at least one of the reasons why we do not have more children. She would have had to follow us into kitchens and laundries to discuss the problems of civilisation, but we are used to holding these discussions there, and our kitchens and laundries are fine and important placesshe would have been interested in them. She could have talked to our friends and neighbours as they dropped in, and from our one little street she would have seen more clearly than from countless newspaper statistics how many men have gone to serve overseas. She could have talked to the raw material of our education system as it played in its natural surroundings, and through it gained some knowledge of our schools. Later, when she travelled, she would visit Karitane hospitals and the Medical School, but first she would know the system in action by standing silently and anonymously beside us as we took the baby on a routine visit to the Plunket rooms, or called in a doctor to a sick child.

## Our Gardens And Their Cost

She would like our gardens, but if she stayed with us for a few days she would understand how much of our affections, our time, and our energies they absorb; and when she had made the 40-minute trip to the city, she would realise that the determination of every New Zealand householder to provide himself



"The determination of every New Zealand householder to provide himself with a little private park"

with a little private park has swelled our city almost to the ungainly proportions of London; and that because we are each surrounded by our own trees, flowers, and vegetables, we are far from shops and post offices, and we think twice about standing for the city council or anything else that will take us to town to frequent meetings. These are just a few of the problems that such a visitor, by living among us for a few days, could come to understand not only with the mind but with the heart and body a little also; they are prob-lems to which the answers are by no means simple or obvious, but they are as fundamental a part of the pattern of life as the facts that are gathered from officials or from the Year Book.

We have thought of all this too late to be of any use to Dr. Summerskill, and we can but farewell her in the hope that her intelligence, her sympathies, and her penetration are sufficient for her to build up a reasonable picture of us from her bird's eye view. But when the next distinguished woman comes, we will take our courage in our hands and offer for a few days the hospitality of our street: before the 'plane comes to whisk her swiftly from one point of interest to another, she will have absorbed something of the worm's point of view. And if she is a Member of Parliament, she may for this experience be less a politician and more truly a representative of the people.





Posture neglected undermines not only your present usefulness, but your future loveliness. For had posture causes fatigue, irritability, indigestion, foot troubles and—let's whisper it—fatness!

When you sit at your work...sit with a straight back, not curved, and you'll work better and tire less; and you'll help yourself to beauty. There's no drag on the back muscles this way, no restrictions on the oxygen supply, no cramping the digestion. Sit well back, so that the lower part of the spine gets support from the chair back.

You'll take beauty in your stride too, if you walk with spine erect, shoulder blades flattened, head balanced, chin in, tummy taut, tail tucked under.

May seem strange at first, good posture, but once it becomes a habit—and it quickly does—it is the easiest posture. Acquire it! This is no time to let go!



The biggest help to good posture is a good fitting foundation. Berlei understands this better than any, and to ensure accurate fit, evolved the ingenious Type Indicator which at once defines your particular variation of the five figure types, and indicates the correct Berlei for it. If your store has nt that Berlei in stock, wait for it; it is the one best foundation designed for your better poise, your better carriage, your better bealth, your better figure.