

Health Secrets!

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I once had a patient whose powers in this direction were absolutely amazing. She seemed able to detect the footfalls of a cat separated from her by the whole length of a room.

She suffered dreadfully from sleeplessness and had tried many remedies in vain. One night she had toothache and went to sleep with a shawl wrapped about her head. To her amazement, she slept like a top. Since then she has always used cotton-wool to deaden sound and is sleepless no longer.

Bi-carbonate of soda is an anti-acid. It kills "acidity" in all its forms, and so removes from the mouth those juices which, if left there, dissolve the enamel on the teeth.

Every dentist knows that it is this enamel which protects the tooth from decay, and which serves as a rampart against germs. So long as there are no holes or weaknesses in the enamel the tooth is safe.

In other words, an acid-free mouth is likely to be a healthy mouth. Un-



*Marion, daughter of Mr. and Mrs. P. S. Addenbrooke, Elltham
Houghton Studios*

Toffee Or Chocolates?

Modern girls seem to prefer toffee to chocolates or so at least, many patients tell me. It is, I think, a good sign, because it means preference for a simpler form of sweetmeat. Moreover, toffee lasts longer than chocolate, and so less of it is eaten in a given time.

But toffee, especially the soft variety, is somewhat "hard on" the teeth. Consequently, greater care than ever will have to be exercised in keeping these clean and free from acid.

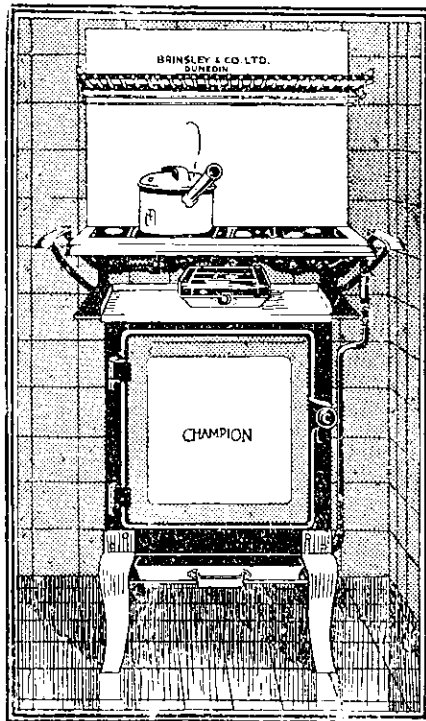
I am often surprised that so few women and girls—and men too—omit the simple precaution of washing out their mouths the last thing at night, with a little water in which a pinch of baking soda (bi-carbonate of soda) has been dissolved,

happily the victims of rheumatism and some other diseases never have acid-free mouths. Unless they take very great care their teeth "go" with terrible rapidity.

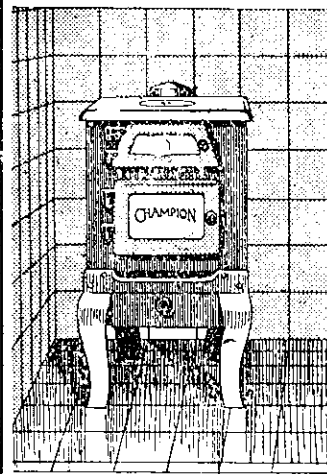
For Anaemia

Black pudding sold at the pork butcher's is a splendid article of diet for anemic people. It is made of blood, and the pieces of fat it contains are also very good. From three to four ounces can be eaten at a meal with vegetables or anything else for adults or growing boys and girls, and if preferred hot, it can be fried. If it is eaten in this way, two meals weekly will work wonders. If not, a thin slice eaten after every meal or with it will be very satisfactory. Beetroot is also another excellent thing for the same complaint.

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¶ This was selected by the Home Science Department of the Otago University, by the Architect and by the Ladies' Committee as the most efficient combination and was installed in the Model Kitchen at the N.Z. and S.S. Exhibition. It was awarded First Order of Merit at this Exhibition and Wembley Medal 1924-25

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