

Not really ill, but seldom fully well, this often means

'HIDDEN HUNGER'

Make sure you get the essential nutrients your body needs for strength and vitality. Drink Horlicks every day, or before bed at night.



NUTRITION EXPERTS SAY that when we eat the wrong kind of foods, or not enough of the right kind, then we suffer from "Hidden Hunger". Our body is still hungry for certain essential food elements. That is why Horlicks is so necessary in your home—for all your family. Horlicks contains full-cream milk and the nutritive extracts of wheat flour and malted barley.

Prepared with milk and enjoyed between meals and just before bed at night, Horlicks is a balanced food which supplies the essential nutritional elements your body needs every day to guard against "Hidden Hunger". Being pre-digested, Horlicks goes almost straight into the bloodstream—and it is all pure, extra nourishment.

P.S.: Hot Horlicks before bed induces deep, restful sleep.



ENJOY

HORLICKS EVERY NIGHT



Manufactured by Horlicks Pty. Ltd., Takamaru, Manawatu.
Zealand Distributors: W. & R. Smallbone Ltd.

NZM - 565

If you've never used
PHILLIPS
MILK OF MAGNESIA

then you owe it to yourself
and family to read this....



Phillips Milk of Magnesia does more for you because it's more than an antacid—or a laxative. It's a doubly effective combination of both. As a result, it not only relieves constipation, but the acid indigestion that often goes with it. Ask for genuine Phillips Milk of Magnesia in the blue glass bottle—available in 2 kinds, liquid or tablet, each in 2 sizes. It's the best laxative-antacid that money can buy.

So gentle for children—So thorough for grownups

PHILLIPS

MILK OF MAGNESIA

LIQUID or TABLETS

SCOTT & TURNER LTD., NEWCASTLE-ON-TYNE, ENGLAND.

2.35

BOOKS

(continued from previous page)

"honest" accompanist allow himself a little "dishonesty" in order to overcome, or rather, by-pass the difficulty presented by the high-speed repeated chords, and proceeds to indicate the nature and extent of the alleged dishonesty.

Singer and Accompanist is illuminated by the author's good humour and sly wit. The repertoire of songs discussed starts at Beethoven and passes through the *lieder* writers to Ravel, Debussy, Falla and Vaughan Williams. Recordings are recommended for each song. Accompanists will find this book an inspiration and a help in time of trouble. To singers it should be an eye (or ear) opener, and listeners should appreciate it as a source of enjoyment in the new ideas it offers about the songs they listen to.

—O.J.

THE HUNGRY FORTIES

THE AGE OF PARADOX, by John W. Dodds; Victor Gollancz, English price, 22/6.

THE Greatest Wonder of the Age. Contello's Royal Incubator. . . Chickens always hatching. Exhibited by Command of Her Majesty, His Royal Highness Prince Albert, and Royal Family at Windsor Castle, and to thousands of ladies and gentlemen equally astonished and delighted.

THIS advertisement in the *London Times* of over a century ago is one of the many hundreds of details that Mr. Dodds, a U.S. Professor of English (though one wouldn't guess it) has assembled to help make a "biography of England, 1841-1851." It is the story of the decade the economic and social historians, Cole, Engels, the Hammonds, Trevelyan and some others have called the hungry forties.

We New Zealanders, the founding of whose country dates back to those grim years, feel we know all about it already. To this Dodds will reply, "You may know of the dreadful conditions in the mines, the near serfdom of the people, the riots, the Chartists, the stinking cities, but you don't know the particular combination of trivia, curiosity and the significant event which gives shadow and highlight to a portrait of a people." You may not know that in 1841 there were 1,000,000 domestic servants in a population of less than 16,000,000 in England and Wales, that in London in 1844 there were 450 societies with names like London Philanthropic Society for Providing the Poor with Bread and Coal in Winter, and that in that same year the average age of death for the working classes was 22 in London, 21 in Leeds, and 18 in Manchester.

And much, much more—etiquette, art, photography, dress, drunken-

ness, railways, literature, manners, food, the Opium Wars, the Great Exhibition.

The illustrations are good. The last, No. 192, from *Punch*, is entitled, "Bloomerism—An American Custom."

—W.B.S.

MAINLY FOR PARENTS

FATHERS ARE PARENTS, TOO, by O. Spurgeon English and Constance J. Foster; Allen and Unwin, English price 15/-.

CHILD CARE AND MANAGEMENT (from pre-natal days to adolescence), by Patricia Edge; Faber and Faber, English price 30/-.

FATHERS ARE PARENTS, TOO—a constructive guide to successful parenthood—is not just another book on popular psychology, but a thoroughly practical guide for parents, written by people who clearly have had much experience of life. Its explanation of the Oedipus complex, for example, will help most parents more than a whole shelf of books on theoretical psychology. Again, it is right up-to-date in showing how the "new-fangled" approach to children has in some respects—in relation to feeding, for instance—led back to "natural" ideas. The thoughtful parent knows that sympathy can go a long way, but that it goes much further if it is informed. This book is one of the best parents are likely to find to inform them, whether their children are in the cot, in the difficult "middle" stage when one is tempted to neglect them, or already grown-up. There are many, in fact, who are not parents at all, and don't intend to be, who will be glad to have read it.

Child Care and Management also is a worthwhile book, especially for its practical detail; though it is a little surprising that while it speaks with approval of the painless childbirth ideas of Grantley Dick Read, it advocates baby feeding by the clock and leans towards behaviourism in its approach to habit training. It might be said that in general it should not be followed where *Fathers are Parents, Too* contradicts it.

—F.A.J.



thelw!

(C) Punch

"Just look at it! 'Lacks initiative! . . . easily dominated'"

N.Z. LISTENER, FEBRUARY 19, 1954.