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## How to sqorus WsW -siTal Hygiene

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adl \_drworn tondon, shortly be (Continued from February.) ad alreads, nobno. I successful and I had

## ture is exactly right and nourishment in the t Fints Joo CZECHO-SLOVAKIA In Instruction

HIS country, which sprang into existence at the end of the Great War, is composed of what were formerly some of the best states in Austria, namely Bohemia, Moravia, Silesia, and the western part of Galicia. It thus has Austria and Hungary to the south of it and Germany and Poland to the north. In size it surpasses Austria and is about as large as Hungary. . Bods, while region as the blos buse notice as de-

SURFACE.—It is largely occupied by highlands which in the east form a plateau with the Carpathian Mountains forming the backbone. The lowest parts are in the valleys of the Danube and the Elbe. Bohemia is separated from Germany on three sides by mountains which, except in the north-east, are not oraklygione is not practiced at all i Broken the ... dgid

Although Czecho-Slovakia has no direct contact with the sea it is particularly fortunate in having excellent river navigation. The Elbe is navigable as far as Prague and much of the exports and imports pass along this river, so that Hamburg is really the chief Czecho-Slovakian seaport. The Danube, which forms its southern border, is navigable right to the Black Sea.

AGRICULTURE.—Though parts of the country are mountainous and parts are comparatively barren, nevertheless a very large proportion is fit for cultivation and is very intensively tilled by the dense populaimportant crops and in the higher and more barren

No country in Europe suffered such a serious loss
lands sheep and cattle are pastured lands sheep and cattle are pastured.

Many of the higher parts in the Carpathians are wooded both with coniferous and broad-leaved deciduous trees and lumbering is an extensive industry.

MINING AND MANUFACTURING.—On account of the iron and coal mines of Bohemia, Silesia, and the State of Saxony in Germany just to the north of Bohemia, Czecho-Slovakia is one of the most important industrial regions of continental Europe and, further, is one of the most densely populated. The textile manufacturing is of greatest importance. The spinning and weaving of cotton and woollen goods which was formerly, and is even yet to a great extent, an important domestic occupation in the higher lands surrounding Bohemia is now extensively carried on

in factory towns of the same region, for which purpose the water-power of the mountains is extensively used. The manufacture of metal goods is important in the region of the iron mines around Pilsen. Large breweries and distilleries which utilize rye, braley, and potatoes are very wide-spread, and Bohemia produces large quantities of sugar from the beet-root. The manufacture of glassware and porcelain is centred in Bohemia where the necessary raw productspure sand, pure clay, and coal-are found.

TRANSPORT.—Although Czecho-Slovakia is hemmed in by mountains throughout a large part of its border, there are low gaps through which the rivers and railways readily pass. The at discount of the

PEOPLE.—The people of Czecho-Slovakia are predominantly Slavs, though there are many Germans on the higher lands surrounding Bohemia and in many of the industrial towns. The Slavs of Bohemia are called Czechs; those of the eastern part of the country, Slovaks and Ruthenians.

Prague, on a branch of the Elbe, is the capital and the most important city. Situate near the centre of Bohemia, the most densely populated part of the country, it is both the commercial and industrial centre. Being a very ancient town, with a rich varied history, it has many buildings and museum collections of great interest. of all has mustication is the heat of a series of process

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In the north and east she was shorn of her most fertile and populous provinces, Bohemia, Moravia and Galicia; in the south the Trentino and Istria were lost to Italy; and the states of Bosnia, Herzegovina, Carniota, Dalmatia, as well as a part of Styria and Carinthia, became parts of Jugo-Slavia. As a result, Austria both in size and importance sinks from a first to a third class power.

SURFACE.—The country is largely occupied by the mass of the Eastern Alps, which are more extensive and almost as massive as the Alps of Switzerland. The ranges run from west to eas.t The centraland highest range is composed of ancient crystalline continued on page 249) He happy