

The Threat Of Civilisation

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adult the bony tissues must be renewed from time to time as they are subject to change of matter like all other tissues of the body. If there is a deficiency of lime salts in the food and consequently of the blood, the gelatine of the bones loses its chemical support and begins to decompose. Teeth are attacked in a similar way—also from without by fermenting food debris left about them; sometimes even by saliva.

Food is a "Dr. Jekyll and Mr. Hyde," it can make you well and keep you healthy or it can make and keep you old and sick.

SOME European nations have awakened to the truth of this statement, they have entered into rigid systems of health development, realising that the food problem is one of racial importance. For instance, the Japanese have had abundant reason for alarm. That something has been wrong has been evident to close observers for a number of years. In their ambition to be recognised as an up-to-date nation the Japanese have, within a generation, made such progress in the arts and sciences that they have not only caught up with the civilised nations, but they themselves have really become civilised.

And the rapidity with which the destructive effect of modern civilised habits have developed race degeneracy in Japan is a striking

example which should profoundly impress other nations, because of the convincing evidence it offers of the race-destroying tendency of our modern life. The one hope of the Japanese nation, of our own in fact, is to return to a more natural mode of dieting, living on live and not dead foods.

IT is time people awoke to the fact that disease of any kind does not come without a cause, and that the way is prepared and disease invited by disregard to the laws of health.

All these things are a very real and vital problem in the future of mankind. There has recently been launched a movement throughout the British Empire to increase national health efficiency, but it is remarkable that in the plan of campaign there is no clause which gives specific attention to the improvement of national diet. In my opinion, the most vital factor to be considered in problems of public health is the factor of saner and more natural eating.

So long as people are not sufficiently educated on the subject and our food is commercialised to the extent that it is—by being treated, altered, processed, coloured, embalmed, adulterated, preserved, pickled, denatured, cooked to death and sterilised—so long as people think of this dead material as food and are not taught the truth regarding it—so long must the existing menace to the health of the race continue.

Radio Round The World

IN a recent census of listeners in English and American hospitals, it was found that the women hardly listened to their radios at all. They said quite frankly they did not listen because there was no romance. And so on Friday's at 6.0 p.m. N.Z. standard time, 2FC Sydney has arranged to broadcast a series of love letters by an anonymous reader. They are directed to all women of all ages, so that those who want romance may feel each letter is meant for them. According to the writer, they are deeply sincere and honestly intended to make the listener feel she is being made love to.

THE roar of a lion is 100,000,000 times more powerful than is required for the human ear to hear it. Engineers tucked away in sound-proof rooms in the huge Philco plant have discovered many strange things about our sense of hearing. They have found that the range from the faintest to the loudest sounds perceptible to the human ear is from one to three trillion power units. The force at work in the faintest sound heard by the normal ear is so small that it would have to be multiplied by two and one-half billion times to equal the force required to merely raise a pound weight. One of the scientific staff at this plant explained it in this way: "If the lips of an average speaker are held within a half-inch of the ear of a person of normal hearing, the acoustic power the ear receives is ten billion times greater than needed for mere preception of sound."



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