

Dreams Disturbing Sleep

"I DIDN'T sleep very well last night. I was troubled by dreams." Quite a few people will recognise this as their lot and their way of thinking about it. First, that they are constantly dreaming at nights, and secondly that they're privately a bit worried about it, not regarding it as healthy, normal sleep.

In the Mediterranean basin, before Christ, there were temples everywhere practising the cult of Aesculapius, the god of medicine. They were sited in beautiful spots, wafted usually with sea breezes, and contained either pure or mineral spring waters. The sick who came for healing were soothed by the beauties of both architecture and environment. To gain admission a preliminary period of dieting, bathing and purging had to be endured. In the inner temple the priests prayed for them, for the cure that was coming, and recounted triumphs over disease. When the patient seemed to be psychologically ready, a cure climax was deliberately planned. The last night was spent at the feet of the god, sleeping in an open air colonnade. The dream that always came in that last night provided the cure, directly through seeing the God or through his advice, and there are no reports of failures. This early cult cleverly exploited environment for soothing and suggestion to give the mind power over the body. There was dependence on the universality of dreams and the ability to produce the right one by crowding the conscious moments with suggestions of personal cure and stories of cures of others. This cult lasted for many centuries up to the time of Christ. Its power came from a healing dream. Mankind then regarded dreams kindly.

Hundreds of years later, in Renaissance times, dreams became something to dread, something of great moment, needing interpretation. There would be a guide to conduct, or warnings of troubles and disasters, hidden in them. In our day there still persists in communities of European extraction, this

This is the text of a talk on health broadcast recently from ZB, YA and YZ stations of the NZBS by DR. H. B. TURBOTT, Deputy-Director-General of Health

feeling that dreams are harmful and disturbing. Oriental peoples retain something of the Aesculapian thought, that cures can be wrought in high places through dreams. It matters little that suggestion and hypnotism are used to assist the healing dream.

Anything that happens to us in waking moments is stored away in the subconscious. Thoughts, feelings, sensations—pleasant or otherwise. All emotions—anger, joy, jealousy, fear or what not—are there in our memory. When asleep, the mind draws on this vast storehouse. Sometimes it reassembles things in the way we would wish the outcome to be. At other times our experiences are reproduced so that we fail to recognise them as our own. Nevertheless, these strange presentations, pleasurable or fearful, belong to us, arising from the subconscious store. You may be making up for frustrations in your dreams. You may be mirroring something of the day's happenings. You may be having wishes fulfilled that are impossible in everyday life. There is no harm in this. A great deal of tension is probably relieved in dreams.

When you are sleeping, dreams are happening all the time. You don't realise this. Only the fringes are caught, in light sleep when deep recuperative sleep has passed, or when you wake suddenly and record the tag end of a dream. Dreams are nothing to worry about. They are normal. Regard them as a safety valve. Just as your physical body is relaxing and resting while you are asleep, your mind is in some part, at least, relieving itself and recuperating through dreaming. The setbacks, the stresses, the

tensions tumbling about in the memory are somewhat compensated for in wish-fulfilment, fantasy dreaming. You may be puzzled by the camouflage and new settings of the situations, but they are really your experiences being reshuffled to give some easement, and let you get on better with the daily task.

Very few people dream so much as to interfere with adequate sleep. If dreaming seems to be as bad as this, maybe there's an anxiety or neurotic state. A visit to a doctor is the best idea. He will know whether to reassure you or send you on for a psychiatric consultation. However, for 999 of us in each thousand, dreaming is not disturbing, but normal.

Atomic
WEATHER-STRIP
WILL
BANISH
DRAUGHT
FOREVER

Easy to fit to all doors and windows by any handyman. Neat in appearance, guaranteed to last 10 years. Used by British Government and local bodies, hospitals, and specified by architects. Nothing Finer than **ATOMIC STRIP**. Free illustrated literature from **ATOMIC DRAUGHT-SEALING CO.** P.O. BOX 199, MASTERTON.

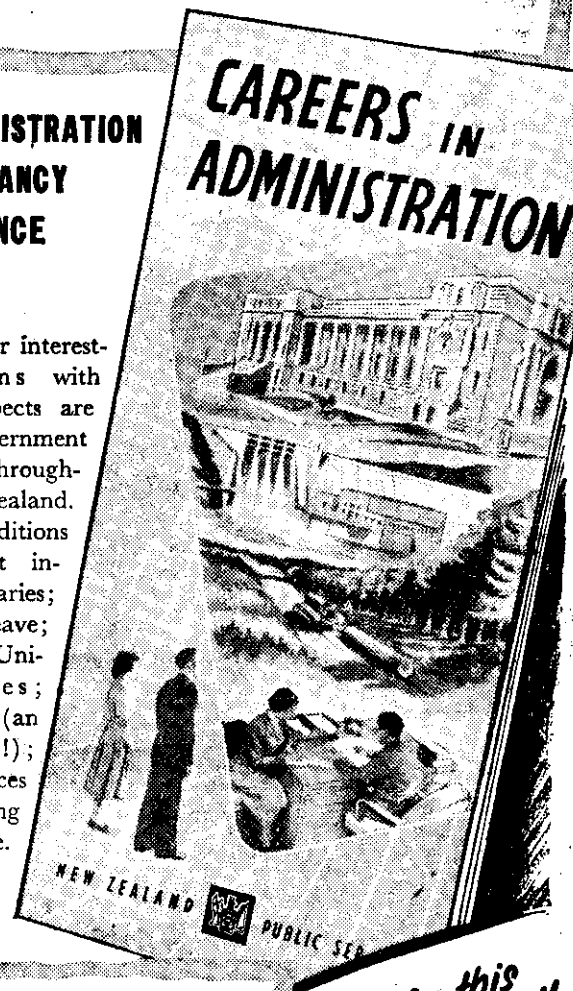


LEAVING COLLEGE?

HAVE YOU CONSIDERED A CAREER IN THE
PUBLIC SERVICE?

**PUBLIC ADMINISTRATION
ACCOUNTANCY
INSURANCE
LAW**

and many other interesting positions with excellent prospects are offering in Government Departments throughout New Zealand. Attractive conditions of employment include: good salaries; generous sick leave; time off for University studies; superannuation (an income for life!); lodging allowances for juniors living away from home.



For full details inquire from:—

The Employment Officer, Public Service Commission, P.O. Box 8004, Wellington.
or The Assistant Public Service Commissioner, P.O. Box 1484, Auckland.
or The Public Service Commission Representative, P.O. Box 1258, Christchurch.

Send for this
booklet **NOW!**

COULD OUR CLOTHES BE BETTER?

CAN underwear for the O.S. size be made more glamorous and feminine? Why cannot the standard sizes of all makes of clothing be uniform? These were the sort of questions speakers for the women's point of view were able to ask manufacturers during the recent Dominion conferences in Wellington of the Women's Institutes and the Women's Division of Federated Farmers. Believing that many more women would like to hear these questions debated, the NZBS has now arranged a panel—two spokesmen for the manufacturers and two women—which will be heard on link from YA stations and 3YZ in the 11.0 a.m. Women's Session on Wednesday, October 13. It will also be heard later from 4YZ.

Representing women on the panel will be Mrs. M. J. Forde and Mrs. Beatrice Ashton. Besides being Immediate Past President of the National Council of Women, Mrs. Forde is the Council's representative with the Standards Institute. Mrs. Ashton is a well-known broadcaster particu-



larly in Women's Sessions and speaks from several years' experience of life in the United States. The manufacturers' point of view will be put by G. S. Amos and R. Makinson, who between them have a wide knowledge of clothing manufacture of many kinds.

The questions to be discussed by this panel will not concern women's and children's clothing only. The women will contend, for example, that a poor quality cotton is used in the stitching of men's working trousers, shorts, pyjamas and other garments, and that many garments have insufficient turnings in the seams. They will ask whether manufacturers of men's and boys' shirts could supply an extra collar with every shirt or have them available if required, and they will suggest that washing directions and cleaning properties should be indicated on a label attached to each garment. There will be a series of questions also about elastic—its quality and the way it is used in men's, women's and children's garments.