



ESTABLISHED 1849

## How long will the War last?

THE War will last until we of the Allied Nations have mobilised sufficient strength to overcome the enemies of freedom.

It follows that every pound we spend or waste on non-essentials lessens our strength and prolongs the war.

Every hour's work that any one of us holds back from the Nation's service lessens our strength and prolongs the war.

The Nation's security demands that every citizen take up a full share of the burden; every man, every woman, every firm, every company, every institution. None can escape responsibility.

To this end, this Society is regularly putting into New Zealand Government Loans all it can spare of its members' Life Assurance Savings. In New Zealand and Australia it is doing this to the tune of about £500,000 a month. Already it has lent the New Zealand and Australian Governments over £51,000,000. It will go on giving of its strength in the certain faith that this will help to shorten the War and bring us to Victory.

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Advice on Health (No. 74)

## CHEWING THE CUD

(Written for "The Listener" by DR. MURIEL BELL, Nutritionist to the Department of Health)



A NO-LONGER-YOUNG relative of mine tells how, when he was a child, his mother used to encourage him to chew every mouthful of bread 22 times before swallowing it. Mr. Gladstone, then known throughout the land of Britain as "The Grand Old Man," was quoted as the authority for this advice to those who wished to live a long and healthy life. Mr. Gladstone presumably practised what he preached, and he was certainly a vigorous and phenomenally active man—Prime Minister of England at the age of 82; and 89 when he died in 1898.

Dear Reader, I am almost certain that you do not attain to Mr. Gladstone's degree of enthusiasm for mastication. I can anticipate your saying that chewing the cud may be all right for cows (and you hasten to add that that means no reflection on Mr. Gladstone), but you object to taking advice without reason. Well, let us see what it amounts to in terms of human physiology.

### The Cow Has The Advantage

Putting worst things first, one of the causes of chronic gastritis is stated to be rapid eating with poor mastication. Advice to patients with gastric troubles always includes the injunction to eat foods slowly, and thoroughly masticate the food.

The beneficial effects of thorough chewing are manifold. There is first and foremost, the attitude of the mind. There is no doubt as to the benefits of a peaceful attitude of mind while partaking of a meal. The cow, I should judge, has the advantage over us there. There are certain stomach troubles which are believed to be due to the

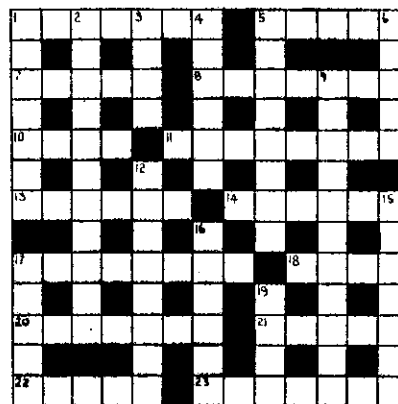
atmosphere of rush and hurry in which many persons live; according to Canadian figures, there is a greater percentage of recruits suffering from these troubles in the present war than there was in the last. An inner calm has a great deal to do with the proper functioning of the alimentary system; both its motility and its secretions work more harmoniously when the mind is at ease.

The act of mastication has both local and remote effects. Its local effects lie in the massage it gives to the teeth and gums; and in children, while the jaws are developing, it adds the further mechanical function of securing the proper action of the jaw muscles, which bring about the widening of the jaws and the proper spacing of the teeth. Well-spaced teeth mean less dental decay. A broad arch to the mouth means more room in the nasal cavities also, and less tendency for respiratory troubles. There are obvious advantages in giving children foods that need chewing, and foods which tend at the same time to cleanse the teeth.

The local effects also include the promotion of a good flow of saliva. And this in turn leads on to the remote effects. The act of mastication stimulates also the flow of gastric juice. Finely chewed food, moreover, has no harmful effect on the rest of the alimentary system; with coarse particles it may be quite otherwise. In certain types of disease of the alimentary system, the patient is advised to put all his fruits and vegetables through a sieve. Better to avoid having to go to all that trouble in the future by taking a leaf out of the book of the contemplative cow.

(NEXT WEEK: "Too Much of a Good Thing," by DR. BELL.)

### THE LISTENER CROSSWORD (No. 113.)



#### Clues Across

- Mixture of car and boat seen in a circus.
- Scare into worries.
- Vegetable mould.
- Run true to upbringing.
- Indulge in 11 across.
- Ten and care for a vessel.
- Read it (anag.).
- De Gaulle conceals a deficiency.
- Not a liar? This is reasonable.
- Thin coat of liquid colour.
- If aunts are this, they probably 10 across.
- Boring exercise?

- He makes this with tar.
- These lasses may be less mad.

#### Clues Down

- This rat is longing for a drink.
- Rewards.
- Protuberance.
- Bicycle built for two.
- Cuts short.
- Guide by means of trees.
- Natural mire is blue in colour.
- Simon had to reprove.
- Breathes out.
- Andrew is cautioned.
- Weapon for a flyer.
- He accompanied Orlando into the Forest of Arden.

(Answer to No. 112.)

