

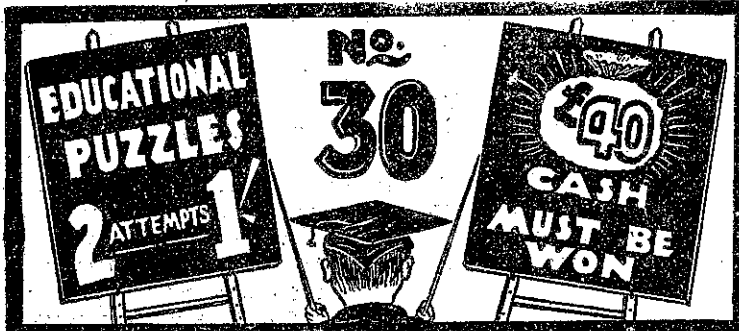
HERE WE ARE AGAIN! EDUCATIONAL PUZZLES

IN THEIR ORIGINAL FORM.
(Now Compiled from Wise's N.Z. Index.)

ACCLAIMED BY ALL

The Most Popular Picture Puzzle.

TWO FREE ENTRIES FOR RUNNERS-UP TOO!



POST YOUR ENTRIES TO —
EDUCATIONAL PUZZLES No. 30
P.O. Box 462 R
CHRISTCHURCH
BEARING POSTMARK NOT LATER THAN
TUESDAY, AUG. 4th 1936

1. PALMERSTON 	2.
3.	4.
5.	6.
7.	8.
9.	10.

NAME ADDRESS

INSTRUCTIONS

Each of the above pictures represents the name of some place, mountain, etc., in N.Z., which is listed in Wise's N.Z. Index. For instance, picture No. 1 illustrates "Palmerston." Now complete the other nine yourself. If you consider that a picture may represent different names the Minimum Entry Fee of 1/- Postal Note or 1/1 stamps will be sufficient for one or two entries. Entries after the first two—6d. each. Solutions may be written on plain paper if desired. Write your name and address plainly on your entries and post as instructed above.

£40 cash and sealed solution have been lodged with "N.Z. Truth" as a guarantee of good faith but not so as to involve that paper in the liability of stakeholder or otherwise.

RULES

1. The prize of £40 will be awarded to the competitor with the greatest number of names correct.
2. Ties divide but the full £40 will be paid and no winning competitor shall receive less in prize money than the amount of his or her entry fee.
3. Each runner-up will receive a free entry voucher entitling the holder to two free entries in a later contest.
4. Alterations or misspelt words count as errors.
5. No competitor may win more than one share of the prize money.
6. No correspondence relating to Educational Puzzles will be entered into after one month from closing date.
7. The decision of the adjudicators must be accepted as final.

RESULTS WILL BE PUBLISHED IN THIS PAPER ON AUGUST 14.
SOLUTION AND LIST OF PRIZE WINNERS OF EDUCATIONAL PUZZLES
NO. 29 APPEAR ON PAGE 44.

Cost of Health—Nothing At All

(Continued from page 6.)

only through obedience to the law that we can have that which is the purpose for us—life more abundant, in every department of our being. Here we are, most of us born healthy, gradually drifting into disease through neglect of the simplest common sense. Economically, the position is the same. Potentially wealthy beyond the wildest dreams of avarice, with unlimited resources, and productive capacity nearly as great; yet grinding out a precarious and penurious existence as if starvation were the imminent alternative. Blind, yes. But ignorant, stupid and obstinate as well. The cost of disease rising by leaps and bounds till the people groan beneath the burden. The cost of health—nothing at all.

A man who had run a large and grossly dirty nag through his foot presented himself two days later, suffering from every sign of an acute condition of blood poisoning. His foot was swollen, hot and tender; red streaks on his legs, and he was running a very high temperature. Now if germs are the real cause of such a condition, surely if we starve the patient we shall lower his resistance and the germs will rapidly destroy him. Yet with no other treatment than a fast, daily enema, and cold packs to his foot, the condition completely subsided in one week.

This case illustrates a principle of far-reaching possibility. A great many of the cases now regarded as surgical emergencies need never be treated in hospitals at all. Many others can be safely and permanently dealt with by the simplest of conservative measures. The colossal expenditure on disease could be halted to-day; and much of the fearful suffering and wastage averted. It is rarely, if ever, necessary to remove tonsils; or to operate upon antra, mastoid, and sinus disease; or any of the other acute suppurative disorders.

You boys who live in camps, or worse still, in boarding-houses or hotels, do you think that you can escape the fate that overtook Scott and his companions? Do you think that you can live on spoil foods, on dead, devitalised food substitutes that are not capable of supporting healthy life? Disease is a degenerative process; it is slow and gradual. Because dead foods don't kill in an hour, you think they are all right.

Public Trust Report

ESTATES of a value of £510,417 were reported and accepted for administration by the Public Trustee during the month of June, 1936. The total value of the estates under administration by the Public Trustee on March 31, 1936, was £60,660,310, and the new business for the quarter ended, June 30, 1936, was £1,454,861, compared with £1,180,838 for the corresponding period last year. Grants of administration made by the court in favour of the Public Trustee numbered 133 for the month.

During the month 380 new wills appointing the Public Trustee executor were deposited for safe custody by living testators, and 348 existing wills were revised to provide for changes desired by testators. The total number of wills now held in the Public Trust Office is 86,509.