



HOW TO BE HEALTHY

Constipation clogs the system and causes many ills. Doctors say, "To be healthy you must keep free from constipation." NYAL FIGSEN, the gentle laxative, aids Nature in a natural way. It acts gently and mildly to give you comfortable relief. Easy and pleasant to take, Figsen is just as good for youngsters as it is for grown-ups. Get NYAL FIGSEN to-day and see how easily this natural laxative will correct constipation and improve your health. Sold by chemists everywhere— 1/7 a tin. The next best thing to Nature...

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FOR CONSTIPATION

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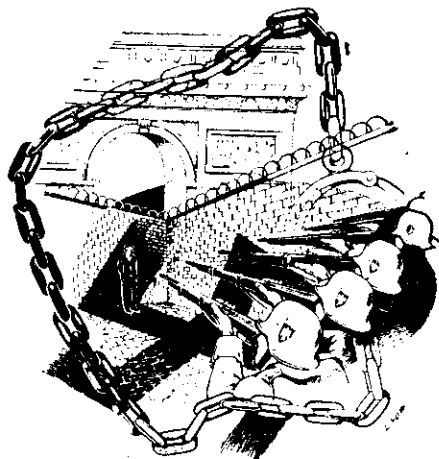


THE SECRET OF BETTER JUNKET

Is Bettle's Essence of Rennet—Bettle's Rennet is Better Rennet—and costs no more. Just one teaspoonful added to a quart of warm milk makes a delicious and nourishing sweet for summer days. BETTLE'S RENNET, 10d Bottle, all stores, made by George Bettle, Chemist, 789 Colombo Street, Christchurch.

THE UNDERGROUND PRESS

- A respectable elderly woman with a dumpy umbrella walks into a shop. The Nazi police who patrol the streets of Paris hardly give her a glance. She comes out again a few minutes later. She causes no stir. The officials continue their scrutiny of suspicious-looking persons and let her saunter down the street without hesitation. But had they looked closer they would have seen that perhaps that dumpy umbrella was perhaps a trifle less dumpy—for another few dozen copies of *Valmy*, the anti-Nazi newspaper, have been distributed. Another little group of French workers are huddled together eagerly reading over each other's shoulders. Another issue of a forbidden newspaper has eluded the watchful Nazi police.
- A few hundred miles to the north in Germany a woman goes into a chemist's shop to buy a hair shampoo. When she opens the parcel she finds that as well as the shampoo there is enclosed an anti-Nazi pamphlet.
- A mother picks up a copy of a book on children's diseases. In the middle of a chapter on diagnosis and treatment she finds that the pages have been removed and anti-Nazi propaganda inserted in their place.
- A business man gets an A.R.P. pamphlet and works steadily through it. Suddenly the sense changes. The second half of the pamphlet contains part of Karl Marx's *Das Kapital*.
- A handsome little book on chess stands on a bookstall, but after the first few pages are turned it is clear that most of the book consists of extracts from the works of Lenin.



★ "EUROPE IN CHAINS": The programme in this BBC series, to be heard from 2YA at 9.47 p.m. on Wednesday, January 13, contains the story of "*Valmy*", the French clandestine newspaper which takes its title from the place where the Republicans in France defeated the Prussians in 1792.

Geneva and in various parts of Europe for later distribution in Russia. The paper which poured ridicule on Napoleon III. was printed in Brussels and smuggled in inside plaster busts to the Emperor himself.

To-day in Europe the printing and distributing of anti-Nazi papers continues. Listen to a story about the Underground Press from 2YA on Wednesday, January 13.

IN fact, the old saying still holds good, that if you want to keep a fire going, you cover it up. The anti-Nazi fires in Europe are covered up, but they aren't stamped out. All the time they are smouldering underneath. There is a strike in Norway and another series of arrests, another few hundred men are sent off to concentration camp, but before the authorities can turn round, the fire has burst out somewhere else. It burns in Czechoslovakia; it burns in Holland; in Yugoslavia it is altogether out of hand, on the mountains and in the valleys, in every village and in every little town. Suppress it in the north of France and it will break out in the south.

But these sporadic outbursts here, there and everywhere would not happen if it weren't for the careful organisation of tireless workers. And the little stories told above are not fairy-tales. They are based directly on exhibits that were shown recently at an exhibition in London, which was called "Allies Inside Germany", and which was organised by the Free German League of Culture, an organisation of German anti-Nazi refugees in London.

In order to keep people alert and informed and above all encouraged, papers, pamphlets and leaflets must be distributed. In all revolutionary movements of the past this has been a major activity. When Mazzini worked for Italian liberation it was with his secret printing press in France that he kept enthusiasm alive. Bolsheviks published their papers in

Analysis

By WHIM-WHAM

I'D love to be an Analyst,
An eminent News Analyst,
A world-accepted Oracle
That None dare disbelieve.
Oh, I would give the Facts a Twist
That Everyone but Me had missed,
I'd show how Figures falsify
And Documents deceive.

I'D sort their Propaganda out
And blow their Propaganda out,
I'd snatch a Rabbit from the Hat
With "It can be revealed."
I'd take a month to end the War,
Then stretch it out ten Years or More—
I'd carry far more Guns than All
The Armies in the Field!

IF any Front were really quiet
I'd never dream of keeping quiet,
I'd back each possibility
My Motto, "Win and Place":
The less informative the News
The More I'd ventilate my Views—
Oh the Developments I'd watch,
The Tendencies I'd trace!

AND I'd be cool and critical
At Stages really critical:
I'd see the true Significance
Of Everything in Sight;
While Those for whom I'd analyse
I'm certain would not recognise,
Observing me so seldom wrong,
How rarely I'd be right!

[A selection of verses written by Whim-Wham during 1941 and 1942 has been published by the Caxton Press, Christchurch, and is on sale at 3/-. The selection has been made by the author himself, and this volume is therefore Whim-Wham at his best!]