

POETRY.

Enlargement.

Pray larger prayers,
Alone for thine and thee
God does not keep
His treasure-troves of good;
For others ask,
And let the whole world be
Thy Father's House,
Home of thy brotherhood.

Give larger gifts,
However poor thou art
Thou hast some wealth
To keep, or give away.
Thou canst at least
Some good or joy impart,
And cheer thy fellow-pilgrims
On their way.

Hope larger hopes,
Thy heart live to expend;
The Father's heart is large,
And takes all in;
And He can save his own
In every land.
Love thou, and hope that all
The Christ may win.

Live larger life.
Stay not in narrow places;
Take a broad outlook
Over men and days.
Oh! little soul, be great,
Show sweeter graces;
Live, love, labour
In God's largest ways.
—Marianne Farningham

What Care.

What care I for caste or creed?
It is the deed it is the deed;
What for class or what for clan?
It is the man, it is the man.
Heirs of love, and joy, and woe,
Who is high and who is low?
Mountain, valley, sky and sea,
Are for all humanity.

What care I for robe or stole?
It is the soul, it is the soul;
What for crown or what for crest?
It is the heart within the breast;
It is the faith, it is the hope,
It is the struggle up the slope,
It is the brain and eye to see
One God and one humanity.
—Robert Loveman.

The year's at the spring
And day's at the morn;
Morning's at seven;
The hill-side's dew pearled;
The lark's on the wing;
The snail's on the thorn.
God's in his heaven—
All's right with the world.

—Pippa Passes.



THE HOME.

Health Hints for Women.

DYSMENORRHEA, OR PAINFUL
MENSTRUATION.

In a healthy girl or woman there should be no pain either before or at the time of menstruation, but so ignorantly do many of us live that suffering, in varying degrees, at these periods is, unfortunately, only too common.

Girls who attend school, as well as those who are employed daily in teaching or in business office, factories or shops, are sometimes altogether unfit for their daily work, owing to the extreme pain and lassitude felt at such times.

What is much to be deplored is the fact that the sufferers seem to take it for granted that the pain and discomfort are bound to continue to manifest themselves, and that to swallow a stimulant or a drug to give temporary relief is the only course to be taken. Those who fly to alcohol, opium, cocaine, and other poisonous drugs for speedy relief, little know at what a tremendous cost of vital energy the temporary ease is gained. Not only this, but it is a fact that such drugs do not touch the real cause or causes of the trouble, save to aggravate them. This they do by benumbing the nervous system, stopping the natural action of the organs, and leaving them less fit than before to cope with the trouble at a future time. It is well to try and realise that no special part of the body can suffer without the entire system suffering sympathetically, and, on the other hand, if the body is improperly clothed and nourished, insufficiently exercised, or the blood imperfectly oxygenated, any organ that is weak will suffer through this general neglect.

Chief Causes.

INSUFFICIENCY OF FRESH AIR.—Teachers, clerks, dressmakers and others leading sedentary lives, do not always realise the great importance of taking active exercise in the open air daily. Sitting in a stooping position for some hours of every day in, it may be, a badly-ventilated room or building, or sleeping in ill-ventilated bedrooms with closed windows, are primary causes of uterine and other disorders.

IRREGULAR BATHING.—Owing to this inattention the normal action of the skin is hindered from throwing off the natural secretions of the body, thus causing a feverish condition to be set up, to the detriment of the entire system.

A WRONG DIET.—Not only rich stimulating foods, such as highly-seasoned meats, pastries, pickles, etc., but also wrong combinations of foods are answerable for much mischief. The habit of eating frequently and at irregular hours, with drinking at meals, is a fruitful source of indigestion and malnutrition. Constipation and congestion of the abdominal and pelvic blood-vessels also result from these habits of living, and the condition induced naturally affects the uterus closely.

UNHYGIENIC CLOTHING.—Corset-wearing (the evils from which would require many

volumes to describe), tight bands, the weight of clothing suspended from the hips instead of from the shoulders, tight shoes and gloves—all help to increase the trouble now being dealt with, by impeding circulation and increasing the congested state. Misplacements of the chest and abdominal organs are induced by the corset, and pressure with a "bearing down" of the most delicate organs is the result. Professor O. S. Fowler writes strongly on this fashion. He says: "It inflicts the very worst forms of physical ruin on women.

By girding in the lungs, stomach, heart, diaphragm, etc., it cripples every one of the life-manufacturing functions, impairs the circulation, and prevents muscular action. . . . Most alarmingly has it already deteriorated our very race in physical strength, power, constitution, energy, and talents. Let those who had rather bury than keep alive their children marry tight-lacers."

MENTAL EXCITEMENT.—Too much study and brain-fag; romance reading by very young girls; social excitements of an unhealthy kind, necessitating late hours, are a drain on the nervous system, and injure the body very materially.

MALFORMATION.—It is possible that, in a few cases, there may be some slight uterine obstruction, brought on by the congested state, which may need the attention of a skilful physician, but such cases are not frequent.

Natural Remedies.

As without an intelligent care of the general health it is not to be expected that any specific disease can be successfully dealt with, a few natural and general home remedies for the cure of "painful menstruation", may be helpful. And the first and most important of all remedies—paradoxical as it may seem—is

Prevention.

FRESH AIR AND EXERCISE.—To those who, from leading enforced sedentary lives, suffer from the want of fresh air, it is recommended that they should plan to take a certain time daily for outdoor exercise. Even among the large number who have home duties, there are few who cannot manage a short time, either in the morning or evening, if not both, for a quick walk or a "spin" on the bicycle. Add to this, when possible, a course of "Physical Culture" exercises, by practising which regularly for five or ten minutes night and morning, a healthy circulation, improved muscular action, and a really wonderful increase in breathing capacity will be gained. The deep breathing exercises are simply invaluable for all abdominal and pelvic troubles. Severe cases of dysmenorrhea may be entirely cured by a systematic practice of certain of the "Physical Culture" exercises. Moreover, by these exercises, a free, graceful pose in standing, sitting and walking, may be gained, which is no small benefit. To describe these movements in a short pamphlet like this would be impossible, but by applying to the "Christchurch Physical Culture Society," through its Secretary, information and practical advice will gladly be given to anyone desiring it.

Diet.

Milton says:—

"In what thou eatest and drinkest seek from thence
Due nourishment, not gluttonous delight,
So mayst thou live till like ripe fruit thou drop,
Gathered, not harshly plucked, for death mature."