How Sea Plant Rich in Minerals and Iodine, quickly builds up many



Here is a natural food tonic which nourishes your system with Mineral Salts and Vitamin. Your body must have a daily supply of Mineral Salts, Iodine and Vitamin B. Vikelp gives you all these elements. There is concentrated food value in Vikelp

There is concentrated food value in Vikelp Tablets. Vikelp contains several essential Mineral Salts. And as these Minerals and Vitamin get into your system they gradually re-nourish it. Tiredness turns to energy. You tackle life anew.

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## MORE ABOUT NAMES

(Written for "The Listener" by A.M.)

HAT was an excellent little article by "Kay" the other day on names of books, but to the person really interested in the theme it was like giving a saucer of strawberries to a strawberry lover. There is so much to say on the subject.

The best title of a novel is, I think, "Vanity Fair," and that came from another book with a great title, "Pilgrim's Progress." But some classics have quite ordinary titles. Jane Austen rang the title bell with "Pride and Prejudice" and "Sense and Sensibility," but she also chose "Emma." George Eliot was pedestrian in some of her choices: "Adam Bede," "Silas Marner," "Daniel Deronda." On the other hand, the title of "Middlemarch," one of the dozen greatest English novels, though it may sound a bit heavy, seems to suggest the scene admirably. "Tom Jones" is most prosaically named, but the story may last as long as "Vanity Fair."

An exceptional eye for titles does not always go with exceptional literary ability. Think of A. S. M. Hutchinson's felicity: "The Happy Warrior," "Once Aboard the Lugger" (an excellent farce), "If Winter Comes," "This Freedom." Edna Lyall, beloved by our mothers and grandmothers, chose "We Two," "Won By Waiting," "In the Golden Days" and

"Knight-Errant"; does anyone read her now? But Kipling put his genius into good titles (incidentally, Mr. Churchill must have finished himself with the intelligentsia when he quoted Kipling the other day, and "If" at that): "Life's Handicap," "The Light That Failed," "Many Inventions." "Traffic and Discoveries," "Captains Courageous," "Re wards and Fairies." It's an exciting business tracking down titles. Could you say where all the above (that is, the lifted ones), come from? Try this for a literary competition. Sometimes the author is obliging, as I think Ernest Hemingway is in his fine novel "For Whom the Bell Tolls," a perfect title and Ford Madox Hueffer was when in the last war he wrote "When Blood is Their Argument." Is there a happier title anywhere than A. P. Herbert's "Holy Deadlock" for his story of the divorce laws?

Choosing titles is a sweaty business, leading to preoccupied days and sleep-less nights. The House of Dent rummaged for a long while before it thought of "Everyman" for the name of what was to prove the most popular of all libraries of reprints. "Everyman" seems so obvious, but it took a scholar to suggest it, and he got his idea from an old morality play.

I'm glad "Kay" mentioned a New Zealand writer. We've produced some good titles: "The Long White Cloud," "Land of the Morning," "Check to Your King," "Restless Earth," "Man Alone," Where the Apple Reddens." I purposely don't give the authors. "Pencarrow" was an inspiration for Nelle Scanlan's series. Like "Middlemarch," it suggests a whole landscape and society. But we have one serious handicap. The name New Zealand doesn't go well in a title, and "Zealandia" is worse.

## Books Reviewed

## Three Pamphlets

(1) HOURS OF WORK IN WARTIME. By L. S. Hearnshaw. (2) SLUMS OF AUCK-LAND. By W. B. Bland. (3) FASCIST JAPAN. All from Progressive Publishing Society.

IN the first of these pamphlets, L. S. Hearnshaw, who was formerly investigator to the National Institute of Industrial Psychology, London, asks how long men can work efficiently. It may be possible and economical, he says, to drive a machine without limit, but a human being is not a machine. Careful experiments over long periods and in a number of types of factories have shown that in every type of work there is a maximum number of hours per week beyond which it is not economical to work. In certain types of work, not only hourly output but the whole week's output was increased where the hours of work were shortened. Moreover, records show that both sickness and accidents increase where the hours of work are long. It was, after all, the tortoise that won the race, and while we do not want to become tortoises, we certainly do hope to win the race. Mr. Hearnshaw calls for some restriction on overtime.

(Continued on next page)

