

NATURE'S HELP TO HAPPINESS. By JOHN WARREN ACHORN,  
M.D. W. Rider and Sons. 1s. net.

This is the best book ever written on health. Go out and hold naked Nature to your breast; and you will be well.

You sleep in or you sleep out, as luck will have it; sometimes you get food, and sometimes not; it's no odds; you are one with Nature, and find that Nature is one with God.

This is my own practice; every time London can spare me I put on my climbing things and take nothing else but a supply of strong tobacco and a few pounds. Then I think of some place that sounds interesting—Madrid or Fiesole or Timbaktu—and walk there.

When I get back I am strong enough even for book-reviewing.

Go thou and do likewise!

ALEISTER CROWLEY.