

AMONG THE DEPARTMENTS

HEALTH AND NUTRITION.

Dear Fellow-White Ribboners,—

This is a department that has been "thrust" upon me by the last Dominion Conference, so as a good servant of the cause I will accept the position as Dominion Superintendent and endeavour to send a message to all District Superintendents of Health and Nutrition.

It is very important that machines of steel, wood, etc., should be used carefully and be kept clean and in good repair; the workman who treats his machine carelessly gives himself a great deal of trouble, for he makes his work far harder than it ought to be and his machine quickly goes wrong and wears out. It is even more important to treat the living machine—the body—properly and carefully, for if we spoil it through carelessness or accident we cannot scrap it as we can a spoilt motor-car and purchase another. So it behoves us to take great care of it to save needless pain and weariness.

We know that fresh air, pure water, cleanliness, rest, warmth, and good food are essential to good health. It is really mostly a matter of using "common sense."

The fresh air is free for the taking, but sometimes we don't take it. We close our rooms up, light big fires, and think we are comfortable. It is not long before we become drowsy, for we and the fire are using up the life-giving oxygen in the air which is not being replaced. From the warm room we go to the colder parts of the house and so colds are developed. Take particular care to sleep in well-ventilated rooms and if you have not been used to doing so, feel the difference in your outlook on life when you wake up in the morning.

Pure water—yes, another of Nature's gifts. Drink plenty of it. Don't they say six pints a day for an adult is necessary to maintain good health? Two cups of cold water the last thing at night and two cups of very hot water sipped, first thing in the morning, is the finest thing I know for keeping rheumatism and neuritis away. So drink plenty of water.

Cleanliness comes next to Godliness has been said. The daily shower, tub, or sponge, together with plenty of water-drinking keeps this body of ours clean inside and out. More common sense and very little expense.

Rest and warmth I could almost take together, for to "rest comfortably" we must be "comfortably warm." In summer, with light clothing and winter, warmer. Of course, we must have our rooms warmed if the miners will let us. There is a way you can have rest without lying down. Just change your tempo. Have you ever tried it? If you have been hurrying, relax and do the same job slower, then at different speeds. You will be surprised at how the change makes you forget your

tiredness. It is hard to rest when we see so much to do and so little time to do it, but for older people the "ten-minute" habit is very beneficial. Every afternoon lie down for ten minutes, completely relaxing all muscles, and try and make the mind a complete blank. Shut out all thought. After a while you can do it. Try it for ten minutes daily and see how refreshed you feel.

Now we come to good food. Most food is good but so much is spoilt in the cooking. This is such a big subject that I can only touch on it. Don't cook vegetables too long. Don't put soda in the greens. Keep the vegetable water instead of throwing it away down the drain, for that's where most of the vitamins are. Get into the habit of steaming or using as little water as possible when cooking these most precious vegetables, strain them into a jug, and use the liquor as an appetiser. The whole family will get into the habit of asking: "Any vegetable water, Mother?" for it is really delicious.

Eat plenty of fresh fruit in season and beware of too much "refined food," for there is very little of the vitamin content left by the time it gets to your table.

I have just been able to touch on these very necessary essentials to good health, but would advise you to get a speaker to address your Union on the subject.

Here's health to you.

Yours Sincerely,

R. M. MOUNTJOY.

BACKBLOCKS, CAMPS, AND INSTITUTIONS.

Dear Fellow-members,—

I sincerely hope that every Union is putting forth every effort in distributing literature this election year.

This is one of the greatest things we can do—to send out leaflets and papers to the outlying districts, showing the harm and evil of the liquor traffic. The need for educating the people increases each year. It is only when the need for the abolition of the liquor traffic is realised that we come towards the realisation of our objective.

ALICE MOYES,

Dominion Superintendent,
Backblocks, Camps, and
Institutions.

LIST OF NEW SUBSCRIBERS TO THE WHITE RIBBON.

From June 10th to July 10th, 1946.

Maungaturoto, 1; Warkworth, 2; Onehunga, 1; Mt. Albert, 2; Te Awamutu, 2; Inglewood, 5; Raetihi, 1; Wellington Central, 1; Christchurch, 2; Linwood, 2; Canterbury District, 2; Ashburton, 2; Winton, 3. Total for month, 26.

Total New Subscribers from 1st. Feb. to 10th July, 1946: 100.

DONATIONS TO WHITE RIBBON DAY FUND.

Further donations to The White Ribbon Day Fund are acknowledged with thanks:—

Mrs. Cutler, Whakatane, 4/-; W.C.T.U., Ngaere, 10/-; W.C.T.U., Feilding, 11/6; W.C.T.U., Warkworth, 10/-; W.C.T.U., Levin, 16/-; W.C.T.U., Wellington Central, £1; W.C.T.U., Opo-tiki, £1/4/-; W.C.T.U., Pahiatua, 8/6; W.C.T.U., Blenheim, £2; W.C.T.U., Brooklyn, 10/-; W.C.T.U., Mornington, 10/-; W.C.T.U., Hastings, £2; W.C.T.U., North East Valley, £1; W.C.T.U., Riccarton, £1; W.C.T.U., Ashburton, 17/6; W.C.T.U., Tauranga, £1; W.C.T.U., Wellington, 15/-. Total: £14/16/6.

Total amount received to 10th July, 1946: £17/19/-.

A. D. GRIGG,
Business Manager.

Copy of Letters Received from Miss E. M. Mein, 7 Hope Terrace, Edinburgh 9, Scotland.

Dear Miss Appleby,—

It is so kind and thoughtful of the Palmerston North Branch, W.C.T.U., to think of their White Ribbon Sisters over here.

We are not starving, though tired of a very restricted diet and finding winters difficult with the shortage of milk.

Housekeeping takes such a time that it absorbs time which once could be used for outside interests. I send you the address of Miss Staunton and Mrs. Macfarlane.

The first will know names of English White Ribboners who could distribute the contents of parcels with judgment and the second could do the same in Glasgow.

With grateful thanks and may much blessing rest upon the work.—Yours sincerely,

E. M. MEIN.

1. Miss Dorothy Staunton, care N.B.W.T.A.U., 104 Gower St., London, W.1, England.

2. Mrs. Macfarlane, 16 Bruce Rd., Glasgow, C.2, Scotland.

Copy of Letters received from Mrs. Lydia Webb (World Supt. of Health and Nutrition), The Glade, Upper Woodcote, Purley, Surrey, England.

28/5/46.

Dear Miss Jamieson,—

I had Miss Appleby's air letter yesterday for which I am very grateful.

What a joy it is to know that Sisters so far away are thinking of us in England.

We have had a very, very lean time for a few years, and some of us are showing signs of under-nourishment.

But taking all into consideration, we have many blessings!

Now for the names of B.W.T.A. workers in badly-blitzed areas:—

Mrs. Lydia Webb, The Glade, Upper Woodcote, Purley, Surrey, England.