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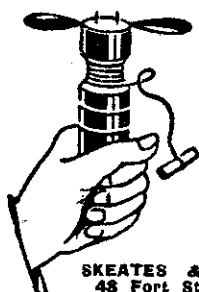
The natural Iodine in Vikelp is important too. It is of tremendous value in the prevention of Goitre.

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TO CANADA AND BACK

Y.W.C.A. Youth Secretary Makes Some Interesting Discoveries

BEFORE the war Canadians hardly knew where New Zealand was. Now they know where it is, but many still think of it only as the place where the Maori Battalion comes from, according to Miss Jean Campbell, National Youth Secretary for the Y.W.C.A. Miss Campbell, when we called on her, had just returned from a refresher course in America, and still had vivid impressions of the magnitude of that continent's war effort and its interest in a better world when the war has been won.

She herself is a Canadian. In her seven months' stay in America she was able to spend only two months at home in Vancouver, the rest of the period being spent in Washington at the temporary world headquarters of the Y.W.C.A., at New York studying under the national board of the Y.W.C.A. of the United States, and at various smaller cities and towns studying conditions parallel to those in New Zealand.

We found her surrounded by illustrated pamphlets and coloured charts covering the work of the different voluntary organisations in America.

"Have Fun Too!"

"This is cute, don't you think?" she said, as she handed us a six-page booklet issued by the National Board, Y.W.C.A., New York, for the benefit of girls in war work. It certainly was cute. The pages were crammed with pithy instructions and witty illustrations—a "Round-the-Clock" programme for sleeping, eating, working, and playing. When you sleep—it advised—Sleep Flat, Wear Loose Pyjamas, Open Your Windows, Make Your Bed Daily, Use Light Wool Blankets, and most important, LET NOTHING LURE YOU FROM SLEEP. When you eat—Do It Regularly, Think Before You Order. When you get fed up—Take Yourself in Hand, Keep a Sense of Humour, Look Up a

Friend, Get a Hobby, Be a Volunteer, Buy a New Hat. When you work—Plan Your Off Time—Buy Wisely, Shop Regularly, Launder Often, Bathe Daily, Keep Glamorous, HAVE FUN TOO.

But this is not the only encouragement the women workers of New York are given. The Y.W.C.A. has a round-the-clock programme so that girls working on the "grave-yard" and the "swing" shifts can refresh themselves mentally and physically before going to sleep.

"The girls prefer their relaxation after the night's work and before they go to sleep rather than before they start their work again," explained Miss Campbell.

WHEN YOU WORK

Plan your off time



Buy wisely



Shop regularly



Launder often



Bathe daily



Keep glamorous

Have fun too

"Cute" is the word for it; above and opposite are reproductions of two pages from a booklet issued by the National Board of the Y.W.C.A., New York, for the benefit of girls on war work

Thus when they come off at 5 a.m. there is a Y.W.C.A. physical culture class at 6 o'clock for them to attend. But this isn't just a series of physical exercises. It's a time for skating, dancing, games, and general relaxation as well. Mentally as well as physically, it has a very refreshing effect on them.

Co-Ed Activity

"The amount all the war-workers do is terrific," Miss Campbell emphasised. "Every time you look out, almost, you see a ship being launched."

This emphasis on war-time needs applies everywhere. There is an increased stress on co-ed activity, particularly for those under eighteen.

"The Y.W.C.A. feels that these young people have been very much left out of the scheme of things with all the organisations and clubs devoting themselves to the servicemen and women. So with the idea of helping the under-eighteens to adjust themselves, the Y.W. has organised mass get-togethers which split up later into smaller groups which

(continued on next page)



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