

you are scrubbing, let your body swing with the brush. Use the brush evenly and rhythmically. Dusting down a wall and sweeping with a full swing will help to stretch the muscles. Bed-making also calls for helpful muscle activity.

DRINK TO GOOD HEALTH.

One of the surest ways to health and a clear skin, as I have advocated frequently, is to drink plenty of water.

Start and end the day with water: aim to drink from six to eight glasses of water daily, between meals.

Water should never be gulped down, but sipped slowly. Some people, however, except when they are very thirsty, find it difficult to take cold water; in this case hot water will be equally beneficial, especially if a dash of lemon essence has been added to it. Warm water should be avoided, for, apart from tending to nausea, it does not possess the same cleansing properties as water which is either really hot or quite cold.

MENDING A FUSE.

A supply of fuse wire of the proper type should be kept in the house to deal with such an emergency. State the voltage of the meter and an electrician, or your local electricity supply company, will tell you the type you require.

First turn off the main electric switch at the meter, open the fuse box and remove the fuse holders, examining them until the blown wire is found. Take out what remains of it by unscrewing the terminals, and replace with new wire.

Good contact between terminals and wire is essential, so the terminals should be screwed back well, but not so strongly, as to damage the wire.

BISHOP AND HORRORS OF WAR

Most Rev. Dr. D'Alton, Coadjutor Bishop of Meath, addressing troops at Mass in Mullingar yesterday, said they should thank God they had been spared the horrors of war. He was sure the Irish Army would render a worthy account of itself if it had to defend the freedom of the country. They should earnestly pray that sanity and peace return to all the nations.

DIED IN CORK

The death has occurred of Mr. James Fitzsimon, Glanville, Summerhill, Cork, a native of Knocklong, Co. Limerick. He had been for 50 years in business in Cork.

the most direct and effective cure for unemployment is employment. How this remedy is to be made widely available is worthy of the closest investigation. The Limerick City Executive of Muintir na Tire has launched a campaign for the fuller consideration of this whole question and in doing so it has rendered a very useful service.

* *
*

Talk in itself is generally of little use but in this case it is a necessity. It is entirely to the good to get people to discuss unemployment, for the pressure of enlightened public opinion can do a great deal in framing and forcing a means of combating that evil. On all sides in this country an abundance of useful and necessary work is waiting to be done.

* *
*

The immediate and urgent problem is how best to link up the unemployed with the schemes that can and should be put on hands. It has been found in other countries that each man put into employment creates in time employment for two others. All this means the distribution of additional purchasing power, the easing of the burdens of national and local taxation and the stimulation of all classes of business and industry.