

Choice Of Medicine Or Food

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The first thing you will notice after a day or so of their use is that your elimination is greatly improved. These juices are not laxatives in the ordinary sense, for they go through the entire blood stream and clean out many odd corners where toxic wastes have lodged. You will too, notice a gradual buoyancy of body and spirits, a longer endurance at work and play, the disappearance of dullness and fatigue.

IN many cases vegetable juices have acted wonderfully in overcoming excess acid conditions, in aiding the digestion by increasing the discharge of bile and pancreatic fluid and in other ways. Complexions clear, breath becomes sweet, the eye sparkles. . .

Many vegetables . . . in particular celery, spinach, silver beet, carrot and parsley are astounding in their ability to rid the body of fatigue poisons, to restore the alkaline balance, to normalise blood pressure, to improve nervous conditions, and to restore tone and vitality to every part of the system. Silver beet supplies iron, celery is a detoxifier and alkaliniser, parsley is a diuretic and eliminator of kidney wastes second to none. Carrot has long been known as a blood purifier

and for its effect on the hair, nails and complexion; it is now recognised as a most important source of carotene, from which vitamin A is organised. The valuable properties of the garlic have been known and used for centuries by people of many lands.

FOR all general purposes the juice extracted from dark green leaves is good, but it should be remembered that such juices contain other substances that, unless taken with extreme caution, will cause nausea. Spinach, for example, has been lauded as THE green vegetable, but raw spinach juice should be taken in small quantities. We should utilise the tops of carrots, turnips, and beets to obtain iron and other mineral elements, as well as the popular celery and lettuce.

Lawrence Armstrong says, "To re-educate our bodies, to give new life and energy to our many organs, there is nothing to compare with a week spent on the juices of raw vegetables and fruits alone. For imparting vitality and building up resistance to disease, raw juices have no equal, and should form part of the daily diet of young and old."

Healthy Eating

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THE quantity of food required to maintain good health is so very much less than is popularly supposed, that most people consume a tremendous excess. They spend a good part of their time loading their systems with unusable, and usually disease-producing, foodstuffs; and then spend most of the evening of their lives—and a large proportion of hardly-earned savings—in futile endeavours to get rid of the consequences. Cancer, diabetes, rheumatism, heart and kidney disorder, digestive ulcers, gall stones, catarrh, deafness, blindness, mental disease, are some of these.

THE acid and carboniferous waste that results from such piggishness blocks and clogs the whole system. Like a furnace that is never cleared, it refuses to work. The sodium-potassium and calcium-phosphorus balance are upset. Vast deposits of refuse accumulate. Every cell contains its

quota. The very bodily conformation becomes distorted, often almost beyond recognition.

Yet thousands of sick in much such condition are, again at exorbitant cost, "examined," "observed," and "investigated," to discover what mysterious "germ" has attacked them. When beneficent Nature asserts herself, and restores health by means of the reactions we call acute illnesses, the whole of the resources of modern so-called science are summoned and every possible effort made to suppress her kindly reactions.

The more successfully we suppress acute illnesses, without adequate attention to the causes that brought them about, the more effectually may we prevent Nature from protecting us from the consequences of ignorance or neglect.

There is little to fear. Those who live healthily seldom fall sick. And those who are sick will mostly recover, if they live healthily. Acute illnesses are not diseases; they are Nature's curative reactions against disease. They should be co-operated with, not feared.

The Irish Believe

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sang in the films "Rose of Tralee" and "Songwriters on Parade," and now he is on his world's tour.

One can do a lot on a voice.

AFTER his engagement with the NBS is over, he told me, he intends to make a concert tour of New Zealand, visiting from town to town. Then he goes on to Java and so home for a year's training with Vincent O'Brien, in Dublin, the teacher who "discovered" the voice of John McCormack.

For part of the tour, he brought his wife and 16 months' old boy with him, but they found constant travelling too trying. He speaks to his wife, wherever he may be in the world, over the telephone twice a month.

And he sings to the little boy . . .

I discovered that when I asked him what gave the rare and unique quality of the voice of the true Irish ballad singer.

"Perhaps it's the fact that they suffered for years from oppression," said Danny Malone. "They feel everything they sing. Singing is no cold exercise to them. For instance, when I sing 'Little Boy Blue,' I have a small boy all the time in my mind. He's sixteen months' old. This is his photograph."

FAT PEOPLE WHO HAVE HIGH BLOOD PRESSURE

Should Take Kruschen Salts

One Woman 20 Points Down

Whether they know it or not, many thousands of people who are fat have high blood pressure.

Your doctor can explain all that. And he can also tell you that if these thousands of fat folks would lose a goodly part of their excess fat they would also lose their dangerous high blood pressure.

Take the case of this woman, for example—just one of thousands that have lost fat by taking a daily dose of Kruschen Salts.

In a grateful letter she writes:—

"I have had trouble with my back and high blood pressure. I was always tired, and was twenty pounds over-weight. I tried taking Kruschen Salts, and lost five pounds in one week. The pain has stopped, and blood pressure is 20 points down, and now I can get around much quicker and feel 100 per cent. perfect, thanks to Kruschen Salts. I will always recommend them."—(Mrs.) D.W.

To lose fat the safe inexpensive way, take one-half teaspoon of Kruschen in a glass of hot water every morning before breakfast—cut down on fatty meats, potatoes, cream, butter, and sweets.

Furthermore, millions of people the world over—lean people—thin people—all kinds of people take Kruschen Salts for constipation, dizzy spells, sluggish liver and headache—it helps to put vigour and ambition into the indolent, and makes those who take the "little daily dose" gloriously alive and active.

Kruschen Salts is obtainable at all Chemists and Stores at 2/3 per bottle.

DEAF : HEAR

Through the BONE of your HEAD.
Test it free in your own home.
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even the so-called stone-deaf hear.

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