

decay in upper front teeth. The reason is that the lower teeth are more bathed in saliva than the upper ones. We know that the amount of saliva in the mouth may be increased or diminished by conditions. Our object, then, is to establish the condition which produces a good flow of saliva. You all know the tradition that the thought of some foods, such as strawberries, makes the mouth water, and also that when you are hungry you get the same effect. All tasty dishes, acid foods, fruit, and fresh foods, like celery, lettuce, raw vegetables, such as carrots, stimulate the flow of saliva, and all insipid dishes, milk puddings, cakes, biscuits, sweets, and sugar, retard the flow of saliva. You should then: 1st, cultivate hunger by not eating between meals; 2nd, give up as much as possible eating sloppy foods, biscuits, sweets, and sugar; 3rd, and most important, finish all meals with a salivary stimulant—fresh fruits (raw or stewed) or fresh vegetables.

DIET RECOMMENDED.

Breakfast.—Porridge with milk and salt, bacon, fish, etc., toast and hard bread. For children, bacon bread in place of meat is recommended.

Dinner.—Soup, fish or meat and vegetables, the latter, if potatoes, are better left in their skins, stalks of cauliflower and fibrous parts of fresh vegetables will do good if thoroughly stewed. Puddings—Fruit (fresh or stewed) or fresh vegetables, viz., radish, celery, carrots.

Tea.—Bread, butter, jam, puddings; lemon drink, tea or coffee, and fruit.

A soldier killed in action in France has left his little hard-earned savings towards teaching New Zealand how to **Care for the Children's Teeth.**

Decayed teeth cause indigestion, malnutrition, and give rise to consumption, pneumonia, diphtheria, rheumatism, and many other diseases. Remember that disease germs multiply rapidly in a decayed tooth, and **do not let your child swallow poison with every mouthful of food.**

PREVENTION.

1. If possible, see your baby begins by being naturally fed.

2. Never encourage thumb-sucking, never use a dummy; both habits tend to narrow the jaws, and so make it

impossible for the child to have a well-arranged mouthful of teeth.

3. When the child is older, give him three good wholesome meals a day, with no food at any other time. Never give a child biscuits, lollies, or chocolates.

4. Avoid much soft sweet food; give crusts, oat cake, etc., that will ensure thorough mastication, and, if possible, finish each meal with a small portion of either raw or cooked fruit.

KEEP THE TEETH CLEAN.

Clean the teeth thoroughly; brush the teeth up and down, and over all surfaces, as well as across. Wash the mouth well at the same time. Always clean the teeth before going to bed.

DECAYED TEETH.

Must be treated at once. Get the teeth inspected by a dentist once or twice a year. Always get the teeth treated at the first sign of decay. Never wait for treatment till a tooth aches.

Further advice and information given by writing to the Executor, E. G. McGoverne Estate, Greytown.

IN THE FIELD.

Tuakau had—owing to removals and other causes—been for some months in very low water; in fact, unable to get meetings together. I reached there on August 30th, being kindly entertained by Mrs Deeble. It was a case of "The rain it raineth every day," and on one occasion I pushed my bicycle a mile and a half out into the country, having to stop and clean it out with a stick four times, as it was so clogged with mud it refused to move, and I could only ride it for about a hundred yards all told. However, a little visiting was accomplished, and on September 5th we met in the hall, kindly lent by Mr Revell, a White Ribbon husband. The attendance was very good, and on the Saturday Mrs Graham entertained us at Tuakau South, the attendance being very good. Several members were initiated at each meeting. It would be much better if this "District" Union were once more attached to Auckland, so that it could get a little mothering. I paid two visits to Pukekohe, a meeting being arranged for the second

occasion, but the rain came down in such torrents it had to be abandoned. Devonport was the next objective, my home being with Mrs Le Roy at Stanley Bay. Weather conditions, as throughout my Auckland campaign, were exceedingly trying, and interfered with visiting. The monthly meeting was poorly attended, owing to sickness and other drawbacks, and we had a home meeting at Stanley Bay, and another at Narrow Neck, though the latter turned out a frost, owing to sickness and other attractions.

Wanganui was reached on Monday at 11.15 a.m. On the way I had heard of the demonstration in Wellington, and after consultation with some of the friends, it was decided that I ought to take part in the procession, so I started off again at 4 p.m., arriving in Palmerston at eight o'clock, having been in the train twenty hours out of the twenty-four. Next day I joined the Main Trunk express, and arrived in time to make one more in the deputation to the Premier, returning to Wanganui on the Thursday. I met the Executive on the Friday, and the following Monday evening had the pleasure of addressing the combined Wanganui and Aramoho Y's, the latter having been organised by the former. A purity talk having been decided upon, the younger branch thought it was their turn for a visit, which was fixed for the following Monday, when a good audience of girls gathered in the Methodist Church at Aramoho. A couple of days were spent in visiting at Wanganui East, and I attended the ordinary meeting, and was refreshed to find a real live branch, as well as an up-to-date one. A home meeting was also held at the house of Mrs Andrew, Secretary, and I was reminded that when I organised a Branch at Ashhurst just about 20 years ago, the embryo V.C. (attired in white) was seated in state in his pram, in the aisle of the church.

M. S. POWELL,

Dominion Organiser.

Miss Powell's Address: C/o Miss N. Dewar, Pompallier Terrace, Ponsonby, Auckland.

BADGES.

Will Unions kindly note that all badges are now to be obtained from Mrs Houlder, 108, Wallace Street, Wellington, and not from Miss Powell?