

flat, brought up theirs. For one thing, they nursed the children a great deal too much. Some of my neighbours used to be horrified when I put Jim out in the pram in the garden and left him maybe for two hours. I knew he was all right, but they would ring my bell and say "Your baby is crying." They called me very hard-hearted when I refused to pick him up, but after two or three months, they used to come and say: "What a marvellous child he is, how quiet and contented by himself." I tried to explain to them that it was the initial training; but they found it hard to leave a child without responding to its lightest cry.

### Sleeping-Bag

One day my son had the snuggest little outfit sent him from Canada. Everyone on the boulevard admired it, because they had never seen anything like it before. It had a little hood attached to a sort of sleeping-bag—pale blue fluffy woollen material, ornamented with white bunnies. The doctor at the clinic saw it and was very much taken with it, because normally, Russian babies are wrapped in special little eiderdowns, and hands and toes sometimes come out of them. So when the warmer weather came, I gave it to the doctor, and she handed it over to the institute. Next winter I was very much intrigued when I saw these outfits in the shops and the children wearing them. Admittedly they hadn't any bunnies on and were of more serviceable colours, but they did keep the children's toes and fingers warm. It seems such a tiny point, but it does show how the Soviet health authorities are always on the look-out for the smallest item that will further the well-being of mother and child.

## SIMPLE STORIES

### ETERNAL TRIANGLE

I SAT behind them in the tram.

"Yes, it was a sad thing," said the first man. "He killed her all right. And horribly mutilated she was, too. They couldn't get the body off him for two days, he carried it with him wherever he went."

"Whatever made him do that?" asked the second man. "I always enjoyed my visits to see him."

"Well, we don't quite know. Another female came over from Tasmania. Maybe he began to lose interest in his old woman."

"Maybe his old woman attacked the Tasmanian, and he tried ticking her off and just went a bit too far."

"I think perhaps he just couldn't stand two females nagging each other all the time. It was a pity, all right, but I suppose it was Nature's solution. Only two to provide fish for no..., and less cleaning to do. Two polar bears are all that is needed in a zoo like ours, when all's said and done, but I do wonder why he wouldn't part with the body."

(Contributions are invited. Send us something printable and brief, and if we like it, too, and print it, you will receive one guinea (less tax). But 200 words is the limit).

# CAST AWAY YOUR GLASSES AND HAVE GOOD NATURAL SIGHT

## Eyesight Specialist's REMARKABLE DISCOVERY

**N**O BETTER NEWS has ever been published for the readers of this paper than this pronouncement by Mr. Graham Bennett, the eminent London eye specialist. In the course of a recent interview he said: "If everybody's livelihood depended upon seeing correctly without the aid of glasses, the standard of eyesight in this country would quickly be raised. For such a measure would force upon the notice of the general public what few people except eye specialists know to-day—that most eye troubles can be quite easily and safely corrected without wearing glasses at all. Indeed, if it were not so tragic, it would be laughable to think of the thousands of men and women who resort to glasses at the first sign of strain without taking steps to correct their sight naturally. What would YOU think of a person who took to crutches at the first sign of Rheumatism? I assure you that the simile is not at all absurd."

Other points made by Mr. Graham Bennett were: People so often fail to realise that once you take to glasses you are actually teaching your eyes to depend upon them. Do I need to tell you that, except in serious cases, you should be teaching your eyes to do **WITHOUT** them? Some of you, whom I am addressing, are wearing spectacles at this moment, and you know as well as I do that your eyesight has not improved as a result. In fact, I say that your eyes are probably weaker; may I suggest that some of you have even had to change to more powerful glasses since you first began to wear them? Am I not right?

## OVER 50,000 SUCCESSFUL CASES

"What, then, is the remedy for this state of affairs as it affects YOU personally? 'I do not WANT to wear glasses,' you say, 'but how am I to correct my eye troubles naturally so that I can manage without them?' There is only one answer. You can learn to see clearly without glasses by following the safe, natural method of eye training that I have used with complete success in more than 50,000 cases since I embarked upon my career as an eye specialist to make the doctrine of 'natural sight' my life's work."

"Schools in America and hospitals in this country all have practised the methods I now advocate for you, so that at least you need have no hesitation in finding out what they are and how they can benefit YOUR eyes."

## NO ONE TOO YOUNG NO ONE TOO OLD

If you are genuinely interested, this new book of Mr. Graham Bennett's will be sent free of all charge. It explains facts that every eye specialist knows, and exactly what YOU have to do. It tells how thousands of people for whom good eyesight was vital in their employment—such as railwaymen, ships' officers, pilots and others—have been enabled to pass official eye tests after following Mr. Bennett's instructions.

The treatment is NOT recommended for cases of Choroiditis, Keratitis, Retinitis, Iritis and Optic Haemorrhage, Cataract, Glaucoma or detachment of the Retina (complete or partial). Sufferers from any of these conditions should at once consult their own Medical Practitioner, or go to the nearest Eye Specialist for treatment and advice.



Those whose sight has been failing for years regain clear sight—Elderly people obtain the vision of youth—Short-sighted obtain normal range of vision.

### IF YOUR EYES—

- ... Water, burn or discharge.
- ... Tire quickly when reading, sewing or working.
- If you suffer from headaches or pains behind your eyes.
- If the sun or bright light hurts your eyes.
- If your sight is blurred or misty.
- If the whites of your eyes or eyelids are inflamed.
- If you are short-sighted or long-sighted.
- If your eyes are failing through age.

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