

Prevent the "Sweet" Habit and Save the Teeth

Habits are formed early in life and children readily acquire a taste for sugary foods such as sweets, biscuits, cakes, and sugary drinks.

Frequent consumption of these leads to Decayed teeth—Loss of appetite—Upset of nutritional balance.

Control of the "Sweet" habit rests with the parents.

Therefore

- (1) Encourage as an alternative a fruit eating habit;
- (2) Have more raw vegetables in the diet.
- (3) Prepare wholesome food for the table attractively.
- (4) Reduce the sugar in the diet to a minimum—particularly cut down the amount of sugar in drinks such as cocoa.
- (5) Reduce "cordials" to a minimum.
- (6) Cut out "in between" meals, and "bits" and "pieces".
- (7) Keep party foods for party occasions.
- (8) Clean the teeth *immediately* after meals.

Work into the diet more milk, eggs, meat, liver, fish, vegetables, raw fruit, wholemeal bread, cheese, iodised salt, and your full butter ration.

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CHRISTIANITY AND COMMUNISM

European Youth at the Crossroads

WHEN Dr. A. John Coleman, of Toronto, was in Wellington the other day in the course of a world tour from Geneva, he told *The Listener* that he had already visited over 50 universities in Europe, England and America in his capacity as secretary of the World Student Christian Federation. So we had several questions to ask him about university conditions in other countries. One was about the position of the new generation in Europe, the young people who had not actually fought in the war.

"To-day in Europe the only real alternatives for a young person who wants to get 'something worthwhile out of life,' he told us, 'are Christianity and Communism. Yet in the Communist-controlled countries I found that the students had a much higher sense of purpose and were much more enthusiastic about their work than elsewhere.' One reason for this greater enthusiasm, of course, was simply the Slav temperament, while their tremendous intensity of purpose was mainly due to the fact that their countries were so far behind the rest of Europe, economically and socially. Then in countries like Poland and Czechoslovakia a tremendous proportion of university graduates were killed by the Nazis, and the students knew that this gap of intellectuals had to be filled as speedily as possible."

"What about France and Western Germany?"

"In Germany the most progressive socialist party is still dominated by an un-Christian spirit, so that Christian-thinking people (and students) are faced with a tremendous dilemma as to what party to align themselves with. You see, although Germany is superficially as Christian as the rest of Western Europe—I mean in the work done by the Churches and the clergy—there seems to be a different motivation, a different

spirit behind their Christianity. It's hard to define, but if you contrast it with England it might make things clearer.

Socialist Lay Readers

"In England you have a socialist state in which many people who are most active socialists in the political field on week-days are also lay readers in the Church on Sundays. The English seem to be much more stable in their beliefs in that way, and actually I don't think that Christianity and Communism are so completely incompatible as they appear, although that seems to contradict what I said at first. For instance, I have a very close friend who is an ardent Christian and also a very strong Communist. But his Communist beliefs are purely political; he doesn't let them interfere with his religious beliefs. So that although Arnold Toynbee has called Communism 'one of our latter-day religions,' I think that the notion of Communism being a religion is not necessarily correct."

"You think in fact that these two beliefs can be reconciled?"

Dr. Coleman said his own position was perhaps best expressed in the words of the Russian thinker Berdyaev, who died recently. Berdyaev saw the contemporary world as in a state of flux between the final break-up of an old civilisation and the beginning of a new. He argued that Christians must concentrate on the new, that Christianity's mission was "not to fear the social movement in the world, not to struggle purposelessly against it, but to spiritualise it and try to cure it from the poison that has been mixed with it, the poison of hate."

Much of the blame for the present decline of Christianity lay with the churches themselves, Dr. Coleman said, because of the many schisms and divisions that had occurred. The World Student Christian Federation had as one

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DR. A. JOHN COLEMAN

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