

HEALTH HINTS

"Pop" Golden Gives Another Instalment of Excellent Advice on the Care of the Body.

"Better the mere rudiments of knowledge with a body firm and strong, than the best culture of the schools with a body permanently emaciated and debilitated."—Ex-President A. D. White, Cornell.

A keen realization of the truth of the above statement, together with the firm determination to give ten minutes each day to the building up of the body and correction of functional disorders, will lay the foundation for a strong and healthy body.

Waste matters given off by the many organs of the body, if allowed to accumulate, will in time poison the system and stop functional activity.

Constipation is probably one of the most common disorders known, and is given very little serious thought, yet the effects of constipation are far reaching and often serious.

The retention of fecal matter in the colon poisons the entire system. This toxic poison is the cause of headache, biliousness, mental depression, general debility, etc., and in many instances has been found to be the cause of heart irregularities and apoplexy.

One should always respond promptly to nature's call and form the habit for certain hours.

The matter of diet for the average student is impossible to arrange, but let there be as much fruit and laxative food as possible. Prunes, when properly cooked, are especially good, and being inexpensive can be served by any boarding club.

Drink at least two glasses of water upon rising and as little fluid as possible during meals. Water should not be taken immediately before, or within an hour after meals, as it greatly retards digestion. At other times it should be taken freely, the

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