

TOURIST AND TRAVELLER.
(Continued.)

The Rev. Clement Houchen, M.C., who was among those mentioned in dispatches at the end of December by Sir Douglas Haig, will return to New Zealand shortly, having been declared by a medical board unfit for general duty within a year. He was severely wounded in the head on October 4th, and, though improving generally, has lost the sight of his left eye. Mr. Houchen was vicar at Te Kuiti before leaving for the front.

Two New Zealanders who hold commissions in the Royal Flying Corps are on furlough. They are Captain J. G. Stewart, M.C., of Timaru, and Second-Lieutenant A. M. Hislop, of Hastings. Captain Stewart left (from Auckland) as a Second-Lieutenant in the original Divisional Train, fought in Gallipoli, where he won the Military Cross, and in France. He joined the Royal Flying Corps in April last as an observer, having previously been promoted captain. He qualified a little later as a pilot, and served for some time in the neighbourhood of Passchendaele. Lieutenant Hislop enlisted as a trooper in the Wellington Mounted Rifles. He served in Gallipoli, and after the evacuation was with the mounted troops on the Sinai front. He obtained a R.F.C. cadetship in November, 1916, and went straight to England for training. After obtaining his "wings" he was sent across to France, and has seen much service there, taking part in the Cambrai offensive.

Expert disagree in regard to methods of physical training just as much as doctors do about medicine; and so it is not surprising to find that doubt has been thrown upon the efficacy of the Swedish system of setting-up exercises and that experiments are being made along new lines altogether. In France, Lieutenant Hebert, an officer of the navy, has worked out a new method of physical training based upon his very close study of nature. He abandons the Swedish system entirely, and with it all artificial gymnastics, exercises with dumb-bells, elastic pulleys, and so forth. Hebert's starting point is found among the savages and animals of the African wilds. The gymnasium training, he contends, hardens a man's muscles and does not adapt him to the hardships which have to be endured in modern warfare. On the other hand, a trained horse has never been put through a gymnasium, while a monkey, which can climb trees, run on all fours and jump about without experiencing any strain, is, according to Hebert, a far better developed animal than the best athlete produced by artificial training. Under Hebert's system, therefore, the men in training are half naked in order to toughen their skins; and amongst the exercises they perform in this condition are tree climbing, running on all fours, lying on their stomachs, rolling over the ground, fording streams and going through almost every kind of animal movement and in all sorts of weather conditions. Lieutenant Hebert's method is gaining recognition throughout France, and since his visit to the United States is being considered for the purpose of being experimented with in the training of American soldiers. The Hebert exercises are something more than physical exercises, inasmuch as many of them provide the basis of actual military operations, such as charging with the bayonet. Agility is frequently of much importance as strength and endurance, and it is in this respect that the new system appears to have a great deal to recommend it. But like so many new methods, it can only supplement the essentials of an active life in the open air.



**DON'T
LOOK
OLD!**

But restore your grey and faded hairs to their natural colour with
**LOCKYER'S SULPHUR
HAIR RESTORER**
SOLD EVERYWHERE.
Lockyer's gives health to the hair and restores the natural colour. It cleanses the scalp, and makes the most perfect hair dressing.
This world-famed Hair Restorer is prepared by the great Hair Specialists, J. PEPPER & CO., LTD., London, and can be obtained from all chemists and stores throughout the world.

**Waihi-Tauranga
Motor Service.**

LEAVES WAIHI DAILY AT 12.30 P.M.
(Excepting Saturdays) on Arrival of Train from Thames and Hamilton.

**LEAVES TAURANGA TUESDAY,
THURSDAY AND SATURDAY, 8 A.M.**
Connecting with Main Trunk and Thames Trains.

WEDNESDAY AND FRIDAY, 5.30 A.M.
Connecting with Express for Auckland and Thames.

FARES: Single, £1; Return, 35s.
Phone No. 8.

DEVERELL & CRIMMINS,

Tauranga Agent, W. J. Baigent,
Phone 78.

**IMPORTANT TO SPORTSMEN AND
MILITARY OFFICERS.**

EFFICIENT

FIELD GLASSES

Field Glasses are practically unobtainable; however, we have succeeded in importing a supply. Officers who have not yet obtained this essential should do so at once, as there seems little chance of us getting a further stock for a long time. These Binoculars are of the Best Quality. Lenses faultless, and can be adjusted to any sight. Have wonderful definition and power. Body and case in sturdy leather. Strong shoulder straps.

PRICES: X6. £12 10s., X7, £11.
Military Frismatic Compass, £5 15s.

MORRISON & GILBERD,

OPTICIANS AND OPTICAL GOODS
IMPORTERS.

103, CUSTOM HOUSE QUAY,
WELLINGTON.

You have the heat under proper control all the time and every dish is prepared with a certainty that leaves nothing to chance.

Don't Use the Old Dirty Methods.
COOK WITH ELECTRICITY.

HEATWELL OVEN.

SEE MY SHOWROOM DISPLAY OF
"Heatwell" Appliances, Water Circulators, Toasters, Steamers, Urns, Etc., Etc., ANY VOLTAGE.

Write to, call up, or see the Sole Manufacturers,

Roberts' Iron, Steel and Oven Works,
Electrical and Engineering Dept.
Showrooms and Offices: 4th Floor,
Baker's Bldgs., Junction Featherston
Street and Lambton Quay.
Works: Holland Street.
Box 85, G.P.O., WELLINGTON.
Phones 1767 and 3865.

Sole Manufacturers of the Robert's
"Salamander" Ovens.

GOOD REASONS

can be readily furnished as to the advisability of having recourse to Beecham's Pills in time of need. Not among the least is the length of time that this preparation has been in the public service. For about seventy years they have exercised a beneficent influence upon the health of a vast multitude of people, until the name of Beecham's Pills is a household word in almost every country in the world. Such a record is, in itself, convincing testimony that this preparation is of real worth, and is a good reason.

FOR TAKING

when needed, a medicine which stands in such universal favour. Beecham's Pills are scientifically prepared from the best selected ingredients and may be taken by all with safety and confidence. Their action upon the system is an important consideration. The relief they give is speedy, the cure they effect is lasting, and as there is nothing drastic in their operation, they may be taken at any time. Of all the medicines designed to relieve and cure digestive troubles, none have had greater success than the tried and trusted remedy

**Beecham's
Pills.**

Prepared only by
THOMAS BEECHAM, St Helens, Eng.
Sold in boxes, labelled price
10½d (36 pills), 1/1½ (56 pills) & 2/9 (168 pills).

Finest Holiday in N.Z.

The Grand Motor Tour

CONNECTING

Queenstown, Lake Wakatipu,

WITH

Mount Cook - - Hermitage.

The Grand Motor Tour

Is Full of Interest from Start to Finish.
GLORIOUS SCENERY BEAUTIFUL LAKES.

WRITE US DIRECT or get in touch with
Thos. Cook & Son and Government Tourist Dept.
and let them tell you all about it.

Mt. Cook Motor Coy. Ltd. Fairlie & Queenstown

LOVELY AKAROA.

ALE. J. READ'S MOTOR SERVICE.

Cars leave Akaroa daily at 8.30 a.m. For Christchurch, Wednesdays 6.45 a.m. Cars leave Broadways daily at 2.30 p.m. For Akaroa, Wednesdays 3 p.m. The most picturesque motor run in New Zealand. Up-to-date touring cars, careful and efficient drivers. Special trips arranged. Bookings at Government Tourist Department and Adams, Ltd. Phone No. 6 Akaroa. Private address, A. J. READ, WILLIAM STREET, AKAROA.

**THE WAVERLEY
PRIVATE HOTEL**

MARION STREET, WELLINGTON.

Excellent accommodation for visitors. Close to Te Aro Post Office and handy to business centre, trams, etc. Tariff, 6s. 6d. per day, 35s. per week. Permanents by arrangement. Phone 2947.

WM. OWERS Proprietor.

(Late of Timaru.)



HOW TO SEE AUCKLAND.

Chase Motor Char-a-Bancs Leave G.P.O. Daily at 2.30 p.m. on

SIGHT-SEEING TRIPS.

Embracing Suburbs, Gardens, Parks and Places of Interest. Fare, 5s. Guide accompanies all Sight-seeing Parties; careful and experienced drivers. An up-to-date motor plant for Picnic Parties, Touring Trips, etc. For further particulars apply to **GOVT. TOURIST DEPT., THOMAS COOK AND SON, or**

ANDREW AND ANDREW, Sole Proprs.

Phones 2426 and 1603.
Trip Tickets obtainable from Leading Hotels and Private Hotels.

H.P.
the All-British
SAUCE
is made in
England—
enjoyed all
over the
world.
Get a bottle to-day.

