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Advice on Health (No. 216)

SUMMER DIARRHOEA

(Written for "The Listener" by DR. H. B. TURBOTT, Director of the
Division of School Hygiene, Health Department).

THERE'S a seasonal enemy to
beware of as warmer days arrive—
summer sickness or epidemic
diarrhoea. It is particularly hard
on babies or toddlers; their gastric
juices do not deal with the germs
so well as adult stomachs; more
germs survive; and more little ones
suffer than grown-ups. But grown-ups
get it too. It starts extremely suddenly,
with a bout of diarrhoea, followed by
frequent further bouts. Children usually
develop a temperature and vomit.

Babies go under very quickly. It comes
from germ infection of baby's food-
stuffs. It is very rare in breast-fed babies
and in them usually comes from neglect
in care of the breasts. In bottle-fed
babies it comes from unclean or con-
taminated milk, unclean utensils, food
handling with dirty hands, dirty dum-
mies, or through flies infecting any of
these things.

Breast-feeding for baby is the best
way to avoid summer diarrhoea. You
will avoid it with bottle-fed babies by
scrupulous cleanliness. Milk in the home
must be kept cool, protected from flies,
dust, unclean hands, and preferably pas-
teurised for safety. All baby's feeding
utensils and bottles must be sterilised
and kept so till used. Dummies should
be abolished. Mother's hands and finger-
nails need careful scrubbing after attend-
ing baby, and then preparing his food.
Otherwise anything touched will be in-
fected. Lastly, wage war on flies, and
keep them off milk, foodstuffs and baby's
feeding things.

Adults are more resistant than babies,
but they too are open to risk.

Raw, Ripe Apple

If your home is visited by summer
diarrhoea what are you to do? If it is

baby, stop the feeds and put him on to
boiled water only, until the doctor
comes. If the doctor is busy and cannot
come, put the child on to grated raw ripe
apple, frequent spoonfuls, freshly grated,
till the diarrhoea stops.

The apple has a curative effect on
diarrhoea, due to a combination of the
pectin, the acids, the sugars, and the
traces of copper present in the apple.
They combine to remove and counteract
the poison from the germs and stop
them from multiplying. So, while you
have been accustomed to think of an
apple as being laxative, in diarrhoea it
can be actually used to achieve the re-
verse effect.

So, if you are grown up, the next time
you pick up a bout of summer diarrhoea
put yourself on to water and the apple
cure. Either take it by the tablespoon-
ful frequently, freshly grated, or better,
do it this way:

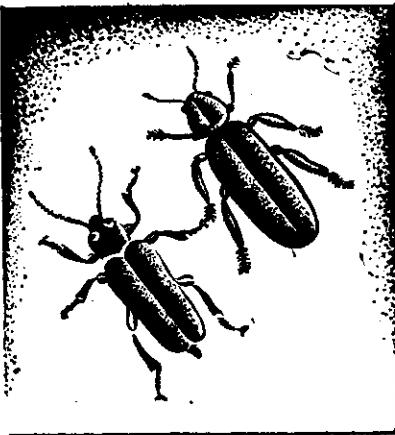
Wash and slice 6 to 8 apples, includ-
ing skins and cores. Barely cover with
water, cook for 15 minutes, and, when
cool, squeeze the juice through a jelly
bag. Drink the whole of this juice, un-
sweetened, within two hours. Your at-
tack will be nipped in the bud!

If the germ happens to be of the
dysentery group, one of the sulphona-
mide drugs, called sulphaguanidine, gives
a rapid cure. It can also be used as a
preventive for others in an infected
household, though this sort of use has
been confined to the armed forces, so
far, to control camp attacks. You can-
not get this drug on your own; your doc-
tor must prescribe it. So if an infective
diarrhoea does not clear up in the first
day with ordinary treatment — call your
doctor.

FACTS ABOUT WOOD



1 Every year more bush and forest is
burnt in New Zealand, much of it
through carelessness. At once the dead
timber is attacked by borer. Millions
of feet of valuable N.Z. wood is being
pulverized by insects, which may in-
crease after a fire by as much as 1,000
per cent. Thus borer multiply and
spread into building timber and into
buildings themselves.



2 Any form of rot favours the growth
of Borer or Termite which feed on
the cellulose in floor and wall timbers.
The only satisfactory method of con-
trol is to impregnate the fibres of the
timber with a chemical which poisons
their food supply. Such is Penta-
chlorophenol, shot with pressure guns
into the wood itself by the experts of
the Boracure Service.



3 Timber is the natural building
material for New Zealand. Beau-
tiful modern houses will be built in
the next few years of wood from our
own forests. Wood is cheap, warm,
safer in earthquakes and lends itself
to attractive finishes. Wood is subject
to insects and rot—yes, but none of
this need worry you if only the timber
is watched by experts.



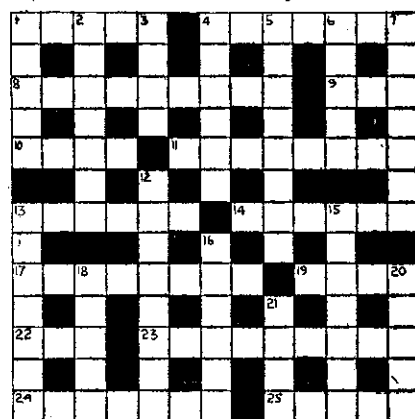
4 Boracure, the nation-wide wood
preservation service will examine
your house regularly to see that con-
ditions leading to decay are not allowed
to arise. Careful Maintenance will
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THE LISTENER CROSSWORD

(No. 227: Constructed by R.W.C.)



Clues Down

- Hardy produces a mythical snake.
- Four of them are featured at 9 p.m.
Tuesdays, Thursdays, Fridays and Satur-
days.
- Young hawk.
- Search for a drunk.
- An unexpected trait to find amid lies.
- Boredom.
- In a star we find a mechanic.
- Let's keep our breath to cool it, as the
saying advises.
- A red cob (anag.).
- Make angry.
- Certify.
- The end of 12 down arranged as a song
of mourning.
- A stew becomes this? We hope not.
- Found in a real toff.

(Answer to No. 226)

Clues Across

- Heats in order to produce speed.
- Fabulous mixture of rice and ham.
- A pig dares to run down.
- Twice five reversed.
- Animals in 8 across.
- Slam, Eric! (anag.).
- Confer.
- Allot.
- A doubter becomes hardened.
- Cows upset in a boat.
- "Your eyes are lodestars! and your
tongue's sweet —
More tuneable than lark to shepherd's
ear."—(Midsummer Night's Dream,
Act 1, Sc. 1).
- Wild glens don't make very good ones.
- The first woman followed by the re-
mainder to a mountain.
- Corpulent.

