

I now come to the important point, how to keep the teeth clean and in good condition. Teeth should be used only for chewing food. Immediately after eating the mouth should be rinsed with water, either tepid or warm. A toothbrush and a little soap is efficacious if properly used. The teeth should be brushed on all surfaces. There are many tooth powders and pastes on the market. Do not choose one chiefly for its pleasant flavour or an attractive container. Whatever preparation is used should contain coarse particles, but not so coarse as to lacerate the gums. A mild antiseptic should be used with the powder. If the teeth are in a very good condition, a toothbrush, soap and water are all that is necessary. Good teeth tend to beauty, as good health is necessary for good looks. There is nothing so attractive as a set of pearly white teeth exposed by a lovely smile.

THE DIGESTIBILITY OF MILK.

(Taken from a "Treatise on Hygiene and Public Health," by B. N. Ghosh and J. L. Das, pp. 161-162.)

It should be noted that milk, though a fluid, is rendered practically solid when it reaches the stomach. The clotting is due to the presence of rennin, but its value in the process of digestion has not been worked out. Indeed, Hutchison has shown that if milk could be so prepared as to prevent clotting in the stomach, its digestion in the intestines would in no way be interfered with. In fact, removal of the stomach does not hinder the digestion of milk. Boiled milk clots less readily than fresh milk, but this happens only outside the body, as the acid of the gastric juice redissolves some of the lime salts. The digestibility of milk, therefore, depends on the density of clots in the stomach. The formation of large dense clots can be avoided by taking milk in sips, when the milk is broken up in the stomach and does not form hard clots. It has been found that it takes about two hours for a glass of milk to leave the stomach, but the condition of the milk has a great influence on the duration of its stay in the stomach, thus :—

602 c. c. (about a pint) raw leaves in $3\frac{1}{2}$ hours.

"	"	skimmed	"	$3\frac{1}{2}$	"
"	"	sour	"	3	"
"	"	boiled	"	4	"

The digestion of milk becomes complete in the intestines by the pancreatic juice, which acts more powerfully on milk than gastric juice. Absorption of milk is more or less complete ; in fact, the protein and fat are absorbed as well as, or even better than, the protein and fat of beef (Hutchison). But when milk forms the only diet of an adult it is not so readily absorbed. Under normal conditions about 90 per cent. of the available potential energy reaches the blood. It may be mentioned in this connection that milk is absorbed with less expenditure of energy than any other food ; in other words, there is less wear and tear of the intestines.

Brunton considers that fresh milk contains not less than seven ferments, and by boiling the activity of these ferments is destroyed and some authorities believe that in consequence of these changes boiled milk is more apt to produce a form of scurvy.

A HOLIDAY AT DALHOUSIE

By L. M.

DALHOUSIE is one of the most delightful of the hill stations of the Punjab. According to the guide book, it is situated in the most healthy and beautiful part of the Himalayas, at an elevation varying from 5,000 to 8,000 feet. The best months are said to be April when the rhododendrons are in flower, and the latter half of September and October, when the climate is bracing. Even in the rains it is fresh, because the hills dry quickly. The rainfall is said not to be excessive. The route to Dalhousie by rail is *via* Amritsar to the terminus at Pathankote. A halt has to be made either at Amritsar or Pathankote before continuing the journey uphill. As Pathankote has limited waiting-room accommodation, it is wiser to break journey about 6 a.m. at Amritsar. Places of interest to be visited here are the Golden Temple of the Sikhs, and the C.E.Z. Mission Hospital, also a drive through the "Company Bagh" and on to the canal banks. On driving through the bazar the ruins of the Bank may be seen as also the Mission House burnt down by the rioters in April 1919. The Bank is being rebuilt on the same site. The traveller who is desirous of spending the day in a larger and more modern city, can go on to Lahore which is reached about 9 a.m. There is a good waiting-room at the railway station, but far more comfortable and excellent accommodation for a moderate sum can be had at the Y.W.C.A. Home. There are excellent shops at Lahore, and the Laurence Gardens and City are worth a visit in the cool of the evening. Entraining again about 10 p.m. the journey to Pathankote is completed between 4 and 5 a.m. To dress, get all one's luggage together, and have chota hazri occupies the time fully till the arrival of the motor mail car at 6 a.m. This takes one passenger at a rate of Rs. 26. A party of three can engage a whole car at Rs. 26 per seat. Application is made to the Clive Motor Engineering Co., Pathankote. A limited amount of luggage is allowed by car, so heavy boxes have to be sent by tum-tum, by arrangement with Ida ekka Chaudhuri, Pathankote. The cost of one tum-tum is Rs. 11-4 but it is possible to send only one box at a charge of Rs. 6. Arrangements for motor and tum-tum should be made well beforehand, and the correspondence carefully filed for reference. As the luggage tum-tums take a day longer than the cars to reach Dalhousie, enough should be taken by car for one's personal needs for 24 hours. The car leaves Pathankote at 6-30 a.m. and halts at Dunera dâk bungalow about 9-30 a.m. Here a very good breakfast is obtained for Rs. 1-8, and there are three or four clean rest rooms. The journey uphill is continued in about an hour, and allowing for one or two little mishaps is completed at about 12-30 noon. As one gets higher and higher the air is cooler and purer, the languor and headache of the plains disappear, and the mind and senses