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Excerpts from FRESH AIR

Did you ever take a brisk walk in the open air and then go into a room with a number of people in it and all the windows shut?

How close and unpleasant it was! For a few minutes you felt very uncomfortable, and you wondered how any one could stay in such a room. The curious thing was that nobody inside seemed to notice how bad the air was. They had become used to it.

Many people do not seem to know that air once breathed is impure. All day and all night we are breathing out air that contains a harmful gas. That is not all. Even the healthiest person is always giving off from the lungs small quantities of animal matter that is harmful also; and one with decayed teeth, a cold, or other unsoundness gives off still more of this. In a crowded room, where it cannot get out, the air becomes quite spoiled by this “crowd poison”, as it is called.

There are people who are most careful about keeping themselves and their clothes clean. They would not use a cup, or a spoon, or a towel used by someone else. Yet they do not mind breathing into their lungs, over and over again, the cast-off air from the lungs of others.

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How much happier you are, and how much brighter you look, when the fresh air that you breathe has made your blood so good that your cheeks and lips are red and your eyes sparkle!

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Some people like to sleep in the open air, and this is very healthy. Do you know any boy who sleeps in a room with the windows closed? Does he wake up in the morning bright and happy, or is he dull and cross? The bad air in the room has made him feel very dull.

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And from the same journal

Excerpts from EMPIRE DAY

*Children of the Empire, your fathers fought and died
That you might stand a noble band, in honour and in pride,
That you might do the good you will, and strike with all your might
For Justice and for Freedom's sake, for Country, King and Right.*

EDWARD SHIRLEY.

This month we celebrate Empire Day, a day on which we turn our thoughts to the history of the mightiest Empire the world has ever known. What have you children to do with this Empire? A great deal. You are part of it, and one day its greatness will depend on you and all the other children now growing up under its protection. You New Zealand children are suffering little hardship, if any, in the great war your Empire is fighting today. Why? Because the Empire is strong enough and great enough to protect you.