



First Wealth is Health

Cleanliness and System are Essential

By MRS. C. G. MACQUARRIE, Vice-President of the Radiant Health Society.

HEALTH to-day, when so much of life and so many lives are lived at high pressure, is one of the most important problems of the human race, and by reason of its importance one of the most interesting. The rightful heritage of every human being, few develop or conserve it as they should.

Sickness, or even indifferent health, spells poor spirits, which serve no one and advances nothing. Health means that all the bodily functions are carried on with such ease that we are unconscious of possessing such organs as heart, lungs, liver or stomach; that a feeling of fitness and well-being is experienced to the extent of making life a constant joy, being both mentally and bodily fully alive.

People become ill because they disregard the fundamental principles on which the health of the body depends. The omissions and transgressions responsible for wrong living, which cause disease of the body, are insufficient food, too much food, wrong combinations of food; lack of fresh air, sunshine, natural rest or sleep, and insufficient exercise. Health can be obtained or regained by the observance of essential rules, the first being to take plenty of fresh air and sunshine. Thackeray rightly says that man subsists upon the air he breathes more than upon his meat and drink. Who would think of keeping animals or plants continuously covered, away from air or light? We know that ere long they would wither, waste away and die. Yet many people are content to spend their existence almost entirely in passing from one ill-ventilated room to another, instead of availing themselves of sunshine and pure air, and taking care to spend their sleeping hours in rooms that are well ventilated.

FOOD is necessary to supply the material for building up a constantly changing body, and to supply the elements which waste has depleted; certain essential salts, vitamins, carbohydrates and proteins. Fruit juices, orange, lemon, grapefruit, etc., are valuable, not only as drinks, but as food; and are further potent means

of assisting nature to clear away the accumulation of toxic poisons, which characterise so many chronic diseases. A sufficient quantity of water should also be taken internally every day. Few people realise the great part played by water in keeping the internal system thoroughly clean.

External cleanliness should, of course, be scrupulously observed, daily baths, according to individual requirements—either cold or tepid in the morning or warm before retiring—being taken. Sufferers from gout or rheumatism will find a weekly hot bath, to which a pound of Epsom's salts has been added, to be very beneficial.

Whatever exercises or system of exercises are adopted, one's heart and soul should be put into them. A half-hearted, rather-not-do-it attitude can only give very poor results. Go into the business with a bright, cheerful frame of mind and the results will be excellent.

Ten minutes devoted daily to regular exercise, preferably with electrical massage, will postpone middle age almost indefinitely. The brain cells receive an impression of ideal health, you subconsciously picture yourself ideally healthy and so attain to your ideal. The power of imagination is one of the greatest with which nature has endowed us. By its aid, the earnest and regular cultivation of right habits of thought, we create a magnetic power that will draw health to us, change ourselves and the world about us.

Another Milestone

ON the 6th of this month, exactly twenty-one years after the first installation of electric power in the city of Auckland, the Minister of Public Works (Hon. E. A. Ransom) turned off the steam generating units and switched over the supply entirely to the Public Works hydro-electric system, at the same time declaring open the new building of the Auckland Power Board.

Brightening up the Home

A Touch of Colour Here and There

Re-Coach the Living-rooms Before Winter

BEFORE another moon wanes we shall put back our clocks to standard time, and many of us will sadly miss that extra half-hour's daylight and its opportunity for enjoying "the glorious out-of-doors" at close of day.

It behoves us, therefore, to take a look round our rooms and see what can be done to brighten the evenings that must from now onwards be spent indoors. Some, no doubt, will have one or more rooms redecorated, and to them we suggest a cheerful note. Let there be light—that in plenty, of the right sort, without glare—and do not be afraid of colour. To those who have not already decided upon one or more colour schemes for themselves, the following combinations may appeal. All of them can be adapted to any room, be it sitting-room, bedroom, or kitchen.

Tan, rust and yellow with a touch of deep blue make a beautiful room for a man's own, for a library or a study.

Yellowy buff walls, delphinium blue and Parma violet will harmonise well, while for rooms with a sunny aspect, greeny-gray walls, leaf green and a touch of mandarin-red can be substituted.

Rose-red, soft green with a touch of black; yellowy-tan and leaf-green; black and ivory with jade green; dark blue and red with a touch of green all combine well.

Aim at a light ceiling (not necessarily white or cream—pale blue or creamy yellow can be most attractive) slightly darker walls and darker floors. Bright splashes of colour can be introduced by one or more articles of painted or enamelled furniture.

Where the paper in a sitting-room, or a chief living-room is still quite good, we may still have tired of it or it may have become monotonous to the eye, in these days of rapid change. If it is plain, mottled, of a neutral tint, or of a fairly nondescript background, we can transform it, and indeed the whole room, by simply hanging a cut-out decoration of wall-paper over it at one or more corners. These corners come in hanging sprays of Virginia creeper, rambling roses, or wisteria; they are easily applied, graceful in design and highly artistic in colour-

ing. Should you feel inclined to go farther, and picking up the chief colour in the new design, repaint the picture rail and woodwork, you will be delighted with the result. There are now many good enamels and paints on the market, supplied with such full and explicit instructions, that even the average woman, who claims no special knowledge, can easily undertake the work herself.

WHERE the walls are too patterned to admit of the corner decoration suggested, they can be brought up-to-date by bordering each wall space, to produce a panelled effect. This, too, is only the work of an hour or two. A harmonising but contrasting border should be selected, i.e., a light border on a dark paper, and vice versa. A rearrangement of the actual furniture is also usually called for at different seasons of the year, and this panelling effect will suggest many a pleasing grouping.

Coloured chintzes and cretonnes, so effective in design, and now being sold very reasonably, can be used to advantage to introduce a note of colour or carry on the scheme, and can often replace to advantage the lighter curtains. A painted and enamelled floor will often bring furniture and draperies into line, and can easily be kept in good condition. A worn but still good linoleum responds admirably to a coat of paint or enamel, and provides an excellent background for rugs or mats. In fact, these paints and enamels are really invaluable as an inexpensive, easy means of introducing colour, and freshening anything from a vase to shabby tables, chairs, fittings or chests.

With the Optimist

"Any luck with your bees this year?"
"Well, I haven't exactly had any honey from them, but one of them gave that rate-collector fellow an awful sting on his nose!"

Money doesn't mean everything in this world, but somehow everything in this world seems to mean money.