

Mary Breckinridge has deputed that all royalties from the sale of this book go direct to the Frontier Nursing Service.

We learn that the American Publishers, Harper and Brothers, have sent copies of the book to British publishers, and it is their hope that there might be a demand for an English edition.

Our readers will be glad to know that "Wide Neighbourhoods" has gone into its third edition, and we hope it will go through many editions in this country as it is a work that should have pride of place on every nurse's bookshelf not only for its practical value, but also for the Authoress's wonderful and uplifting spiritual philosophy underlining the whole of her inspiring career.

A. STEWART BRYSON.

## Fruit and Honey for Health and Vigour.

By A. E. Hopkins.

BY REASON OF ITS valuable properties for maintaining health fruit of all kinds should form an important part of the daily dietary.

Apart from being a wholesome food in itself, its medicinal properties have a very beneficial effect on the whole system, by encouraging the natural functions of the human body.

The citrus fruits which include oranges, lemons, grapefruit and limes are particularly valuable as body beautifiers and cleansers, and together with figs, prunes, dates and plums are effective as safe and gentle laxatives.

When astringents are indicated as often occurs during colds and attacks of catarrh, blackberries, raspberries, quinces, pears and that lovely fruit, the medlar, are useful in providing relief.

Red, white and black currants are valuable diuretics and apples act as correctives in many stomach disorders.

A pint of water to which the juice of a lemon has been added, taken as hot and as quickly as possible, has a remarkable effect in neutralising sour stomachs, cleansing the whole of the digestive tract, and acts as a very efficient aperient. It should be taken on an empty stomach immediately on rising.

The lemon is a wonderful fruit for beautifying and cleansing the body, in sickness as well as in health. A safe and effective remedy for severe sore throats consists of baking a lemon in the oven, so as to get the combined benefits of the juice and the oil. Place a lemon on a saucer in a hot oven until the rind hardens and cracks. The juice and the oil will seep through the cracks into the saucer. A tablespoonful of this juice allowed to trickle slowly, whilst warm, down the inflamed throat will produce welcome relief. It is a safe first aid remedy in suspected cases of diphtheria.

Lemon juice and pulp also makes a good dentifrice, whitening the teeth and neutralising the mouth acids which create unsightly tartar. Diluted juice makes a safe gargle at all times, preventing many seasonal throat troubles, if used regularly.

The juice from pineapples is also excellent for the throat, especially the relaxed type when the uvular is involved.

Children are sometimes effected by small boils and abscesses. These can be treated by using figs as poultices.

Simply split a fig and apply the cut surface to the affected part. The result is remarkable and what is important when dealing with children, no severe drawing pain is felt during the treatment.

Apples are classified as correctives and are useful in all cases of stomach disturbances. A piece of raw apple well chewed, will relieve biliousness, sour stomach, acidity, sea and air sickness, and will assist the bowels in a gentle way.

Dates, grapes, raisins and sultanas contain a large percentage of the valuable fruit sugars which are so highly nutritive and easily assimilated. A handful of dates taken with a glass of fresh milk provides a very nourishing, healthy, appetising and sustaining meal at any time.

The tonic properties of grapes are well known to everyone who has heard of champagne and other wines, but in their raw state they are more valuable still, and should be eaten at every opportunity.

Another excellent tonic can be made by placing a dozen raisins or a small handful of sultanas in a tumbler, covering them with water or better still, lemon juice, allow to stand all night and then drink the liquid and eat the fruit first thing the following morning. No patent tonic in a bottle or in tablet form can equal the value of this natural drink. In a day or two the eyes will regain their sparkle and the skin will radiate health and fitness, reflecting the healthy tone of the body inside.

Apart from the fruit sugars and various other valuable food properties, grapes, raisins and sultanas contain a high percentage of soluble iron, the tonic properties of which are extremely valuable.

Too much cooked food is apt to produce acidity with its distressing symptoms. This is detected by a furred tongue and a nasty taste in the mouth on rising in the morning. A simple method to correct this condition is to brown some flaked oats in the oven, and sprinkle over them a mashed ripe banana. With a spoonful or two of cream off the milk, or even of tinned milk, an appetising breakfast is provided, which not only neutralises the stomach acids but also helps to eliminate them from the system.

A sufferer from overtiredness to the point of exhaustion will soon recover if a cupful of hot water is quietly sipped, to which has been added one tablespoonful of pure lemon juice and another of olive oil. The liquid should be well stirred before drinking. This is a better reviver than whiskey or brandy, is considerably cheaper, and has no after effects.

If the symptoms of influenza begin to show themselves in the form of body aches and pains, headache, sore throat and so on, nothing is so helpful as a rub down with olive oil. Follow this with a warmed bed and the juice of a ripe grapefruit. The "flu" symptoms will generally have lessened by the morning.

A healthy cocktail drink for children can be made quite easily and inexpensively by boiling two ounces of pearl barley in half a pint of water for forty-five minutes. Add two quarts of boiling water, a handful of chopped figs and raisins or sultanas mixed. Boil thirty minutes longer, strain, add a tablespoonful of lemon juice and sweeten with honey to taste. Keep it bottled up and give the children half a cupful every morning before breakfast. It will keep their bowel regular and also help the kidneys.

[previous page](#)

[next page](#)