

# Among the Departments

## METHODS DEPARTMENT

### Auckland "School"

A School of Methods was held June 21, in the Temperance Room. Mrs. H. Kasper presided. The Devotional sessions were very helpful, all taking part. Mrs. J. Williams conducted the "Public Speaking" study and the following suggestions were made.

**Vocal exercises:** Ask any good singer the secret of his or her melodious tones, and you will be told: "Place your tones forward and don't force them. If you want a good voice for public speaking you must take care of your tones in conversation. Observe the persons whose voices are rich and mellow in quality. No matter how much in earnest you are, don't yell. A good voice is always easy. Use a soft tone, with clear enunciation and accurate vowels."

The Department of L.T.L. was studied and the new Superintendent for the district, Mrs. Knight, was present and spoke on L.T.L. work.

Mrs. Kasper gave a demonstration of story-telling for children's meetings, which she heard at a school in America. In the afternoon session, Mrs. Holmes read a paper on "Social and Moral Hygiene" and Mrs. Kasper gave an address on the Health and Nutrition Department. Bright singing and keen discussion helped to make a successful "School of Methods."

## HEALTH AND NUTRITION DEPARTMENT

### By Mrs. Hugh Kasper

The study of health is called "Hygiene." The word comes from the Greek language. In the long ago ages the Greeks were a very clever people and most thoughtful. When they thought about God they could not imagine that one God could do everything, so they believed in many Gods, such as a God of Love, a God of War, a God of Thunder, and many others. Among them, they worshipped the Goddess of Health, and they called her "Hygieia."

It is from this name that we get "Hygiene," the study of health. No one can tell just how long we shall live, but while we live, we all wish for a healthy body. Is it possible for us to injure the health of our bodies? There are some who think illness cannot be avoided; but remember, there are laws and rules of health that we must obey. For instance, these words are often said: "Where there's dirt there's danger." The danger is that in dirt there may be tiny live cells called "germs." These may be poisonous and give us blood-poisoning, so a wound should be kept perfectly clean and painted with a solution of iodine. This will kill germs, which are easily killed really. There are many disinfectants. "Cleanliness is the first law of health."

Then we should study what we eat and drink. We can injure the cells of our bodies by failing to wash away

waste material, by breathing bad air, by eating wrong foods, or by taking into the body harmful poisons which injure or destroy protoplasm. People who drink any alcoholic beverage injure the cells of the body, for alcohol absorbs the moisture from the cells, starving others, and preventing the growth of new cells. We must eat and drink, but if we eat too much it will not be good for us; and if we do not get enough of the right kind of food and drink we cannot expect to be strong and healthy. So we should study food values. Men of science and those who are doing their best to find out everything of value to our bodies, are carefully studying vitamins, and finding out the real value to us. We now know there are four different kinds of vitamins, known by the letters A, B, C, D.

Vitamin A is found in small quantities in cod liver oil, milk, butter, cheese, egg yolk, green vegetables, lettuce, water cress, beef and mutton fat, suet, liver and carrots. This is a really good list, and we can get most of them easily and cheaply. We are told the Vitamin A is of value for growth, and so is of great use to growing children. It also helps the body to resist certain infections.

Vitamin B is found in all kinds of grain and cereals. It is in the outer layers and in the tiny germs found in all kinds of grains like wheat, oats and barley. It is also to be found in yeast, milk, egg yolk, liver, kidney, cabbage, lettuce, water cress, etc. This is also necessary for growth and is good for nerves.

Vitamin C is found in green leaves and fresh fruits, especially lettuce, cabbages, oranges, grape fruit, tomatoes and lemons. It is also found in potatoes, swedes, turnips and water cress. It is necessary for the prevention of scurvy and for the blood.

Vitamin D is found in cod liver oil, any oily fish like herrings, yolk of eggs, milk, butter, and animal fats. It is particularly useful for the growth of bones and teeth. Children who do not get their vitamin D are subject to a disease known as "rickets," so its use may prevent serious illness.

Let me follow this article on foods with the following table.

	Things in barley	Things in beer
1. Vitamins	Very rich	None
2. Water	11.3	87.4
3. Protein	12.0	.5
4. Fat	2.3	None
5. Starch and sugar	69.7	4.6
6. Extractives	4.7	.3
7. Alcohol	None	5.2
	100.0	100.0

We see therefore that the brewer who makes beer from such a good food as barley has destroyed most of the things useful to our bodies, and in their place has now given us a liquid called Alcohol, which is a poison.

## TEMPERANCE FACTS

**Given at Dargaville:** "Alcohol never pays the Government what it steals from the people."—Lord Snowden.

**Given at Dannevirke:** "If we drank milk instead of beer we should be an A1 nation instead of a C3 nation."—Herbert Wooland, M.D., D.Sc., Professor of Anatomy, London University.

**Given at Remuera:** "Spirits shipped from the Old Country are produced from valuable grains (shipped there from America and Canada), urgently needed there, yet completely destroyed to make spirits to ship to New Zealand."

"Vitamins are nothing more or less than stored sunlight. Oranges and lemons contain a big percentage of stored sunlight—more than any other fruits in the world. There are no vitamins in any intoxicating beverages."—Dr. Henry Monro, a London specialist.

## RECIPE FOR TRAGEDY

Take one fool, a small quantity of liquor, one high-powered car. Place liquor in fool, fool in car, start and let go. In due course, remove from the wreck, place in box and garnish with plenty of flowers.

## PERSONAL ITEMS

It is with the deepest sympathy that we record the passing of Professor H. Kirk, the dearly loved brother of our Dominion President, Miss C. E. Kirk. The news will come as a surprise to many friends, whose memories of the Professor are of a man of most outstanding intellect, and of charming and lovable personality. In this time of sorrow our loving prayers will rise on behalf of Miss Kirk, and also of Miss Ethelwyn Kirk, daughter of the Professor, who is ill also and unable to be out of bed at the present time.

The many friends of Miss Annie McLay will be glad to learn that she is very much better in health than she was some little time ago. The bracing air of Rotorua, and the opportunity of resting more, have brought about a marked improvement. We are very glad of this news and pray that the improvement may continue.

News comes to us of our dear friend, Mrs. Stephenson Craig, who is at present a patient in the Green Lane Hospital, Auckland. She has been greatly cheered and comforted by messages sent by many friends. Loving prayers are being offered for her speedy recovery.