

How Ovaltine



-helps you to

ONE of the most important essentials to health is sleep... sleep of the right kind. It is Nature's appointed time for the re-creation of strength and energy, and the restoration of nerves, brain and body.

Widespread appreciation of the fact accounts for the universal popularity of 'Ovaltine' as a bedtime beverage. Delicious 'Ovaltine' offers these special advantages:

- Its soothing nourishment helps to calm the nerves, assists the body to relax and promotes the conditions favourable to healthful sleep.
- During sleep 'Ovaltine' provides easily digestible nutriment for building up strength and energy, and nourishing nerves and body.
- 'Ovaltine' helps you wake up refreshed, buoyant and cheerful, better prepared to deal with the work of the new day.

-ensure a Good Night

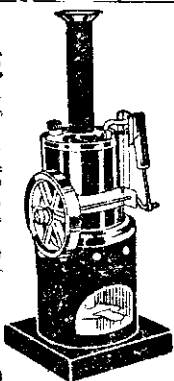
For Free Sample, send 3d. in stamps, to cover packing and postage, to Salmond & Spraggon Ltd., Box 662, Wellington.

Listen-in to "The Ovaltine Show," 6.15 p.m., Saturdays, all ZB Stations.

A. WANDER LTD., LONDON. N.Z. FACTORY: NORTH RD., PAPANUI, CHRISTCHURCH. 36.8

Model STEAM ENGINE

—One filling of methylated spirits will run engine for 15 minutes. Flywheel (2in dia.) provided with pulley to take driving belt by which all sorts of model machinery may be operated. Model 8½in high with 3in base constructed of stout sheet steel fitted with spot welded holder holds ½ pint 36/6 Postage 6d.



SKATES & WHITE LTD 48 Fort Street, Auckland

THE WILL TO SUCCEED!

Are you a man who, determined to get on, studies an I.C.S. Course of Training in spare time? If you have the will to do this, you are bound to succeed. Choose one of the 300 I.C.S. Courses and start being trained NOW!

Accountancy
Architecture
Plumbing
Chemistry
Radio Mech.
Marine Exams.
Wireman's Lic.
Electrical Eng.
Diesel Engineer
Mechanical Eng.
Fitter and Turner
Steam Certifs.
Motor Mechanic
Professional Exams.

If your subject is not above, send for Free Prospectus, stating your particular trade or profession. I.C.S. training is thorough and up-to-date, the student being taken step by step carefully through the whole Course. Write NOW!

INTERNATIONAL CORRESPONDENCE SCHOOLS
Dept. L., 182 Welfield Street, Wellington

BOOK REVIEWS (Cont'd.)

(continued from previous page)

won. The game was not properly organized in Wellington until the following year, when a Press notice read: "We remind sporting friends that a meeting of gentlemen interested in foot ball, paper hunts, and other good old English sports, will be held at the Branch Hotel to-morrow evening."

Each year from 1870 onwards is treated separately by Mr. Swan, whose aim is to show the growth of the game as it was adopted in various centres. So each chapter is interspersed with Press reports, minutes of meetings, and so on. It is all very interesting and some of it very amusing. Here is a passage from a report in the Wellington paper *The New Zealander*, written in 1878:

"Football is becoming such a dangerous pastime that something should be done to stop it. There is nothing artistic, scientific, or graceful about the game, and judging from the frequency of casualties connected with it, it can hardly be said to be a healthy pursuit. Bull-baiting and cock-fighting have more to recommend them as recreations than the rough-and-tumble hoodlum amusement cyclept football which our youths seem to take so much delight in."

I also like this one:

"While the *Wanderer* Phoebe was in port last night, we were favoured with a visit from some youths calling themselves the Nelson Foot-ball players, who, we understand, were returning from a match in Wellington. If their talents are on a par with their impertinence, it must worth a trifle to see them play. We hope they reached home in safety, for they are a precious lot.—(*The Mariborough Press*, 1870).

But it is by no means just a collection of resurrected tit-bits. All tours by New Zealand teams overseas, and by teams in New Zealand, are fully covered. It is in fact a complete history, an invaluable addition to any sporting library.

—Winston McCarthy

A WIND THAT FOLLOWS FAST

DEEP WATER YACHT RIG. By Conor O'Brien. Oxford University Press through Geoffrey Cumberlege.

THIS is a practical book; the author's third on the problems associated with cruising under sail. It consists of details of his own experiences in deep water, including his round-the-world cruise. He admits that he is "not a scientific designer." The book is primarily a discussion of sails, but there is no mention of the wind tunnel experiments on sails and airscrews undertaken at the Massachusetts Institute of Technology during the 1914-18 war and continued for some years later. Indeed, there is no mention of the aerodynamics of sails at all. Yet O'Brien's practical commonsense and experience frequently lead him to the same conclusions as those of the scientist.

The book opens with a general chapter on deep-water design, followed by a chapter on hulls.

These are necessary preliminaries to the study of sails. The author comes out strongly for square sails and clearly disapproves of Bermuda rig, ketches, main-booms and rigging screws (among other things). His "window curtain" square sail will in-

terest many deep water men, as will his advocacy of bonnets on his loose-footed sails. The chapter on spars and rigging is full of old-fashioned commonsense, and the devices for reducing wear and chafing or for ease of handling gear will repay study. Some of the best of his gadgets are set out in details in the plates. The chapter on deck-gear is especially interesting.

A surprising omission from his tirade against small compasses is any mention of the aeroplane type compass. Using this, on the course being set, it is only necessary to keep the needle between two white lines and this is the complete answer to all O'Brien's strictures. His remarks on standard sizes for gear are probably the most important in the book.

Most yachtsmen have toyed at some time or other with the idea of a long ocean passage. Here are practical points for him who intends to make that passage—and delightful "salt-water technical" reading for him who just intends to read about it.

—J.D.McD.

RACINE RE-EXAMINED

A NEW VIEW OF THE PLAYS OF RACINE. By Vera Orgel, Ph.D. Macmillan, 1948.

THERE are qualities of insight, of loyalty, and of exhaustive study in this appreciation of Racine that command a sincere respect, even when, as happens here and there, Dr. Orgel's views do not compel complete agreement. If one devotes prolonged, concentrated attention to a work of art, one is apt to see in it unsuspected shades of meaning and subtleties of intention. Ruskin, for instance, spent part of every day for nine months in contemplation, on a specially erected scaffolding, of frescoes in Santa Maria Novella, and ended by seeing in them things certainly not seen before; nor, with almost equal certainty, thereafter. Thus in a figure of St. Peter he saw an allegorical representation of "Justice without hands," although, as a result of clumsy painting over, the actual figure appears to have three hands. The history of literature is full of examples of the queer effects of such intensive application. Not to mention the ingenuity expended in extracting the last shred of meaning out of a faulty translation of manuscripts of much-debated authenticity, there is the Baconian heresy with its crop of derivatives; the Homeric theory of Samuel Butler; the brilliant futility of Hogskart's attempt to show that the Histories of Tacitus and other works are a 15th Century fake; misdirections of skill and scholarship that provide an

orifice for a point as subtle as Ariachne's broken web to enter in.

One recent example—an elaborate and rather pointless hoax—serves as a good illustration and is too tempting to resist: an article in the *New Statesman* of July 17 last sees in *Through the Looking Glass*, an allegorical prophecy of future world history, the writer hav-

