

build enduring bodies with inferior material—that is as impossible as to build a house of straw and expect it to withstand the elements.

Food scientists have told us that the life-giving elements are to be found in the following foods: Milk, from which we get cream, butter and cheese, eggs, whole grains, green vegetables and roots, fruits, and last come fish and meat. In no instance will we find cakes, scones, baking powder, vinegar, sugar, condiments, and many other useless things mentioned. As a matter of fact, people who live in places where they cannot get these things are remarkably healthy and tough, keeping their faculties and teeth till old age claims them. I do not for one moment believe that we were meant to depart from this life and enter into another life in a diseased state of mind.

Now let me go back to the life-giving foods. Milk is one of the most perfect foods we have, it is very tough, and splendid for building bone and teeth, and the least one should have to keep in good health and repair is from one to two pints daily in one form or another. It contains a number of vitamins and minerals. Let me mention here that the vitamins are the workers and the minerals the same as found in Nature, but in an easily assimilated form for human consumption, and together with other parts of the food they are built into our bodies, checking up on each other, keeping themselves and us in order and repair. They play a big and important part in every part and organ of the human body. If one or two are insufficient or lacking, it manifests itself in several ailments and diseases, and if not checked in time the body goes into decay and dies.

So in milk there is plenty of good material to build a strong and healthy body. You may think your milk bill is going to be more than you can tackle, but when you come to work out what it costs you in doctor's and dentist's bills, not to say anything about the suffering of the individual and time lost in schooling and work, you will find it is cheaper.

Butterfat is so easily assimilated and made use of in the body that only $\frac{1}{2}$ per cent. of it is wasted; dripping and other fats and oils only give half the service, so you see you do not waste any of the money you spend on butter.

Cheese is a most valuable protein, and should take the place of meat much more than it does. It is a protein from a living animal and, in my opinion, of a much higher value than meat, which is from a dead carcass. Butter and cheese (grated) can be eaten with all kinds of green salads and vegetables and roots, and milk can be drunk as a beverage instead of tea and coffee at the same time.

Eggs are another most valuable food, and can be eaten with salads and vegetables, but should not be eaten with meat. Eggs and meat are two proteins and should not be taken at the same meal.

I come now to the whole grains, and here is where we sin the most against our nerves and teeth. In olden days,

before the devil's invention of the steel rollers, when the people used to grind their own grains and use the unsifted flour they had very little dental trouble. To-day, in the milling of the flour so much is destroyed, the husks and outer layers where the material for teeth and nerves are to be found are thrown out, thus leaving a white substance, which must be void of nutriment, because people are toothless in their teens, and most of them have nerve and digestive troubles before they are out of their twenties.

Freshly milled whole grains can be made into many appetising dishes, breads and biscuits, and eaten with plenty of butter it would be a better breakfast for young and old than the hot and sloppy porridge (which to-day is only an apology for the good old Scots' porridge). This porridge is served hot with a lot of milk and sugar and requires no chewing.

The homemade oat and wheat cakes require a lot of chewing, exercising the jaws and teeth, and keeping them healthy. The butter adds more value to the food, the absence of sugar is a great advantage, and with a glass of milk and an apple will make an ideal meal for breakfast.

New Zealanders eat far too much sugar and sweet foods; that is why the people suffer from bad teeth and so much catarrh, which are only the body's response to the treatment it receives from you. Bread should never be eaten with meat, as it sets up undesirable conditions in the stomach.

Fruits, greens and eatable roots are to be had every day all the year round in this blessed country of ours. Do we have plenty of it on the table every day, or only a little part of it? In these foods we have the elements of the earth and the universe combined in such a way that we can partake of the goodness thereof without any trouble at all. Nature has done the work for us; all we have to do is to soften it with our teeth, and, failing that, we can grate the roots, steam them, or cook them in as short a time as possible to soften them. Never put soda in with them as it kills the vitamins you are trying so hard to put into your body. Eat as many of these in a raw condition as you can.

Never stew your fruit beyond recognition and then spoil the goodness by putting sugar in it. By stewing it you are changing the fruit sugars into acids, which is definitely harmful and foreign to the body. If you must boil your fruit put a sweet fruit with the ones that turn acid, as raisins, prunes, dates, bananas, honey, and even black treacle is a better sweetening agent than refined sugar.

Fish is not eaten in enough quantities, while the consumption of meat is so great that it does more harm than good. Meat should only at the most be eaten once a day, and then only with salads or green vegetables—never with bread, scones or milk puddings.

If the standard of people's health was to be measured with the standard of their living, we in this country would be the healthiest people in the

world; as it is we are just about the sickest of the whole lot of the human family. The many useless foods we eat not only set up disturbances in the body, but also cravings, because there is no real value in them, and so the craving for more useless foods and drinks go on until there is no more left of us, and we are very unhappy and poor.

The health of ourselves and our families is entirely in the hands of the housewife, who can make or mar the future of the children, make them healthy and happy, or ailing and miserable. The day may come when she will be made responsible for the health of the family.

As mothers and wives we should all do everything in our power to make and keep them healthy; it may be very difficult all at once, but by being a little bit careful and tactful, and doing it bit by bit, one can often in a short time see some difference and improvement to the better which will encourage and show them all that they are on the right way towards good and better health.

And will it not be a great day for us when we are told that our work has been well and truly done? Try it, it is well worth your while.

Here are some suggestions for meals both for young and old:—

Breakfast: Wholemeal bread or biscuits with plenty of butter and thin slices of cheese. Raw fruit, such as apple, pear, orange or failing that, raw carrot, swede, or turnip will do as well. The important thing is to have some raw, fresh element at each meal. A glass of milk.

Dinner: Fish or meat with as many vegetables as you can lay hands on; these can be steamed or lightly cooked and the water used for dressing, gravy or soups, or just drunk as an ordinary drink. A salad can also be served with fish and meat. To finish off this meal with a raw apple would be more beneficial to the consumer than all the puddings in the world. You need not have two meals in one these days when you know that you will have another meal in another four to five hours. You will find that you will not be so tired digesting your dinner when you only have a few things to digest than a big meal with a lot of things to "tangle out." Try it.

Lunch or Tea: Green salads with dressings without vinegar. Eggs, vegetable soups or custards baked in the oven. Milk puddings. Wholemeal bread and butter, with honey, marmite or jam for a change, or some fruit. Milk, tea. Apple.

These meals will not tax anybody's digestive powers, but keep them fit and healthy, because they contain all the body-building foods without the addition of anything which is injurious to the human body.

Try it for a month and see how it works. It has with the greatest success been tried in boarding schools for children and young people; the result has been a great decrease in the common ailments—colds, 'flu, and so on, also no dental decay.

That is worth trying.