

freshness, its pleasant colour and its delicate appetising natural flavour. There is not space enough to argue further.

(3) Exercise: As has been stressed many times before, the construction of heavy muscles should not be sought by any but the trained athlete, and certainly not of the woman or the child. The size and strength of muscles should be in proportion to the rest of the body. What muscles one does possess must be kept healthy. People are often too haphazard about their choice of exercises and go about them with much vigour, yet not knowing what effect they are having. Find a system that is designed to produce the maximum amount of exercise in the minimum amount of time, aims at loosening the muscles and joints rather than muscle-building and which has different exercises for each part of the body. Moreover, your "daily dozen" will have little effect if for the rest of the day you stand, sit or walk incorrectly. Nature has provided the perfect exercise in walking, but we civilised moderns abuse this, having lost the art of a natural and correct posture.

(4) Sleep: Everyone knows that sleep is essential in order that the body may become rested and restrengthened. They are wise who believe that an hour's sleep before midnight is worth two after; and those who wish to get the greatest benefit from a night's rest always keep their windows wide open and sufficient covers on the bed to protect them from the cold.

(5) Clothing: Clothes are an important factor in health-building and should be designed both for utility purposes and to please the eye in style and colour. The weight should always be on the shoulders and never on the hips. Then shoes—oh! we are merciless to our feet, for, until they begin to complain, we have little respect for them but encase them each day in leather armour. Give your feet a gift of really pliable, well-ventilated shoes and they'll never cease thanking you.

ANOTHER vital necessity for a healthy body is scrupulous cleanliness both of skin, hair, clothes, cosmetics, food and surroundings. After your daily bath give the skin a firm slapping with the palms of the hand until the whole body glows.

The quest for health and beauty is not the right of a certain class or age of people—it is for all of us. It is the universal treasure-hunt with a prize for everyone.

HIGHLIGHTS on the Australian cricketing tour and the activities of the teams are related and speculated upon in "Our Cricketers Abroad" every Monday at 10.15 p.m., New Zealand standard time, and every Tuesday to Saturday at 10.7 p.m., from 2UE by "Bill" Phillips, who is in charge of all 2UE's sporting services. To further add to the importance of the feature, Allan Kippax is brought to the microphone every Tuesday and Friday.

THE new 2GB serial feature, "White Eagles," every Monday and Wednesday at 10.30 p.m. New Zealand standard time, is the story, enthralling in its telling, of Leland Thorne, crack agent of the American Department of Justice, who is given the responsibility of tracking down and arresting the heads of a powerful crime syndicate.



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