

BEATH'S END-OF-SEASON SALE NOW ON

BARAINS IN BLOUSINGS.

Fancy Cashmerettes, 7½d; now 4d
 Fancy Flannelette, 8½d, now 5½d
 Blouse Flannels, all wool, 1/11, now 1/-
 Molleton Flannelettes, 1/11, now 11½d
 Flannelettes, white and cream,
 9/6 doz., now 6/11
 Pure Jap. Silks, all cols., sale price, 1/-
 Black Fancy Dress Materials, 11/9
 now 7/11
 Wool Vests, long sleeves, 1/6, now 1/-

BARAINS.

Wide Satin Ribbons, 1/6 now 4½d
 Silk Glacé Ribbons, 1/11 now 6½d
 Marmot Fur Muffs, 12/6 now 7/11
 Fur Necklets, sale price,
 1/11, 3/11, 5/11
 Suede Gloves, 4 Dome, 3/11 now 2/6
 Black Cash. Hose, emb., 2/6, now 1/9½
 Children's Bear Necklets, 2/6, now 1/-
 Cashmere Combinations, 10/9
 now 5/11

GENUINE CLEARANCE.

Stylish Picture Hats, 32/6 for 15/11
 New Motor Caps, 2/11 for 1/6
 Fur Toques, latest, 13/6 for 7/11
 Fancy Plush Hats, 16/11 for 5/11
 Ladies' Jackets, 21/- to 42/-
 all at 7/11
 Cloth Dress Skirts, black, 12/6 for 8/11
 Dressing Gowns, 8/11 for 5/11
 Children's Reefer Coats, 15/6 for 4/11

Beath's Great Winter Sale. Cashel St., Ch'ch.

A light, nutritious, laxative diet should be used, consisting of cereals, whole-meal, twice-baked breads, cream, nuts, fruits, some kinds of vegetables, light puddings, etc. It is better not to eat butcher's meat, but rely on peas, beans, and lentils, in moderate quantities, to supply the nitrogenous element contained in meat. Drink no liquids at meals, but take water between meals. Eschew suppers and afternoon teas, and rely on three nourishing meals for a daily supply. Two meals suffice for some, but this, like other details, must be left to individual judgment. Mastication should be slow and thorough. If the bowels are constipated, eat less condensed food and more fruit. The occasional use of a warm water enema is useful, and especially about the time of the expected menstrual period, when it is most important that the bowels be kept open.

CLOTHING.—To suggest a style of clothing for girls and women which is both healthful and artistic is not so difficult as at first it may seem. Fashions at the present day vary so much that ample choice is left to each individual to follow her taste without appearing singular. The entire abandonment of the corset is strongly advised. Even if there are "no bones" in this garment, there are the steel fastenings in front which press on the organs and do real injury. The pressure and constriction of the corset make it the greatest factor in causing misplacement of the internal organs.

A firm bodice buttoned in front may be substituted for the corset. It, however, must be loose enough to leave room for free abdominal breathing. Flat buttons may be sewn on a half-inch above the waist line of the bodice on which to button the skirt of dress, and a second row of buttons two-and-a-half inches below the first on which to fasten an under-skirt. The shoulders will thus be made to bear the weight of the clothing instead of the hips. Some variation of the full blouse front is always pretty, and the back is far more suggestive of grace and strength when the "corset line" is conspicuous by its absence. For a woman to say that she cannot do without the "support" of a corset is an insult (whether intentional

or not) to the Creator of the "human form divine." The lightest possible clothing consistent with sufficient warmth is recommended, and in wet weather, short skirts and thick-soled shoes are a necessity.

BATHING.—A bath of some kind should be taken every morning regularly, not only for cleanliness, but for healthy, vigorous skin action. A cold sitz bath is most invigorating, with friction afterwards with rough bath gloves or Turkish towel. If nothing but a basin is available a cold sponging is excellent, with friction after. A hot bath at least once a week should be taken. A steam bath, also, with cold sponge afterwards, promotes health.

Special Home Remedies.

When, shortly before the menstrual period, there is a spasmodic or lacinating pain in the lower part of the abdomen and loins, accompanied by flushing of the face and throbbing of the brain, with giddiness and headache of the temples, it is usually a neuralgic excitement of the nerves of the uterus. Some application of moist heat will in this case allay the pain, but, remembering that these suggestions are intended chiefly for those who are away from home for a large portion of the day, the simplest and quickest methods will be given.

One method is a hot sitz bath (which would occupy about fifteen to twenty minutes), with blanket round shoulders and feet in basin of very hot water. If perspiration ensues all the better. Sponge afterwards with cold or tepid water, to avoid taking cold.

Yet a quicker and easier way is as follows:—Before rising in the morning or retiring at night place a rubber bottle half filled with very hot water to the lower part of the back, with a wet cloth between the bottle and the patient's body. While lying on the bottle press cold or tepid cloths (wrung out beforehand) on the abdomen and change them as they get hot. On removing the bottle, sponge the back with cold water.

Another way is to wring a large piece of flannel or blanket out of boiling water and wrap it round the loins, with a dry covering

firmly fixed on. Heat to the feet at the same time and a cold sponge to follow. Sipping hot water is also a help, and a very hot enema is an excellent means of allaying severe menstrual pain.

But there are other kinds of pain which require cold applications instead of hot, that, in fact, are aggravated by heat and diminished by cold. Dr. Mary Wood Allen says in her valuable book, "What a Young Woman Ought to Know": "I knew such a case where a girl at school, suffering with menstrual pain, alarmed teachers and friends by wringing towels out of cold water and laying them over the abdomen. But the alarm subsided when they saw that the pain soon passed away under the cold application." Dr. Allen also says: "I have known cases of painful menstruation entirely relieved by simply supporting the bowels by a bandage, thus relieving the uterus of pressure, and allowing a free circulation of the internal organs."

Where there is reason to believe that misplacements and congestion exist, the symptoms of which are a sagging forward of the abdomen, accompanied by a dragged feeling with feverish sensations, the application of cold cloths will be best. A hot foot bath, with cold compress to abdomen and thighs for a minute to follow, is also a simple and effective remedy. Usually, unless in the case of very young girls, the feeling of the patient is a safe guide as to whether hot or cold treatment is best. In all cases the feet should be kept warm and the head cool.

Health is our Birthright.

We are told that thought is behind everything, so that right or wrong thinking bring health or dis-ease in their train. Health is normal. Dis-ease is abnormal. We were intended to have strong, graceful, beautiful bodies. Ignorance, in our mode of living, has brought dis-ease on our race. Therefore to begin to think on right, intelligent, hopeful lines is the first step towards health. Vigorous action to carry out this thought is the next step, and this, if earnestly begun and continued, will give us splendid results in healthy, happy, useful lives, each possessing "a sound mind in a sound body."