

# "The best value I ever got for 10/-"

Yes, I gave ten bob to the Patriotic Appeal, and they split it up among their various spending agents who will use it like this—



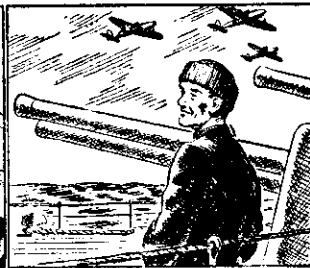
Food and comforts are sent to our men in prison camps by the Joint Council of the Order of St. John and the N.Z. Red Cross.



It also supplies chocolate, cigarettes, books and other little extras to men in hospital and hospital ships.



The Fund helps to maintain the Y.M.C.A., Church Army, Salvation Army and Catholic Recreation Huts where our chaps can get a game of an evening.



The Navy League War Council and Air Force Relations are supplied with wool to provide warm comforts for airmen and sailors.



Padres of various churches are given small allowances to assist needy servicemen and to carry on their religious work, right up to the front lines.



Millions of sheets of stationery and envelopes are made available in hundreds of camps and depots, here and overseas.



Travelling film-shows and concert parties are arranged to entertain the boys, and pianos and musical instruments are provided.



Quarterly gift parcels are sent to every man and woman in the services overseas who can possibly be reached.



Hundreds of buffets in the various Patriotic Huts are on the job all the time, and any profits are paid into Patriotic Funds.



The unspectacular heroes of the Merchant Navy are given a good time in N.Z. ports of call, and receive a gift parcel and woollens if on overseas ships.

## The Patriotic Funds

keep all these activities going and many more. They form a central pool for all the organisations working for our service-men and women all over the world. No cash of mine has ever gone further or given me a better feeling of being well spent. Just over half a farthing of my ten bob goes in administration costs!

I think we should give willingly, don't you?

*'The Man at Home'*

Advice on Health (No. 116)

## Sleep Disturbances In Infancy And Childhood

(Written for "The Listener" by DR. R. B. TURBOTT, Director of the Division of School Hygiene)

MANY parents complain that their child will not sleep at night—there seems to be nothing wrong, no fever or vomiting—just a restless child that won't go to sleep or sleeps badly. A check-up with a doctor shows an apparently normal child, and you have made sure there are no worms.

For the first six months of life, a child should sleep most of its time. During this period, sleep disturbances arise from hunger—the child is getting insufficient food—or the reverse—over-feeding and over-distension. Or there may be colic, soiled napkins, or itching and discomfort from napkin rashes. Baby instinctively knows if mother worries about his upsets, and this only makes matters worse. Mother must be calm and soothing and convey confidence to baby.

From six months of age onwards, mental factors begin to be more and more important. Sleep upsets arise from a wrong attitude of parents towards the child. Bedtime should be fixed, and there should be no irregularity and latitude allowed in the hour of retiring. There should not be rough, exciting, boisterous play just before bedtime—you can't expect a child who has just been unduly excited to settle down to sleep. On the other hand, a preparatory quiet period—for example, story-time—is ideal before attempting to put children to sleep. Punishments or scoldings should never be given just before bedtime. Don't develop the habit of letting children sit up to listen to the radio—nor the custom of putting the radio on loudly so that they may hear after they've gone to bed.

Once a child has gone to bed, all attempts to catch the parent's attention should be discouraged. There will be calls for such things as a drink of water, to be allowed to go to the lavatory, or "I want to kiss you good-night again." These should be ignored. Neither should a parent sit beside a child till he goes to sleep. If possible, the child or baby should sleep in its own room, alone, with the ventilation arranged so that that he is neither too hot nor too cold. The room is best situated far enough away from the living rooms so that sounds from these are dulled and not heard too loudly. But there's no need for tip-toeing round the house, as the baby or toddler must learn to sleep through an ordinary amount of noise.

Most children have their daily baths before they go to bed. This habit of the warm bath before bed-time is a good one. If a child is not sleeping well, give a warm drink as well. Should bad sleeping habits have become established, the only cure is the hard way—the way that so many parents are loath to follow. Allow the child to cry himself to sleep for a week or more if necessary. Each night he will cry for a shorter period until finally peaceful sleep ensues.

The amount of sleep that children need varies somewhat with each child, but it is fairly safe to aim at 12 hours sleep under five years of age, and 11 hours thereafter until 11 years old.

The BEST TIP in the RACE for VALUE is

# AMBER TIPS

Quality Counts, you use less TEA and THE FLAVOUR LINGERS LONGER