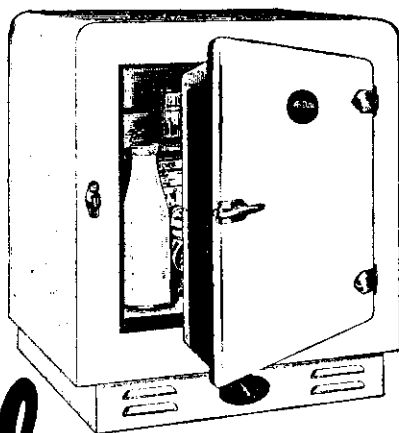


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## Enuresis

ENURESIS is the medical name for inability to control the emptying of the bladder, by day or by night, in a child more than three years old. More colloquially, it's known as wetting the bed. Picking dandelion flowers was supposed to cause it when I was a boy. Nowadays it's regarded as a delay in developmental progress, the delay being usually caused by some emotional disturbance.

A mother should know the average development in control of the bladder. Training in bowel and bladder control should begin very early. Baby should be held out for a couple of minutes after feeds, from the first month say some, from the second month according to others. This routine, a few minutes at the same times and in the same place, is kept on with until response develops, and baby obliges, at two to four months. This is good business for mother, for, from then on, there are less napkins to wash.

Mothers must remember, however, that voluntary control doesn't begin till 15 to 18 months. You can condition the baby to keep reasonably dry by the holding out business, but nature's control towards dryness starts at about 1½ years. For the next six months the child should be able to warn mother in time. But there's a terrific urgency at this age. The child just can't wait, and mother shouldn't be cross with accidents. From two or two and a half years, he should be able to go to the lavatory on his own and climb on the seat. He shouldn't be wet in the daytime, but will have accidents at night. From 2½ to 3 years, if lifted about 10.0 p.m., he'll be dry in the morning, but the "potty" should be handy at the bedside so that he can get out of bed and attend to his needs. Between 3 and 3½ years he should be in control, but there'll be the occasional slip and wetting of the bed until the fourth year. It helps these busy little folk to be reminded to empty the bladder during the day and at bedtime. They're so absorbed in their activities they really haven't the time for such mundane things.

Now that's the normal story. But children differ, and these differences must

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

be allowed for. There must never be punishments for mishaps, or for being too late. Nor must the child see any display of anxiety on mother's part over mistakes. Further, the child mustn't see that mother is concerned because he's slow in developing control. Mother mustn't try to force him to gain control, by making the child sit for a long time on the chamber, or by pretending to be ashamed of him, or by scolding. Mother has to take a wet bed or wet day clothes as an everyday occurrence, of no special interest to her except to get cleaned up.

However, if wetting the bed goes on after the third year, while you don't let the child see it, you have to take notice privately. If late development runs in the family in this matter, you'll feel easier, and go on patiently showing no special interest, but expecting development to catch up soon. Wetting the bed into fourth year and later is often a sign of unhappiness, of anxiety, of jealousy of a new baby, or of feeling unloved. It may be from strain at school under an unsympathetic teacher. Or it may be from wrong dealing with the accidents in the developing period—the showing of fuss over lapses, scolding, shaming and so on, that has taken away the child's confidence in himself, or that has even worked the other way—not made the child try to control himself, because he likes the attention all the fuss and bother brings on him.

In dealing with delayed control you restore the child's confidence, shaken by mishaps, by reassurance that it's only a matter of time. You are not anxious about it. You remove any emotional cause that exists. Sympathise rather than criticise over mishaps, but without magnifying the problem. The cure is to achieve in the child the mental attitude that he is gaining control—there's no fault in mistakes and soon he'll be right—to bed serene and unworried because control is round the corner. It'll soon be so, if this attitude be instilled in the child.

## Paris Star Time

DARK-EYED, velvet-voiced entertainer Jean Sablon sings for listeners to *Paris Star Time*, a cavalcade of hit tunes which have made him France's top swoon-crooner, including the ever-popular jive version of "Sur Le Pont d'Avignon," and his haunting theme-tune "Vous Qui Passez Sans Me Voir."

A special attraction of the *Paris Star Time* series will be our old friend Tino Rossi, the Corsican with the "chansons de charme," and (as the showmen say) straight from Saint Germain des Prés on the left bank of the Seine comes Juliette Greco with songs written for her by the French poet Jacques Prévert and Joseph Kosma. On the brighter side is lively, sophisticated Georges Guétary, who became well known to cinema audiences as the gay French singer in *An American in Paris*.

*Paris Star Time* will be heard from ZB stations and 2ZA beginning on Sunday, November 28, at 7.30 p.m.



JEAN SABLON