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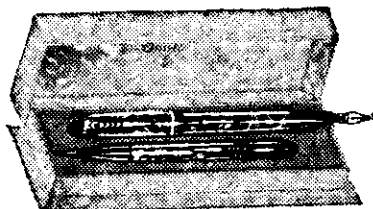
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## BACK TO THE CRADLE?

(continued from previous page)

have been due as much to my lack of elasticity in routine (I used to let her cry for hours in the early morning while I waited for the clock to strike five) as to her own temperament or my lack of experience. I've just concentrated on enjoying my third baby. I feed her when she's hungry, and I find she gets hungry at more or less regular times. She establishes her own rhythm instead of having one forced on her. If she cries for attention she gets it and we're both happy. I feel a child has as much right to attention when it wants it as when it needs it. Far better to give too much attention than too little. Don't know about dummies though. It must be very frustrating for a child to suck a dummy, which is the same shape as a teat, and have nothing come out of it.

### MOTHER OF FOUR

WHY was the cradle abolished? Because the modern "pram" provides a much more pleasant and healthy way of quieting a child. In the days of rocking cradles a baby was kept indoors and a little rocking and frequent feeding provided him with the only variety of experience. The baby of to-day spends his life in, what would seem to his predecessors, a whirl of varied experiences—the morning bath, the kick in the sun without clothes, the sleep in the garden, the after-dinner roll on the floor and to crown all the afternoon perambulation to the shops and the park with all sorts of strange things looming up into his pram's-eye view. And so to bed, unrocked but not unloved. But quite apart from the question of whether the baby of to-day needs the soothing rocking of a cradle the modern household just doesn't carry a cradle rocker. A hundred years ago households were seldom one-woman households. If there weren't cooks and housemaids there usually were grannies, nannies or maiden aunts under the same roof or at least round the corner. Nowadays the mother has to do everything and she can't afford to let her baby develop luxurious ideas. As for feeding a baby at regular intervals, it always seems to me most natural that a baby's stomach, like an adult's, should normally take in approximately the same amount at each feed and empty itself in approximately the same length of time. The interval may be slightly shorter than that normally prescribed by Plunket practice, but it should be regular. Why should anyone assume because a baby cries that he is hungry? As Dr. Thoulless himself suggests in another context, he may be frightened, or wet, or over-tired, or uncomfortable. It certainly has always seemed to me that babies slip into regular feed hours with remarkably little fuss. And it certainly is more convenient for the mother. Dummies? The only child I know who persistently used a dummy was a windy, grizzly, little misery. Myself, I prefer a thumb. It doesn't fall to the ground so easily.

### MOTHER OF SEVEN

ABSOLUTE regularity—and you've got to start from the jump! Certainly no night-feed. Let them cry it out a couple of nights and you won't have

any trouble later. No, I didn't have time after the first for feeding if they yelled ahead of time, or for picking them up when I didn't think there was much wrong. Come to think of it, my first got a lot more attention, but didn't turn out any different from the others.

### PLUNKET MOTHER

THE way I look at it, is that modern life is complicated and the more of it you can regularise the better. With a baby you can't start too early to train it in basic habits. A baby's got to fit in with the family and the community sooner or later, and the earlier he starts the easier he'll find it. Frustration? Nonsense. He needs the feeling of security that regularity of routine provides. It's physiologically sound to have rest periods between meals. Dummy? Ugh! Dr. Thoulless seems to want to go back to the dark ages we've just got away from. Well, if you want the proof of the pudding you can compare the healthy happy babies of to-day with those of the beginning of the century and earlier, when babies were expected to squall and a dummy was a necessity.

### PLUNKET OFFICIAL

I THINK Dr. Thoulless was just trying to be different—though we freely admit that regular feeding times are as much (not more) for the convenience of the mother as for the child. Our Society has always considered the welfare of the mother as important as that of the child, since both are bound up together.

### RETIRED PLUNKET NURSE

THE healthy, contented, well-regulated child should not heed any aid to sleep such as rocking. Rocking is unnatural except for a baby that's used to spending all day on its mother's back. And from six weeks old a baby is quite cunning enough to cry for attention. The sick child is a different proposition. It is entitled to all the comfort it can get.

### BANDS AND CHOIRS

IN *Bandstand* the BBC Transcription Service has brought together brass bands and choirs, the two most popular forms of amateur music-making in Britain. The members of Britain's bands and choirs number several hundred thousand, and they appeal to an overall audience far greater than that attracted by the other groups of amateur musicians—orchestras, soloists, vocal and instrumental. In general one finds the finest bands and choirs where some form of cultural relaxation is needed by a large number of people living and working close to one another, and it follows that they flourish most strongly in large industrial areas, particularly those of the north of England. *Bandstand* presents programmes sometimes by a band only, sometimes by band and choir, and listeners to the programme from 1YA at 2.30 p.m. on Sunday, December 12, will hear music by the Brighouse and Rastrick Band, conducted by Eric Ball.