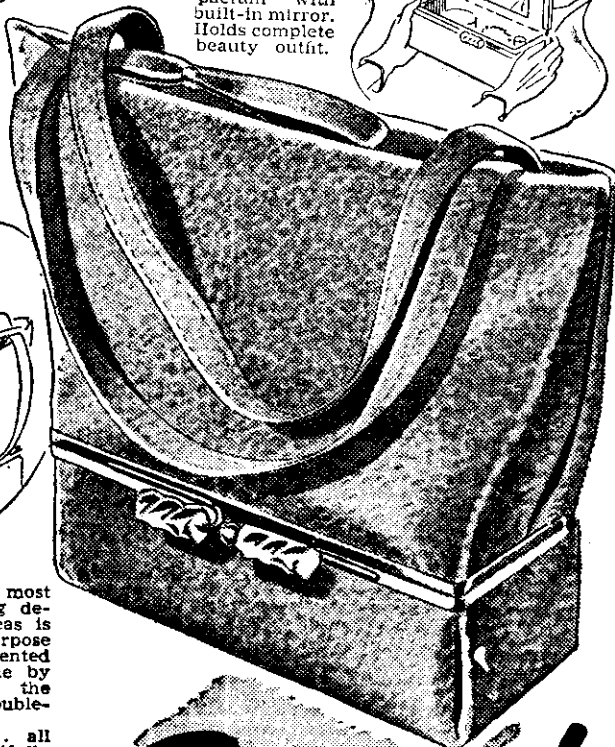
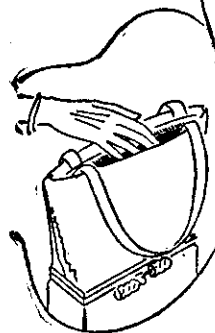


THE NEW "Double-Decker"

Lower Deck
Cosmetic com-
pactum with
built-in mirror.
Holds complete
beauty outfit.

Upper Deck
Capacious
handbag
large interior
pocket . . .
small
purse . . . zip-
fastened.



Smartest and most
practical handbag de-
sign from overseas is
this dual - purpose
model, now presented
for the first time by
Strand, under the
name of "Double-
Decker".
In leather all
shades . . . beautifully
finished.

And of course
it's a

New Showing
at all Leading
Stores.

Strand

STRAND BAG COMPANY LTD. - CHRISTCHURCH - APRIL, 1948.

RHYTHM AND MOVEMENT *Antidote to Monotony*

THE National Film Unit re-
lease for April 23 is devoted
to the subject of rhythmical
gymnastics—a practical method
of physical education which its
advocates say is doing much to
improve the general health, posture, and
physical well-being of many New Zea-
land girls and women. A point strongly
emphasised in the film is that the exer-
cises counteract the physical effects and
monotony of occupations which are in-
clined to cramp limbs, round shoulders,
and leave the mind jaded and irritable.
The film makes this point with a
sequence of industrial and city activities
and then shows how much can be done
in these circumstances by regular weekly
attendance at rhythmical gymnastic
classes.

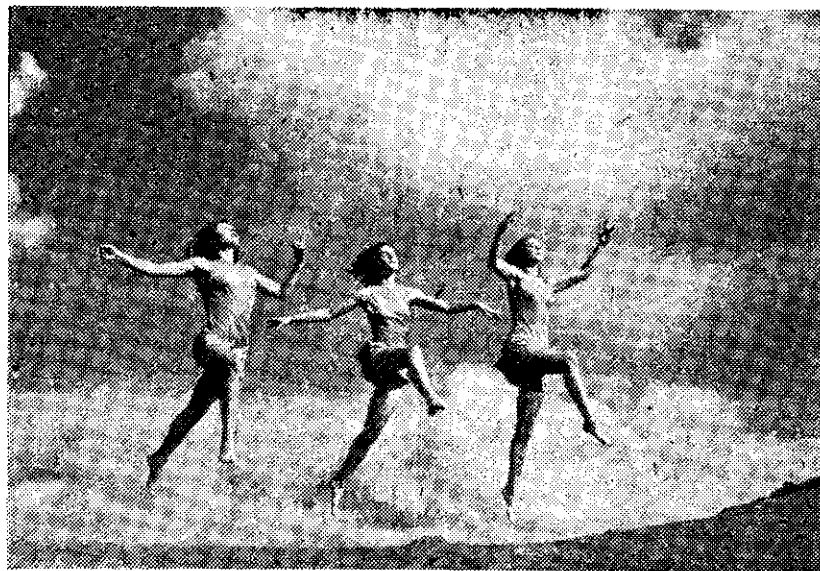
"Rhythm and Movement" shows the
work of a Wellington Y.W.C.A. class

under Gisa Taglicht; but in making the
film the director, Michael Forlong, felt
that it was necessary to avoid any sug-
gestion of nymphs sporting round rose
beds and fountains, and by selecting a
flat space on a hill top obtained a back-
ground consisting of very beautiful cloud
effects. By carefully choosing the colour
for the costumes worn in the film, the
cameraman, Ivo Tisch, has achieved a
very lovely balance of tone between the
backgrounds and the gracefully moving
girls. The New Zealand composer Doug-
las Lilburn, who was asked to write the
background music, was present when the
film was being shot and was able to
make the notes which eventually were
amplified into music which exactly fol-
lows the original rhythm of the move-
ments.

The film is an interesting experiment
in combining movement, music and cut-
ting to an over-all rhythm, and audience
reactions will be watched with interest.



After doing this all day the mind and muscles are both cramped



You release them this way

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