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KEEP FIT BY BREATHING

THE WAY YOU BREATHE AFFECTS YOUR RESISTANCE
TO 'FLU, COLDS AND COUGHS,

By Captain W. P. Knowles, M.C., M.A., D.Sc.

On the way you breathe depends the way you live. The importance of the breathing-process, of respiration, is now fully acknowledged. At last a message of hope can be given to all those who have been fearing another winter of cold and fog, of damp and "smog."

Breathing correctly aids those who suffer from so many ailments, including asthma, bronchitis, catarrh and even nervous troubles. A sweeping claim? The proof lies in the fact that over 20,000 people have tried a course of correct breathing with speedy benefits in health and a new zest in life.

Here is an actual example of the thousands of letters of appreciation and gratitude which I treasure so highly:—

"The main reason for my taking your course was to try and alleviate the discomforts of catarrh, from which I have suffered

for the past two or three years. The relief obtained so far has surpassed all expectations.

"The calmness and confidence brought to everyday life by your technique is almost beyond belief, and I am certain that continued practice will bring better and more permanent results."—H. S. Davies, 6 Habberley Rd., Blackheath, Birmingham, 15/4/54.

Since my early years I have devoted myself to the study of the respiratory processes. Now at 62 my vigour and youthfulness are frequently the cause of comment, but the greatest joy to me is the way in which the principles of correct breathing are becoming known, bringing hope, health and happiness to thousands all over the world. Now this winter I want thousands more to avoid the illnesses and the depression that can be prevented by correct breathing.

This famous scientific English System,

"BREATHING THE KNOWLES WAY"

is devised by Capt. W. P. Knowles, M.C., M.A., D.Sc., London.

Send 3d for syllabus to
HERBERT SUTCLIFFE, D.Sc., "Peloko" (Dept. L), Havelock Nth.
SOLE REPRESENTATIVE FOR NEW ZEALAND.

BOOKS

(continued from previous page)

to produce two plays under the auspices of a wealthy old harridan, moves in a fog of impossible characters, fantastic dialogue, and erudite and elusive commentary. I could not be sure who (if any) was married to whom, who was in love with whom, or just where the ghost ship was drifting, and I didn't care.

Whereas Theodora Benson's sophistication is intellectual and somewhat dithering, Julian Symons's is direct, clear, hard-boiled and sometimes brutal. *The Narrowing Circle* is set in irony, for the narrator is an employee of a London enterprise that mass produces (writing as well as publishing) crime and other fiction, and finds himself "framed" for the murder of a colleague and first suspect of Scotland Yard. How should a producer of fictional crime proceed to clear himself? The circle of inquiry widens to South Africa and narrows back to the office. This is a fast-moving, tense, well-written book about buccaneering business circles; and if you don't mind the proportion of likeable characters being distressingly low, you should enjoy it.

—A.M.

RELIGIOUS EXPERIENCE

WHAT IS RELIGION? by Alban G. Widgey, Allen and Unwin, English price 18s. LIFE, FAITH, AND PRAYER, by A. Graham Ikin; Allen and Unwin, English price 8s. 6d.

THE religion-versus-science controversy has been practically abandoned by both theologians and scientists. The relevant arguments have reached either solution or stalemate. At worst there is an agreement to differ, based on the fact that the theologian, arguing from an acceptance of religious categories, inhabits a different world of thought from that of the scientist who argues along purely empirical and inductive lines.

It is refreshing, therefore, to find two writers on the scientific side of the fence challenging both scientists and theologians to examine the evidences of religion by working from the empirical phenomena of religious experience, and not from either an accepted creed, book or person, nor from psycho-naturalistic abstractions about religion.

Dr. Widgey, Professor of Philosophy in Duke University, in *What Is Religion?* attacks the intellectualistic "confusion" about religion. "The way to knowledge in religion is the practise of religion," he affirms, and calls on evidence from all the great world religions to prove his argument. He presents a cumulative case for the reality of religion, drawn from experimental data, which scientific or philosophical speculation would find it hard to refute, even though orthodox Christians might want to part company with him in some of his excursions into the realms of comparative religion.

Miss Ikin, Lecturer in Psychology at Gilmore, in *Life, Faith and Prayer*, attempts a less ambitious project, and merely tries to "adumbrate a synthesis which will make it possible for both scientific and religious thinkers to respect and allow for the reality of both (the scientific and the religious) responses of the human mind to life and experience." She examines certain fundamental and universal human experiences, sex, growth, the onset of middle age, and the discovery of self-denial as the secret of adjustment to environment, and claims that the answer of religion is the only satisfying and adequate answer to the practical problems posed

by life itself. There is a particularly illuminating study of the psychology of prayer.

—G.D.

WAR ON WHEELS

R.M.T., by Jim Henderson; War History Branch, Department of Internal Affairs, 17s. 6d.

THE latest addition to the War History series traces the adventures and achievements of a comparatively small body of men, the 4th and 6th Reserve Mechanical Transport Companies, 2 N.Z.E.F. From the nature of their work—carters unlimited, anything from serum to shells, from prisoners to mules, in three-ton trucks—the R.M.T. drivers poked into many odd corners, pleasant and otherwise. Their lorries carried Indian troops in an attack on Italian positions at Tummar (inside Egypt) as early as December, 1940. They shared in the fighting and the casualties of Greece and Crete, of Sidi Rezegh and the breakout at Minqar Qaim. They knew the roads, frozen or dust-ridden, of Italy. Their story includes a number of incidents of gallantry and devotion to duty.

Jim Henderson has written a lively and high-spirited account of these doings, and has space for much of the personal and the comradely scarcely to be found in campaign histories. In these pages we get to know many men as individuals, and this well-sustained, deftly-handled "human interest" is the book's special attraction. In Baghdad "George" told the veil had been abolished, and seeing the now uncovered faces, fully understood why they had it in the first place. Perhaps the high-water mark of "escape" literature was reached under shellfire in Libya: "Except when they went out to attend wounded, those two were completely wrapped up in their books... the titles were *Gunshot Valley* and *Dead Men Tell No Tales*."

The only fault that obtrudes itself in this interesting unit history is an occasional outbreak of statistics. Even these can lighten our darkness: it is nice to know it took two tons of petrol for every three tons of beer hauled from Cairo to Nofilia.

The maps and illustrations are up to the high standard set by the previous productions of the War History branch.

—David Hall

FOR GARDENERS

A HANDBOOK OF BULBS AND PERENNIALS, by Richmond E. Harrison, illustrated in colour; published by the author, 36s.

FOR thirty years the author of this book has been collecting information about bulbs and perennials suitable for growing in the southern hemisphere: much of his knowledge, and much of the information in this book, has already been passed on to gardeners in New Zealand in magnificently illustrated catalogues issued free each year. But now Mr. Harrison has put out this bound book with more than 200 pages and several hundred illustrations in quite superb colour; and many gardeners will undoubtedly be grateful to him and may indeed wish that he would do for shrubs, for instance, what he has done for the perennials. The book is not only fully illustrated with half-tone and colour photographs; it is made of real use to the amateur gardener through the very full and detailed advice on the growing of every plant mentioned. This advice is in every case addressed particularly to the southern hemisphere gardener; and that is something the New Zealander reader will fully appreciate.

—J.