

O Dreamy, Gloomy, Friendly Trees

O dreamy, gloomy, friendly trees,
I came along your narrow track
To bring my gifts unto your knees
And gifts did you give back;
For when I brought this heart that
burns—

These thoughts that bitterly repine—
And laid them down among the ferns
And the hum of boughs divine,
Ye, vastest breathers of the air,
Shook down with slow and mighty
poise
Your coolness on the human care,
Your wonder on its toys,
Your greenness on the heart's despair,
Your darkness on its noise.

—Herbert Trench

THIS PIG BUSINESS

The farmer has been urged lately to keep pigs. If he does, I rather think the responsibility of them will fall, in most cases, to the farmer's wife.

They're interesting while they're tiny creatures with that over-stuffed look and the absurd twist of tail, but they mean a lot of real work if you mean to do the job seriously. If conditions are not right pigs are apt to contract skin diseases. The principal one is mange, and is due to a small parasite, *sarcoptes suis*, which is one of the mange mites. When once these parasites get on to premises, great care must be taken with the animal. The disease usually begins near the head, and gradually spreads. Long crusts of greyish colour are formed, and afterwards the skin becomes wrinkled and scabby in patches, or there may be wart-like projections. The bristles may fall out, and the hairless pig will look an altogether miserable specimen.

The thing to do, as soon as you detect the disease, is to isolate the pig and clean and disinfect the premises. Scrub the animal with soap and warm water, and after drying, rub into the affected parts a preparation consisting of sulphur, two parts; Oil of Eucalyptus, two parts; and Cod Liver Oil, ten parts. This dressing should be left on for about three days, after which another scrubbing and another dressing.

If a really formidable number of pigs is affected it will probably be necessary to pass them through a lime-and-sulphur dip, repeated in a week's time.

—S.B.

To Take Out Mildew

Mix some soft soap with powdered starch, half as much salt and the juice of a lemon; lay it on the mildewed part on both sides, with a painter's brush; then let it lie on grass all day and night till the staining comes out.—"M.H.", *Takaka*.

Strange Foods

Talking of strange foods, Birds'-nest Soup — regarded in China and Japan as a rare delicacy — sounds pretty doubtful to me. The nests are found fastened firmly to the walls of caves. They are constructed by a species of swift, and not of the usual twigs or moss, but of saliva!

Proof of popularity in the Chinese diet is the fact that between three and four million of these nests are imported every year from Borneo to add to the home supply.



COOL AND CHIC FOR SUMMER

A new loose line is being offered us for summer days. And very attractive is this seeming-negligent ensemble in two tones of moss green. The large collar of the frock, tucked into the belt and folded in at the neck, is worn over the jacket, the voluminous sleeves of which droop over the wrist.

The lines of the skirt are very trim and slender with brief pleatings back and front. The button ornaments are suede, as also is the becoming hat. With these accessories in the new tan a successful contrast might be achieved, and the vogueish black or navy with white offers another interesting colour suggestion.

Conservative Man

Do you know why there are two buttons always placed above the tails of a man's dress coat or his morning coat? Years ago they were necessary — to support his sword-belt! The average man, all the same, would hate you to refer to him as a conservative animal — don't you think?

WHILE THE KETTLE BOILS

Dear Friends,

This week I want to talk to you about "fitness." To a lot of people that sounds a very abused term, but in reality it is a matter of plain common sense.

Fitness is just another word for good health, and health is merely the result of four simple but Golden Rules — Fresh Air and Sunlight — Proper Food and Eating Habits — Regular Exercise — Adequate Rest. If you observe all these rules faithfully, you must attain fitness.

Fresh Air and Sunlight? You can manage that all right. Proper Food and Eating Habits? Yes, with a little extra thought and trouble. Adequate Rest? Yes, it could be done. But at the sound of Regular Exercise, most of us shy away in alarm. All the exercises we have ever read or heard of straightway begin a crazy callisthenics in our mind. Well, here is a reassuring word. Most of those complicated exercises you read about are unnecessary. A few simple daily exercises are all we need to keep our figures trim and supple.

Don't be like the woman who said: "When I feel like exercising, I just lie down till the feeling goes away!"

As soon as you spring out of bed devote eight minutes only to this simple practice. First, bend and touch toes a dozen times. Next, stand with feet apart and, bending over, touch right foot with left hand and repeat with right hand to the left foot—six times each. This is a most valuable exercise, as it brings into play every muscle in your body. Four minutes gone! Now, rise on toes and descend to a squatting position. Spring back briskly to original position, repeating six times. Next stand with feet apart, hands on hips, and rotate your body; five times to right and five to left. Finally, swing your arms out in wide sweeping circles, remembering to keep your elbows stiff. If you find you've got a minute left, don't hedge! There is one other exercise that will help to keep down those hips. Grip the end of the bed-post, and swing first the right and then the left leg out in a wide circling movement, keeping the knees stiff.

Eight minutes! Run to the window, and for two minutes draw in deep lungfuls of air. Now, if you don't feel like skipping to your bath, if the whole day does not seem crisper and brighter, there is something wrong with you. Try this for just a few mornings and see how well you feel.

Walking, as we all know, is another most valuable exercise, and none of us do quite as much as we might—or should.

Adequate Rest is of course just as vital to our bodies as sufficient exercise. The secret of rest is complete relaxation. A few minutes stolen during the day at varied intervals is of untold value to us. Anything to reduce that nervous tension—fatal both to health and to beauty. A few minutes' rest in your office before lunch—five minutes during the afternoon. A complete relaxing in the train or bus on your homeward journey.

For nervous or run-down people here is an excellent home-made tonic that will work wonders for you even if you are a teetotaler.

Put the contents of a bottle of invalid port into a larger bottle. Add 1lb. tin of Malt Extract, and 2 ounce bottles of Meat Extract. Mix well and leave 24 hours before using. Take a wine-glass full after meals.

Good health!

Yours cordially,

Cynthia