

The latest adjective is "screenish." To get it applied, we understand, you must be smart and alluring to view.

A thirty minutes' flat-on-the-back rest every day—feet slightly raised—in a cool, quiet room. No reading—let everything slide. There's nothing like it for rejuvenation. It acts like magic. A drink of hot water regularly half an hour before breakfast and last thing at night. Take special care of your teeth—seeing your dentist, if possible, once every three months or so "to make sure there's nothing wrong, rather than wait until something undoubtedly is wrong before going. Have plenty of interests, and switch off from one to another. A change of thought to the mind is like change of air to the body.

An elastic, snappy skin is that of a young person; a sluggish, doughy one denotes age. There are men and women young at 60; or they may be old at 35. The skin-test tells. Hold your fingers out straight (says a writer in "Good Health," an American journal), and pick up a fold of skin on the back of the hand. If the skin snaps quickly back into place, you are young. If it stays up in a ridge you are old. It's no use to say you aren't. You are 70 or 80 or 90 years old, no matter what the date of your birth. You are prematurely old. Even so, perhaps by painstaking effort you can win back some of the youth you have lost. He continues: "Now look at your hands and see what story they tell. If you find a shiny, wrinkled skin, or one that has lost its elasticity, this is an announcement, of the fact that you are prematurely old; and if you haven't already taken cognisance of this fact and begun to mend your ways, to economise your energies, to cultivate health and longevity, you would better begin at once. Cut out all meats from your bill of fare. Discard tea and coffee. Take pains to masticate your food thoroughly. Avoid over-eating. Discard condiments of every sort. Go early to bed, and sleep eight or nine hours out of the twenty-four. Take a day off for an outing two or three times a month. Live in the open air as much as possible. Sleep in the outdoor air on a porch or with widely-opened windows. Drink two or three quarts of water every day. Make a liberal supply of greens a part of your daily bill of fare. Eat potatoes largely instead of bread. Eat a big spoonful of bran at every meal. Don't worry."

**THE N.Z. CROQUET COUNCIL.**  
**DATES FOR VARIOUS CHAMPIONSHIPS.**

Good progress is being made with the formation of the various district croquet associations. Mrs. Haseler, of New Plymouth, has kindly undertaken the Taranaki district, and Mrs. Manson, of Rotorua, the Waikato district.

Dates for the various championships are now definitely fixed as below, and programmes will very shortly be available: Dominion championships will be held (by kind permission of the Christchurch United Club) at Christchurch on January 4, 1921, and following days; North Island championships will be held (by kind permission of the Manawatu Bowling and Croquet Club) at Palmerston North on January 17 and following days.

Dates for district association and club tournaments are tentatively fixed as follows:—Wellington Croquet Association, at Wellington, January 10, 1921; Hawke's Bay Croquet Association, at Hastings, January 24; Waikato Croquet Association, at Rotorua, February 7; Auckland Croquet Association, at Auckland, March, 1921.

Subscriptions from district associations are now due at 1s. per head per enrolled member on last year's list (not honorary members). Canterbury Association and Manawatu Association subscriptions are hereby acknowledged by the treasurer, Mr. C. F. Spooner, Box 242, Palmerston North.

During a strenuous day we should endeavour to take a few moments in which to drop all our worries, to let loose our tensely taut bodies, and to rest a little. Thus many a headache of exhaustion and weariness would be avoided and we should be enabled to rise in strength to face our work again.

There is a beautiful little dwarf pink with the fascinating name of "Prince Charming," and the Queen is going to grow a great many of them at Sandringham, says the "London Mail." There are all sorts of nice things about these little flowers, one of them being that Lady Catherine Milnes Gaskell, who raised them and is selling cuttings, devotes all the takings therefrom to help our disabled fighting men. It would be rather a pretty idea if every garden in the country had a bed of "Prince Charmings." So many have forgotten that many of our men are still suffering from the war, and the hospital beds are still in want of funds.

**THE SHREW.**

She glories in a haughty air,  
A stifling style, a cutting tongue;  
Of an antipathy to spare  
The feelings of the old or young.  
She boasts of freezing people out,  
Of being unafraid to say  
What she may think of those about,  
Or those who may be far away.  
And yet she dares to wonder why,  
Although she scorns to make  
amends,  
Folks are disposed to pass her by,  
And she's so strangely free of  
friends.  
Ralph M. Thomson, in 'Life.'

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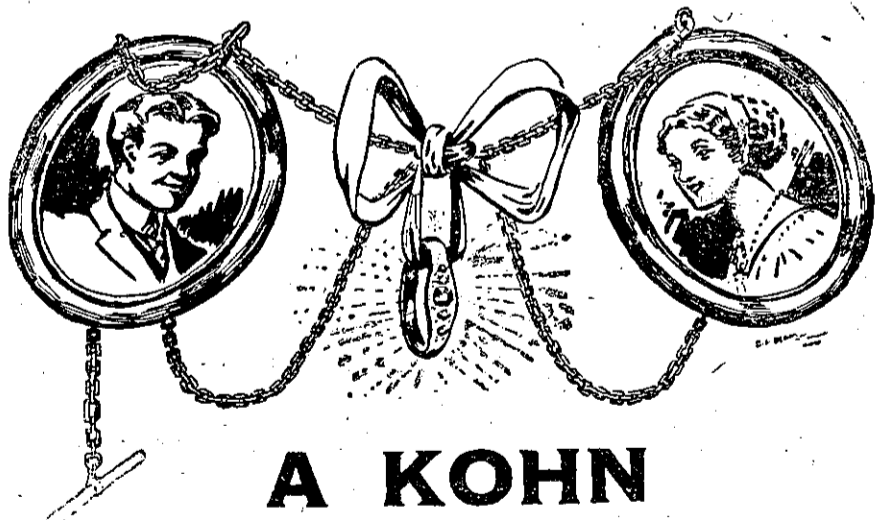
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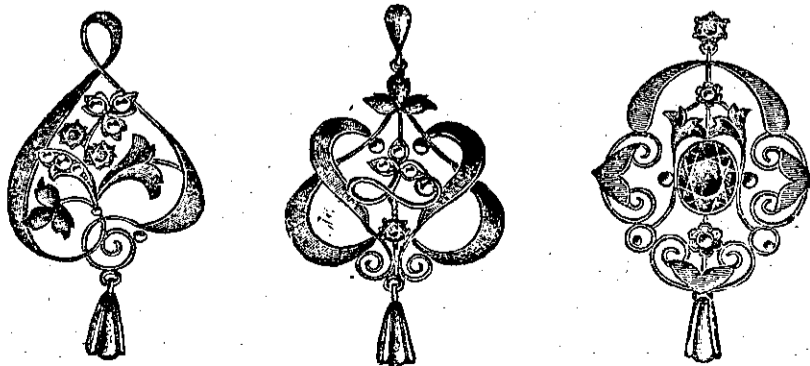
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