be encouraged and favoured by supplying the physiological needs of the body. These needs consist mainly of light, warmth, air, water, food, exercise, sleep, and such other physiological remedies as bathing, massage, electricity, and similar therapeutics.

Pain-Killers.

It has long been known that drugs do not cure disease. Powerful drugs often do bring relief and alleviate pain and suffering by numbing and paralyzing the nerves, but that is not cure. The use of anodynes for ameliorating pain, while giving temporarily a certain amount of comfort and relief, is by no means a natural process, or without harmful effects. In a comparatively short time, varying according to the constitution and temperament of the patient, both brain and nervous system become exhausted and enervated, and the outcome is neurasthenia or some form of chronic invalidism, or even insanity. Too often drugs not only fail to cure, but also aggravate the condition by their poisoning effects upon the body, and sometimes they bring on new disorders.

Shun Quackery.

Of all things beware of the medical quack, of advertised medicines and pills, and of the nostrum vender. The millions of pounds spent annually in this enlightened land on liver pills, big or little, blood tonics, stomach draughts, headache powders, pain-killers, and universal cures of all sorts is a sad commentary on the intelligence of the inhabitants. These cure-

alls and tonics are really a most prolific source of disease.

Whenever it is necessary to resort to medical measures, the family physician should be consulted, and no drugs of any kind should be taken until specifically prescribed.

Natural Cure.

It is, however, nature alone that truly invigorates and strengthens. The results of the natural cure are both beneficent and permanent. The outdoor life, where one comes in contact with the wondrous works of the Creator, has a truly quieting and soothing effect upon the weary, throbbing nerves. The influence of the majestic trees, of the beautiful flowers, and the green grass, is restful. The merry music of the birds has hope and good cheer for every one.

A life out-of-doors, combined with baths of various descriptions skilfully given by trained nurses, together with massage, manual Swedish movements, medical gymnastics, and the application of various forms of electricity, all these are rational methods of relieving pain and suffering; moreover, they are the surest means available for assisting the weakened body in throwing off the disease which burdens it, and once more building up health and strength.

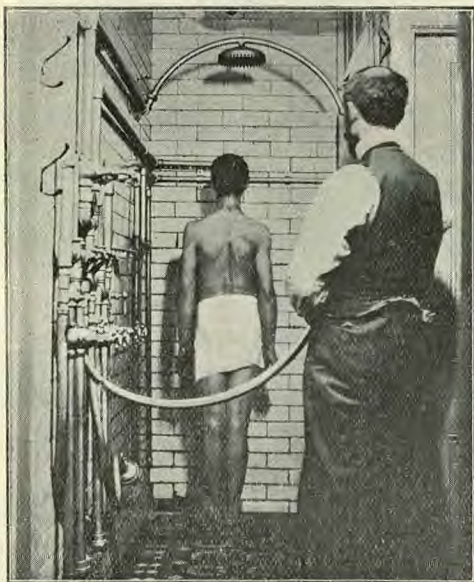
Training for Health.

Good health is largely the result of patient physical culture and persistent body training. Many people, from one cause or another, have fallen into various pernicious habits, all of which are, perhaps slowly, but none the less surely, undermining health and weakening the fighting forces of the body. It behoves such to examine their personal habits and daily routine rigorously, in the light of physiological laws, and then to lay aside those that do not promote sound health.

Hurtful Habits.

In the category of unwholesome habits

we might mention the use of alcohol as a beverage, already referred to, cigarette-smoking and the use of all forms of tobacco, the free use of tea (also a nerve poison), a sedentary life, neglect of sleep, irregular habits, eating between meals, excessive flesh-eating, over-eating, and the use of rich and indigestible foods, neglect of bathing, exercise, ventilation, unhealthful dress, and, last, but perhaps most important of all, waste of vitality by secret indulgence and the abuse of the marital state.



A NATURAL TONIC.

There is scarcely any one thing that is more likely to sap the vital centres of the body and break down both physical and mental health than habits of impurity. Many a promising young man or woman has become a fretful, irritable, life-long invalid by such indulgence, and many others have finally landed in the asylum.

To Overcome Evil Habits.

To all who have indulged in health-destroying habits of one kind or another, and want to be free from the bondage, we would say, take your courage in both hands, brace up your moral character, and

determine to master your habits and not let them master you. Strengthen your will power by using it and exerting it day by day. If you are really in earnest and fully determined, you will gain a glorious victory and reap an abundant reward.

Keep on trying more energetically and with greater determination, and with the help of the Almighty you will win the battle, and gain for yourself a worthy heritage.

Remove Causes.

All these harmful habits, with many more not mentioned, must be regarded as the real *predisposing* and often the *exciting causes* of disease. They are the causal factors; disease in some form or other is the natural and inevitable result. Unwholesome habits of any kind enervate the system, lower vitality, sap the life springs of the body, and directly increase susceptibility to germs and various parasites as well as other agents of disease, opening, as it were, the door to the invasion.

Now the first step in the cure is to search out the underlying causes, and, having discovered them, to see that they are promptly removed as far as possible, even though at some personal sacrifice of taste and inclination. Give up the wrong habits, and discipline both mind and body by adopting a simple, natural mode of life that will conduce to sound health and a long, useful, happy life.

Conclusion.

From this brief and rambling presentation of the subject, we think it will be clear to every reader that disease and premature death are the result, mainly, of careless habits of life and lustful indulgence, while good health and long life are the legitimate fruit of careful personal hygiene, wise sanitary precautions, simple and wholesome living, and a brave, virtuous life.



WHAT THE WHITE RACE MAY LEARN FROM THE RED MAN.*

BY GEORGE WHARTON JAMES.

THERE is no question but that our civilization is in many respects superior to that of the American Indian, and yet it is doubtful whether we are aware of the many good things that he might teach us. It is as dangerous for a nation to become conceited as it is for an individual. The larger one's head grows, as a rule, the lesser become his powers of perception as to the merits of other people. Unfortunately, in our dealing with the aborigines of any country we are likely to look too little upon their virtues and too much upon their vices. It is my purpose in this article to set forth a few of the things in which we might benefit by emulating the untutored savage.

The Indian is an absolute believer in the virtue of the outdoor life, not as an occasional thing, but as his regular, set, uniform habit. He *lives* out-of-doors; not only does his body remain in the open, but his mind, his soul, are also ever there. Except in the very cold weather his house

is free to every breeze that blows. He laughs at "draughts;" "catching cold" is something of which he knows absolutely nothing. When he learns of white people shutting themselves up in houses into which the fresh, pure, free air of the plains and deserts, often laden with the healthful odours of the pines, firs, balsams of the forest, cannot come, he shakes his head at the folly, and feels as one would if he saw a man slamming his door



*This is the first of a series of intensely interesting articles. Mr. James writes from first-hand knowledge of his subject, having spent a number of years living among various tribes of Indians in the Western part of the United States.—EDITOR.

in the face of his best friend. Virtually he sleeps out-of-doors, eats out-of-doors, works out-of-doors. When the women make their baskets and pottery, it is always out-of-doors, and their best bead-work is always done in the open. The men make their bows and arrows, dress their buckskin, make their moccasins and buckskin clothes, and perform nearly all their ceremonials out-of-doors.

Our greatest scientific fighters against tuberculosis are emulating the Indian in the fact that even in the winter of the East they advocate that their patients sleep out-of-doors. Pure air, and abundance of it, is their cry.

"Taking cold" comes not from breathing "night air," but generally from inflammation of the mucous membranes, caused by impure air—the air of a heated room from which all the pure air has been exhausted by being breathed again and again into the lungs of its de-luded occupants, each exhalation taking with it a fresh amount of poison to vitiate the little good that remains.

In their outdoor life the aborigines use as few clothes as possible. When I first

began to visit the Havasupais and the Hopis and Navahoes, it was a common thing to find all the children of both sexes,

almost up to the age of puberty, running around in a state of unashamed and unconscious nudity. And the men, too, save for the breech-clout, also enjoyed this freedom of the body from clothes. They know what our physicians are slowly learning, that the exposure of the body to air and sunlight affords new avenues of strength, health, power, and life into the body. Disease flees from pure air saturated with sunlight. So these men expose themselves habitually to the open. I myself have learned the habit, and whenever and wherever possible—when I am in the secret canyons and silent deserts—I throw off my clothes, and let sun and air penetrate to my "in-most parts" through every pore in the skin.

The effect upon the mind and soul of the Indian as the result of his outdoor life

is remarkable to those who have never given it a thought. One of our poets once said: "The undevout astronomer is mad." And every Indian will tell you that the undevout Indian is either mad or "getting



civilized." The Indian sees the divine power in everything. God speaks in the storm, the howling wind, the tornado, the



hurricane, the roaring rapids and dashing cataracts of the rivers, the never-ending rise and fall of the ocean, the towering mountains and the tiny hills; the trees, the bees, the buds and blossoms.

This belief compels the Indian to a close study of Nature. Hence the keenness of his powers of observation. He knows every plant, and when and where it best grows. He knows the track of every bird, insect, reptile, and animal. He knows all the signs of the weather. He is a past-master in woodcraft, and knows more of the habits of plants and animal life than all of our trained naturalists put together. He is a poet, too, withal, and an orator, using the knowledge he has of nature in his thought and speech. No writer that ever lived knew the real Indian so well as Fenimore Cooper, and we all know the dignified and poetical speech of his Indian characters. I know scores and hundreds of dusky-skinned Henry D. Thoreaus and John Burroughs, John Muirs, and Elizabeth Grinnells, and Olive

Thorne Millers. Indeed, to get an Indian once started upon his lore of plant, tree, bird, or animal, is to open up a flood gate which will deluge any but the one who knows what to expect.

The Indian believes absolutely in nasal breathing. Again and again I have seen the Indian mother, as soon as her child was born, watch it to see if it breathed properly. If not, she would at once pinch the child's lips together and keep them pinched until the breath was taken in and exhaled easily and naturally through the nostrils. If this did not answer, I have watched her as she took a strip of buckskin and tied it as a bandage below the chin and over the crown of the head, forcing the jaws together, and then with another bandage of buckskin she covered the lips of the little one. Thus the habit of nasal breathing was formed immediately the child saw the light, and it knew no other method.

As one walks through the streets of every large city, he sees the dull and vacant eye, the inert face, of the mouth-breather; for, as every physician well knows, the mouth-breather suffers from lack of memory and a general dullness of the intellect. Not only that, but he habitually submits himself to unnecessary risks of disease. In breathing through the nose, the disease germs which abound



in our city streets and are sent floating through the air by every passing wind, are caught by the gluey mucus on the capillaries of the mucous membranes. The wavy air passages of the nose lead one to assume that they are so constructed expressly for this purpose, as the germs, if they escape being caught at one angle, are pretty sure to be trapped in turning another. When this mucus is expelled in the act of "blowing the nose," the germs go with it, and disease is prevented.

But when these germs are taken in through the mouth, they go directly into the throat, the bronchial tubes, and the lungs, and if they are lively and strong, they lodge there and take root and propagate with such fearful rapidity that in a very short time a new patient with tuberculosis, diphtheria, ty-

phoid, or some other disease, is created. Hence, emulate the Indian. Breathe through your nose; do not use it as an organ of speech. At the same time that you care for yourself, watch your children, and even if you have to bandage them up while they are asleep, as the Indians do, compel them to form early this useful and healthful habit of nasal breathing.

But not only do the Indians breathe through the nose. They are also experts in the art of deep breathing. The exercises that are given in open-air deep breathing at the Sanitarium each morning show that we are learning this useful

and beneficial habit from them. When I first began to visit the Hopis, in North Arizona, I was awakened every morning in the wee sma' hours, as I slept in my blankets in the open at the foot of the mesa upon which the towns are located, by cow-bells, as if a number of cows were being driven out to pasture. But in the daytime I could see no cows or any evidence of their existence. When I asked where they were, my questions

brought forth nothing but a wondering stare. Cows? They had no cows. What did I mean? Then I explained about the bells, and as I explained, a merry laugh burst upon my ears. "Cows! Those are not cows. To-morrow morning when you hear them, you jump up and watch.

I did so, and to my amazement I saw



AN OPEN-AIR NURSERY.

fleeing through the early morning dusk a score (more or less) of naked youths, on each one of whom a cow-bell was dangling from a rope or strap around his waist. Later I learned this running was done as a matter of religion. Every young man was required to run ten, fifteen, twenty miles, and even double this distance, upon certain allotted mornings, as a matter of religion. This develops a lung capacity that is nothing short of marvellous. In my book, "The Indians of the Painted Desert Region," I have told of tremendous distances run by these men as a matter of course; of one old man of

seventy who often ran, over the hot desert, forty miles out, hoed his cornfield, and then ran back, within the space of twenty-four hours.

This great lung capacity is in itself a great source of health, vim, energy, and power. It means the power to take in a larger supply of oxygen to purify and vivify the blood. Half the people of our cities do not know what real, true life is, because their blood is not well enough oxygenated. The people who are full of life and exuberance and power—the men and women who accomplish things—generally have large lung capacity, or else have the faculty of using all they have to the best advantage.

To a public speaker, a singer, a lawyer,

a preacher, or a teacher, this large lung capacity is invaluable; for, all things else being equal, the voice itself will possess a clearer, more resonant quality if the lungs, the abdomen, and the diaphragm are full of, or stretched out by, plenty of air. These act as a resonant sounding-chamber, which increases the carrying quality of the voice to a wonderful extent.

It is needless to add that every Indian woman is intelligent enough to value health, lung capacity, and the power to speak with force, vigour, and energy, more than she values "fashionable appearance;" hence not one of them can be found in their native condition foolish enough to wear corsets.

SWIMMING FOR HEALTH AND PLEASURE.

BY ADELE LEONTINE SINGER.

WHEN the ancient Romans wished to express extreme contempt for a man's ignorance, they exclaimed: "He can neither swim nor write!" In Roman estimation, swimming came first, because, forsooth, of what avail is writing to a drowning man? They esteemed swimming as the best exercise to develop strength, courage, and beauty of body, and considered it indispensable to a good education. They believed in the symmetrical development of the body; and swimming is the very "cream" of exercises for bringing about this desired end. As a means to the prevention and cure of disease it has not received nearly its just share of attention. There is hardly a chronic ailment which it would not benefit. First and foremost among its inestimable advantages is that it is an absolutely symmetrical exercise; that is, the entire muscular system is employed in its use, in the same manner, with both sides of the body. The limbs, the chest, the abdomen, the back—in short, the whole body—is thoroughly exercised in correct swimming.

It is at the same time the safest of exercises, in that there is no danger of straining any one muscle from over-use, of developing one side or one limb more than another, or of injuring internal organs.

Let us examine the movements required in swimming. First, the position of the swimmer in the water: He should lie flat on his chest and stomach, the legs perfectly straightened, heels touching, the arms extended full length before him, palms touching, fingers and thumbs close, so that the hands will form good oars by which to push back the water and thus propel the swimmer. It requires very little motion of the right kind merely to keep on the surface of the water, and it ought to be the duty of every parent or guardian of a child to instruct the little one as soon as possible in the simple art of sustaining itself in the water. Untold accidents would thereby be prevented, and the now dreaded liquid would no longer be regarded so much in the light of an enemy to life.

God intended us to swim; in proof of

which assertion I would cite the numerous instances in which man in primitive con-



FIG. I. REST POSITION.

ditions sustains himself in the water without any difficulty the first time he is thrown into it by accident or by the design of an enterprising parent. The South Sea Islanders are all magnificent natural swimmers, and as much at their ease in water as on land. Thus we see that civilized man has to a great degree lost the inestimable benefits of the water so abundantly provided by the Creator. Swimming with us, instead of being the natural exercise for practical, every-day use, has degenerated, if I may so express it, into an art or a science which most of us acquire only after long practice. Let not this statement, however, discourage anyone from attempting to learn swimming, as one can enjoy its immense benefits long before he becomes an expert.

To revert to the movements necessary in swimming: After assuming the correct position, let the beginner practise first the arm movements. The chest should be well lifted, and should never be quite de-



FIG. III. Flex the knees by drawing them under the abdomen.

flated of air; I cannot too strongly emphasize the necessity of deep, full, regular breathing with every motion in swimming. If the chest is well lifted and the abdomen drawn in, the body forms a bow which is canoe-like in its buoyancy. Now separate the arms by turning the palms away from each other and spreading out the arms until they form a straight line with the shoulders. Keep the fingers firmly against each other all the time. A deep inspiration should accompany this movement. Now bend the elbows until the hands meet under the chin, the fingers pointing forward, having turned the palms until they meet again; then extend the arms forward, and the original position is reached.



FIG. II. Spreading out the arms until they form a straight line with the shoulders.

These movements are made in three counts. Rest position is the starting-point, and is always reached on count three. On count one, the arms are spread as first described; count two, hands under the chin, palms touching; on count three, the arms slant forward with energy. It is very important that at this last count there should be a pause for rest. If the swimmer breathes well, he can lie on the water absolutely motionless for a short time, and take a rest between strokes. This rest is the secret of the easy, graceful, enduring swimmer. It is a fact that when a thing is done easily and gracefully, it is done rightly. This is a natural law, and applies to any physical exercise. A good swimmer is always a graceful swimmer.

The leg motions are especially valuable

for those who have inactive digestive organs. They induce a thorough, yet not violent, exercising of the abdomen, and undoubtedly assist in the restoration of prolapsed viscera to a proper position.



FIG. IV. Kick the feet out toward each side with force.

Practise this motion, at first bracing the body on a board or against any firm place by leaning on it with the hands. Lie perfectly flat, chest well lifted, breathing deeply with the movements of the limbs. First movement, flex the knees by drawing them up under the abdomen, not simply bending the knees and throwing the feet up, a mistake made by all beginners and poor swimmers. Second movement, kick the feet out toward each side with force, straightening out the limbs and bringing the heels together. At this point the body is perfectly straight, hands touching, heels touching. Upon the force and decision of the shooting forward of the arms from under the chin, and the kicking back of the legs from under the abdomen, depends the length and effectiveness of the stroke. A good swimmer should make a stroke as long as his own body. The best way to teach a person to swim is to give him at first what may be called a "dry" lesson; that is, have the movements performed out of the water first, then suspend the subject by a rope fastened to a belt around the waist and let him practise the movements separately in the water, being very particular about the breathing and the rest at count three. In combining the leg and arm movements, the arms start at one, the

leg motions coming in with counts two and three.

When well done, swimming is an art. It is not to be learned in a week, but anyone may have all the physical benefit of the exercise by practising in shallow water with a life-preserver at first, and gradually weaning himself from this, learn to support the body in the dreaded water, which is really the greatest means we have to health and life.

Many make the great mistake of remaining in the water too long. A weak person should stay in not more than five minutes the first time, gradually increasing the time to fifteen minutes, which might be the limit for anyone below normal vitality. The writer never occupies more than twenty minutes in fresh water or half an hour in salt water, and the entire time is spent in vigorous swimming, accompanied by breathing that fills every cubic inch of lung capacity. Years of this exercise have developed a chest far above the average in breathing power, and assisted greatly in the development of the entire muscular system.



FIRST ARM POSITION.



SECOND ARM POSITION.

The mental effect of swimming on invalids able to practise it cannot be surpassed. The exercise is so absorbing and interesting that "peristaltic woes" are forgotten for the time, and those who have slack appetites and slow digestion will receive marked benefit.

Swimmers have a poise and carriage of body, a self-control, and a courage gained so largely by no other exercise. It is, of course, best to learn in childhood or early youth, but I counsel every one, no matter what his or her age may be, if able to do so, to pursue the art of swimming even "if it takes all summer." Never hold the breath when learning to swim, or raise the arms out of the water, or struggle. Try to believe that you are lighter than water, and that unless unnatural actions prevent, it is bound to hold you up, just as it would a small vessel built on right principles.

In closing, I would lay special stress on the importance of swimming for women. Take off your corsets and heavy skirts, never to put them on again; beautify your figure and put life into your flabby muscles by a daily practice of swimming.

Stay in the water until the exercise has put you into a glow; then dry rapidly, finishing the good work by a short walk in the sunshine, after which lie down for a short time. Do this steadily for a few months, and you will indeed be a "new woman" in the right sense of the word.

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THIRD ARM POSITION.



Pleasant Summer Holidays.

By M. Ellsworth Olsen.

A WISELY-SPENT summer holiday gives its cue to the whole working year. It is conceivable that a man does better work in winter because his summer vacation took him out under the open sky, and gave him time for quiet thought and restful communion with nature. Vacations, moreover, are a great asset healthwise. The man who lives long and well is usually the one who knows how to use them aright.

As a general rule, when there is a talk of holidays, the question immediately presents itself, Where shall we go? But this is by no means the most important question. Let us rather ask, What shall we do? What spirit shall we take with us? What mental atmosphere shall we breathe during these precious days which are to give us renewed strength for the arduous and sometimes grimly monotonous toil of the year to come?

Shall we leave crowded London, or Manchester, or Glasgow, only in order to elbow our way amongst the noisy crowds at some popular seaside resort? Shall we rest from our useful labours only that we may waste our energies on dissipation? Shall we pursue so eagerly after pleasure as to lose happiness by the way?

The writer is old-fashioned enough

to think that the modern craze for amusement is not wholesome. Recreation is a necessary element in every well-rounded life, and young people of all classes should have opportunities to gratify this perfectly natural desire; but they should not require exciting amusements in order to be happy. A healthy, well-poised life will find happiness in common ways. A walk along a country lane in summer amidst birds and trees and flowers will send a thrill of delight through every nerve if one is at all responsive to natural beauty. That man must be of a very sluggish and obtuse nature who requires the garish sights of music-hall and variety entertainments in order to be happy.

Happiness for the healthy-minded



person, man or woman, spells out-of-doors. Count that vacation a failure which has not brought you closely in touch with nature in all her moods, taught you to love and reverence her laws, which are God's laws, and given you some quiet hours in which to retire, as it were, within yourself,

"He who works not cannot play,
Cannot feel the sun."

Asked for a good motto for the Outdoor Club, some one suggested: "See your own country first." The sentiment is a praiseworthy one. Many a much-travelled Englishman knows little of the charms of



THE CHILDREN'S HOUR (WEYMOUTH).

and think some wise, brave thoughts in reference to the future.

It doesn't matter very much where you go, so long as you have something of a change. The essence of a vacation is change. It is because the average man has to work pretty hard during the remainder of the year that his summer vacation should bring him rest. If he had idled away the working part of the year, then the best vacation for him would be strenuous work for nine or ten hours a day.

his own fatherland. For quiet, homelike beauty and ordered loveliness, there is nothing in the wide world quite equal to an English landscape. Nowhere else have man and nature worked together so harmoniously, or with such satisfying results. And the English weather, with all its vagaries, probably invites us abroad more days in the year than that of most other countries.

English seaside towns compare favourably with anything that one can find on the Continent. Each has its own peculiar

beauties. The Dorset coast presents many attractions, and it would be hard to find a more favourable spot than Weymouth* for swimming, boating, and country-side rambles amongst scenes of deep historic interest. Delightful excursions to near-lying points may be made almost without number, and cycling and walking

interest them, likewise lovers of ancient architecture.

Of counties nearer London, Surrey is perhaps the most popular, its beautifully diversified scenery and numerous foot-paths making it peculiarly adapted to walking and driving. Caterham Valley is a delightful part, presenting a picturesque



THE HOLY WELL (MALVERN).

tours may alternate pleasantly with runs on the steamers.

Of inland health resorts, Malvern* claims the lowest death-rate, and certainly its famous hills command magnificent views. Some sixteen counties of England and Wales may be seen from these hills on a clear day, and students of geology as well as of plant and bird life will find much to

array of partially wooded hills and rich green meadows. The air is most salubrious, and the village, being off the main road to the seacoast, retains a good deal of that quiet, peaceful character which forms the chief charm of English country life.

These places are simply given as typical of the best that England can afford, but others equally good might be mentioned. Even the large and most crowded places, like Brighton, offer opportunities for

*A postcard sent to the town clerk will bring to any reader of GOOD HEALTH a beautiful booklet giving the accompanying views and many other illustrations.

quiet. One need not always be in the presence of crowds unless one wishes.

Very likely some of our readers may not wish to spend money on a journey by rail or steamer. Let such try something near at hand. For an active, healthy young man, there is no better way of

spending the holiday than in a walking tour. Let him don a comfortable, well-worn suit, provide himself with a knapsack containing a few necessities, and then "take to the open road." Four or five hours' brisk walking will bring him into regions quite new to him, and from that time till he returns he will be making discoveries daily, yes, hourly.

It is surprising how many things a walker sees which are overlooked by the man who rides. Who catches the picturesque beauty and warm, rich colouring of



[By John Linnell.]

THE NOONDAY REST.

the harvest field, with sturdy reapers resting in the noonday sun? Who sees it to such advantage as the cheerful wayfarer, trudging along the footpath, with all his senses attuned to nature? Who so well as he, the day's journey accomplished, can enter into the serene beauty of a summer's eve, when the cows come home to be milked, and the thrush sings his vesper song from the tree top?

Walking seems to put one in touch with things. The free oxygenation of the tissues removes the veil, clears away the

film from the eyes, and lets one see and feel real things. As Burroughs says, the walker "is not isolated, but one with things, with the farms and industries on either hand. The vital universal currents play through him. He knows the ground is alive: he feels the pulses of the wind, and reads the mute language of things. His sympathies are all aroused; his senses are continually reporting messages to his mind. Wind, frost, rain, heat, cold, are something to him. He is not



THE HOUSE OF JENNIE LIND (MALVERN).

merely a spectator of the panorama of nature, but a participator in it. He experiences the country he passes through—tastes it, feels it, absorbs it; the traveler in his fine carriage sees it merely."

The walker should be a privileged character. He carries neither gun nor rod, but only his trusty walking-stick. Signs

accepted, and legal proceedings are instituted, the plaintiff will be obliged to prove that the damages you have inflicted exceed the shilling, which will be impossible if you have conducted yourself with the good sense and inoffensiveness that should always characterize the brotherhood of walkers. Keeping in mind this bit of advice



HAPPINESS.

warning off trespassers are not for him. Sensible landowners and farmers do not blame him for preferring footpaths and meadows and even turnip-fields to the dusty, motor-infested highways; but should any less considerate people think otherwise, a word of counsel may be dropped. If an owner threatens proceedings for trespassing, just take out a shilling, and offer it to him, saying: "I offer you this shilling to pay for any damages your property may have sustained by my crossing it." If the shilling is accepted, you have paid your damages. If it is not

(which was given by a barrister), and with your shilling in your pocket, you may safely ignore the unbecomingly-worded signs, which are intended for the uninitiated, and pursue the even tenor of your way over mountain, hill, and dale.

Walking tours, of course, may not suit the needs of all holiday-makers, but walking should be a part of the daily programme, whether the vacation is spent at the seaside or in the country. It is the best all-round exercise, and is suited to the needs of women as well as men. It is a perfectly safe form of sport, is not likely

to be carried to excess, and has a wholesome influence upon the activity of all the organs of the body.

To mention some other essentials of a profitable holiday, it is very important to get plenty of sleep; and to make sure of this, it is well to retire early.

Active outdoor pursuits during the day, and refreshing rest by night in a well-ventilated bedroom, or better still in a tent or out in the open—these are the elements of wise holiday-making.

It may be well to add a word as to the best food. Here, again, the principle should be to get back to nature. Simple and wholesome fare, with hunger as a sauce, and good cheer as an appetizer—what more does one need? It is well to eat out-of-doors as often as possible. Good food takes on added flavours from



MILKING TIME.

[By Yeend King.]

the fresh air. Blessings on the man or woman who invented picnics! Let us have more of them! But let the picnic basket not be desecrated with the rich, indigestible foods and highly-seasoned viands that so often appear on the table. Not the most delightful landscape, or the most perfect day, can off-set the unpleasant after-results of unwise eating.

A touch of altruism will not spoil a vacation. Business men thoughtful of holidays for their employees will derive added enjoyment from their own. Let us try to make the summer holidays pleasant for the children. For the delicate child there is nothing better than a few weeks at the seaside.

Whether, then, you spend your vacation at home or abroad, by the seaside, in town, or in the country, resolve to have a rest and a change; but let it be in the direction of a simpler and more natural life; go in for less amusement, more recreation and rest; less artificiality, more simplicity; less of the accessories, more of the real things that life offers.



BELLE VUE TERRACE (MALVERN).

THE HYGIENE OF MOTHERHOOD.

BY ELLEN G. WHITE.

WHAT the parents are, that, to a great extent, the children will be. Especially does responsibility rest upon the mother. She, by whose life-blood the child is nourished and its physical frame built up, imparts to it also mental and spiritual influences that tend to the shaping of mind and character.

The carefulness with which the mother should guard her habits of life is taught in the Scriptures. When the Lord would raise up Samson as a deliverer for Israel, "The angel of Jehovah" appeared to the mother, with special instructions concerning her habits and also for the treatment of her child. "Beware," he said, "and now drink no wine nor strong drink, neither eat any unclean thing."

In the words spoken to the Hebrew mother, God speaks to all mothers in every age. "Let her beware," the angel said; "all that I commanded her let her observe." The well-being of the child will be affected by the habits of the mother. Her appetites and passions are to be controlled by principle. There is something for her to shun, something for her to work against, if she fulfils God's purpose for her in giving her a child. If before the birth of her child she is self-indulgent, if she is selfish, impatient, and exacting, these traits will be reflected in the disposition of the child. Thus many children have received as a birthright almost unconquerable tendencies to evil. But if the mother unswervingly adheres to right principles, if she is temperate and self-denying, if she is kind, gentle, and unsel-

fish, she may give her child these same precious traits of character.

Very explicit was the command prohibiting the use of wine by the mother. Every drop of strong drink taken by her to gratify appetite endangers the physical, mental, and moral health of her child, and is a direct sin against her Creator.

Many advisers urge that every wish of the mother should be gratified; that if she desires any article of food, however harmful, she should freely indulge her appetite. Such advice is false and mischievous. The mother's physical needs should in no case be neglected. Two lives are depending upon her, and her wishes should be tenderly regarded, her needs generously supplied. But at this time above all others she should avoid, in diet and in every other line, whatever would lessen physical or mental strength. By the command of God Himself



she is placed under the most solemn obligation to exercise self-control.

The strength of the mother should be tenderly cherished. Instead of spending her precious strength in exhausting labour, her care and burdens should be lessened. Often the husband and father is unacquainted with the physical laws which the well-being of his family requires him to understand. Absorbed in the struggle for a livelihood, or bent on acquiring wealth, and pressed with cares and perplexities, he allows to rest upon the wife and mother burdens that overtax her strength at the most critical period.

Many a husband and father might learn a helpful lesson from the carefulness of the faithful shepherd. Jacob, when urged to undertake a rapid and difficult journey, made answer: "The children are tender, and the flocks and herds with young are with me; and if men should overdrive them one day, all the flock would die. I will lead on softly, according as the cattle that goeth before me, and the children, be able to endure." In life's toilsome way let the husband and father "lead on softly," as the companion of his journey is able to endure. Amidst the world's eager rush for wealth and power, let him learn to stay his steps, to comfort and support the one who is called to walk by his side.

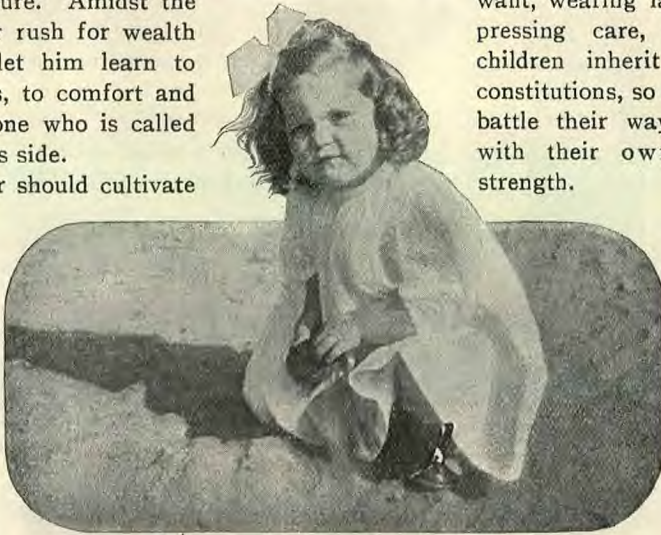
The mother should cultivate a cheerful, contented, happy disposition. Every effort in this direction will be abundantly repaid in both the physical

well-being and the moral character of her children. A cheerful spirit will promote the happiness of her family, and in a very great degree improve her own health.

Let the husband aid his wife by his sympathy and unflinching affection. If he wishes to keep her fresh and glad, so that she will be as sunshine in the home, let him help her bear her burdens. His kindness and loving courtesy will be to her a precious encouragement, and the happiness he imparts will bring joy and peace to his own heart. The husband and father who is morose, selfish, and overbearing, is not only unhappy himself, but he casts gloom upon all the inmates

of his home. He will reap the result in seeing his wife dispirited and sickly, and his children marred with his own unlovely temper.

If the mother is deprived of the care and comforts she should have, if she is allowed to exhaust her strength through overwork or through anxiety and gloom, her children will be robbed of the vital force and of the mental elasticity and cheerful buoyancy they should inherit. Far better will it be to make the mother's life bright and cheerful, to shield her from want, wearing labour, and depressing care, and let the children inherit good sound constitutions, so that they may battle their way through life with their own energetic strength.



PAIN is a signal of danger, a very necessity of existence. But for it, but for the warnings which our feelings

give us, the very blessings by which we are surrounded would soon and inevitably prove fatal. Many of those who have not studied the question are under the impression that the more deeply-seated portions of the body must be most sensitive. The very reverse is the case. The skin is a continuous and ever-watchful sentinel, always on guard to give us notice of any approaching danger; while the inner organs, where pain would be without purpose, are, so long as they are in health, comparatively (and the brain itself, the temple of thought, the seat of all suffering and enjoyment, entirely) devoid of sensation.—*Lord Avebury.*

CORRECT BREATHING AND CHEST DEVELOPMENT.

**Flat, Cramped Chest—Weakness and Disease.
Full, Rounded Chest—Power, Life, and Health.**

BY WILLIAM M. SCOTT.

THE flat chest, round or drooping shoulders, and hollow cheeks, are the outward symptoms of weakness and low vitality and the precursors of consumption. And there are hundreds of persons in this condition who are only "half alive," their flat, cramped chests only admitting the minimum amount of oxygen into their lungs.

Consequently they lack vitality, have no "go," and are not sufficiently self-assertive to hold their own in the world. Very soon consumption or some other dread disease will settle upon them and carry them to the grave, whither they are already tending.

But we have another picture. Here is the man with upright carriage, full, deep, rounded chest, head erect, and eyes looking the world straight in the face—a leader and organizer of men, the world's hero. If a woman is so endowed, we say "she walks a queen." Such enjoy good health and, barring accidents, will be long-lived, because they have "vital capacity."

An abundance of pure air is the most constant and urgent necessity of animal

existence. Without it the body can neither begin nor continue its wonderful career—"God sendeth His spirit [breath] and we are created; He taketh away our breath and we die." The Biblical expression "breath of life" indicates the vital importance of this animating agent to man. From the same source of wisdom, we likewise learn that "the blood is the life." There must, therefore, be some intimate connexion between the two, and physiology indicates that such is the case. By that most wonderful of all processes, the oxygenation of the blood, which takes

place in the lungs, the oxygen or life principle in the "breath" gets into the blood, and is carried by the red blood cells to all parts of the body, to vitalize or give "life" thereto. Health is most vigorous and

life longest when the supply is abundant and pure. What we want to do, is to increase our lung capacity, and this can best be accomplished by strengthening the muscles which hold the shoulders up and backwards, and also by bringing that muscle which has such direct connexion with respiration, the diaphragm, into more vigorous action. Lung capacity is further improved by an upright carriage.



FIGS. 1 and 2.

"Hold Up Your Chest! Throw Your Shoulders Back!"

To the one with shoulder and back muscles weakened by disuse, it is difficult to obey this order, as also it is to sustain the posture if it has been assumed on the spur of the moment. The muscles involved have to be strong, and there must be a certain amount of vitality behind them to enable one to hold the chest up and shoulders back. But the exercises we are illustrating herewith, and several of those we have already given in previous articles during the past six months, will both give muscular strength and increase the vitality to such a degree as will make an upright carriage of the body easy, and ultimately it will be sustained with little effort.

Exercise I.—Wing-Knee-Standing; Backward-Arching of Spine.

Kneel on floor, hands on hips, knees nine inches apart, toes turned under. Slowly arch the spine backwards, making the arch greatest between the nape of the neck and the waist, instead of simply bending at the waist, which one is very apt to do. Here, again, a strong effort should be made to bring the shoulders backward and elbows together. Rise to first position, rest, and repeat three to six times. Figs. 1 and 2.

Exercise II.—Wing-Standing; Deep-Knee-Bending with Deep Breathing.

Again assume the erect standing posi-



FIG. 4.

tion. Place hands lightly on hips, drawing the shoulders well back and elbows toward each other. Rise high on the toes, inhaling a deep breath, then bend the knees and sink as low as you can without sitting on the heels, holding the trunk erect. Fig. 3. Rise to full height again, sink heels, and exhale fully. Repeat half a dozen times. If unable to hold the breath throughout the whole of the movement, inhale while bending and exhale while extending.

Exercise III.—Bend-Standing; Arm-Stretching.



FIG. 4.

Stand erect, heels together, toes out. Fig. 4. Bend the arms at the elbows until the fingertips touch the head of the humerus, drawing the shoulders forcibly backwards as if you were trying to make the elbows meet together behind. From this position, thrust the arms forward,

upward, outward-backward, and downward-backward. After each stretching of the arms be very particular to bring the arms smartly and strongly back to the initial position, but be careful not to shrug the shoulders—keep them down and backwards. Repeat a few times, rest and deep-breathe.

NOTE.—Before commencing to exercise, have the windows wide open; or, better still, be out in the open air. Have the clothing loose, and as little on as possible for protection. Put the mind into the thing, and feel that you are really exercising for life and health. In the deep-breathing, be particular to inhale fully, seeing that the region of the abdomen expands; and also be particular to exhale fully, seeing that the abdomen recedes.

HARD WORK AND PLENTY OF IT.

Agnes Weston's Recipe for a Long Life.

WHEN I promised GOOD HEALTH readers to give them some idea of what leading women thought on health matters, the name of the "sailors' friend" occurred to me among the first as that of a woman who was accomplishing a great life work.

Opportunely enough, I happened to be in Portsmouth a few days later, and after attending to other matters found my way late on Saturday night to the Royal Sailors' Rest, a well-lighted, cheery place, where a good many Jack Tars and their friends were making themselves very much at home. It could hardly be expected that Miss Weston herself would be there at such a late hour, but inquiry elicited the information that she was

just finishing up her day's work. A moment later I was ushered into the presence of a queenly woman, with clear, bright eyes, a rosy complexion, and an erect, vigorous carriage, the very embodiment of health and energy. It was hard to believe that this was the Agnes Weston, whose name and work had been familiar to me since boyhood. She seemed so young and fresh.

It was after ten o'clock, and a woman

sixty-eight years old might very properly have refused at that rather unseasonable hour to be catechized as to her attitude on health questions; but Miss Weston's good nature is proverbial. "You want my recipe for long life? It is simply this:

Hard work and plenty of it. Yes, and a sufficient amount of sleep. With an open bedroom window? Of course. Nowadays I require quite eight hours, and sometimes I take a little more. By using reasonable care and avoiding undue strain it is wonderful how much work you can get out of yourself. Keep on with what you have begun in life, and never retire."

"You evidently believe in the strenuous

life. Have you any further suggestions for keeping in the best working condition?"

"I think it is good, when you can, to live and work amongst young people. I am fortunate there. Our navy is a young navy. The boys in blue keep me young."

Asked her opinion of tight-lacing, Miss Weston replied: "A shocking habit, and bound to do a lot of harm. Tight boots



with high heels are nearly as bad. I believe they are injurious to the spine."

Did she think smoking, said to be increasing amongst club women, a good thing for the sex?

"I don't like it at all. Tobacco is a drug and a narcotic. Smoking is an artificially acquired habit, and especially unseemly in women. In fact," with a roguish twinkle, "I don't think it is a good thing for the men either; they would be far better without it."

"What do I eat?—My food is very plain and simple. I take little butchers' meat, never for breakfast, and use fruit and vegetables freely. As I get older, I

incline more and more towards vegetarianism. By the time I become as old as General Booth, I shall probably be a strict vegetarian.

"No, I have never depended upon stimulants of any kind. I have been a total abstainer for forty years, and even such a common beverage as tea I take very weak. I depend upon food for my strength."

Good, common-sense principles these, the reader will admit, and perfectly safe to follow. No wonder Miss Weston is the picture of good health and all-round physical efficiency. May she long be spared to carry on the unique work to which she has dedicated her splendid abilities!

TUBERCULOSIS IN PARIS.

BY H. N. GREAVES, M.D.

IN an interesting article in "Le Monde Moderne," Dr. Samuel Bernheim, of Paris, brings forward facts concerning human tuberculosis which confirm the opinions of other physicians as to the conditions which have brought about in certain quarters so heavy a mortality from the "great white plague."

The population of Paris has almost doubled itself in the last twenty-five years; but the city's limits have not been extended by a foot. The increase in the number of houses has not begun to keep pace with the increase in population. How, then, are the additional inhabitants housed? Let the authorities answer: Rooms have been divided, and in some cases extra floors have been placed between others to increase the habitable space; every available yard of garden has been utilized to erect buildings, without regard to health or hygiene. Many rooms must be lighted day and night by gas, and some are without a single window.

Dr. Bernheim classifies the hotbeds of tuberculosis into three groups: (1) Those where four to nine persons occupy a

single room: (2) quarters in which tuberculous patients have died without disinfection; and (3) lodgings deprived of air and sunshine.

There is shown to be a close relationship of air and sunshine to the deaths from tuberculosis. *The death-rate from consumption is inversely proportional to the number of windows per capita.* To give a concrete example: In one ward of the city of Paris, where the number of windows *per capita* is 4.2, the death-rate from tuberculosis is 1.3 per 1,000 of inhabitants; whereas in another ward, in which the proportion of windows *per capita* is 1.8, the mortality from this disease is 8.2 per 1,000.

Persons living on the lower floors of apartment buildings, moreover, are more liable to tuberculosis than those living in upper stories, for the simple reason that the former are less exposed to the sun's rays. Tuberculosis is a disease that loves obscurity. Indeed, the germ cannot live in the sunlight for more than a few minutes, as has been shown by Koch and others. Paris alone loses 12,000 persons

per annum from tuberculosis, and if we remember that it is the flower of the flock that this disease selects, the fact becomes the more sad.

From every quarter evidence is coming in to show that air and sunshine are to be our saviours from tuberculosis. In quar-

ters where steps have been taken to bring back these beneficent gifts of nature, of which modern overcrowding has robbed us, the mortality has never failed to show a decrease. Concluding in the words of Bernheim, let us have "sunshine, always sunshine."

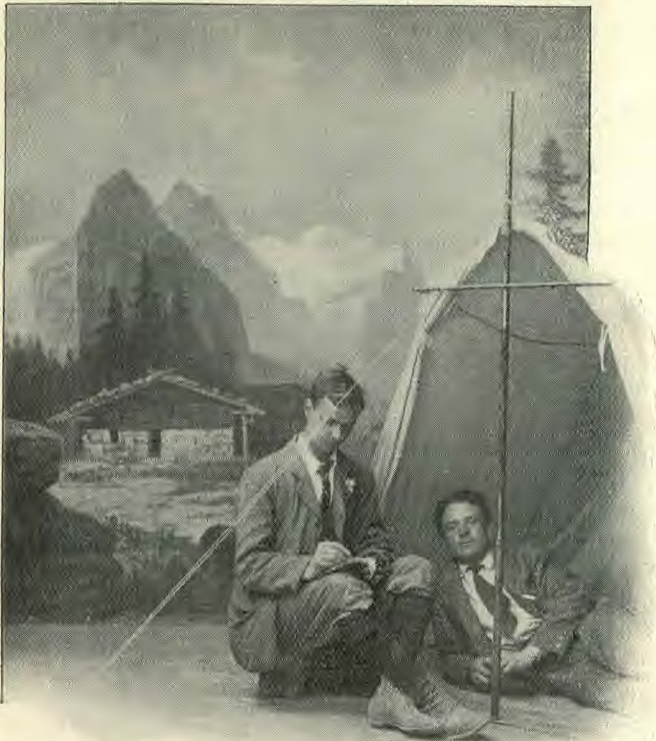
CAMPING AMIDST THE ETERNAL SNOWS.

BY T. F. WILLMORE.

MANY of us now-a-days are in sympathy with the simple life without recog-

A companion and myself, both members of the Outdoor Club, decided to break away from the Londoner's traditional holiday at Brighton, and have a real open-air holiday on the Continent, taking with us a "pocket edition" tent.

A few throbs of the engine, a short passage on a panting steamer, and then a land of sunshine, blue sky, and colour. Past a thousand decaying cottages built with wooden frames and harled brickwork, past a thousand fields white with marguerites, and a thousand more furnished with the golden colza; and at last, Paris. A busy day seeing the sights. The second day we turned our faces towards the grapevines and the mountains. The close of this day saw us safe in Geneva. We commenced an easy walk round the northern shores



nizing its possibilities. We regard it as we do all our ideals—as unattainable.

Holidays in particular are looked upon as periods accompanied by special licence to disregard physical laws, instead of splendid opportunities to put them into practice.

of the lake. Many have tried, and none have succeeded, to describe the peculiar charm of the open road. To enjoy a walk one must go forth expectant, "in the spirit of undying adventure." The open road in Switzerland is without hedges, and is the great point of vantage from

which to observe the country's manifold life.

We eventually pitched our tent on the shore of the lake near Gland, in full view of Mont Blanc. The few days we spent here will always remain in our minds as red-letter days, days of unalloyed pleasure in "God's great out-of-doors."

It was a great pleasure to spend some time at the Sanatorium du Lemman, where every rational convenience is provided for those in pursuit of health. Dr. de Forest, by means of the Sanatorium and his health magazine, "Le Vulgarisateur," is doing much to influence Swiss public opinion in favour of healthful living.

From here we made several mountain and lake trips. We climbed to the top of the Dole, a mountain in the Juras. This trip meant a walk of about thirty-five miles. After climbing all night, we reached the top in time to see the sun rise. The sight of our party ascending in single file the rocky bed of a dried-up mountain torrent, with our guide in front carrying the lantern, was one long to be remembered.

Then a day was spent in letting the blisters heal, and in washing and darning socks.

Following this we spent another day in making friends at Morges.

After visiting the castle of Chillon we started to climb the Rochers de Naye, one of the Swiss Alps at the eastern extremity of Lake Geneva. In spite of the guide-book, which advised that the ascent be made by an easy path through Glion, we endeavoured to climb right up the face of the mountain. We soon lost our way, and the climb became one we shall not soon forget. Hour after hour we clung to the mountain-side on hands and knees in the afternoon sun. We carried with us the tent and other necessaries, as we intended to spend the night on the top of the mountain. These burdens made the ascent still more arduous. We were soon the worse for the want of water. Our lips became

painful and cracked. Our tongues were swollen and clinging to the roofs of our mouths. And still hour after hour we climbed, clinging to roots and shrubs which sometimes gave way, punctuating our ascent with a number of narrow escapes.

At one time when I was climbing several hundred feet in advance, my foot dislodged a huge boulder that narrowly missed my companion. We were both somewhat frightened by this adventure, and determined to climb together during the remainder of the journey.

Snow Banks.

Our thirst was almost past endurance, when we simultaneously caught sight of a huge snow-bank. Never was ice-cream more delicious.

After another half-hour or so we found a path leading to the summit, where we arrived about dark. The wind caused us a great deal of trouble while pitching the tent, but at last it was standing, looking very comfortable and inviting on a gentle slope a few feet from the top of the Rochers de Naye. We were surrounded by great banks of snow, some of them eight or ten feet deep.

How enviable is the simple life under such circumstances. Nature is prodigal with her gifts to those who visit her in unfrequented haunts, and she is never more gracious than to those who seek her in unaffected simplicity, eating her own gifts of breads and nuts and fruits, camped amidst solitudes and the eternal snows.

Campers who are not able to take a trip to Switzerland can make an almost equally interesting tour in Scotland or North Wales. In either place we have Switzerland in miniature, and the amateur will not have to meet the difficulties that he would farther away from home. I should be glad to furnish anyone who desired it a suggestive route for a short trip in either country.



THE WORKINGMAN'S WEEKLY BILL OF FARE.

BY W. H. WAKEHAM.

AN article entitled "Scientific Cheapness," dealing with the question of "How to feed a family of five on 12/9 a week," appeared in the London "Daily News" recently. Attention is called to a food chart, published by the York Health and Housing Association, which gave sample supplies for a week, by way of illustrating this sort of economy. It is stated that Professor Atwater "demands for a man of average weight, doing moderately hard work, sufficient food [daily] to supply 4½ ozs. of protein, the same quantity of fat, and 16 ozs. of sugar [starch];" or for the five persons for seven days, 157½ ozs. of protein, 157½ ozs. of fat, and 560 ozs. of sugar, aggregating 875 ozs. of water-free food. "The dietary set out supplies," it is claimed, "almost exactly these amounts." It reads as follows:—

Food for a Week.

	s.	d.
2½ lb. Oatmeal at 2d.....	0	4½
16 lb. Flour at 1/4 stone.....	1	6½
5 lb. Wheaten Flour at 1/6 stone.....	0	6½
1½ lb. Treacle at 2d.....	0	3
6 ozs. Jam at 4½d. lb.....	0	1½
3 lb. Sugar at 2d.....	0	6
14 lb. Potatoes at ½d.....	0	7
2 Turnips and 4 Carrots.....	0	2
¾ lb. Barley, 1½d.; ¼ lb. Rice, ½d; 12 ozs. Lentils, 2d.;		
1 lb. Green Peas, 2½d.....	0	6½

3¼ lb. Onions at 1d.....	0	8½
¼ lb. Figs at 3d.....	0	0¾
½ lb. Currants at 4d.....	0	2
8 ozs. Tea at 1/8.....	0	7½
6 ozs. Cocoa Essence at 10d. per lb.....	0	3¾
5 lb. Meat—Liver, 5d.; Shin of Beef, 6d.; Breast of Mutton, 4½d.; Scrap End of Mutton, 6d.; Scrap Beef, 4½d.....	2	2
1 lb. Tripe at 6d. lb.....	0	6
½ lb. Bacon at 7d.....	0	3½
½ lb. Cheese at 6d.....	0	3
8 quarts Skim Milk at 1½d.....	1	0
11 Herrings at 9d. per doz.....	0	8½
2 lb. 15 ozs. Dripping at 5d.....	1	2¾
Sundries—Baking Powder, Ginger, Herbs, Yeast, Salt, Pepper, etc.....	0	4½
Bones.....	0	2
Total.....	12	9

This is a serious piece of work. Judged by generally accepted standards, and assuming that it is an effort to tabulate the amount of foods of the type generally taken by the working classes, without reference to wholesomeness, it may pass muster. But who can help noticing the inferior character of much that is offered. "Dripping," "scrap beef," "scrag end of mutton," and other scraggly things! And then there is "tripe"!

"Where bowels are in other bowels closed."

And "liver," the strainer rag of the body, the absorber of ptomaines and various metallic poisons, whose cells are reeking with partially formed excretory

matter! Surely these are not ideal materials for building strong, healthy bodies.

Then, one who wishes to live healthfully can dispense with such questionable luxuries as baking-powder, ginger, pepper, etc. The eight ounces of tea can also be omitted by the economically inclined. Tea has practically no food value; and is simply a nerve stimulant. The seven-pence half-penny would better be expended for milk, which is both food and drink.

On closer examination, we find this dietary seriously defective. By no method of analysis known to us can it be made to yield the amount of food elements stated above. A liberal estimate gives 37'8 ozs. protein, 73'4 ozs. fat, and 434'1 ozs. sugar (or starch), which is a long way below the figures given by Professor Atwater (see above), which it professes to follow. We are free, however, to express our conviction that Professor Atwater's figures are unnecessarily liberal, indicating, no doubt, not the actual needs of man, but the average amount of food ingested by the usually over-fed, well-to-do American. Numerous experiments by Chittenden, Kellogg, and others seem to indicate that a low-proteid diet gives better results, and that two ounces to three ounces of protein a day for each person is amply sufficient. The amount of fat also seems very large. Voit, after "much experimentation and from voluminous data," estimates the proportion as follows: Of proteid 118 parts, of fat 56, and carbohydrates (sugar and starch) 500 parts. And Harrington says that this is "generally regarded as the most accurate estimate obtainable."

An old friend of mine used to say: "Never take away a bone from a dog unless you can give him a piece of meat." Having shown the insufficiency of the "bone," we now offer the readers of GOOD HEALTH something which more than takes its place, and at the same cost, viz., a really healthful, clean, and blood-

less dietary for a family of five, for one week:—

An Alternate Dietary.

Food.	Protein.	Fat.	Sugar and Starch.	Total Nut'te Value.	Cost.
	oz.	oz.	oz.	oz.	s. d.
24 lb. Flour.....	42·2	4·2	288·8	338·0	2 7½
2 lb. Oatmeal.....	5·7	2·9	32·2	43·2	6
2 lb. Rice.....	2·2		25·0	28·0	4
4 lb. Beans.....	14·8	1·3	32·0	49·1	8
2 lb. Lentils.....	8·2	·7	16·0	25·2	4
21 lb. Potatoes.....	6·7		66·0	73·0	10½
3 lb. Tomatoes (tinned).....	1·0			3·2	4½
2 lb. Onions.....	·5			4·2	2
12 Eggs.....	3·0	2·2		5·2	1 0
14 qts. Milk (skimmed).....	17·9	4·5	16·2	40·4	1 9
1 lb. Dairy Butter.....		14·0		14·0	1 0
3 lb. Coco-Nut Butter.....		45·0		45·0	1 6
4 lb. Sugar.....			45·0	45·0	8
4 lb. Apples.....	·3		4·5	8·0	10
Salt and Yeast.....					1½
Total.....	102·5	74·8	525·7	721·5	12 9
Total value of dietary issued by the York Health and Housing Association for comparison.....	87·8	73·4	434·1	651·5	12 9

We do not set this forth as a model bill of fare; but it certainly meets all the actual needs of the labouring man, and can be varied greatly without increasing the cost. Those who can afford it can add fresh fruit, and in the place of the peas and beans some of the many nut preparations that are on the market can be substituted. And if one is in the habit of buying really good meat, the substitution for it of fruits and nuts will not increase the cost of living. A glance at the totals of the two dietaries reveals ours to be vastly superior in the amount of protein, also in sugar, and slightly better in the amount of fat.

In lieu of the usual beverages, tea or coffee, we have supplied a liberal quantity of milk, a glass of which (hot) sipped slowly or eaten with nicely toasted bread makes an excellent breakfast. If the condiments are left out there will not be such a craving for drink; and if fresh fruits and vegetables are eaten, and all food is thoroughly masticated, no liquid of any kind will be needed at meal-time. If such a diet seems insipid, remember that our palates may be trained to enjoy that which is good. All our tastes and inclinations should be brought into harmony with the laws of life and health.



GET OUT-OF-DOORS.

BY H. J. WILLIAMS, M.D.

IT is really marvellous how rapidly digestive disorders and respiratory difficulties and a host of other disorders and difficulties vanish completely when large and constant doses of Nature's "*out-of-doors*" are taken.

This is a good time of the year to begin to form the open-air habit. Unlike drugs, "*out-of-doors*" is a medicine whose cumulative effects we do not fear. In order to get the best results, it is very important that the administration or taking of this remedy be constant, especially at night. Every one cannot give up his business or vocation and seek outdoor employment (although this is the ideal), but every one can live out-of-doors at night, if not entirely, at least in a bedroom with wide open windows, winter and summer. If you, my gentle reader, have not tried this treatment, begin now; the results will surprise you. Where is the harm if you awake in the morning and find a little rain on the floor, as long as there is nothing near the window or in the room that will be the worse for a little wetting?

It will be best of all if you can sleep right out-of-doors, on a veranda, on the roof, in the garden, in a nest up in the trees—anywhere, so it is out-of-doors. Have a thin waterproof that you can throw over the bed-clothing if a shower

comes on, or take up your bed and walk under shelter if necessary.

There is undoubtedly no better lung tonic than deep breathing of Heaven's pure, fresh air constantly. There is no greater lung depressant, in fact, general depressant, than what has been styled "the bedroom climate." There is no better digestive or nerve tonic than *out-of-doors*. The appetite is sharpened and improved, and the blood, which plays such an active part in digestion, is purified, thereby ensuring a more perfect manufacture of digestive juices and a general toning up of the whole vital system. Join the Outdoor Club, and be an active member.

The Cup and the Bottle.

THE late Dr. Mary Wood-Allen was pronounced opposer of all stimulants. At one time she was a guest for a week in the home of one of the most earnest workers in the W.C.T.U. At breakfast coffee was offered, and at dinner and supper, tea—all of which she declined. The second morning, as she refused the coffee, her hostess said to her, with some sharpness:—

"Are you going to preach to me at every meal in regard to the use of tea and coffee?"

"Preach to you?" the doctor mildly repeated; "why, I haven't said a word."

"I know it," said the hostess, "but you preach every time you refuse a cup. I suppose you think that we temperance workers should not use tea or coffee, but I could not begin to do my work without it; and just think what it would mean to go through the strain of a State or national convention without these drinks."

"Yes," was the smiling reply; "and think what it would mean to a man to go through the strain of a political convention without alcoholic drinks!"

"You don't mean to compare tea and coffee with alcohol!"

"I believe science places them quite in the same category," replied the doctor; "—as nerve poisons and narcotics. I fear if the truth were told, we should find that we temperance women are a great deal more anxious to take the 'bottle from our neighbour's lips' than the cup from our own."

Probably every right-minded person will admit that healthy people do not need artificial stimulants or narcotics any more than they need pills or nostrums, and any habit which tends even in a very slight degree to enslave is harmful.

Breakfasts in Summer.

BEGIN the day on a good breakfast. The work will go easier. A good breakfast, especially in summer, should consist of light, nourishing food.

On a warm morning in August, why fill the house with the fumes of fried bacon, when the market teems with delicious fruits and cereals and nuts?

Poached eggs on toast will nourish the system equally as well, and not overload it with more fat than it needs.

Fruit in every form is an excellent breakfast food. The familiar banana is well adapted for summer use, and should be a staple in every home. Apples and

cherries are also admirable, and so are all the rest.

Fruit may be taken raw, if ripe and in good condition. In fact, its juices are most effective as germ-destroyers when uncooked.

Fruit toasts are delicious, and very easy to make. Grape juice or the juice of any other fruit is brought to the boil, very slightly thickened with corn-flour, and then poured over pieces of bread which have been toasted crisp throughout.

If fruit is cooked it is well not to put too much sugar into it. Sugar is an artificial and highly concentrated food, and its free use tends to cause biliousness.

Suggestive Menus.

Blanched Roasted Almonds.

Toasted Granose Biscuits.

Apples. Cherries.

Poached Eggs on Toast. Health Coffee.

Strawberries and Cream.

Brown Bread.

Gooseberry Toast with Ground Nuts.

Wholemeal Wafers. Oranges.

Gluten Porridge with Cream.

Nutarian Cakes. Wholemeal Biscuits.

Fresh Fruit.

Biscuits of various kinds are most useful in summer. Well chewed and taken along with fruit, they easily replace fruit pies and other pastries likely to be difficult of digestion.

Nuts are not used nearly so much as they deserve to be. Combining in most palatable form large percentages of proteid and emulsified fats, they yield concentrated nourishment of a most valuable kind, and should form a staple on every breakfast-table. They must, however, be carefully chewed, otherwise they are very likely to give trouble. Almonds and pine-kernels are among the most valuable.

A breakfast of fruit and hard bread, with a few carefully chewed nuts, will send the business man to his office with a feeling of buoyancy and energy to which most adults are strangers.

A Page for Women.*

Conducted by Marie Blanche.

I HOPE my readers will not charge me with a too persistent dwelling upon the cult of beauty and the care of the person in general if I say a few words this month about paying special attention to these matters during the holiday season; for there is no time in the whole year when the toilet seems to suffer so much real neglect as the time when we are holiday making. It is true that clothes do occupy our minds very greatly at this season, but though fine feathers are said to make fine birds, it is quite certain that elaborate or expensive clothes do not make pretty women; so please do not imagine that a neglected complexion, or hastily dressed hair, can in any sense be atoned for merely by smart clothes. If girls would just spend a little more time, and sometimes a little more money, on the actual care of the person, and fritter away less of both these commodities on foolish and generally very perishable finery, they would be rewarded very soon by both looking and feeling a great deal better than many of them do.

Take as an instance the girl who has to earn her own living, the typist, the shop-girl, the schoolteacher, or the little maid of all work, each of which must apparently have her feathers and chiffons, her lace blouse and befrilled petticoat, ribbons, flowers, sequined belts, and cheap jewellery. Most of her pocket-money goes to provide her with things of this kind. But look at her person, her ill-kept skin, unbrushed hair, neglected teeth, and perhaps coarse, begrimed hands and finger-nails. Turn to her toilet-table, and see the impure though probably strong-scented soap with which she essays to clean her face, the pot of crude vaseline, cheap and injurious to any delicate skin, look at the unwashed hair-brush and comb, the worn-out implement bearing but faint resemblance to its former self, which by sheer right of age and incapability should long since have been pensioned off to make room for a clean and sanitary toothbrush. Mark the absence of any proper dentifrice or mouth wash with which to cleanse and preserve those priceless pearls which we are told are our first and last enemies. Our first enemies they may indeed have been; our last they need never be if we take time by the forelock, and keep a vigilant eye upon even the tiniest cavity. A little attention and a few shillings spent on these things

are well invested, and it is wiser even, if need be, and pocket-money is scarce, to go without your new hat or lace blouse, and to supply your toilet-table with those little dainty necessaries that so wonderfully improve the skin, the hair, and the teeth.

Moreover, I stoutly affirm—for my convictions are well founded—that guineas paid to a reliable and trustworthy dentist are an investment more profitable a thousand times than the same sum paid out for muslin frocks and feather boas. When age creeps on apace, when your muslins and chiffons have made their final and undignified exit in rags and tatters long times ago, the real, substantial comfort, the hygienic virtue, and the beauty of well-preserved teeth, white, sound, and strong, will enhance the charm of your smile, and the sweetness of your expression. And then, to come down to matters mundane and purely practical, a set of well kept "grinders" will enable you to masticate your food properly, and far more comfortably than those of the artificial variety, which from all I can gather never seem to fit their owners with any very great degree of success. Remember "a stitch in time saves nine," and a visit to the dentist now may save you a dozen later on.

Answers to Correspondents.

F.A. (Hove)—I answered your question about the Good Health Adjustable Bodice in last month's magazine. You must send your waist, bust, and hip measurements, when ordering, to Good Health Supply Department, Caterham Valley, Surrey.

"ELVARINA" (Granada)—You omitted to enclose stamp with your question, therefore a reply could not be sent privately. I shall be delighted to give you any help in home dressmaking if you will tell me what it is you are going to make.

C.L. (Camberley)—The best hair tonic is regular brushing and friction with the finger-tips. Electric treatment is also excellent. There is a lady in London who makes a speciality of treating the hair with electricity, and if you are likely to be in town I will give you her address. For ulcers in the mouth you should have medical advice. Neglect of the teeth will induce an unhealthy condition of the gum and mouth generally, so you should be careful in this respect. To help to gain plumpness you may take plenty of farmhouse fare—good butter, milk, cream, eggs, and home-made wholemeal bread.

M.H. (Birmingham)—The stain or dye you mention you had better discontinue. These things are often very injurious. You are correct in assuming that I shall not advise a hair dye. I object to dyed hair mainly from the artistic point of view. Our grandmothers knew well the beauty of grey hair when they wore powdered wigs, for there is nothing more becoming to a face that has lost its youthfulness than soft, grey or white hair. You could, if you are determined to stain your hair, make a preparation

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



ROSTREVOR HILLS HYDRO.

THE Hydro is situated 400 feet above Carlingford Lough, about two and one-half miles from Warrenpoint, and one and one-half from Rostrevor. The property consists of a nicely wooded park and mountain of 130 acres, and commands extensive views of sea, mountain, and rural scenery, perhaps the most charming in all Ireland. Its elevation and location give to it a delightfully exhilarating climate all the year round.

The surrounding grounds are nicely laid off in fruit and vegetable gardens, terraced lawns, croquet and tennis courts, flower beds, and shrubbery plantations, interspersed with invitingly shaded walks. The little mountain, which forms a part of the property, although 817 feet high, is easy of access. On its summit are two small lakes. The view from the top is delightful.

For driving, motoring, walking, mountain-climbing, cycling, boating, and bathing, this district is almost, if not altogether, without an equal. Rowing and sailing boats are plentiful in both Rostrevor and Warrenpoint.

The treatments, which are given by skilled nurses and attendants, include: Packs, poures, fomentations, compresses, salt glows, sprays and douches, Swedish shampoos, sitz, effervescent, electric, and Russian baths, massage, electric light baths, electro-vibratory massages, Galvanic, Faradic, and Sinusoidal currents.

Patients also have the benefit of medical care, and of specially prescribed dietaries. A more quiet and restful place would be hard to find.

Send for prospectus to—

ROSTREVOR HILLS HYDRO, CO. DOWN.



In answering advertisements kindly mention "Good Health."

Taking the Cure at Caterham.



AFTER the whirl and excitement of the season, society people betake themselves to one of the fashionable spas, where they drink bad-tasting mineral water, bathe, and have reasonably early hours.

But there is another cure — more pleasant and more effective — the daily regime at the Caterham Sanitarium, also known as the Surrey Hills Hydro. Here you have baths of almost every kind, including the famous Electric Light or Radiant Heat Bath, which was invented and first used in one of the Good Health Sanitariums. Massage and Manual Swedish Movements are given by skilled manipulators, under medical direction, and electricity's marvellous healing powers are fully made use of, as well as Vibratory Massage, which produces such a restful feeling of ease and well-being. Then there are the delightful daily drills in physical culture, held on the velvety lawn in pleasant weather, otherwise in the sunny gymnasium.

And Hydrotherapy — what visions of luxurious ease rise up in the memory when the pleasing sensations of the electric water bath are recalled, or the wonderful sense of vigour resulting from a well-administered salt-glow followed by an oil rub! How the pain-weary nerves

respond to the soothing effects of a neutral full bath! what a bounding circulation follows a cold friction bath or a wet sheet rub! But these things must be felt to be appreciated. We all know drug medicines are disagreeable, to say the least; but nature's great healing forces are at once pleasant to take and powerful to produce effects.



The Outdoor Gymnasium with its running-path and sun baths is another attraction. The management of the Caterham Sanitarium believe in the Outdoor Cure. The patients lie out under the trees on couches all the day long. The table is frequently set for dinner and tea out on the lawn, and picnic rambles are organized for those able to take part in them. Anyone at all acquainted with the beauty of the Surrey hills and vales will not need to be told that these rambles are most enjoyable. In fact, walking is one of the means of cure. Every patient able to be around is supposed to do his or

her daily stint.

Then the quiet nights, with the balmy sleep that follows a day spent in the open air. Is it any wonder that such a regime sets people on their feet?

Three times a day the tables are loaded with wholesome, delicious food, easy of digestion, and capable of building up new tissue and filling every want. Each

patient, moreover, has a special diet prescription so that he knows just what he should take.

The patients are under medical supervision, and the whole atmosphere of the institution is instinct with life and energy. The nurses and attendants believe in the principles of natural cure which the institution represents, and put heart into their work. They feel the keenest interest in the progress of the various patients, and are conscientious and thorough in their work.

Not only are natural treatments given, but the theory of healthful living is expounded in popular lectures and demonstrations, so that the patients going home may intelligently follow out the principles learned and thus avoid recurrence of their difficulty. The Caterham Sanitarium is not an ordinary hydro. It is an institution for the rational cure of disease by the use of all natural remedies. It aims to treat the patient rather than the disease; to build up his recuperative powers, and enable him to shake off his



THE ELECTRIC LIGHT BATH (UPRIGHT).

weaknesses and diseases. Its methods have proved their efficacy in thousands of cases. For the chronic invalid—the sufferer from dyspepsia, for instance, and many other morbid conditions—there is no cure like the Caterham regime.

Of course, infectious cases are never taken. The aim is to supply all the conditions of a comfortable home, to give quietness and ease of mind and body, skilful nursing, and a cheerful environment.

For the terms and other particulars, also a free copy of a pamphlet dealing with the Sanitarium idea, address—

The Sanitarium,
[Advt.] Caterham, Surrey.



THE COWS THAT SUPPLY THE HYDRO WITH MILK.



QUESTIONS AND ANSWERS

Address communications for this department to GOOD HEALTH, Question Department, Caterham Valley. Stamp should be enclosed, as it often becomes necessary to reply by post. No attention is paid to anonymous communications.

Abdominal Girdle and Constipation.—I.M.W.: "Please tell me how long the abdominal girdle should be worn in a case of constipation and insomnia."

Ans.—The girdle is usually applied at night, just before retiring, and taken off in the morning. On removing it, bathe the parts in cold water and dry gently. This treatment should be continued for a fortnight or longer if necessary.

Slow-Healing Wound.—P.V. (London): "I have a nasty wound on my right leg close to the skin, which is very obstinate in healing. Kindly suggest some remedy to promote healing."

Ans.—Bathe the leg in hot and cold water alternately, morning and evening, or take a hot leg bath for ten or fifteen minutes. Then dip the limb in cold water and dry gently. After putting on a mere trace of carbolated vaseline to prevent sticking, bandage the wound to protect it from contamination, and also from the irritation of clothing. Manipulate the limb, except in the vicinity of the wound, night and morning for about twenty minutes, as this facilitates healing.

Dry, Furrowed Tongue—Fruit—Constipation.—S.P.: "1. What would you recommend for a dry, furrowed tongue, which is sometimes painful? 2. Can you recommend apples, dates, oranges, and apricots? 3. How can they be prepared so as not to produce flatulence? 4. Do you recommend Shredded Wheat and any other prepared food? 5. What can you recommend for constipation?"

Ans.—1. Use a gargle containing one part of Listerine to two or three parts of water daily. Get your stomach into a healthy condition by plain, wholesome food, and physical culture. 2. Yes. 3. The flatulence is more likely due to bad combinations of food than to the use of fruit, and these you should avoid. Do not drink with your meals or use sloppy foods. Take zwieback and stale brown bread and dextrinized breads that require thorough chewing. 4. Yes. Shredded Wheat is an excellent food, and the same is true of Triscuit. We can also recommend toasted wheat flakes, granose flakes and granose biscuits, and other preparations of the International Health Association, of Watford. 5. The free use of fruit and the breads above mentioned will regulate your bowels. In the meantime take a tepid or warm water enema three or four times a week for the purpose of cleansing your bowels.

Fomentations for Hay Fever.—We have had some further inquiries in reference to the hygienic treatment for hay fever. This is one of those diseases which seem to come to the innocent as well as to the guilty. Diet, as well as other hygienic measures, do not seem to have any great effect. One measure which seems to give a good deal of relief, however, is to apply hot fomentations to the eyes and nose. Alternate occasionally with a cold application. If this treatment is taken three times daily for half an hour each time, the pain and irritation are almost sure to be greatly relieved. It is also effective in case of colds. Of course attention should be paid to building up the general health. The diet should be light and simple, care being taken not to overeat. The various drugs recommended for inhalation are seldom very effective, unless combined with other treatments.

Long-Standing Eczema.—W.W.: "What foods should be avoided in eczema of long standing? Is the disease infectious? What are the causes?"

Ans.—The chief foods to avoid in cases of long-standing eczema are those which disagree in any way, also the large use of proteids, free fats, sweet things, and the excessive use of salt. Be extremely careful to avoid overeating. Fletcherize the food, chewing each mouthful until it is quite liquid. Eczema is not infectious. It is essentially a disorder having to do with nutrition, though it may also be brought on by the use of strong soaps, and by other causes of local irritation. The vapour bath has been found helpful in many cases. Oatmeal water should be used rather than the ordinary water. A thorough course of treatment in a sanitarium would doubtless be one of the most effective means of bringing about a cure. The electric light baths that are used in these institutions would be especially helpful.

WELCH'S Invalid Port is a real, natural tonic, and one that can be depended upon. Made from the best Concord grapes at the Welch Grape Juice Factory, in Westfield, New York, it is of uniform quality and very rich in nutritive elements. The growth of the business can be gathered from the fact that whereas the entire sales in 1898 were 50,000 gallons, the present annual sales are 700,000 gallons. A large, new factory has recently been put up in order to meet the increased demands for this admirable food tonic.

Health and Happiness for the Children.

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

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

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

They wear longer and are not ugly.

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

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

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

Send outline of foot standing. Postage 3d. extra. Write for Illustrated Catalogue. We are exhibiting at the Orient in London.



**SAMPLES
SENT
POST FREE**



**WRITE
FOR LIST
POST FREE**

HALL & SONS, Ltd.,

47 BISHOPSGATE STREET, E.C.

(Corner of St. Helen's Place.) Telephone: 14692 Central.

112 Strand, W.C.

(Opposite Lyceum.) Telephone: 5760 Central.

5 Stoke Newington Road.

(Opposite Shacklewell Lane.)

THE

I. H. A. BISCUITS.

NUT ROLLS.—Made from pure wholemeal, shortened with cocoanut butter. Very crisp, and excellent with fruit. Nourishing and digestible. Just the thing when cycling and picnicing. 1 lb. pkt., 5d.

WHOLE WHEATMEAL BISCUITS.—Made from finely-ground wheatmeal, shortened with cocoanut butter. Sweetened or unsweetened. 1 lb. pkt., 5d.

OATMEAL BISCUITS.—Made with best Scotch oatmeal, combined with wheat flour, and shortened with cocoanut butter. 1 lb. pkt., 6d.

FRUIT WAFERS.—Made from the best flour and well-cleaned fruit, shortened with cocoanut butter. 1 lb. pkt., 8d.

GRANOSE BISCUITS.—The most digestible and the most original biscuit ever made. Crisp flakes pressed together. A whole-wheat biscuit as light as a feather. In large packets, 7½d.

More Biscuits, Less Bread— Sound Body, Clear Head.

Biscuits are better than bread, because the latter is fermented and, being spongy, does not encourage proper mastication. But the biscuits must be pure and free from chemicals and all deleterious shortening substances, which most biscuits contain.

The I. H. A. Biscuits are all guaranteed absolutely pure, and free from chemicals and all other harmful elements. Ask your Health Food Stores for them.

Illustrated Price List full of interesting facts about the I. H. A. Ideal Factory and the I. H. A. Ideal Foods, free on application.

The INTERNATIONAL HEALTH ASSOCIATION, LTD.,

Stanborough Park, Watford, Herts.

The NEW

I. H. A. BISCUITS.

RYE BISCUITS.—A new departure, made with the best rye flour, shortened with cocoanut butter. Very nutritious and wholesome. 1 lb. pkt., 5d.

BARLEY BISCUITS.—Made with pure barley flour, sweetened with malt honey. A real Health Biscuit. 1 lb. pkt., 6d.

COCOANUT BISCUITS.—Made with pure wheatmeal flour and cocoanut. Short and tasty. 1 lb. pkt., 6d.

NUT-FRUIT WAFERS.—A very nutritious biscuit, made with wheat flour, cleaned fruit, and nuts. 1 lb. pkt., 8d.

WATFORD WAFERS.—A variation of the "Fruit Wafers." The combination of fruit is different, and the resulting flavour very attractive. 1 lb. pkt., 8d.

In answering advertisements kindly mention "Good Health."

ABOUT OURSELVES.

THIS is a double number of GOOD HEALTH. The usual size is thirty-two pages, and the price one penny. August being a vacation month, a considerable part of the present issue has been devoted to matters of special interest at this season.

GOOD HEALTH is, however, published chiefly to give its readers practical help in the cultivation of health.

To those already in enjoyment of this great boon it gives up-to-date information as to how they may best conserve and retain it. To the weak and ailing the magazine offers reliable advice concerning natural methods of treatment.

Physical Culture receives a good deal of attention, the aim always being not to grow big, bulging muscles, but to develop beauty, symmetry and a condition of "fitness" for the daily task.

Practical Talks with Mothers about home matters and the care of children will continue to be a feature. The article in the present issue by Mrs. E. G. White is the first of a series on this subject.

Hygiene in Other Lands. We shall print from time to time descriptive articles like the one by Mr. Wharton James in the present number, telling of the habits and customs of various peoples and nations.

The Open Air. Wholesome recreation, as camping, walking tours, and open-air topics generally, will receive attention.

In short, we expect to give our readers the best that can be had in health lines, and we rely on their kindly co-operation in extending the circulation of the magazine.

GOOD HEALTH stands for wholesome ideals. *It has no foolish fads to ventilate and no axe to grind.* It makes no assertions which cannot be backed up by scientific proof.

The **Good Health League** and the **Outdoor Club** are organizations for the purpose of bringing people who are in favour of health principles in touch with each other. Full particulars of either or both will be given on application to the General Secretary, Sunny View, Caterham, Surrey.

Free sample copies of the magazine will be sent to all who apply for them. The Editor will also be glad to hear from readers who have suggestions or criticisms to offer. He may not have time in all cases to write personal letters in reply, but he will answer these communications somehow, either by letter or in the magazine.

Birmingham Natural Health Society.

A FINE summer programme has been prepared. A camp for the August holiday will be held on the Welsh coast. Everything will be done for the comfort of those who go. Last year's camp was a brilliant success. For particulars address Mr. A. J. Morris, 32 Dentish St., Bordesley Green, Birmingham.

Glasgow Health Culture Society.

MEETINGS:—
August 12th: "Disabilities of Health," by Mr. Eric Guyton.

August 26th: "Physique and Clothes," by Mr. J. M. Bennett.

August 26th: "Memory Training," by Mr. Alex Lawson. Rambles:—

To Waterfoot, Mearns Castle, Newton Mearns, Tambowie Hill, and Douglas Muir.

Everything points to great doings next winter.

Any readers of GOOD HEALTH in Glasgow not already in touch with this society should write at once for particulars. Ladies may address Mrs. Crawford, 64 Woodlands Road, Glasgow, and gentlemen should apply to Mr. Robert Steel, 80 Murano Street, Glasgow.

The Manchester Physical Health Culture Society.

A DELIGHTFUL programme of rambles, etc.

Subscription 2/6 a year. Lectures—Library—Magazine—for spreading knowledge. Social Evenings—Rambles—for improving acquaintanceships. Drill Class—Rambles—Cycle Runs—Swimming—for promoting exercise.

Will you help?

NEXT MONTH.

How to Live Healthily in a Large City.

By C. W. D. Conacher.

THE promised article by John Strange Winter on "The Business Women's Health" had to be left over to our September number owing to lack of room.

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.

THE IDEAL MEAL.

Nuts are the most valuable of all the products of the earth. They supply the nourishment of meat, fish, and poultry, but in greater degree and in much purer form. You will never miss meat if you give Nuts a regular place in your daily menu. When ground in the handy Nut Mill we supply, they are easily digested, and can either be sprinkled over salads, stewed fruit, macaroni cheese, etc., or made into simple summer dishes. Our 52-page Booklet, all about Nuts and other natural foods, contains

36 Simple Nut Recipes.

These recipes are quite original, and will enable you to produce, with a minimum of trouble, dainty, nourishing, and inexpensive dishes that will delight every one at your table. We will with pleasure send you this little book

FREE,

together with free samples of Nut Kernels and of "Cream o' Nuts," on receipt of a post card giving your name and address, and mentioning "Good Health." Do not miss this opportunity.

We make a speciality of supplying the finest and freshest Shelled Nuts obtainable at reasonable prices and on easy carriage-paid terms, to any part of the United Kingdom.



GEO. SAVAGE & SONS,
Nut Experts, Dealers in Natural Foods,
53 Aldersgate Street, LONDON, E.C.

R. Winter's Nutarian Cakes

(REGISTERED)

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

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

ESTABLISH A NEW STANDARD OF PURITY AND QUALITY,

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

Here is a list of the varieties:—

No. 1. Banana and Nut,	6d.	No. 8. Nut Sandwich,	6d.
No. 2. Muscatel and Nut,	6d.	No. 9. Mixed Fruit,	5d.
No. 3. Prune and Nut,	6d.	No. 10. Almond and Fig,	3d.
No. 4. Apple, Date, and Nut,	4d.	No. 11. Walnut and Fig,	3d.
No. 5. Raisin, Date, and Nut,	4d.	No. 12. Plain Fig,	3d.
No. 6. Almond and Date,	3d.	No. 13. Plain Date,	2½d.
No. 7. Walnut and Date,	3d.	No. 14. Prunus Sandwich,	6d.

For athletes, cyclists, walkers, talkers, business men and workingmen, the lady of the house, the work-girl, or the boys and the girls, **Nutarian Cakes** are invaluable. They are always ready, no cooking or preparation required, and they are far

MORE NOURISHING THAN BEEF, EGGS, OR MILK.

Ask your storekeeper for **Nutarian Cakes**, or write for name of nearest agent to—

R. WINTER, Ltd., Pure Food Factory, Birmingham.

In answering advertisements kindly mention "Good Health."

GOOD HEALTH.

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

Editor: **M. ELLSWORTH OLSEN, M.A.**
Associate Editor: **ALFRED B. OLSEN, M.D.**

Address business communications to
GOOD HEALTH, Stanborough Park, Watford, Herts.
Telegraphic Address: "Hygiene, Garston, Herts."

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

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

Indian Edition: Yearly subscription, post free, Rs. 2/8. Indian Office: **GOOD HEALTH, 89/1 Free School St., Calcutta.**

West Indian Edition: Price, 8 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.

THE Summer School of the Caterham Sanitarium began on the morning of July 2nd., the opening session being under the trees on the lawn. There is every reason to believe that this new venture in educational health lines will be thoroughly successful.

WE have often said that the danger is not that food reformers will fail of eating enough, but that they will overeat. One feels like emphasizing this precaution after sampling the delicious Nutarian Cakes, which Mr. Ramsey Winter has put on the market. The motto, "Not how cheap but how good," is fitting in a way, for the cakes certainly are composed of excellent materials; but they are also of liberal size and very reasonable in price. Those who have not tried these recent additions to the wholesome bill of fare, should ask their dealer for them, or write to Mr. Winter, enclosing stamps for a small sample. The butnuts are another popular speciality put out by this firm.

THE improved air-tight Fruit Preserving Jars supplied by the Pitman Health Food Co., particulars of which are given in our advertising columns, can be heartily recommended. Fruit put up in this manner is far more wholesome than that preserved in the form of jam. The same firm also supplies many other specialities of interest to housewives.

AN IDEAL FOOD BEVERAGE.

HYGIAMA.

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

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

THEINHARDT'S FOOD COMPANY,
6 Catherine Court, Seething Lane, E.C.

A Delicious August Sweet.

Stewed raspberries
and currants—they
go well together—ac-
companied with a
Corn Flour Blanc-
mange.

For best results
the Corn Flour must
be

Brown &
"Patent" **Polson's**
Corn Flour

*British made by
British labour.*

In answering advertisements kindly mention "Good Health."

The Best Mainstay in Summer.

No more delightful yet sustaining summer meal could be devised than a dish of good ripe fruit with some WALLACEITE (reg.) BISCUITS. The thirty or more varieties of these famous biscuits are distinguished by absolute purity, delicious flavour, and *exceptionally high food value*. They are made on scientific principles in a model bakery. Only genuine wholemeal of marvellous fineness is used, and *every ingredient is the choicest obtainable*. There are no other biscuits like them. They are unique.

Special Holiday Offer.

Biscuits alone value 5/- and upwards sent carriage paid to any address in the United Kingdom.

Dainty Sample Box,

containing more than twenty-five samples of these biscuits, post paid, 1/3, or 1/- of agents. Interesting leaflets and price list free. Mention "Good Health." Ask your Health Food Store for Wallaceite Biscuits.

THE WALLACE P.R. FOODS CO.,
465 Battersea Park Road, London, S.W.

When in the City visit the



FOOD REFORM RESTAURANT,

4 FURNIVAL STREET, HOLBORN, E.C.
(Opposite Prudential Assurance Building.)

The Largest First-Class Vegetarian Restaurant in the City.

Exceptional value offered for teas after 3.30.
Quiet, restful rooms. Moderate prices.
Fruits, salads, and a variety of summer dishes.

Rooms to Let for Evening Meetings.

A Food. A Medicine. A Tonic.

DO YOU WANT

PURE OLIVE OIL?

George Clayton's "MÈDE-LOIS" Brand is absolutely pure, and comes direct from the growers (Nice) to the consumer.

Expert's Opinion: "I've never tasted finer Olive Oil."

Bottles, 2/- and 3/4, carriage paid anywhere (B. Isles). Terms: Cash with order.

DOUBTFUL? Send for sample bottle, 4d.

G. CLAYTON, 3 London House Yard, E.C.

Note.—The "M.L." Olive Oil, being of the highest quality and flavour, does not compete with the mixed and Italian Olive Oils now being sold.

Take Your Turkish Baths at Home.

DERIVE all the benefits of Turkish bathing without any of the disadvantages or risks. When you use the Gem Turkish Bath Cabinet you may breathe the pure air of your own room, feel none of the oppression experienced in a hot chamber, run none of the risks of a disease-laden atmosphere, avoid the unwelcome energies of the professional masseur, undergo no chilling douche, and be safe from catching colds.

Take an occasional Turkish bath in the Gem Cabinet, and you will need no medicine to keep you in condition. All those stagnating system poisons which clog the pores and impede the liver, stomach, lungs, kidneys, and, in fact, every part of the body, will be cleared right out of your system in a natural way.

Hundreds of people who had to use medicine continually have been emancipated from their drug habits and restored to perfect health by the Gem Turkish Bath Cabinet. The effect of a bath of this kind is invigorating and energizing to every part of the system. It makes the muscles supple and strong, the brain becomes alert and eager for its tasks, the spirits are enlivened, and the whole feeling is one of wholesome cleanliness, comfort, and content. It is a pleasure you must experience before you can realize it.

Twenty minutes in a Gem Turkish Bath will bring out of your system a pound of clogging, disease-causing waste matter in the form of perspiration and gases. There is no weakening effect, no unpleasant feature, and no risk connected with the Gem Turkish Bath Cabinet. It is easy and inexpensive to use.

Price 30/-, complete with powerful three-burner safety stove and accessories. Strongly constructed of stout waterproof and heat-retaining fabric, it closes to an inch thickness, and is erected in a minute.

"HOW TO OBTAIN PERFECT HEALTH."

Valuable advice and information for all who are not well are contained in our new book, title as above. It is not a catalogue but a book of real use and helpful guidance to those who suffer from—

**INDIGESTION,
SLUGGISH LIVER,
LUNG TROUBLES,**

**RHEUMATISM,
GOUT, ETC.,
BACKACHE,**

**KIDNEY TROUBLES,
NERVOUS DEBILITY,
MENTAL DEPRESSION.**

Write for a free copy of this valuable book to-day. With it will be sent full particulars of the Gem Turkish Bath Cabinet.

Gem Supplies Co., Ltd., Dept. G.H., 22 Peartree St., Goswell Rd., London, E.C.

In answering advertisements kindly mention "Good Health."

Comfort for the Boys and Girls.

THE boys and girls will find the summer holidays twice as enjoyable, and will derive more than double the benefit from the fresh air and outdoor life, if they are provided with the delightful sandals which can be had of Messrs. Hall & Sons, 47 Bishopsgate Street, E.C., who are specialists in healthful footwear, and can suit every possible need in these lines. Adults as well as children find the sandals delightfully cool for house wear. Hot, uncomfortable, excessively perspiring feet should become a thing of the past once this natural footwear is adopted. We understand Messrs. Hall & Sons will send samples on approval to readers of GOOD HEALTH.

WE are hearing from various ones who are trying the new food drink, Hygiama, and finding it exceedingly satisfactory.

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ESTABLISHED 1851.

SOUTHAMPTON BLDs., HIGH HOLBORN, W.C.

2½ per cent INTEREST

allowed on Deposit Accounts payable on Demand.

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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. RAVENSCROFT, Secretary.



**Fresh Fruit is worth
preserving in
"PITMAN" Patent FRUIT
PRESERVING JARS**

with Glass Caps.

Will last a lifetime, and will preserve raspberries, rhubarb, cherries, gooseberries, blackberries, damsons, greengages, plums, currants, and all other fruits, so as to retain the whole of their natural flavours without either sugar or preservatives, and with but little cost or labour.

Those interested should read "Fruit Preserving, or Fresh Fruit and How Best to Preserve Them," by James Henry Cook. Post free, three half-pence.

Price for one-quart Jars complete, per doz. 5/6
Eight-dozen Cases, 42/-. With full instructions. Carriage paid on any quantity, 1/- extra.

Full Catalogue of Health Foods, 88 pages, with Diet Guide, and copy of "Aids to a Simpler Diet," post free, two stamps, from

**"Pitman" Stores,
188-9 Corporation Street,
Birmingham.**

**The Largest Health Food
Dealers in the World.**



It's all
in the jar.

FOR FOOD REFORMERS.

MAGGI'S SPECIALITIES FOR VEGETARIANS.

Guaranteed absolutely
free from animal
substance.

**Maggi's Special Farinaceous
Soup for Vegetarians.** In Tablets,
2d. each.

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for Vegetarians.** In Tablets,
3d. each.

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

Maggi's Essence—a Special Condiment for Vegetarians.

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

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

Of all vegetarian stores and grocers.

Sole Agents:

COSENZA & CO.,
95 Wigmore Street, London, W.

Simple, yet Sufficient—

For a roadside snack or a picnic meal,
What could be simpler or more ideal,
than

**6 Nut Cream Rolls,
2 Nut and Fruit Cakes,
1 Apple.**

Nut Cream Rolls combine in a crisp biscuit form the nourishment of Nuts and Wheat. Made in many varieties. Sold by all Health Food Stores. Sample box of four kinds, post paid, 6d. stamps.

Nut and Fruit Cakes—choice, carefully cleaned nuts and fruit combined in handy little cakes. Sample, post free, 1d. stamp.

The Apple needs no explanation.

Illustrated Price List of all
our manufactures post free.

The London Nut Food Co. (Dept. G),
405 Battersea Park Road, London, S.W.

Ask your Health Food Stores for our Chocolate
Dainties, also Nut Cream Biscuits.
Many new and delightful varieties.



In answering advertisements kindly mention "Good Health."

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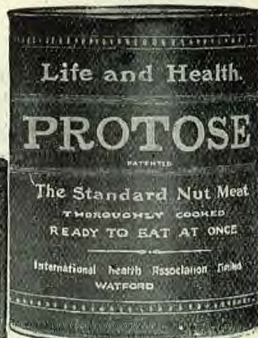
is always advancing in popular favour. It was the original and is still the best Nut Meat.

SOLD BY ALL HEALTH FOOD STORES.

Three varieties as shown here: 1½ lb., 1/4; 1 lb., 1/-; ½ lb., 8d.

THE INTERNATIONAL HEALTH ASSOCIATION, LTD.,

Stanborough Park,
Watford, Herts.



A sample ½ lb. tin of either, 11d., post free; or one of each, 2/1, post free.

The New Liquid Food.

Send for **FREE** Sample.

Composed of the most active constituents for building brain, nerve and muscle (phosphorised cocoa, milk, eggs and malt extract), Ovaltine is a complete and extremely nourishing food. It is easy to prepare and makes a most delicious beverage, invaluable for recouping strength and energy in all ages.

Ovaltine

Is richer in concentrated nourishment than any other food. Drink it in place of tea or coffee; it is 50 times more healthful. Of Chemists, or post free 1s. 9d. and 3s. Send 1d. stamp for free sample (makes 4 cups) to

A. L. WANDER, Ph.D.,
1 Leonard Street, London.

HEALTH AND THE TOILET.

JOHN STRANGE WINTER
(Mrs. Arthur Stannard).

Author of "Bootle's Baby," etc., will be pleased to send to every reader of "Good Health" a copy of her popular booklet, "Comely Woman," (gratis and post free) on receipt of postcard or letter naming this advertisement. In this treatise Mrs. Stannard suggests that a due regard to the toilet is the best stepping-stone to health and efficiency, and tells why she places on sale the various Toilet Preparations she evolved for her own use. She attends personally to every communication addressed to—

"**JOHN STRANGE WINTER.**"

J.S.W. Preparations, Ltd., 27 Clements Lane, London, E.C.

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, and Colonial Produce.

NEW CALIFORNIAN DRIED APRICOTS, PEACHES, AND 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.

In answering advertisements kindly mention "GOOD HEALTH."

PUBLISHERS' NOTES.

THE "Mède Lois" Olive Oil sold by Mr. Clayton is the finest thing of the kind that has ever come under our notice. Mr. Clayton is an expert in olive oils; those who once begin buying of him will never be satisfied with inferior brands. Needless to say, not all "pure olive oils" are worthy the name. We can vouch for the fact that enormous quantities of cotton-seed oil from the United States is used in making so-called pure olive oil. It pays in the long run to get a pure, wholesome oil, even though the price be a little higher.

OLD methods are sometimes superior to the new ones, adopted as an outcome of strenuous competition in order to cheapen cost of production. Certainly the various soaps manufactured by Messrs. Brown & Co., Ltd., of Donaghmore, have mild and healing qualities of a rare order. An increasing number of GOOD HEALTH readers are adopting these soaps for staple use, and we have yet to hear from any who are not more than satisfied with them. The toilet and shaving soaps, made from the ash of plants and refined vegetable oils, are sure to please the most fastidious. None of these soaps are made with caustic soda; hence their freedom from irritating qualities.

THE INTERNATIONAL HEALTH ASSOCIATION have favoured us with samples of some new biscuits, which we find most delicious. The Nut-Fruit Wafers are delicately flavoured with coco-nut, and contain a filling of the finest fruits, chopped up very small so as to be easy of digestion. They are as delicious to the taste as the finest confections, and perfectly wholesome, containing nothing in the way of baking-powders or other chemicals.

Then there is the Coconut Biscuit, made with wheatmeal and flavoured with coco-nut. Also a Barley Biscuit, sweetened with malt honey, and a new variety of the well-known and delicious Fruit Wafers, to be known as Watford Wafers.

Members of the Outdoor Club taking countryside rambles or cycle trips will find these biscuits simply indispensable. A quarter of a pound or so with a glass of hot milk and one or two bananas should make a most delicious lunch.

THE following is a partial list of the Sanitariums connected with the Good Health movement:—

The Surrey Hills Hydropathic, Caterham Valley.

The Leicester Sanitarium, 82 Regent Road, Leicester.

The Rostrevor Hydro, Rostrevor, Co. Down, Ireland.

The Skodsborg Sanatorium, Skodsborg, Denmark.

The Friedensau Sanatorium, Friedensau, Post Grabow, Bez, Magdberg, Germany.

The Sanatorium du Lemán, Gland, Vaud, Switzerland.

The Mussoorie Sanitarium, Mussoorie, India.

CAMPAIGN PUBLICATIONS.

"Alcohol and Motherhood."

By Professor G. Sims Woodhead, M.A., M.D. An excellent treatise by an acknowledged authority on a matter of national importance. 1d. per copy; 1½d. post free. Special prices in quantities.

"Biliousness: Its Causes and Treatment."

By A. B. Olsen, M.D. Gives practical suggestions which can be carried out in any home. 1d. per copy; post free, 1½d.

"The Food Value of Alcohol."

By A. B. Olsen, M.D. Shows that alcohol possesses no real food value, but is a poison. 1d. per copy; post free, 1½d.

"Healthy Boyhood."

By Arthur Trewby, M.A., with a foreword by Field-Marshal Earl Roberts. A book which should be put into the hands of every boy of twelve and over in the country. Handles delicate questions with admirable tact. Will do worlds of good. Price, 1/6 post free.

"The School of Health."

By A. B. and M. E. Olsen. A complete guide to healthful living, including instructions for the prevention and hygienic treatment of all the most common diseases. Price, 5/- net. To be ordered of any GOOD HEALTH agent, or sent post free.

"The Stomach:

Its Diseases and How to Cure Them." By J. H. Kellogg, M.D. An authoritative work, which combines scientific truth with a simple, attractive style. No one suffering from dyspepsia should be without this book.

"Science in the Kitchen."

By Mrs. E. E. Kellogg, M.A. A classic on the art of hygienic cookery. The result of experiments in the cooking school of the Battle Creek Sanitarium extending over some twenty-five years.

"A Comprehensive Guide-Book

to Natural, Hygienic, and Humane Diet." By Sidney H. Beard. An admirable manual of recipes and helpful suggestions generally, which has already had a very large circulation, and in its new, revised form is more valuable than ever. Art linen boards, 1/6 net; post free, 1/8.

"Health for the Million."

By A. B. and M. E. Olsen. Published by R. J. James, London House Yard, E. C. Tells the story of the body and how to care for it in twenty-eight brightly-written chapters. Physical culture of the kind most helpful in performing the daily task is handled thoroughly. Nine full-page half-tone engravings.

The foregoing are only a few of the health and physical culture books that we regularly stock. Shall be pleased to give further particulars to any who may inquire. Address:—

GOOD HEALTH SUPPLIES,
Caterham Valley, Surrey.

In answering advertisements kindly mention "GOOD HEALTH."

Ideal Foods

from an

Ideal Factory.

You may have tried one or two of the I. H. A. Foods, which are the *original* Health Foods, or they may be practically unknown to you. In either case we invite you to become better acquainted with these scientifically prepared yet natural foods. To enable you to do this the more easily, we have produced the

New I. H. A. Price List.

This price list is no ordinary catalogue; it bristles with information, and is printed and bound in such style as to merit a permanent place in your home. You will find it extremely useful, for apart from a detailed description of all the I. H. A. Foods, it contains

many new and valuable recipes

for their use, which alone make the book worth possessing. In addition to these recipes, the contents include a general introduction on the I. H. A. Foods, the I. H. A. Factory, and the I. H. A. Principles; a special article entitled "The Way to be Well," and various other interesting items. Finally, the book is beautifully illustrated with views of the I. H. A. Ideal Factory and its rural surroundings.

We offer you—



Sample **GRANOSE**,
Sample **TOASTED WHEAT
FLAKES**,
Sample **BROMOSE**,
and the above **PRICE LIST**,

if you will send us your name and address, and enclose **2d. Stamps**, or price list sent post free on application.

Mention "Good Health."

Sole Manufacturers:

The International Health Association, Ltd.,

The Factory among the
Beech Woods.



Stanborough Park,
Watford, Herts.

In answering advertisements kindly mention "Good Health."

PUBLISHERS' NOTES.

THE products of the P.R. Bakery are probably too well known to many GOOD HEALTH readers to require mention; but those who have not tried them may be assured that they are absolutely free from chemicals or other impurities, and make most delicious additions to the daily bill of fare. Unleavened bread in various dainty forms, and crisp biscuits, are especially in demand in the summer, when the appetite recoils from the bad-flavoured and highly-coloured cakes and pastries of the ordinary bakery. We trust these pure products will have a greatly increased sale.

THE INTERNATIONAL HEALTH ASSOCIATION has issued a new and beautifully-got-up catalogue—"Ideal Foods from an Ideal Factory." In addition to giving particulars concerning the various excellent products of the firm, this catalogue contains an assortment of choice, original recipes, and considerable information regarding matters of diet. It is furthermore embellished with a number of half-tone illustrations, giving one some idea of the attractive surroundings of the new factory. Needless to say, this valuable booklet should be in every home which GOOD HEALTH visits. Its many practical hints cannot but prove extremely useful.

MESSRS. SAVAGE & SONS have a fine stock of nuts, and pay carriage to any part of the kingdom on orders of 5/- and upwards.

HILLSIDE HOME.

For Open Air, Rest, Diet,
and Nature Cure Methods.

Situated amidst ideal scenery, in the heart of the Garden County of England and within easy distance of town.

Illustrated Booklet with terms post free upon application to

MRS. NIXON, Hillside Home, BARMING,
Near Maidstone. (Mention "Good Health.")

Telegrams: "Hillside, Barming."

Marlboro' House Health Home, CANVEY-ON SEA.

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

Run in connexion 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.

BAX'S HEALTH FOOD STORES.

The House for
**CHOICE CEREALS,
SHELLED NUTS,
Vegetable BUTTERS,
BRITISH & COLONIAL
PRODUCE.**

Free deliveries to all parts of
London daily. Special rates
for country customers.

72-PAGE PRICE LIST FREE.

Only address:

FREDK. BAX & SON,
35 Bishopsgate Street Without, E.C.

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 lb.

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.

In answering advertisements kindly mention "Good Health."

Ladies are advising their Friends to get the . . .

"Nurse Ina" LAYETTE

For Health! Economy!! and easy dressing.

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.

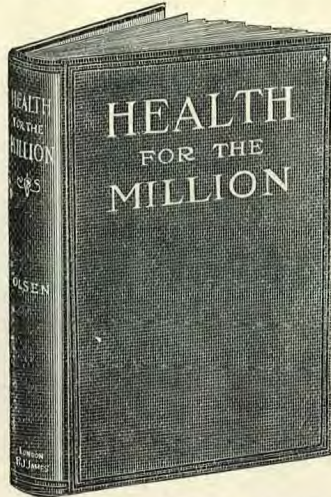
HULL HEALTH FOOD STORES,
110 BEVERLEY ROAD.
Fresh supply of all the best foods. Call or send for price list. J. W. Train, Proprietor.

FOR SLOW DIGESTION.

Persons suffering from slow digestion, fermentation, flatulence, and other similar digestive disorders, often obtain considerable relief from the use of **Antiseptic Charcoal Tablets**. These can be obtained either with or without sulphur. A sample box will be sent post free on receipt of 1/1. Full-size box, 2/1½, post free. Address, **Good Health Supply Dept.**, Sunny View, Caterham Valley, Surrey.

Better Health

and how to cultivate it, is the theme of this book.



Twenty-eight brightly-written chapters. Simple hygienic treatments for common ailments.

Printed in clear, open type, that makes it a pleasure to read.

Up-to-Date and Practical. Liberally Illustrated

Get a copy, and learn how to improve your health and develop greater all-round fitness.

Cloth covers, 2/6 net; post free, 2/9. Paper covers, 1/6 net; post free, 1/9.

May be ordered of your Good Health agent, of any bookseller or newsagent, and of—

GOOD HEALTH SUPPLIES,
Caterham Valley, Surrey.

REMINGTON MEANS TYPEWRITER.

Because for thirty years the Remington has been the world's favourite writing machine.

SEND FOR FREE BOOKLET.

REMINGTON TYPEWRITER CO.,
100 Gracechurch Street, E.C.

In answering advertisements kindly mention "Good Health."

Page for Women.

(Concluded from page 272.)

yourself without glycerine. I give the recipe below, without, however, recommending it, though I believe it is comparatively harmless. Green walnut shells, ten parts, alcohol (sixty per cent) ninety parts. Filter after ten days. Apply to the hair after previously washing it with a solution of carbonate of potash (one in ten). A hair dye is totally different from a depilatory. The former certainly injures, but would not destroy it immediately like the latter, which simply burns off the hairs, leaving the roots to send forth fresh hair with renewed strength.

NEW READER.—Evidently you are out of health, and I think the various symptoms you complain of would disappear if you were to get stronger. Perhaps you have adopted the non-flesh diet without care or advice. It does not do to be rash in these things. Heat spots and pimples are often caused by the blood being in bad condition. You must not take a Turkish bath without a doctor's sanction. A little plain castor oil smeared along the eyelashes will stimulate their growth, but brightness and clearness of the eyes can only be restored by good health and a contented mind. Resting tired eyes will go a long way towards improving their condition.

**FRON HEULOG
PENMAENMAWR
Home School for Girls.**

References permitted to Rev. R. J. Campbell, M.A., Mr. J. Allanson Pictou, M.A., J.P., and Rev. J. Bruce Wallace, M.A.

Principal, MISS HOWARD (Assistant Mistress at Milton Mount College for Thirteen Years). **NOW OPEN.** Thorough English Education on Modern Lines. Unsectarian. Individual Attention to Backward Pupils. Resident English and Foreign Mistresses. Visiting Professors. Commodious House in its own Grounds. Close to Mountain and Sea. Preparation for Public Examinations. Outdoor Games, Cycling, Sea Bathing.

REFORMED DIET A SPECIALITY.
Summer Term Begins April 29th.

MILDRED, E.S.—Crème Marquise can be procured direct from Mrs. Stannard, 14 West Kensington Mansions, West Kensington, W. I can highly recommend it. Use the J.S.W. Hair Food.

Catarrh and Hay Fever.

THE Good Health Supply Company can furnish a complete outfit for the home treatment of catarrh. The difficulty with most appliances hitherto placed on the market has been that they merely supply medicated vapour to the nose and throat passages, but are not capable of thoroughly cleansing these parts. The outfit that we are able to furnish supplies this lack completely. It contains, first, a **Percussion Nasal Douche** and medicine to go with the same, by means of which every part of the nasal passages can be quickly and thoroughly cleansed from mucus, dust, and other impurities. Then there is another instrument, known as the **Globe Nebulizer**, also supplied with medicine, that will introduce a fine nebula of medicated air into every remote part of these organs. Thus the diseased portions are first thoroughly cleansed, and then treated with healing vapours. The treatment also gives considerable relief in cases of Hay Fever.

The outfit complete, with full directions, and medicine for both instruments to last for a considerable time, is furnished at **7/6, post free.** **GOOD HEALTH SUPPLY CO.,** Sunny View, Caterham Valley, Surrey.

YOU ESCAPE

all danger, moral and physical, arising from the use of flesh foods, by dealing and dining at CAMP'S HEALTH FOOD STORES and RESTAURANT, 203 Borough High Street (Near London Bridge), S.E. New Price List post free.

A few comfortable bedrooms for food reform guests.

VEGETARIAN SPECIALITIES.

NUTS, CEREALS, AND ALL HEALTH FOODS.

To be obtained **WEST END DEPOT OF STALWORTHY & CO.,** at the

Agents for **WALLACE BREAD** and **MAPLETON'S BUTTERS**, etc.

81 High Street, Marylebone.

MARMITE.

(A Pure Vegetable Extract.)

To enrich all Soups, Sauces, Stews, Gravies, etc.

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

THE HOSPITAL says: "We regard Marmite as likely to prove of great value in treatment of the sick."

PRICES: 1 oz. pots, 4½d.; 2 oz. pots, 7½d.; 4 oz. pots, 1/1½d.; 8 oz. pots, 2/-; 16 oz. pots, 3/4.

HIGHLY RECOMMENDED BY VEGETARIANS AND FOOD REFORMERS.

Obtainable from all Health Food Stores. For a free sample, write (mentioning "Good Health") to **THE MARMITE FOOD EXTRACT CO., LTD., 59 EASTCHEAP, LONDON, E.C.**

In answering advertisements kindly mention "Good Health."