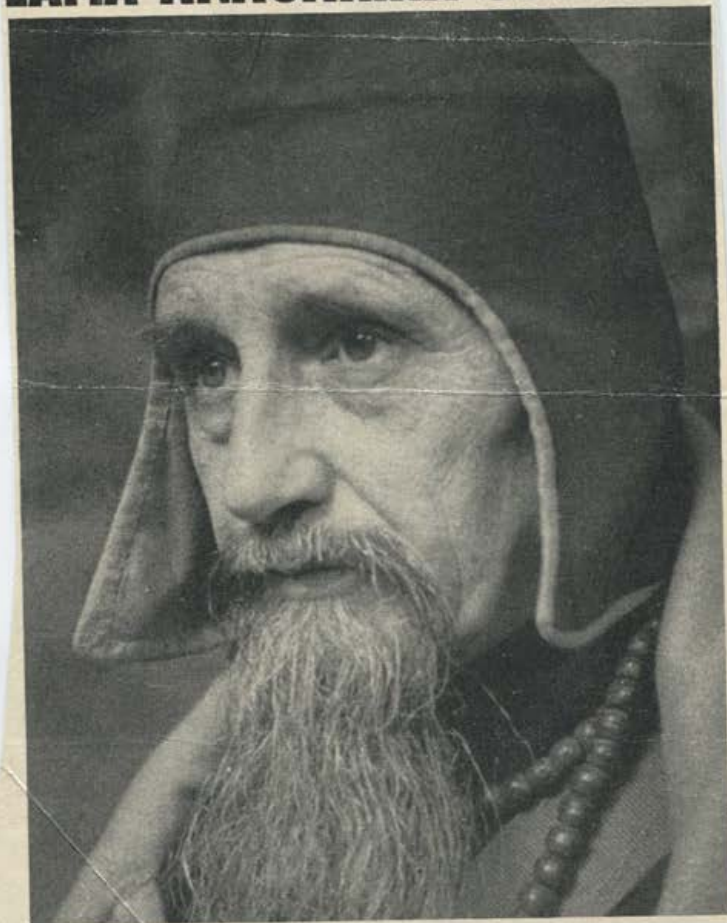


THE WAY OF THE WHITE CLOUDS

A BUDDHIST PILGRIM IN TIBET
LAMA ANAGARIKA GOVINDA



A European who was successively Muslim, Christian then Buddhist, fulfills his life ambition in a spiritual pilgrimage to Tibet. A fascinating, perceptive and deeply moving record of experiences in a country whose ancient civilization has disappeared forever.

Hutchinson 21st February 50s

THE

C

Wonderful, that is the only word for it.

- J. H. PLUMB, *Saturday Review*



“Will enthral the
hundreds of thousands
of admirers of
The Guns of August.”

-CLIFTON FADIMAN,
Book-of-the-Month Club News



Falcon God Horus

Egyptian, XXX Dynasty, ca. 350 B.C.

Graywacke

Height: 38 $\frac{3}{8}$ inches

Heliopolis

This statue was erected at the tomb of one of the sacred Mnevis bulls of the god Atum at Heliopolis by Nectanebos, the last native king of ancient Egypt, whose figure stands in front of the falcon. A play on words forming the king's Egyptian name—Nakht-Hor-heb—may be read in the statue: Nakht, the sword in the king's left hand; Hor, the falcon; heb, the symbol in the king's right hand.

The bird wears the Double Crown of Egypt with the cobra in front. The inscription on the base gives the king's titulary and says that he is "Beloved of the Deceased Mnevis."

Yoyotte, J., "Nectanébo II comme faucon divin?" *Kemi*, Vol. XV, 1959, pp. 73-74.

34.2.1 The Metropolitan Museum of Art, Rogers Fund, 1934.

Wanted: a snake charmer

(THE LAST TWO
WERE KILLED)

Express Staff Reporter

CAIRO, Monday.

THE tourist season is beginning and ancient Luxor, the "Pearl of Upper Egypt," is still without a snake charmer.

The once-famous capital of the ancient Pharaohs, 450 miles south of Cairo, has never been in such a predicament before.

The Egyptians insist that the last two of a long line of serpent-woolers perished "purely by accident." But no one has been found who will take up where they left off.

The job has been open ever since a cobra struck down 45-year-old Mohamed el Kilhawiy.

His more famous predecessor Moussa Mohamed—well known to Servicemen on leave during the war—reached the ripe old age (for snake charmers) of 54 before he was "betrayed" by one of his own favourite reptiles.

'MAGIC'

Both Mohamed and Moussa scorned such Indian devices as lilted flutes and relied solely on their own self-claimed absolute power.

Moussa Mohamed carried a bottle-shaped straw basket into which he would entice the suspicious cobras with a walking stick.

He claimed to derive his power from words of magic said to have been passed down to him from King Solomon the Wise.

Mohamed el Kilhawiy relied on the "words of Solomon" only when an angry cobra or terrified scorpion threatened to strike.

Some say that both of these last of the Luxor snake-charmers admitted in private that they were stung or bitten nearly every time they touched a snake or a scorpion.

A T

TV renting

IF you can change the fortune. Take the switching from buying

And here comes Relay renting firm run by a husband in profits £1,014,000 up at £3

CITY

By Frederick Ellis

48 Moorgate EC2

London Wall 7311

Gamage dividend hoisted 10%

CCHEERS from the Gamage store in Holborn. Profits rise £27,000 to £416,000, and the payout is hoisted by 10% to a record 50%.

On the news Gamage shares spurted 3s. 6d. to a peak 107s. 6d.

GILT-EDGED ANOTHER

GILT-EDGED had another yesterday, with the bank Short and Medium dated falls of up to 7s. 6d.

Undated issues like War Loan 3½% fell 5s.

Industrials quiet with prices easing in late deals.

Despite their recent bumper results Unilever dipped 2s. 3d. and Hoover 1s.

But hopes of a good payout made Hugon, the "Atora" suet makers, beefer by 15s.

Today's Thought

— CLARA WAEGNER —

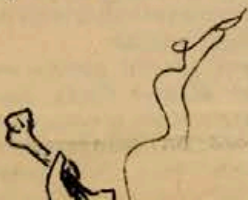
Man is the most dangerous specie alive! He has endangered the life and well-being of every living thing, including himself, on this earth.

He has depleted the soil, poisoned the food and water, annihilated beneficial insects, made machines of domesticated animals, slaughtered needlessly and now he sits amongst the rubble wondering what to do next, praying to God for help and mercy when he, himself, has shown little mercy to others of his kind and none to lesser forms of life.



I viewed a program on television about medical science and the millions of dollars allocated to research. Programs in which horses, cows, monkeys, mice and even gold-fish are mutilated and tortured.

Why developing and keeping alive an embryo in a test tube in hope that someday human life could start in a test tube is beyond me.





Really, the witch-doctor with his regalia, chants, drum beating, lizzard gizzards and herbs, make just as much or more sense than some of the ideas these learned men of science come up with. At least, the witch-doctor is trying to invoke the aid of a Higher Power along with his razamataz.

Cleanliness and well-being is next to godliness. This jaded old civilization needs a good clean-up — mentally and physically. We have a Book with the rules for a good life given and before things get better there is going to have to be a return to the Laws of God. Not a mumbo-jumbo but a down to earth study of religion and an attempt to understand material needs for spiritual growth. Man's cry is to lengthen his life-span — what profit is there to life so long with no inner knowledge or spiritual awareness? One way as well be a block of wood or a stone on a mountain-side!

When man begins to control knowledge through love then this world will become a happier place and many of the erosions of mind and body will disappear along with plastic hearts.

Peace!

- Thank You -

The Tribune-Herald staff wishes to take this means of thanking the ladies of Old Kinkler for the delicious box of sandwiches and cake, following the annual picnic Sunday. It was brought to the W. Malec home Sunday by Mrs. Hubert Spies.



Grahmann Becomes Lawrence Kominczak

ive pink rose boutonnieres.
ur- Witnesses for the ceremon
p. were Sister Laura Marie Grah
rch mann, I.W.B.S., sister of the
ah- bride and Mr. Phillip Grochet
of of Houston, brother-in-law o
the groom.

Mr. Serving as ushers were Mr.
of Kenneth Grahmann of Houston,
n's cousin of the bride and Mr.
Bill Edward Machewitz of Brenham,
cousin of the groom.

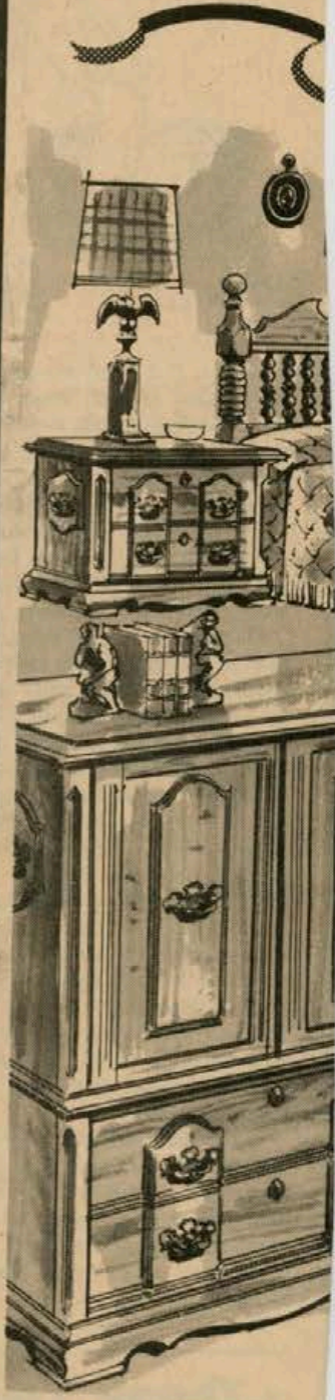
ble The bride's mother wore a
ain formal length light pink knit
with dress with long sleeves and
fuji white accessories. The groom's
tin mother wore a formal length
nd blue knit dress with white
ar- accessories. Both were present-
ed ed corsages of pink roses.

on- The bride and groom's
as fathers wore suits of their choice
nd and were presented with pink
he rose boutonnieres.

re Other special guests were
ir Father Stanley Petru, Sister
in Stephanie Marie Martinez, Mrs.
Julia Kresta, grandmother of
the bride, Mrs. Tony Komin-

... were presented with pink
rose boutonnières.
Other special guests were
Father Stanley Petru, Sister
Stephanie Marie Martinez, Mrs.
Julia Kresta, grandmother of
the bride, Mrs. Tony Komin-
czak Sr., grandmother of the
groom, Mr. and Mrs. Ben
Kresta, godparents of the bride,

MO



EHL

Located at
Open Monday

Sir / There are no Dylan experts; there are only us Dylan freaks, and TIME's David DeVoss is one of us. He spoke for all of us because he gave his own inner experience of that great moment, and in language that evoked much of what had always been inside us.

DeVoss saw that there is no reclusive Dylan. There is only the Bob Dylan who has consistently shared more of his inner nakedness with more people than most great artists. I hope to shake



Nadabrahma Meditation

An old Tibetan technique which was originally done in the very early hours of the morning. It is suggested that it should be done either at night before going to sleep or during the morning, when it should be followed by at least 15 minutes rest. It can be done alone, with others, or even at work. It is good done on an empty stomach, otherwise the inner sound cannot go very deep.

FIRST STAGE: 30 minutes at least. Sit in a relaxed position with eyes closed, lips together. Begin to hum, loudly enough to create a vibration

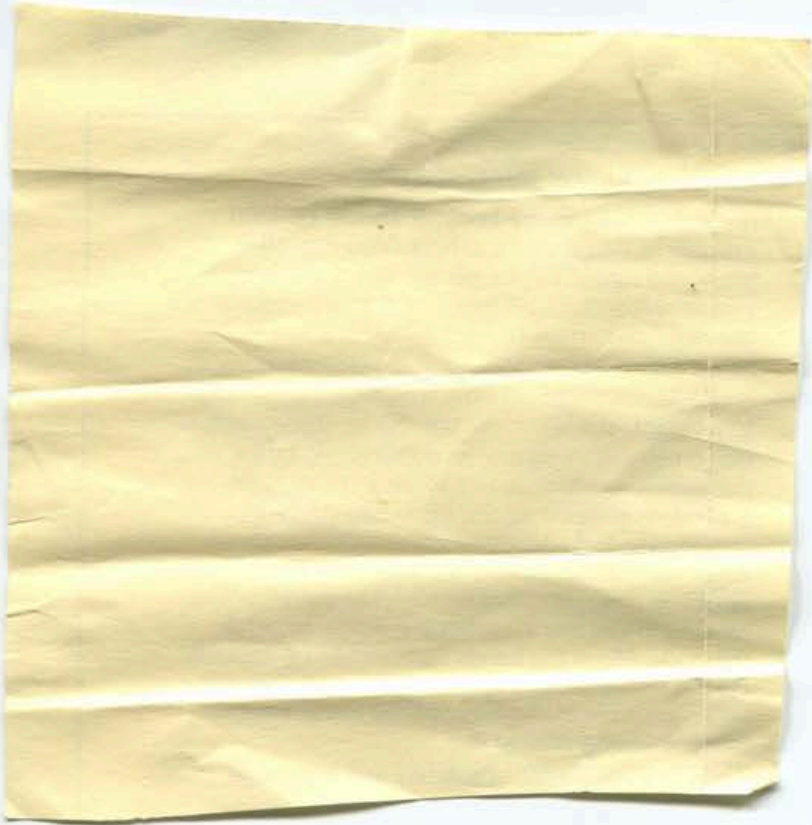
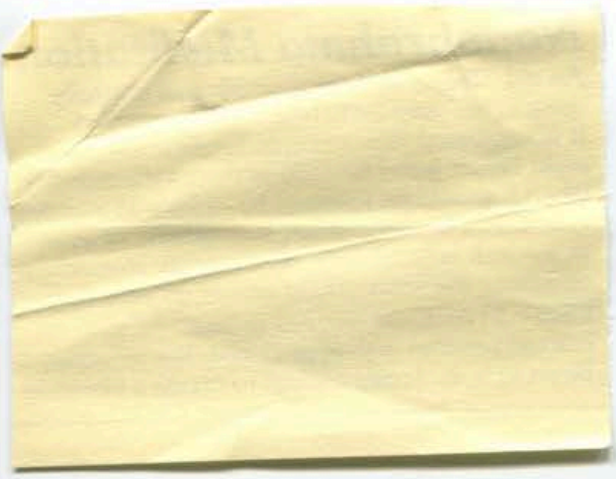
e.
le has been included for your convenience.
blindfold and loose fitting clothing.

throughout the entire body. It should be loud enough to be heard by others. You can alter pitch and inhale as you please and if the body moves, allow it, providing that the movements are slow and smooth.

SECOND STAGE: Move the hands, palms up, in a circular outward motion. The right hand moves to its right, the left to its left. Make these circles large, moving as slowly as possible. At times the hands will appear not to be moving at all. If needed, the rest of the body can move but also slowly and silently.

After 7½ minutes, move the hands in the opposite direction: that is, with the palms down, moving in circular directions inwards towards the body. Move the hands for another 7½ minutes. As the hands move outward, feel energy is moving away from the body and as they circle inwards, imagine taking energy in.

THIRD STAGE: Sit absolutely still and quiet.



sacred heart-centre of the god Shiva! In that place he always abides as the glorious Mount Aruna.

Shiva said: 'Though in fact fiery, the dull appearance of a hill on this spot is because of grace and loving solicitude for the spiritual uplift of the world. Here I always abide as the Perfect Being. Meditate then, that in the Heart of the Hill surges the spiritual glory within which is contained all the worlds.

'That whose sight suffices to remove all the sins which alone obstruct all living creatures from perceiving their true spiritual nature, is this glorious Arunachala.

'What cannot be acquired without infinite pains—the true meaning of the scriptures' mystic revelation—is easily got by all who either directly gaze at this Hill, or even concentrate their thoughts upon it, if afar.

'I ordain that residence within a circle of thirty miles of this Hill shall alone suffice to burn off all defects and blend a man with the Supreme Spirit.'

But one did not need to go so far back as this time-tattered book to discover the mystic repute of Arunachala. For the Maharishee has himself composed some short prose-poems of singular feeling and pathos, addressed to the Hill. I take a few verses at random and string them loosely together to show what this wonderful Sage himself thinks of the rugged height.

Why did you, entering my home and luring me to yours, keep me prisoner in your cavern?

Enticing me from my home, you stole into my heart and allured me to your abode. Oh, blazing column of Light in the shape of Arunachala Hill.

O Arunachala, appearing as my Master and making me faultless and worthy, keep me in thy grace.

In silence you communicated and commanded me to be silent; and you kept quiet yourself. 'Look within; gaze steady into the Self with the inner eye; then it will be found'—thus you directed me.

Did you not call me? My well-being is now your burden.

...and that center of the soul itself in that great ...
...as the glorious ...

...said: "Though in that hour, the dull ...
...on this spot is feature of grace and loving ...
...of the world. How I always abide as the ...
...that is the heart of the hill ...
...which is contained all the world.

"That which is to remove all the ...
...from ...
..."

"What cannot be acquired without ...
...of the ...
...at this Hill, or even ...
..."

"I obtain that ...
...and ...
..."

...did not need to go so far ...
...to discover the ...
...has himself composed some ...
...to the Hill. I take a few ...
...and bring them together to show ...
...of the rugged height.

Why did you, entering my home and ...
...in your cave?

...me from my home, you stole into my heart and ...
...of light in the ...
...Hill.

O ... appearing as my Master and making me ...
...in the cave.

In silence you communicated and ...
...and you kept quiet yourself. I look within; gaze ...
...the soul with the inner eye; then it will be found--then ...
..."

Did you not call me? My well-being is now your burden.

Police Request to
Bern Call Papers R.F.

K

attribués

queses for IAE ^{TOP EX}

① Heimatsort (at bottom) Home
place

② week ^{→ England}
MUM

③ Gebürtort = London
Answers: how can I attach ^{and} photocopy

Post receipt for it - does that mean
send it separately? ^{or also separate}
^{third way?}

④ Gesuchsteller (top left corner)
is that me

Sud
pective s

Take out parents
Say parents are dead but
Supply their names

stralisées occidentales ont de nouveau
profonde récession depuis la Deuxième
guerre mondiale, bien que généralement
brut en 1976. La reprise conjoncturelle
s'est ralentie au second semestre plus
tôt qu'au premier. La reconstruction des
économies développées a été plus
essentielle et l'expansion de la consom-
mation a été plus forte. Les impulsions au cours de la

GRANDS MAGASINS

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Question in Middle of sheet:

"Zweck - Motive" means

"What is the motive, end, aim of
this Request for Extract from
judicial record?"

C) Your values may be sent
addressed to your residential
address.

(8)

Bureau Central
Suisse de Police

Bundlenheim 20

3003, BERNE

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		1990	—

Although on most themes there is a marked continuity between the views developed in this book and the author's earlier ones, some surprising shifts of emphasis and interest are apparent. Just a few short years ago he held that logic was the essence of philosophy. He now believes that "logic is no part of philosophy." He summed up his recent history of Western philosophy with the observation that "whatever can be known, can be known by means of science." He now maintains that knowledge is of different kinds and degrees and that we know certain principles which science can never establish because science itself depends upon them.

Hitherto contemptuous of
pragmatism and still inaccurate

n.

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teeth, he told reporters what the plunge had been like: "I screamed. I knew I was dead and that my life was ended. All my past life flashed before my eyes, it really did. I saw my mother's face, all the homes I've lived in, the military academy I attended, the faces of friends, everything." Hall's words lend credence to the folklore about the thoughts of drowning men going down for the third time. They also point up a growing interest among psychiatrists in the sensation of almost—but not quite—experiencing sudden death.

In his investigation of the phenomenon, University of Iowa Psychiatrist Russell Noyes Jr. has made it easier for other researchers by translating a long-neglected 1892 report* by Swiss Geologist Albert Heim. Probably the best collection of sudden-death experi-



YOUNG WOMAN FALLS TO HER DEATH
Through a roseate heaven.

periences available, the report details interviews that Heim had with some 30 survivors of Alpine falls after he himself nearly died in a similar accident. Psychiatrist Noyes also analyzed other accounts of 19th and 20th century near fatal accidents and published his conclusions in a recent issue of *Psychiatry*.

Noyes found that the experience of almost dying, and presumably of dying itself, often includes three phases that he calls resistance, life review and transcendence. In the first phase, a person faced with the apparent certainty of sudden death struggles frantically against both the external danger (for instance, a current that threatens to sweep him away as he swims) and a strange longing to surrender to the danger and let himself die. When

*Published in *Omega*, a journal devoted to the psychological aspects of dying.

there seems to be no further chance of survival, his fear disappears and he welcomes death. That strange emotion was experienced by Literary Patron Caresse Crosby. Recalling her rescue from drowning as a child, she wrote: "I saw the efforts to bring me back to life and I tried not to come back. I was only seven, a carefree child, yet that moment in all my life has never been equaled for pure happiness."

Before the mood of surrender sets in, however, some oddly irrelevant thoughts may occur. In one case, a University of Michigan student was thrown from a careering car and sent rolling head over heels down the highway. Certain that he would be killed, his immediate concerns were for his new coat (which he could see ripping as he rolled) and the Michigan football team, which according to the car radio was losing to Minnesota. In another case, a child of eight slipping off a cliff was afraid he would lose the new pocketknife his father had given him.

Ecstasy. Stage 2 is frequently marked by vivid, happy memories of the past. Noyes believes that this "life review" is an emotional defense against the thought of extinction; apparently deprived of his future, a dying person concentrates his vital energy on recapturing what was precious to him in the past. Describing his personal experience, Heim wrote: "I saw myself as a seven-year-old boy going to school, then in the fourth-grade classroom with my beloved teacher Weisz. I acted out my life as though I were on a stage upon which I looked down from the highest gallery in the theatre...My sisters and especially my wonderful mother, who was so important in my life, were around me."

Such reminiscences are likely to be followed by what Noyes calls "a mystical state of consciousness." After her recovery, a nurse who nearly died from an allergic reaction to penicillin reported an experience of bliss and ecstasy in which she was idyllically absorbed in contemplating a mental picture of the Taj Mahal. Similarly, Heim reported: "Death through falling is subjectively very pleasant. Those who have died in the mountains have, in their last moments, reviewed their individual pasts in states of transfiguration. Elevated above corporeal grief, they were under the sway of noble and profound thoughts, heavenly music, and a feeling of peace and reconciliation. They fell through a blue and roseate, magnificent heaven; then everything was suddenly still."

According to Noyes, that kind of experience is not unlike the mystical states of consciousness sometimes brought on by LSD. He suggests, therefore, that one way for scientists to find out more about what it is like to die is to study what happens to people when they take drugs.

Thé

... des impor-

... fraîche que
est néfaste au

... rapport avec le
ni trop fine ni trop

... moulu trop fin se
café; trop gros, il ne

... arôme. Le café devrait
moulu. Si cela n'est pas

... des raisons techniques, on
garder plus d'une semaine

... hermétique.
est normalement de 10 à 12 g

... moulu par tasse. Il est indiqué de
le mode d'emploi de la machine

... tenir compte de la qualité et de la
choisie. Mais pour faire vraiment du

... bon café il ne faut pas vouloir économi-
ser, cela ce remarquerait bien vite!

La machine à café doit être impeccable-
ment soignée.

Les tasses doivent être préchauffées dans
un restaurant ou un établissement de pre-
mier ordre, car le café doit être servi très
chaud.

L'art de préparer le thé

Au restaurant, le thé est presque toujours
présenté en sachets individuels. Mais le
véritable amateur de thé le préparera sui-
vant la méthode classique qui donne les
meilleurs résultats. En voici les règles:

- La théière ne doit pas être utilisée pour
d'autres infusions que pour le thé noir. Il
faut l'ébouillanter avant l'usage.

- N'employer que de l'eau fraîche et
bouillante. De l'eau contenant du chlore
est néfaste au goût. Si l'on est obligé d'en
employer, il faut la faire cuire quelques
minutes avant de la verser sur le thé.

- Il est indispensable de préchauffer la
théière. Pour ce faire, la remplir d'eau
bouillante.

- Les théières en porcelaine, en terre cuite
ou en fonte donnent les meilleurs résul-
tats.

- Mettre dans la théière une petite cuillè-
re de thé par personne plus une pour «le
pot».

- Verser sur le thé l'eau bouillante au
moment même où elle arrive à ébullition,
l'eau ayant bouilli trop longtemps donne
un goût fade. Laisser infuser de 3 à 5
minutes suivant le goût.

- Verser immédiatement dans les tasses
après avoir bien remué avec une cuillère
le contenu de la théière.

- Il est indiqué de servir avec le thé infu-
sé un pot d'eau très chaude qui sert à
diluer le thé si celui-ci est trop fort.

- Si l'on conserve une certaine quantité
de thé dans la théière pour une seconde
tasse, retirer les feuilles afin d'éviter
l'acreté résultant d'une infusion trop pro-
longée. Ce stade est pratiquement atteint

au bout de 3 à 5 minutes.

- L'usage des sachets individuels peut
donner d'excellentes infusions si la qualité
du thé est bonne. Il suffit de mettre les
sachets dans la théière ou même dans la

tasse et de verser l'eau bouillante; il con-
vient cependant de veiller très attentive-
ment à ce que l'eau soit vraiment bouil-
lante; une eau insuffisamment chaude

donne de très mauvais résultats.

- Ne jamais servir de la crème ou de la
crème à café avec le thé. Le lait tout sim-
ple est bien meilleur et rehausse le goût
du thé. Le citron doit être ajouté parcio-
monieusement.

Accidents

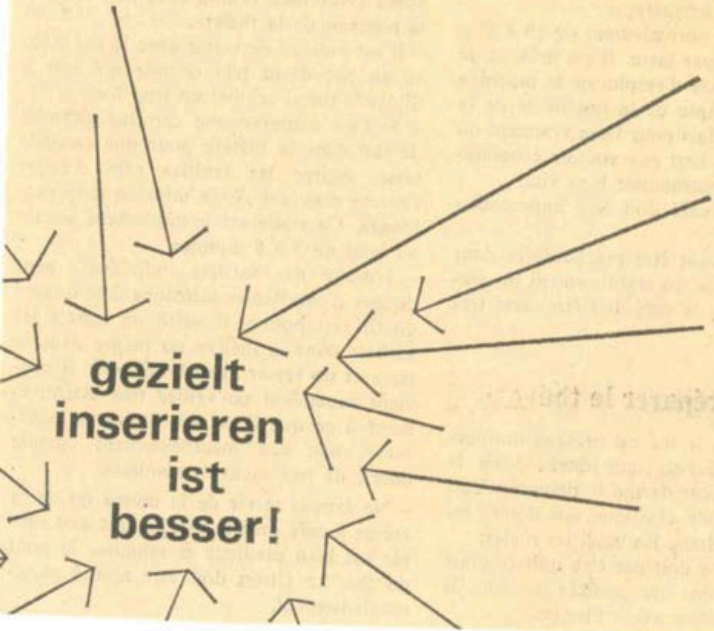
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Infortuni

iz. Versicherungs-Gesellschaft.
Bleicherweg 19
8022 Zürich
fon 01-36 38 00



**gezielt
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besser!**



Classification des thés

Les thés noirs obtenus par les méthodes industrielles

Il s'agit des thés produits par l'Inde et tous les autres pays producteurs qui ont adopté les méthodes industrielles.

La classification traditionnelle comporte essentiellement trois classes principales:

- thé de feuilles entières
- thé de feuilles brisées ou «broken»
- fannings et dust

Chacune de ces classes comporte divers grades:

- Thé de feuilles entières

L'orange pekoe se compose de feuilles jaunes et bien enroulées; on y trouve une certaine proportion de golden-tips, d'un jaune doré ou orangé qui sont les fines pointes des bourgeons. On distingue aussi le Flowery orange pekoe qui comporte un nombre plus important de golden-tips que les orange pekoe classiques et est constitué de feuilles particulièrement fines. Le Pekoe, qui ressemble au précédent mais qui est plus court et moins fin, ne contient pas ou presque pas de golden-tips.

Le Pekoe Souchong, plus court et moins fin que le précédent, se compose de feuilles plus âgées.

Le Souchong est formé de feuilles recroquevillées ou de petites boules.

- Thé de feuilles brisées ou broken

Le Broken orange pekoe est composé de feuilles brisées mais jamais plates; il doit comporter beaucoup de golden-tips et avoir une grande régularité d'aspect.

Le Broken pekoe est moins fin et dépourvu de golden-tips.

Le Broken tea est composé de morceaux plats formés pendant la fabrication.

- Les fannings et dust

Les fannings sont composés de morceaux plats plus petits que ceux du Broken tea. Les dust sont composés de poussière fine de thé formée par la brisure des feuilles mais sans aucun corps étranger.

Le choix du thé est une affaire de goût. Voici les sortes les plus importantes:

- *Darjeeling- ou Thé Himalaya* = arôme très fin et léger.

- *Thé de Ceylan* = classiquement anglais, agréable et fort.

- *Thé de Chine* = pour connaisseurs avec ou sans goût de fumée ou thé vert (très agréable pour accompagner un repas chinois). Le thé de Chine se sert sans sucre, lait ou citron.



Le bon thé au restaurant

Les amateurs de thé sont souvent déçus par le breuvage servi au petit déjeuner. La plupart des clients qui demandent du thé au restaurant ont l'habitude d'en boire aussi à la maison. Ils connaissent donc bien sa préparation et s'attendent à trouver au restaurant un thé de première qualité. Ceci est facile à réaliser, même avec le service en sachets (tea bags), car les spécialités mondialement connues Twining sont obtenables dans cet emballage pratique. Nous recommandons avant tout les deux sortes suivantes:

English Breakfast Tea, un mélange de thés de Ceylan et des Indes, vigoureux et rafraîchissant et particulièrement apprécié pour le petit déjeuner.

Earl Grey Tea, un mélange de thés rares d'un arôme exceptionnel et surprenant pour connaisseurs. C'est d'ailleurs le thé qui a rendu Twining célèbre!

Les deux sortes obtenables en emballages de 50 p. sachets double poche 2¼ g avec fil et étiquette, avec enveloppe chez F. Walther SA, case postale 70, 8902 Urdorf ZH.

halten Sie
Service-Dose in
und Apotheken.

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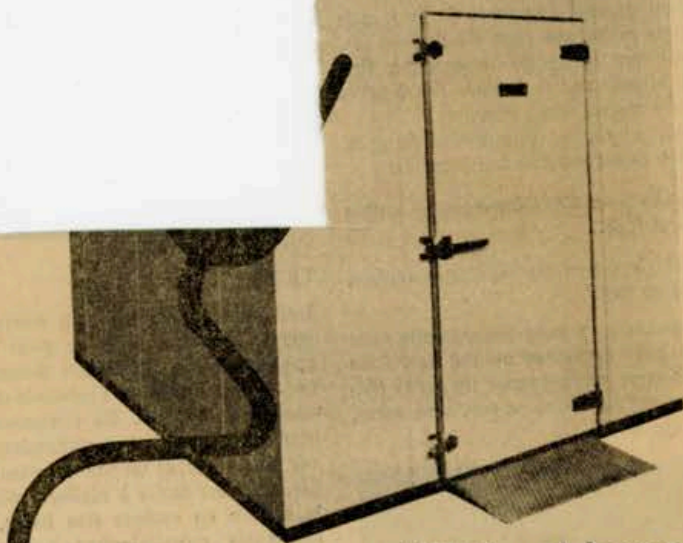
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Anhänger

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nd, unverwü-
stlich,
nös, mit Zimmer-
d Hotel-Inschrift.
ehr günstig!

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sweets, nuts and chocolate mid-morning. Many mothers mistakenly assume that these cravings — and the weight boom that often accompanies them — are the inevitable result of the sudden activity of endocrine glands that occurs at adolescence.

These mothers should know that this is not true. One specialist says, 'The production of hor-

THE MIRROR — March, 1963

*Hot must
Suberty*



ospital can be so gluttonous'

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mones and other glandular activity in adolescence is responsible for the development of breast tissue and the rounding of the thighs and buttocks that distinguish the womanly figure. This

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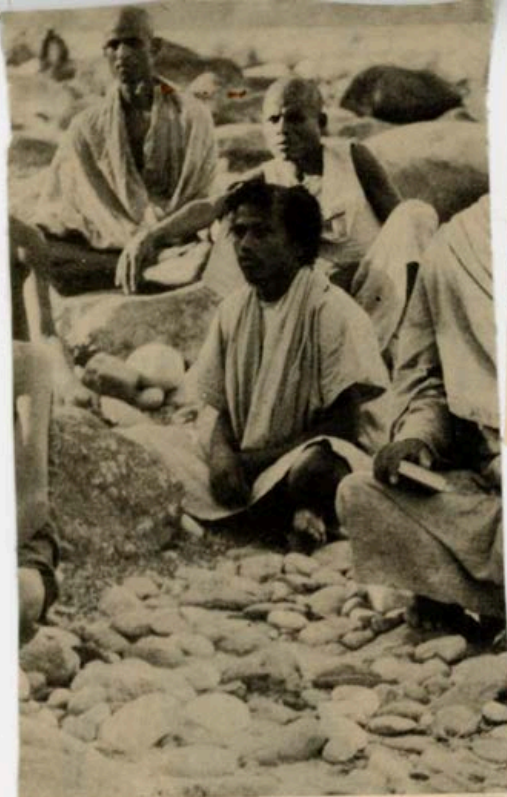
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'even in later years, ex-

development, however, is a redistribution of weight proportionate to height and does not necessarily result in a gain in weight. It's all compensatory, like squeezing a balloon. If your teenager is fat, don't blame it on hormones. Glandular obesity problems are medically rare.'

A concerned and nutrition-conscious mother, therefore, is



He was one of India's true to whom God was in every

"He's calling you Ramji, his own name
"it's a great compliment."

I too was streaming with perspiration
been called off, and sat down on a log
his nudity. Without saying more he took
Indian clubs with which he proceeded to
skill, following this by dropping on his knees
head. There he stood, brandishing his
field in which I could compete with him
my end up. I

... parents with small children. He
years old, on his lap and examined its
lve and a bottle of oil from a curtained
d the child with it, all the time mutter-
healing mantrams' as he told me after-
nt by its feet and swung it gently in the
nt seemed to enjoy immensely. Then he
little slap on the bottom sent it running
ceeded to do something similar with an-
ted the children he sent the rest away,

(Please turn to page 46)

THE MIRROR — March, 1963

that glorious individual freedom which painting and the arts can give to those whom they do not destroy in the process.

'Few lives,' he writes, 'can be more pleasant than a painter's, provided he can eat. He must be one of the last free individuals left on earth, for his is a vista of days spent making something all of his own, attempting the infinite, with neither time, man, nor the enslaving season to chain him.'

That, it seemed to us, is at the core of Peter McIntyre's character . . . a love of freedom for individual expression and individual accomplishment.

Peter McIntyre is still enjoying life and still looking forward. "I have only begun to paint," he says, "but I have found great happiness. I do the things I want to do and no man is my master."

How many who read *The Painted Years* must envy him. ● ● ●

confidence she lacked.

In turn, *she* has learned how to give the most inexpensive clothes an air of distinction by wearing them so well. This was one of the things which won her a contract from St. Laurent when she auditioned for him in an old brown woollen frock and a matching chain store sweater.

When his much talked about collection established success last season it put Yves St. Laurent on the map as a rival to the House of Dior, where he once worked, and Heather well on the road to international repute as a mannequin.

to get them a fair deal in society, shows in detail how the family suffers when one parent is missing.

Of the 620,000 families, one in ten in Britain, it is estimated that about 520,000 are fatherless — of these 310,000 are divorced or separated, 120,000 widowed and 90,000 single.

Many more, the report says, must spend some time as one-parent families. There is "considerable" movement in and out of this category.

But it would be untrue, the report states, to categorise all one-parent families as a section of society united in inadequacy, whether self-made or imposed. Many lone parents and their children were happy, and others had benefited from the withdrawal of a violent father or neglectful mother.

A main problem was the parents' social isolation. "They suffer from loneliness not only of surroundings, but also of unshared difficulties.

"They are lonely in their responsibility for the physical care of their children. This often robs them of sleep and makes demands beyond their physical stamina.

"They carry the entire burden of responsibility for the social, emotional and moral upbringing of the children, and for that part of their education which has to take place outside school."

Frustrations of secret sex

Added to these stresses often came the frustration of forgoing sexual relations or conducting them clandestinely to avoid the notice of the children, neighbours, or officers of the Supplementary Benefits Commission.

"However devoted the lone parent may be, the unrelieved company of children may become debilitating, both mentally and emotionally.

"Men seem to find it a little easier to draw upon the goodwill of friends and relations. The lone mother may find herself virtually caged in the home."

She might have hardly any amusement or relaxation. Nor would she have time to establish relationships that might

These material disadvantages might be superimposed on a child already emotionally deprived or wounded through the loss of a parent. Such children could suffer from bitterness, depression and divided loyalties.

The upshot might be disturbed or anti-social behaviour, or lack of work at school. Children from one-parent families tend to leave school earlier and attain lower levels of attainment than children from two-parent families.

Joseph studies welcomed

The Report begun by last Soc into the "a f tid sa ta

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Heavy losses

Israel suffered heavy losses in armour and aircraft in the Golan because of Syrian missiles and artillery.

It is understood the American and Israeli reluctance to damage the disengagement agreement with the East-West *détente* is the reason why, until yesterday, Syrian active participation in the October War was not considered.

That Mr Peres was in a statement yesterday only answering the question, is further evidence that Israel intends to keep its mouth in low key.

He acknowledged that in the field of decision to re-cession

include four telephone operators.

Telephonists recruited

The organiser of the spy ring, Selim Homsy, is stated officially to be a Palestinian born in the Negev. He has posed for several years as a Syrian student of the Arab university of Beirut, and also described himself as Jordanian.

Homsy recruited a number of women superintendents and operators at the Beirut telephone exchange, several of whom were on terms of "warm friendship" with him.

They listened in to calls to and from prominent Palestinians and other Arab politicians, particularly on the international telephone circuits, and recorded some of them on miniature recorders provided by Homsy.

Crackling lines

The attention of Lebanese counter-intelligence agents was attracted when prominent Arabs complained of crackles on their telephone lines, and asked whether their calls were being intercepted by the Lebanese.

Among others working for the network, say the intelligence agents, were Lebanese businessmen "playing off Arabs and foreigners against each other." Most of these did not know that they were supplying information to Israel, it is claimed.

Portugal Spain

Cholera alert for tourists

by TOM DAVIES

PEOPLE TRAVELLING to and from Portugal are being given leaflets at all ports and air terminals warning them to contact a doctor if they have diarrhoea or if they develop diarrhoea within five days of returning from Portugal. This follows reports that a cholera epidemic—which began in the Algarve—has now spread throughout the country.

The leaflets are issued by the Department of Health and Social Security which has also warned that anyone travelling to Portugal should get vaccinated at least two weeks before they leave or, failing that, as soon as they return.

There are now 368 cases of cholera in Portugal according to the latest figures issued by the World Health Organisation in Geneva, and there have been eight deaths. These figures may not give a complete picture, according to one British health official, since many illnesses and deaths in rural villages would go unrecorded.

The Portuguese Tourist Information Office in London, however, claims that there is nothing to worry about, adding that they saw no need for vaccination. 'Most of the cases reported were not dangerous,' said a spokesman.

This stand does not comfort the Department of Health and Social Security. 'We are not advising mass vaccination, but individuals should get a jab and be particularly careful about food and water,' said a department spokesman. 'We did earlier warn travellers just to the Algarve, but now we have extended the warning to the whole of Portugal.'

The main areas now affected are the cities of Lisbon and Oporto. Lisbon has 130 cases with four deaths; Oporto 161 cases and two deaths with Setubal having 22 cases with one death. In the province of Faro in the Algarve there have been 41 cases and no deaths.

The Portuguese government, under the international health regulations is obliged to inform the World Health Organisation on the epidemic's figures. They have told WHO that they have stopped the epidemic's spread. 'We think that people should not stop going there,' said a WHO spokesman. 'But they should be very strict with their hygiene, and a vaccination would be useful. Not foolproof

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The Portuguese Tourist Information Office in London, however, claims that there is nothing to worry about, adding that they saw no need for vaccination. 'Most of the cases reported were not dangerous,' said a spokesman.

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There are many doctors though who think a vaccination is less than useful. The head of the Department of Infectious Diseases at the University of Liverpool, Dr Andrew Christie, said that he would not bother to have one—even if he was packing his bags for a holiday in Portugal. 'It is not one of our best vaccines and not a good preventive — some but not very much. It is certainly not more than 60 per cent effective, and if you get a big enough dose from a water supply you will get the disease no matter how many jabs you have had.

'The germs thrive in water, and you would get a lesser dose from eating contaminated fruit since it had only come into contact with the water. The vaccines certainly cannot control an epidemic. The only way that can be done is for the contaminated water supplies to be sterilised.'

la vie française, une espèce d'écrase-
ment de non-vie en fait. C'est le mo-
ment où ils ont le maximum de vie et
où, autour d'eux, il y a le minimum de
vie.

C'est ce que j'essaie de raconter. Au-
jourd'hui, je suis mécontent, parce que
ce matin ça n'a pas marché. Mais peut-
être que ça marchera demain. Car je
sais que j'irai jusqu'au bout, il n'y a
aucun doute.

— Vous avez donc des « trous ». N'est-
ce pas précisément votre « métier » d'é-
crivain qui vous permet d'aller tout de
même de l'avant ?

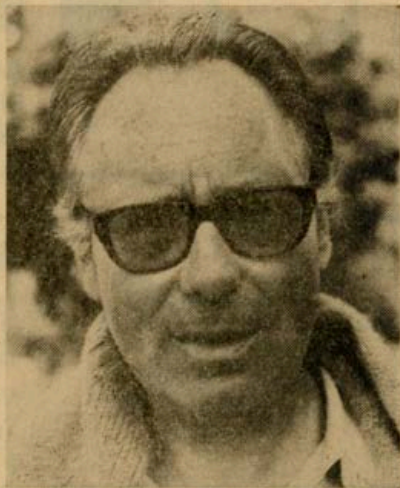
— Oui, je crois. C'est le métier. Et
une espèce d'obstination et d'opiniâtreté
de paysan. Parce que l'on trouve cons-
amment de bonnes raisons de s'arrêter.
Et quelquefois, on s'arrête. Mais, une
fois le seuil franchi, le seuil du « jus-
qu'au bout », c'est le métier qui prend
le relais, c'est une espèce de volonté
d'arriver à la dernière ligne. Et ce qui
nourrit le moteur, la mécanique, c'est
le métier, il faut bien l'avouer. Car, sou-
vent, il n'y a pas d'inspiration et il n'y
a pas d'enthousiasme, ou très, très rare-
ment.

Il faut d'abord quelques années pour
acquérir le savoir-faire. On fait les cho-
ses plus ou moins bien, mais quand on
les fait mal on déchire, on recommence,
et, même si ce n'est pas dans un état de
grande exaltation, le soir, on a tout de
même accompli sa tâche le mieux possi-
ble. C'est ainsi que l'on arrive au bout
des 300 pages et que débute le travail
sérieux : découper et corriger. Devoir
d'ailleurs agréable et facile, car c'est le
premier jet qui est laborieux. Lorsque
l'on se trouve devant un gros tas de
papier, on se dit : je vais arranger ça.
Mais « ça » existe. Il n'y a plus qu'à ser-
rer les boulons.

— Vous êtes actuellement en plein
dans votre « premier jet ». Vous imposez-
vous un rythme de production ?

— Je ne m'impose aucune contrainte,
jusqu'au moment où je suis entré dans
le livre. Dès lors, il faut absolument que
je le sorte. Si j'accroche, je refuse de
m'accorder deux ou six semaines de répit
en me disant : ça ira mieux après !
Mais tout dépend de la façon dont les
gens travaillent. Moi, je peux rester très
longtemps, un an, deux ans, sans écrire
une ligne d'un livre. Mais j'y pense, ça
se met en place, je griffonne tout de
même sur les coins de table. Et un jour
vient le dé clic.

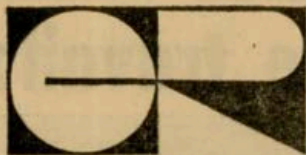
François Nourissier de travail »



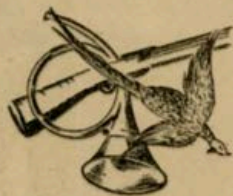
François Nourissier : la quarantaine, sympathique, l'air d'un propriétaire terrien plus que d'un écrivain, lorsqu'il prend ses quartiers à Caux. (photo ev)

NOUVEAU

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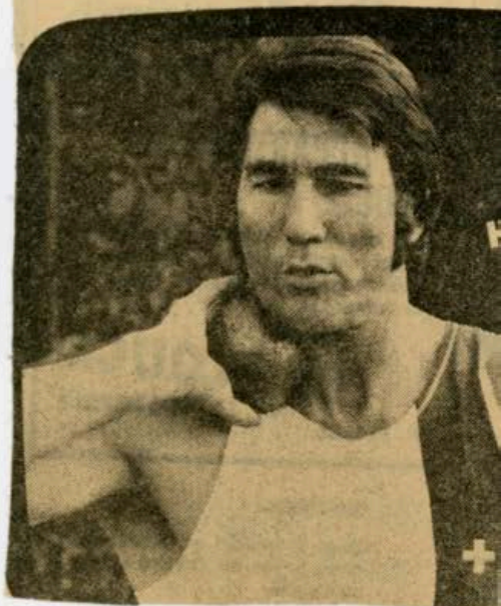
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du Casino

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Of the brave and innocent . . .
Worships language and forgives
Everyone by whom it lives;
Pardons cowardice, conceit,
Lays its honours at his feet.
Time that with this strange
excuse

Pardoned Kipling and his views,
And will pardon Paul Claudel,
Pardons him for writing well."
You will not find these lines

in the poem in memory of Yeats
which appears in the latest
edition of Auden's poems, be-
cause Auden himself removed
them, along with many other
passages and whole poems (such
as the appalling but once much-
admired "Spain").

As Auden changed from the
middle-class English fun-Communist
of the Thirties to the High
Anglican of his later years, he
came to find such passages dis-
honest and untrue, and, rightly
or wrongly, simply expunged
them.

Yet the expurgated lines on
Yeats remain most apposite
for his own memorial. As
an English middle-class fun-
Communist he expounded views
far sillier, more objectionable
and more dangerous than those
of Kipling, Claudel or Yeats—
views, moreover, which have now
solidified into a monstrous mili-
tary tyranny which threatens
us all.

But time, with its strange
excuse, will pardon Auden him-
self for writing well.

Explosion

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vements, of which
much, are almost
med, financed and
by the Communist
and by their various
ers in the West, some
will be found in unex-
arters. The purpose
his activity is not to
the Africans but to in-
e them into the Com-
Empires (which particu-
ire is immaterial at the
t) and to use their terri-
resources and manpower
e further encirclement and
uction of the West.

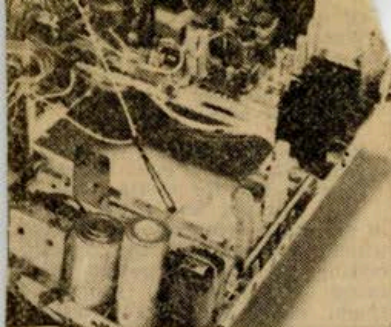
this is in Great Britain's
ent (or future) real inter-
or for that matter in the
icans' real interests, then
only Palmerston, Gladstone
Disraeli, but Garibaldi, Kos-
th and Abraham Lincoln (also
ragged in by Mr Wilson) were
all agents of Tsarist Russia, and
myself am an emissary from
Outer Space.

Strange Excuse

HERE are some lines which
W. H. Auden wrote in his
poem "In Memory of
W. B. Yeats," who died in
January, 1939:
"Time that is intolerant

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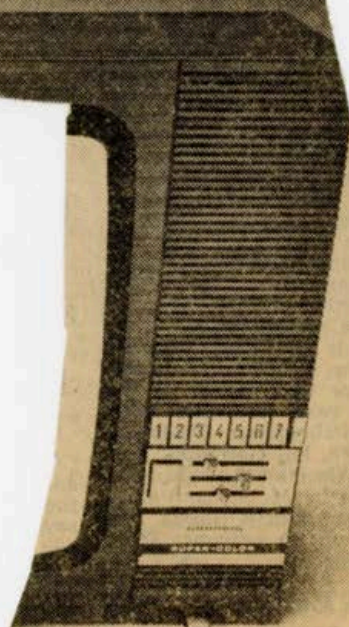
er watched a serviceman
his way through the jungle
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dinary TV.



Gr

S.O.S. des habitants de Seelisberg (Uri) au Conseil fédéral

Ils ne veulent pas être « envahis » par de nombreux adeptes du yoga qui doivent venir pratiquer la méditation transcendantale dans leur village. (L'article de notre correspondant de Suisse centrale, Eric Eisner, en page 9)

tion. Au-delà de cet aspect formel, on a beaucoup parlé à Genève des progrès de l'intégration et des moyens de maintenir le libre échange atteint dans l'AELE entre les futurs membres du Marché commun, comme la Grande-Bretagne et les pays qui, comme la Suisse, veulent collaborer et participer, grâce à des accords particuliers avec Bruxelles. Parfaite entente de vues sur les conditions à remplir à cette fin.

Mais entre les souhaits et les réalités il y a bien sûr une distance certaine. Non seulement les négociations entre les Six et les non-candidats n'ont pas encore commencé, mais le mandat de négociation de la Commission de Bruxelles n'est pas encore prêt. Il est par conséquent prématuré de préjuger de sa teneur et de leur issue.

Pourtant l'identité de vues que ces dix jours de réunion ont permis d'acquiescer est importante. Les non-candidats ont maintenant l'assurance que les Anglais feront tout ce qu'ils peuvent pour influencer positivement

tout soupçon de complicité, ne se fait sans doute pas grande illusion. Le problème, en effet, ne connaît aucune limite, ni de temps ni de lieu. Les scandales financiers et les trafics d'influence ne sont pas le fait de la France seule, ni de la République française seule. Et l'« Etat bourgeois » n'est, à cet égard, ni meilleur ni pire

que le mal il y a tout juste trois ans, avec la venue au pouvoir du président Nixon. (...) Le Japon cherchera, ces prochaines années, un système d'alliances qui ne reposera pas seulement sur un pilier, les Etats-Unis mais sur plusieurs piliers. De la chaîne de chocs enregistrés ces mois, les Japonais ont tiré la leçon qu'un maximum d'indépen-

qui pourrait se renforcer en mesure que les mois voient venir de nouveaux millions de réfugiés dans le pays. Mais l'argument principal contre une guerre est, pour le moment, le fait qu'à la fin du conflit, ce serait le Japon qui se retrouverait chargé de la responsabilité pour l'ensemble des réfugiés de Bengalis de l'Est.

Les ménagères en trêve



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by Mr
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Prince Philip
anniversary as weekend guest
Lady Zia at their home at

Aid

Children's
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'GNP IDOL' ATTACKED BY BISHOP

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By Our Churches
Correspondent

A NEW "Ten Commandments" for a technological age has been suggested by the Bishop of Kingston-upon-Thames, the Rt. Rev. Hugh Montefiore.

FAVR

Royal
Army
their
Central
arracks,
Major

Bishop Montefiore, 51, giving the Rutherford Lecture at the Central London Polytechnic, said that the human race was fighting hard today to keep its existing liberties, which were threatened by the massive power of organisations and technology.

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"We need a new set of commandments," he said, and suggested the following:

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1. I am the Lord your God. You shall have no other god but me.
2. You shall not make for yourself any graven image or idol such as the Gross National Product or possessions or riches. You shall not bow down and serve them.
3. You shall not take the name of the Lord your God in vain by calling on his name but ignoring his natural law.
4. Remember that you set apart one day in the week for true festivity or you will be bored stiff in the technological age you are bringing on yourselves.
5. Honour your father and your mother but do not seek to prolong their natural term of life so that they are miserable.
6. You shall not murder future generations by your present greed.
7. You shall not commit sexual sin by producing more children than is your right.
8. You shall not steal the inheritance of posterity.
9. You shall not bear false witness against your overseas neighbours by lying to yourself about the extent of their need.
10. You shall not covet an ever-increasing standard of living.

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The bishop, the author of many books, is a former Cambridge University lecturer.

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A LETTER

By O

M. FRANCOIS MITTERRAND, the French Socialist leader, has just returned from a week's visit to Chile. He found President Allende's régime there "the closest example of what might be done in France." The Chilean Left-wing coalition was "sticking to its programme and respecting its constitutional obligations." It was reassuring to see that the Chileans were "building Socialism with the required democratic freedoms."

The nationalisation of banks, industries and other business concerns, he added, was achieving the dual aim of "freeing Chile from foreign control and eliminating monopolies." M. Mitterrand, whose trip to Chile coincided with Fidel Castro's tour, is convinced that the Allende formula for revolution through the ballot box is "a useful example for France."

One wonders whether M. Mitterrand and M. Gaston Defferre, the mayor of Marseilles, who accompanied him, did their homework before visiting Chile. President Allende is a real and consistent Marxist. "Popular unity," the electoral front which carried him to power, is a radical revolutionary alliance with which certainly the French Socialists, and probably even the French Communists, can hardly be compared.

How a political evolution out of the desperate poverty of the Chilean masses can be applicable in France is not immediately evident. President Allende won office not only through "Popular Front" tactics similar to those again being tried by the French Socialists and Communists, but thanks to a strong current of xenophobia (i.e. anti-American) nationalism characteristic of the frustrated societies of Latin America. Comparison with consumer-happy modern France seems, to put it mildly, a little far-fetched.

Jail me!

TWO Frenchmen, both for very different reasons in trouble with the law, took time off last week from running with the hare to hunt with the hounds.

In Bourgoin, M. Gerard

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Mercuré et piles usées

On connaît les méfaits du mercure quand il retourne dans la nature sous une forme qui n'était pas prévue à l'origine. L'alerte a été lancée de toutes parts.

En ce qui concerne les piles au mercure usées, elles ne sont pas neutralisées par les méthodes habituelles d'incinération des ordures. Tout utilisateur soucieux de la protection de l'environnement et de la santé humaine évitera donc de les jeter aux ordures.

Migros Vaud propose à ses clients un assortiment de huit piles différentes contenant du mercure. Fabriquées par la maison Mallory, ces piles (miniatures pour la plupart) sont destinées aux appareils photo et caméras de cinéma, aux calculateurs de poche, montres, réveils et appareils acoustiques (surdit , recherche de personnes). Leur contenu («mercury» en anglais) est clairement indiqué sur chaque pile.

Pour en faciliter la récupération, tous les magasins de Migros Vaud (où les piles au mercure sont mises en vente) acceptent de les recueillir et les renvoyer au fournisseur. Ce dernier a mis en train une installation fort coûteuse permettant de récupérer le mercure des piles usées.

Il peut paraître négligeable de rapporter au magasin une de ces petites pastilles en venant acheter la suivante. Néanmoins, cette omission répétée à l'échelle d'un pays représente un grave danger de pollution. Et les petits ruisseaux de mercure font les grandes menaces de mort.

La nostalgie de la Belle Epoque, qui fut loin d'être belle pour tout le monde? La recherche d'une féminité qui ne serait plus à découvrir dans une attitude ou une forme de sensibilité, mais qui s'imposerait d'emblée en symboles évidents: entre-deux de dentelle, jupes amples et longues, cols hauts, corsages ajustés, manches bouffantes?

Qu'est-ce qui peut bien pousser la femme émancipée de vingt-cinq à trente ans, puisque c'est elle qui constitue l'essentiel de la clientèle de la boutique de la rue Verdaine à Genève, à adopter le «style Laura Ashley»? Cette Mme Ashley qui avoue à qui veut l'entendre son puritanisme et qui affirme que la société actuelle est bien moins permissive qu'on ne l'imagine, malgré certains signes extérieurs, et que la femme est plus élégante lorsqu'elle ne montre pas

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Child victims of vaccination seek cash aid

By Our Social Services
Correspondent

THE PARENTS of more than 200 children who have suffered permanent and severe brain damage and physical handicap following vaccination have called on the Government for compensation.

Such schemes exist in West Germany, Holland, Denmark and other countries.

Parents, who have formed an association, have written to Dr Owen, Minister of State, Health, to say continuation of the immunisation programme without benefit of compensation is "indefensible."

They acknowledge the need for mass immunisation and vaccination against whooping cough and other diseases. While the inherent risks have fallen, the fact remains that a tiny minority of children are permanently damaged they say. This has been admitted officially.

"Immense strain"

"In almost all cases of vaccine damage, the child suffers continuous convulsions. The parents are subject to immense strain and normal family life is impossible.

"The case of these children and their families is morally and socially unanswerable. Recognition of their plight is long overdue," the parents add.

The association says it has details of 220 children who have brain damage, are physically handicapped, blind, dumb or epileptic following vaccination. The Department of Health has issued advice to doctors on how to minimise risks, particularly from whooping cough vaccine, but it admits they cannot be eliminated.

The association adds: "We recognise that the decision to carry on any vaccination is a matter for medical experts to decide. But we do question whether national immunity can be purchased at the expense of those few children who have been, or will be, destroyed in the process."

Detection system

All public effort had gone into the fight against disease without any attempt to compensate those who suffered as a result. Nor was there an efficient follow-up or detection system to establish the identity of children whose health was damaged.

The possibility of damage to each individual child attended each individual vaccination. This could no longer be regarded as an acceptable risk.

Other accident victims reduced to the status of "human wrecks," such as those hurt in road accidents, often received substantial compensation.

But children damaged by vaccine could not even get help from the Government fund for

of Scotland performed at the Freemasons' Hall yesterday morning few will have guessed that the 26-year-old composer has dedicated the piece, or at any rate an earlier version of it, to the newly emerging revolutionary forces of the world.

For what the music suggests is rather the happy, playful calm that ensues once the revolution has succeeded. I mean the musical revolution, of course, now that we read of a prominent German ex-serialist denouncing those practices as a bourgeois-capitalist heresy.

Mr McGuire's ingenious mesh of sound is always pleasant. Interesting even. Edward Harper, the ensemble's director, had to acknowledge some novel effects obtained by some reactionary frolics.

"Rebirth" draws strength from snatches of Chinese and Irish folklore, but Martin Dalby dispenses altogether with the port of tuneful memorabilia in his "Whisper Music"—Another intriguing link here between a music and its motto which hints at the women in T. S. Eliot's "The Waste Land" fiddling whisper music on her long black hair.

Following in the score Mr Dalby's complex strands of a controlled indeterminacy is a bit like looking from near by at the brush strokes of a painting when one wonders how the artist could ever hope to foresee the role which these particles will play in the imagined whole.—P. S.

£430,000 PARK PLAN

More than 200 acres of derelict land are to be turned into recreation areas by West Midlands county council. Nine sites will be reclaimed at a cost of £430,000.

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£12,500 ABORTION OFFER REFUSED BY DOCTOR

A YOUNG doctor claimed yesterday that he was offered £12,500 a year for half a day's work a week doing abortions.

Mr Joe Jordan, a lecturer in gynaecology at Birmingham University, who said that he ran a family planning clinic and carried out abortions for genuine

medical reasons, added that the offer was made three years ago.

"I do not imagine I was a hero in refusing."

He told an anti-Abortion Act protest meeting at Wolverhampton organised by the Society for the Protection of Unborn Children, that women talked about abortion as though they were having a shampoo and set to make them look better.

MP attacked

"Moreover, they are encouraged in this attitude by MPs, like David Steel, who imagine that we only have to uncover racketeering to clear up the present degrading law. If they imagine that the fight is going to end there, they have another think coming."

Mr Steel, Liberal MP for Roxburgh and Peebles, sponsored the abortion legislation in the Commons in 1967.

Mr Jordan considered it an impudence "when doctors like myself are attacked by people of the ilk of David Steel or by the Birmingham Pregnancy Advisory Service because we do not do enough abortions.

"They talk as though we were swatting flies—instead of destroying human lives, which is what abortion means."

Abortions not only deleted one child, but subsequent babies might also be put at risk.

There should be a very good reason for termination of pregnancy. "Not just the fact that the pregnancy is inconvenient which is really why the majority of abortions are carried out."

This year, about 120,000 recorded legal abortions were expected compared with 800,000 live births. "So already we have one in seven pregnancies destroyed by termination.

"Ghoulisn minority"

"A ghoulsn minority has talked the British public into thinking of the foetus as a blob of jelly or a ball of cells. It isn't. It is an unborn child and there are a growing number of us determined to fight to defend it until we get the law changed."

It was not known how many illegal abortions were carried out but it had been assessed that 100,000 were carried out before the Abortion Act was introduced.

"We really have little evidence as yet to show that the number of back-street abortions are decreasing with the vast

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a fresh burst of inflation be avoided? If the rekindling efforts of unions and companies to protect their individual positions by raising wage demands or prices result in stagnation or renewed declines in the economy as a whole? "Many

the Birmingham Pregnancy Advisory Service because we do not do enough abortions.

"They talk as though we were swatting flies—instead of destroying human lives, which is what abortion means."

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It was not known how many illegal abortions were carried out but it had been assessed that 100,000 were carried out before the Abortion Act was introduced.

"We really have little evidence as yet to show that the number of back-street abortions are decreasing with the vast number of so-called legal abortions."

Figures from eastern European countries and from other parts of the world showed that even if they had abortion on demand—"which we apparently haven't got yet although we do have abortion on demand but not in name"—that they had seen no fall in the criminal abortion rate.

He concluded: "What happens is that if you have a liberal abortion policy it becomes part of the national culture, it becomes part of the normal contraceptive practices and the demand for abortion increases.

"I believe that abortion is not and was never meant to be a method of contraception."

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SEX CURB DRUG IS TESTED

By CLARE DOVER

AN application to allow a "chemical castration drug" to be made available in Britain is being considered by the Committee on Safety of Medicines. The application has been made by Schering, the drug company, who developed it.

The drug, cyproterone acetate, has been used in Britain for five years, in trials involving about 70 patients, some of whom were sexual offenders. It is already on the market in Switzerland, and is being used in small-scale trials in several other countries.

The drug blocks male hormones which are responsible for sexual drive. When the patient stops taking the tablets, personal biochemistry returns to normal, reversing the castration effects.

The drug is used in conjunction with psychotherapy, a representative of Schering said yesterday.

Broadmoor tests

Dr T. S. Davies, consultant psychiatrist at Llanfrechfa Grange Hospital, Cwmbran, Wales, has used the drug on 30 of his patients over the past five years, and supervised trial use on 30 other patients in different parts of Britain. Additional trials involving 12 patients have been conducted on sexual offenders at Broadmoor.

The drug has been given to males who had a "very bad history of sexual aggression," Dr Davies said. Men who required sexual gratification more than 20 times a week had been put on daily doses of the drug. These patients were worried about their problem and had asked for psychiatric help.

Other cases included sexual offenders referred by the courts, and elderly men who suddenly developed a sexual interest in little girls, after previously living "exemplary lives."

The drug had worked well with all categories, except homosexuals, Dr Davies said. Rigorous medical and biochemical tests had revealed no side effects.

Slow-release preparations of the drug, now being investigated by Schering, could eventually lead to once-a-month injections, so that doctors would not have to trust potentially dangerous men to take tablets.

Side by side

Mrs McClenaghan told the court that after she was raped by her husband, the two men were forced to have sex on a bed. She said she was shot in the chest.

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LONDON, TUESDAY, MAY 22, 1974

on housing

CUT-BACK SERVICES

and local services hit

Chancellor the Exchequer, in the Commons yesterday announcing a spending of something like £1,000 million in 1974-75.

These cut-backs will involve no extra taxation, no increase in taxation, and, in the Government's view, no excuse for price rises. The fact that some improvements, such as new roads, public housing, and miscellaneous local services, are being postponed, the cuts should

criticism failed to budge Mr Ince's attitude that the cut-back would have an immediate impact on services including housing.

*Commons Statement—P10;
Frank Johnson
—Back Page;
Editorial Comment—P10*

Mrs Doris Gray who told the Chelmsford yesterday that Henry Ince, slept with her in a flat on the night Mrs M...
P...

began I somehow thought I was a comedienne. But instead I was always the tragic heroine or the unhappy woman who loses her lover."

With success came friends, and in 1960 Liv married Oslo Psychiatrist Hans Jacob Stang, five years her senior. Not, of course, that she approved of her husband's profession, which—good Calvinist that she is—she makes sound somewhat like bootlegging. "Psychiatry is quite dangerous for people," she insists sternly, "especially in America, where I think everyone is indulging himself too much. There are two ways to really learn about yourself. One is to just sit and think and the other is to go out of yourself and try to find out why you fail and why you succeed—and what you should do to be a better person. I had a lot of failures, and I started to understand that it couldn't be only other people who were doing wrong

BILL PIERCE



AS OLDER WOMAN IN "FORTY CARATS"
Worth rewriting the script.

things to me. It had to be something inside myself. I started to find out what was wrong with me."

What, in fact, was wrong with her? "I discovered that I had been brought up to be the sort of person people wanted me to be," she says, "so that they would like me and I would not be uncomfortable for them. That person wasn't me at all, because nobody really asked who I was. I wanted to be me, and when I started to be me I felt I had more to give. I found it more interesting to live."

No longer the awkward, intensely lonely teen-ager, she met Ingmar Bergman, who was for five years, and in many ways still is, the most important person in her life. Bergman had known of her work, and one day in Stockholm he saw her as she was walking down the street with her friend Bibi Andersson, one of Bergman's brightest stars. Liv was almost dumbstruck but remem-

me. When I was with one, the others were unhappy. Never did I do what I wanted to do." She pauses for a moment in retelling the story. "Now I am trying to do what I want to do in life. This is another thing I learned from Ingmar. He is not afraid to do what he wants to do. We were really living his life."

sharing her with the rest of the world. Professionally, that is. Personally she still spends much of her time there and considers her real home to be the spacious frame house she owns half an hour outside Oslo.

In fact, Liv did not even see Norway or any other part of Scandinavia until she was six. She was born in Tokyo, where her father worked as an aircraft engineer. When the Germans overran Norway in 1940, her family joined many exiles in an area outside Toronto called "Little Norway." There her father served in the Norwegian Air Force while she romped with the royal children, Prince Harald and Princesses Ragnhild and Astrid. In 1943 her fa-

ALAN PAPPELEE GROSS

in either Sweden or Norway.

Yet if Bergman uses women, they gain at least as much from him. "Ingmar gave me much more self-confidence than I had before," says Liv. "He listened to me. Living with him enriched me. I matured. The world I lived in with my husband was smaller, mostly of neighbors and close friends. With Ingmar's friends I had to sharpen up and find my own identity."

producer MIKE FRANKOVICH wanted LIV Ullmann—so much so that he was willing to have the part rewritten to suit her, lowering the matron's age and making her Scandinavian-born.

The fever steadily gained momentum. Warner Bros. was planning its new version of the Garbo classic about Sweden's 17th century Queen Christina, who converted from Protestantism to Catholicism and abdicated to spend the

the state theater school in Oslo (no talent, said the examiners). Liv went instead to the repertory theater in the small (pop. 82,000) city of Stavanger, where she landed the lead in *The Diary of Anne Frank*. For the first time in her life her reviews were raves. "It was a lovely part," she says. "You couldn't miss. The theater really be-

nary, Extraordine

rest of her life in Rome. The studio had been thinking of Vanessa Redgrave for the title role, with its demands for classical style and impassioned nobility. But no—who better than Liv Ullmann?

All of which means that a new star is about to burst onto U.S. movie screens, starting with the release of *Love*

ing Bergman—"I feel it would be very difficult to twice stand and say to God you will love one another"—the uproar was obviously a painful and lasting trauma.

The Swedes were less concerned about the couple's morality than the Norwegians, but they were morbidly curious to see Bergman's newest companion. Tourists from Stockholm would take boat trips to the island for a glimpse

her mother that she wanted to go to England to study acting. Mama, more than a little reluctant, admitted her misgivings to a psychiatrist. "Are you thinking of your own happiness or Liv's?" he asked. "That was enough," remembers Janna Ullmann. "I paid the bill and we left."

Whatever eight months in a London drama school did for Liv, it did not equip her to pass her audition for

leaves only on the hour. From there she has to find a flight. So she ends up staying."

Bergman loathed parties and was averse to travel outside his usual working orbit of Fårö and Stockholm. Once when he did venture to Rome to see Federico Fellini, his favorite film director, Liv could barely budge him from the hotel room. He insisted that they return every day to the first restaurant they had tried; luckily for both they had not stopped at a snack bar. At dinner he always ordered for both of them. When she recently dined at a restaurant with Bergman and his new wife, Ingrid, Liv watched curiously to see if the pattern persisted. Sure enough, Liv reports, Ingrid glanced cautiously at the master after ordering each item.

Proust and Pet. Liv's ideal of conjugal life with Bergman was very conventional. She had a vision of them walking arm and arm along a softly lighted green walk, baby carriage in front and nanny and dog behind. It was a vision out of an old romantic movie or her favorite author, Proust. Ingmar was not interested in wheeling a baby carriage, however, and Liv lapsed into the frightened schoolgirl again. She was not only afraid that the nanny's feelings would be hurt if she pushed the carriage, but she was even worried that the dachshund would feel rejected if she paid too much attention to the baby. As a result, the day she returned from the hospital the nanny pushed the baby carriage, Liv walked behind her, and the dog, which had the imaginative name of Pet, brought up the rear. Ingmar was not part of the procession.

"At home I was running from one room to the other, feeling bad all the time," Liv recounts. "They all needed

BO-ERIK GYBERG



WITH LINN & BERGMAN DURING SHOOTING OF "There is nothing that you can say to a let"

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electorate can easily be seen. The vote was a vote to knock our heads together in this place, to say: 'Stop arguing so much and get on with the job.'

He believed that most people would welcome a National Government, a concept of the best brains on all sides getting together in the nationalist interest.

While sharing their feelings, he could not share their analysis of the situation. "I do not believe an adverse vote against the Government tonight would lead to a National Government. It is not feasible at present because the will to have a National Government is not there."

Country bewildered

A second possibility which the country would welcome was party Government and party Opposition conducted in a national spirit, based on a Parliament divided on party lines but one determined to seek the maximum agreement on what was in the national interest.

In the eyes of the nation it meant seeing that Government and Opposition—based on the collective wisdom of the House of Commons—tried to find solutions for the national problems in this critical situation.

The country was bewildered about what was going on in Parliament. The Opposition amendment said a statutory policy should be continued until a firm voluntary agreement was reached and that was what Mr Foot said.

Mr Foot intended to carry on with the Pay Board, the statutory policy and to recommend acceptance of Phase III until there was a firm voluntary agreement.

"He dislikes a statutory policy, and we dislike it. It does not matter to the country at large whether the Opposition withdraws an amendment or the Government accepts it. The fact is that on the basic issue the two sides are agreeing."

It was wrong to be a fractious Opposition trying to bring a Government down before it had had a go at all. It was equally wrong to claim that because there was a minority Government everything it said and proposed must be accepted.

"If there is a division this evening I will certainly vote with my party because I believe loyalty to the leadership still has a part to play in the Commons, but I will not vote happily."

He hoped the two sides could solve between them what seemed to be a wholly artificial problem.

Protecting privilege

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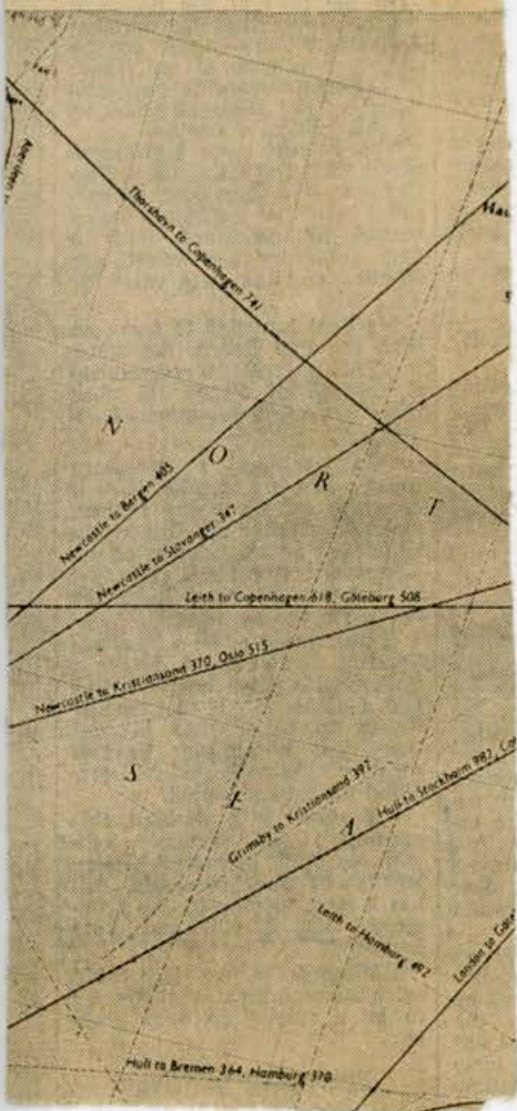
(EBIC), a group which something of a European community in itself.

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Lack of guidance

SIR—I was startled to see your report (March 13) concerning Mr

applies to Indians

Worship in contemporary language

SIR—I cannot deny, as a lover of the English language, that I relish the beauty, almost incomparable, of the 1662 Prayer Book. But is this the right criterion?

As an industrial chaplain I am responsible for interpreting the Christian faith to men and women of both high and humble intellect. I might just as well use an "unknown tongue" as use the language of 1662 for bringing any reality, and therefore sincerity, to the subject.

I believe we have to decide what the Church of England is for. If it is a society for decaying gentlefolk who, unable to face the harshness of the 20th century, are attempting to escape to the 17th, then let us stick to 1662. But if it is to be a vehicle through which every ordinary English man and woman can find the present reality of Christ and worship Him sincerely and unselfconsciously then we must carry this out in contemporary language. Let us not forget that the 1662 Prayer Book eventually appeared for this very reason—that worship should be in contemporary language.

By all means in our liturgical revisions let us be careful to preserve doctrinal balance, simplicity and beauty. But let us make sure that we provide a worship that any Englishman can enter into wholeheartedly.

(Rev.) JOHN D. R. RAWLINGS
Aldershot, Hants.

Tautology

SIR—I was perturbed to read Mr P. H. F. Harvey's letter on the subject of tautology. And I am sorry that he can be deluded into believing that usage is the only proper criterion of grammatical correctness.

The particular error involved, "from whence," recalls to my memory the story told by Sir Neville Cardus about an incident which occurred during his early days as a reporter.

It happened that in a moment of carelessness he had allowed the phrase "from thence" to get into print. The unfortunate journalist was duly summoned by his editor, whose wont it was to scan the columns of his paper to see that howlers of this kind did not escape his notice.

This one had not passed unnoticed: "You should know by now that the term 'from thence' is not English and is therefore banned . . ." In spite of being thoroughly aware of his guilt, the young man perhaps unwisely chose to retaliate, quoting Henry Fielding and particularly "Tom Jones" as his authority. "Really?" came the editor's reply: "Well, my dear fellow, all I can say is that Mr Fielding would not use 'from thence' twice on my paper. Good-night."

It is to be hoped that Mr Harvey will now be convinced of the folly of "from whence" and that in future he will be proud to say "from where" or "whence" where in the past he has, of his own admission, always said "from whence."

TIMOTHY RHODES
Leeds.

Mother Elizabeth

SIR—We are engaged in making a documentary film about the Grand Duchess Serge of Russia

and Duchess,

rising costs:

do-it-yourself

THE worst of the energy crisis may be over, but the lessons that we've learned will stay with us for a long time. We know now that turning off the lights here and there means smaller bills, that driving at 50 mph cuts down on petrol, and that cooking with less fuel and save money. A good many of us will go on doing these things for a long time.

But there's another lesson we could well learn to take care of the home and all that is in it, for heaven knows how we are going to replace the things we pay for maintenance in the months to come, when the bills become. Four hours' work by a plumber can equal £30, and to replace an electric flex costs £1.85, judging by two bills I recently received.

To help you in your home repairs there's a new paperback book* which describes in pictures all the jobs to be done.

With this, the most clumsy handyman or woman could tackle jobs like fitting a lock, cutting glass, laying lino, insulating the loft or even laying a brick wall.

You can beat the plumbers' bills by replacing your own tap washers or replacing a cracked pan; the book even tells you how to enamel a bath and it sounds so simple I reproduce it:

You will need a tin of bath enamel, a sponge, wet and dry emery paper, two good, soft brushes, white spirit and two small empty tins. First remove the

bath plug and clean them off your painting. Drain down the bath with water and detergent.

Rub down the bath with wet paper, dipped in water, to get rid of scratches or chips and allow to dry. Empty tins to string to catch drips could ruin your work. Wipe all surfaces with white spirit and a cloth.

Prepare the enamel; thoroughly stir and follow the manufacturer's instructions. Apply the first coat evenly all over, starting from the bottom of the bath and up the sides of the bath and finally the top. Allow to dry for at least a day. Wipe off after the enamel begins to set. Patches will remain.

Work the enamel quickly and evenly and allow to dry for 24 hours. Then fill the bath with cold water and allow to stand for another 48 hours before the enamel is finished.

Other useful tips for this household include home safety as telling us that on saucepans the cooker should be turned inward to avoid moving stains. It also covers bricks and surfacing brickwork, wood and lino.

When it comes to tending up the bath instead with a sponge may well be a good idea by the way in the

ice

irt



ETIER SAUNDERS

Tired out? It could be something you have eaten

IT'S rare to talk to a septuagenarian who's also an optimist, but in the case of world-known nutritionist, Mr Benjamin Gayelord Hauser, his longevity and his cheerfulness stem naturally from his work.

He's always preached that happiness and beauty, as well as health, start with the right food.

"Years ago I had to plead for reform," he said. "Now it's happening and it's the young people who've done it. Everyone from the tycoons to the hippies come to me for help these days."

But this erect, sun-tanned man who's an unbelievable 77 (in London this week "just to have fun") hates the idea of dieting for discipline's sake.

"The reason my books have been so successful is because I took away the 'cultness' of health diets and insisted food must taste and look good as well.

"I'm against people being neurotic about their food. When I started 40 years ago the Seventh Day Adventists were preaching about dietary laws, and this approach still hangs on a bit with the Jehovah's Witnesses. But I'm not an apostolic.

"You must treat your body like a favourite animal—give it what it needs and forget it."

At Taormina, where he spends five months of the year, he grows oranges and lemons, keeps chickens and makes olive oil.

During the rest of the year, at his Beverly Hills home, he has plenty of opportunity to observe the effects of urban stress on people.



GAYELORD HAUSER at 77
Here just for the fun

"But people don't realise that certain foods produce stress, as well as living conditions. Carbohydrates generate stress because they are vitamin thieves and take all the Vitamin B in the body to burn them up. Some people live entirely on stress foods and so are tired all the time."

Mr Hauser insists that he was one of the earliest critics of artificial sweeteners 20 years ago, "because I knew they were toxic." Now he's trying to make people realise that there are actually foods to help them combat polluted air.

"Vitamin E keeps the blood vessels dilated and neutralises the toxins you breathe in.

"I'd like to see health restaurants everywhere," he said. "But not like some of the crowded, noisy ones I've seen in London. How you eat your food is important, too. If you eat in a tense atmosphere then you won't get the same nourishment from the food as you would if you ate in a relaxed way."

He would particularly like to see the British give up such dietary crimes as over-cooking vegetables and throwing away the water.

"All foods that have been overcooked and over-bleached are bad," he said uncompromisingly. "In my next book, 'Tender-loving Cooking,' I'll be teaching people how to cook in five minutes. For example, carrots, celery and cabbage can all be shredded very finely, put in a pan with a bit of melted margarine and turned in it for three to five minutes. This keeps all their nourishment.

"But at least you British haven't gone as far as the Americans in becoming starch, sugar and fat crazy; allowing most of the nutrition to be taken out of your food, and replaced with synthetic

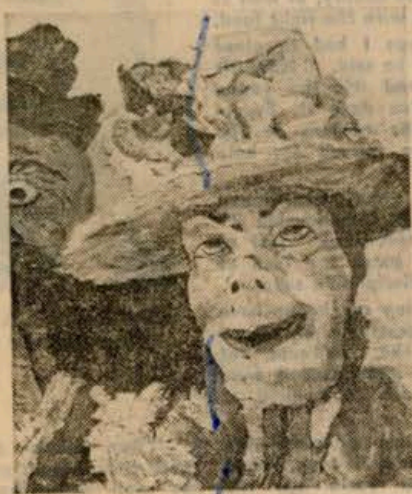
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The impression she gave me, interviews and at conferences, was that, while lacking her father's philosophic intellect, she is an abler politician. She seems more realistic than Nehru, possibly more ruthless, and certainly her judgment of people is clearer.
 Whether a great deal will be achieved by the tour is problematical. She will not be asking anyone to go to war over Pakistan, but is certain to ask that all sanctions short of war should be imposed to bring about the changes in East Bengal without which, as she well knows, the refugees will never agree to return.

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ON DAY BY DAY

et and National ars. At Brighton displaced Tony member of the the runner-up
 vly missed elec- Cabinet, polling 4th in the ballot ilson called him s for the fight Relations Bill. o-Marketeer but before the poli- in the Labour command a lot et votes, as well



Masked figure by Ensor

accompanied by articles by different writers on the various artists.
 I reproduce a detail of one of the remarkable studies of grotesque masked figures by James Ensor, the Belgian-born son of a Scottish father, whose works dominate the exhibition. He died in 1949.
 The annual reception for the King of the Belgians' Day, normally held at the Belgian Embassy, is to take place next month among the paintings.

Honest countrymen?

AT yesterday's party to mark the 50th year since the foundation of the Rural Industries Intelligence Bureau—the word "Intelligence" was dropped later—Lady Albemarle, a man of the Development...
 spoke of the large a lent by the Council tries in Rural Areas.
 The loans, for buy buildings, and for p have ranged from Yet the bad debts, infinitesimal propor in fact, one in 400.
 Sir Paul Sinker, t man, would not be o he thought highe honesty existed in than in the towns. countrymen were haj men, because money portant and their wo ings made them mo

Composer on w

LARRY ADLER, music for the fil don to Brighton V "Genevieve," will f ambition at the nex and take part in i Montagu, in his 1903 drive him and Jaci champion racing dri

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at the Royal k by Flemish 1950, which the ted with King

National expe

SIR—The Am' ment in New welcomed th to receive P on the grov wonders wh power wou to Britain realism of
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From Mr JAM SIR—The T Gallery have portion of th for some ye to purchase Actaeon? this Titian other pictur ket in the lesser impo
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are like people who are collecting stamps only from France, or only from Tanzania. That must change.

RAVI SHANKAR AND WESTERNIZING RAGAS.

The kind of junk he is doing now is not at all in the true Indian tradition. It's a kind of colonialism in reverse. He was a good musician. Now he's a Neapolitan mandolin player.

MUSICAL EVOLUTION. History is much like the guillotine. If a composer is not the one, if he is not moving in the right direction, he will be killed, metaphorically speaking. The evolution of music, and everything else for that matter, depends on people who are gifted enough to understand that change is an absolutely irreversible process. You cannot ignore the historical landmarks of music. Because if you ignore them, history will ignore you.

WHEN CIVILIZATIONS CRUMBLE.

I think we are in danger of that, at least musically. When civilization is dying, everybody is walking on tip-toe, afraid to speak, as though they were in a sick-room. What I find healthy is when everybody is strong enough not to fear replacing the old with the new. The spirit of discovery is a main feature of a very strong civilization.

STRAVINSKY, DEBUSSY, WEBER.

They were part of my education, my growing up, but there are certain problems in your life which never come twice. I have now reached the point where I don't need any fathers any more.

CONCERT AUDIENCES. People cough too much, but I don't mind the coughing itself as much as I mind what it means—a failure of communication on both sides, on their side and on mine.

I don't want the concert to be a church. In no way am I in favor of being polite when you are not pleased. What I want is simply that the audience behave the way they would if somebody tells them something important. That and no more than that.

THE PLACE OF POP MUSIC. I am not terribly interested in it because it is a part of everyday life, like the automobile. It is not music of discovery, but music of entertainment, and I have nothing against that. After all, you cannot brush your teeth with genius. I mean, who wants to hear *Parsifal* in the morning?

OPERA. The only good that could come out of the world of opera today would be an extensive study of the relationship between pure speech and pure music. I have no objection to the opera as a museum—after all, museums have their place—but I don't see any future in it.

ON HIS PERSONAL PHILOSOPHY. I couldn't possibly live without the unknown in front of me.

into a higher, more spiritual being.

Which way will we go? The author opts for evolution. While such optimism is as welcome as it is rare these days, it is largely based on mysticism and intimations of a "new planetary culture," which Thompson shares with Philosopher Teilhard de Chardin and Science-Fiction Writer Arthur C. Clarke. This is thin epistemological ice even for a skater as fast as Thompson. Indeed, incredulous readers may drop the book after the first reference to "our lost cosmological orientation." That would be a mistake. Agree with it or not, *Pasages* is always fascinating, a magical mystery tour of man's potential.

The shape of the book is a personal odyssey. It is launched when Thompson, now 35, quits his job at York University in Toronto and heads out to visit the "prophets" who arise in times of stress "to reformulate the traditional path through the maze of nature, self and society." As a historian, he knows that the implications of great societal upheavals like the Industrial Revolution were first grasped by "crazies" like William Blake, whose ideas gradually percolated down to artists, savants and finally pedants.

But most of the present-day prophets disappoint Thompson. Architect Paolo Soleri, with his beehive city projects aimed at accommodating architecture with ecology, and Educator Ivan Illich, with his hope of "deschooling" society, turn out to be looking backward. Reacting to a world too full of growth, they strive to return to simpler, medieval values. (Nevertheless, both Illich and Soleri represent something Thompson admires: the achievement of authority unaccompanied by institutional power.) The Club of Rome, on the other hand, looks forward to a world of no growth. But Thompson dismisses its recommendations too because he distrusts rule by any "technocratic elite."

Far-Out Colony. That leaves the people who look inward, the mystics. Thompson approves of the effort of Yogi Gopi Krishna and German Physicist C.F. von Weizsäcker to meld Eastern wisdom with Western science. Such a union represents Thompson's ideal of Pythagorean science, involving "cosmological thinkers for whom art, religion and science are different idioms of the single language of contemplation"—in short, what Thompson regards as a means to the new planetary culture.

The book's last stop is Thompson's visit to a far-out colony called Findhorn, near Inverness in Scotland. The Findhornians devoutly believe that "matter is a condensation of consciousness." Therefore "you can commune with plants and spirits of nature if you know how to pitch your consciousness at the same vibratory level." Thompson likes the idea, in part because it appears in

so many pantheistic myths and in part because his search is for just such an evolutionary potential in man.

In his own life, Thompson has done the only thing open to a scholar with such penchants but no mystical or magical experience. In 1973 he founded his own learning center in Southampton, N.Y. It is called "Lindisfarne" after an ancient monastery school in Scotland that helped keep learning alive through the Dark Ages. There Thompson and his followers are quietly preparing for cultural transformation, whatever form it might take, whenever it comes. ■ Philip Herrera



—JOHN ROBERT HOUSTON/ROBERT LIT

The young earth probably underwent a similar period of bombardment and volcanic eruptions. But about 4 billion years ago, the histories of the earth and moon veered sharply apart. While the weak lunar gravity could not prevent the volcanic gases from escaping into space, the more massive earth held on to its volcanic vapors; it also was better able to retain its internal heat. The atmosphere and seas were formed, creating conditions for the first stirrings of life. Eventually, winds, water and mountain-building eradicated or covered virtually all geological traces of the planet's violent beginnings. In contrast, the moon has remained largely unchanged since its last burst of volcanism, disturbed only by an occasional meteorite or a periodic moonquake (caused by the gravitational tug of the earth or sun as the moon's lopsided orbit occasionally brings the moon closer to them).

Holy Grail. That, at least, is the picture that emerges from the lunar rocks. But one overwhelming question remains: If the moon was indeed formed from rocky chunks of matter in orbit around the earth, how did the debris originate? Scientists have devised ingenious scenarios to answer that question. At the Houston conference Geochemist John A. Wood of the Smithsonian Astrophysical Observatory in Cambridge, Mass., suggested that thousands of chunks of debris shooting through the primordial solar system were trapped near the earth and broken up by gravitational forces; but many of their heavier components, notably iron, were thrown back into space. That would explain the paucity of such materials in the moon rocks. After innumerable collisions, these fragments eventually formed a lunar-sized sphere.

A different approach was put forth by Geochemist A.E. Ringwood of the Australian National University in Canberra. He speculates that the ring of debris around the young earth was not captured from afar but formed out of hot gases left over from the formation of the earth itself. As such gases condensed, laboratory experiments have shown, they would have formed solids similar in composition to the moon. Yet each of these intriguing ideas has its strong critics. As Ringwood dryly concedes: "There is no consensus regarding the origin of the moon."

If the post-Apollo studies have shown anything at all, it is that there is, as yet, no overall explanation for the origin of the planets—or their moons. Says Caltech Geophysicist Gerald J. Wasserburg: "Before Apollo, there was one magic recipe in the solar nebula by which all the planets, including the moon and earth, were formed. No one thinks that way any more. The Holy Grail is gone, and we're beginning to face the real problems of planetary formation for the first time."

Born. To Paul McCartney, 29, renegade Beatle, and Linda Eastman, 30, the honey blonde American divorcee who ended his bachelorhood two years ago; their second child, a daughter; in London. Name: Stella.

Engaged. W. Averell Harriman, 79, negotiator with Communist powers, high-ranking Government official for four Democratic Administrations, and former Governor of New York; and Pamela Hayward, 51, British widow of Producer Leland Hayward and mother of Winston Churchill II by her earlier marriage to Sir Winston's son Randolph. It will be the third marriage for both.

Died. Harald Lander, 66, Scandinavian ballet master and choreographer who helped mold the Royal Danish Ballet into one of the world's greatest troupes; of leukemia; in Copenhagen. During his 19 years as ballet master, the former dancer choreographed such highly praised productions as *La Valse*, *Spring*, and his modern masterwork *Etudes*. In 1951 scandal ended the Danish phase of his career; he was accused of taking liberties with ballerinas and forced to resign. Instead of retiring, he went to France and was soon appointed ballet master at the Paris Opera.

Died. Roland de Vaux, 67, the French Dominican priest and biblical scholar who was one of those who penetrated the mysteries of the Dead Sea Scrolls of a heart attack; in Jerusalem. Ten years after a Bedouin shepherd stumbled onto a cave near the Dead Sea in 1947, De Vaux was among a party of archaeologists who journeyed to the spot. There they uncovered more than 40 previously unknown caves, many containing ancient Hebrew, Greek and Aramaic manuscripts. The 2,000-year-old documents, pieced together and edited by an international team of scholars headed by De Vaux, turned out to be one of history's greatest archaeological finds.

Died. John Desmond Bernal, 70, physicist-philosopher and ardent Communist; of a stroke; in London. Called the "Sage" by fellow British scientists because of his encyclopedic knowledge, Bernal infuriated them with one of his favorite theories: "In capitalist countries, the direction of science is in the hands of those who hate peace." Nonetheless, they recognized the greatness of Bernal's own contributions to science, including experiments with crystals in the 1920s and '30s that helped lay the groundwork for molecular biology. When Sir John Anderson, Home Secretary at the outbreak of World War II, was criticized for hiring an outspoken Communist to work as an explosives expert, he replied that he would employ Bernal "even if he is as red as the flames of hell."

A GOOD SLEEP . . .

OVER years of Continental driving I've found that locating a nice quiet room requires a technique which only comes with experience—the kind of experience my wife and I had while driving deep in the wild, wooded stretch between Bordeaux and Bayonne.

The village was an oasis of quiet. We found a small hotel which provided a good meal and what we thought would be a nice quiet room for the night.

Only when we went to bed did we discover that the hotel was alongside the village church whose clock chimed every 15 minutes all through the night.

In central Brussels I once chose an hotel isolated from the main road by a large square surrounded by hoardings. My sixth-floor front room was high enough to escape traffic noise from the street below.

But at 6 a.m. next morning, bedlam broke loose. From the window I looked down on the square where, behind the hoardings an army of trucks, tractors, cranes, bulldozers, cement-mixers and pile-drivers were at work . . . preparing foundations for an underground car park.

Deep in the countryside my nights have been disturbed by cocks that began crowing at 3 a.m. and in big city hotels I have been disturbed at all hours by people riding up the lift-shaft adjoining my bedroom.

What I've learned from experiences like these is that when seeking a nice quiet room, look and listen first.

Look for railway stations and shunting yards, bus stations, garages, milk depots, wine co-operatives or markets. All these can result in heavy traffic noises at an early hour.

Try to find an hotel away from main roads and streets and keep an eye open for construction work. In the hotel itself, ask to see the room, preferably on the hour or half-hour, so that you can hear any nearby chiming clocks. Study the location of the room itself in relation to public bathrooms, toilets and lift-shafts, and try to avoid a room next door to staff rooms, where chattering domestics will rattle their cleaning implements or the utensils for making early morning tea or coffee.

Raymond Palmer

by-election

By SEAN

CONSTANTLY on the who can project at BBC Television current with their recent capture the heavyweight presenter of Independent Television News.

Presumably this delight will have been only slightly modified as a result of the *Midweek Special* (BBC 1) early yesterday, when Mr Burnet presided with mostly serious intent over the gathering of the by-election scores.

It was curious that he kept insisting that both Uxbridge and Sutton were either in or "on the fringes" of West London, but however sketchy his learning in geography nobody can more portentously ask politicians the big questions like: "Is this not a failure of the Parliamentary system?"



As to the problem of padding in such programmes, Mr Burnet is a real soldier. He asked his MP guests for predictions and was not the least disconcerted when Labour's Mr Denis Healey replied the "The sensible thing is to wait a few minutes for the result" and the Liberal Ald. Cyril Smith added: "Better wait and see."

At one desperate stage he attempted to predict the Sutton result from the facial expressions of his guests. "I am looking round, Ald. Smith is smiling, Mr Healey is laughing and Mr James Prior is looking pensive," he announced triumphantly.

Mr Prior for the Conservatives took the news from Sutton manfully and was much addicted to the expression "a kick up the backside." "Surely this is a real black eye for the Government," helpfully advanced Mr Burnet. The Government spokesman could not be diverted; he could not "disguise the fact that this is a real kick up the backside."

Such delicacy from Mr Burnet did not extend to the National Front candidate Mr John Clifton who came within 730 votes of the Liberal at Uxbridge and was dismissed as an employee.

Simply less intelligent now than they were. Worst of all, Salmon removed the professional senior nurse from the wards by creating a situation in which they can only get more money by becoming administrative. This means the experienced departmental sisters get pushed upstairs. The ward sisters who replace them are very junior and don't have the experience.

Young consultants like us come from teaching hospitals where standards have been high and we try to maintain those standards. But the standards all around us are falling and are going to go on falling. We can't do our job without a good back-up service of nurses, physiotherapists, speech therapists, radiographers and so on—and we're not getting it.

The Naylor's are both maximum part-timers, which means they give up two-thirds of their salary to work a notional 31-hour week (in fact considerably more) and have the right to treat private patients. Last year Mr Naylor doubled his NMS salary of nearly £4,800 by private work at a Nuffield nursing home near by.

We are both prepared to resign from the Health and

'Nursing standards have fallen very, very markedly in the past 10 years. It's partly because of the shortage of numbers but largely because the required educational standard has been considerably reduced. Young nurses are

and work at the new Basildon consultants three years ago anaesthetist. They became Ann, is 35 and a consultant general surgeon; his wife, Harry Naylor is 37 and a team in Shenfield, Essex. Mr husband and wife consultant

Next I talked to an unusual husband and wife consultant team in Shenfield, Essex. Mr Harry Naylor is 37 and a general surgeon; his wife, Ann, is 35 and a consultant anaesthetist. They became consultants three years ago and work at the new Basildon

by a Staff Reporter.

DOCTORS and consultants who give up work in the National Health Service for private practice will be 'blacked' by 20,000 hospital technicians, the Association of Scientific, Technical and Managerial Staffs warned yesterday.

Mr Clive Jenkins, general secretary of the union, claimed that this ban would stop the creation of a rival health service.

The ban will apply to specialist services, such as pathology, radiology, blood transfusions, cardiology, audiology, psychology and biophysics, which at present are available only in NHS hospitals. Mr Jenkins claimed it would be impossible to get the work done elsewhere.

'If anybody wants to make money from the sick, they will be shut off from NHS laboratories,' he said. At present consultants who mixed private practice and NHS work had all their analyses done by NHS technicians.

'The taxpayer is providing this service,' Mr Jenkins said. 'Some of the more generous consultants reward the laboratory assistants by inviting them out for dinner at Christmas. As President Nixon would say, we are going to piss on the consultants.'

Free contraceptive supplies prescribed on social rather than medical grounds

are to be withdrawn from National Health Service hospital clinics, doctors decided yesterday at the British Medical Association annual conference in Hull.

The ban will be enforced as soon as possible and remain until Mrs Barbara Castle, the Social Services Secretary, agrees a fee with both hospital and family doctors for providing family planning advice and supplies.

When it is imposed patients will either have to go to Family Planning Association clinics or to their family doctors, who will give them a private prescription for a fee.

The doctors are also insisting that extra money for contraceptive services must be found from outside the Health Service budget.

On the Isle of Wight, where some hospital workers have been on strike for six weeks, plans are being made to send non-emergency patients home.

The strikers have prevented clean laundry entering the island's seven hospitals and yesterday patients were issued with paper sheets. Supplies of these are expected to run out tomorrow. Ambulance drivers and hospital porters have decided to do only essential duties.

The action is over an incentive bonus awarded two years ago but still unpaid. The island's health authority says it has no money for the bonus.

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spot of the Army went to a Gurkha for the first time at Bisley yesterday.

Corporal Surjaser Rai, 31, of the 10th Gurkha Rifles, was 27 points ahead of his nearest rival with a total of 588 out of a possible 660.

The long wait

About 500 prisoners awaiting trial in Onitsha Prison in Eastern Nigeria have been held for as long as four years, Nigeria's Legal Aid Association said yesterday. Most of them had been charged with minor offences such as vagrancy, it was claimed. The association said there was evidence of starvation among the prisoners and some appeared to be mentally deranged.—Reuter.

Surgeon injured

The Queen's Surgeon in Scotland, Sir John Bruce, 69, was seriously injured last night in a car crash in Edinburgh.

Benn will see sit-in workers

from MICHAEL NALLY: Liverpool, 13 July

LEADERS of the 1,200 workers occupying the International Property Development Industrial factory at Kirkby, near Liverpool, are to have talks in London on Monday with Mr Anthony Wedgwood Benn, the Industry Secretary.

They will tell him that they intend to remain in control until they have assurances about the future of the factory, either through intervention by a suitable, reliable buyer or the establishment of a workers' co-operative.

'No threats—just enough to

£2.50 instead of expected. The hold increases, a shift allowance of £125 a year and two days' extra holiday.

The committee has called on leaders of the Transport and General Workers' Union to press for immediate renegotiation with the company. They are meeting in London today. The stand is a major embarrassment to Mr Jack Jones, the TGWU general secretary, who backed the 'social contract' last week when he said: 'Either we believe in the Labour Government or we stand aside and forever sacrifice the right of working people to participate in Government.'

But Mr Chris Cullen, convener at Stanlow, said: 'The union can't get away from its duty to back the members in their fight for better pay even if there is a threat of hurting Labour.'

than 450 jobs can be retained.

The occupation is well organised, probably because many of the workers cut their teeth on the sit-in at the factory in 1972, when it was owned by Fisher Bendix. That action, also taken to save jobs, ended after Mr Harold Wilson, MP for Huyton and then Opposition Leader, stepped in and found Mr King ready to try to save the enterprise.

Today, security patrols of the complex behind the main workers made the rounds of gates which were welded together to signify the start of

the age of 15, rather than by con
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It is obvious that the circum-
stances surrounding the raising of
the sentence to 15 in 1946 were
vastly different from now. In 1946
there was a post-war pioneering
spirit of social justice about. In
1974 there is no revolution, only
a sense of disillusion. It has been a mistake,
black-
ter
inactive optimists they are, hoped

★

R. Mattingly
Leigh on Sea, Essex.

Le journal d'un cinéaste en Inde

La vérité sur l'Inde, pays uni par une commune misère, la surpopulation, a été révélée aux habitués de Connaissance du Monde, lundi et mardi en soirées et matinée au Théâtre de Vevey, par le cinéaste Guy Thomas qui est venu leur parler de ce mal incontrôlable, en apparence incurable.

Habitué à ce genre de problème que l'on retrouve dans les pays du tiers monde, Guy Thomas a pris le parti de filmer, au jour le jour, sans rien cacher de la vérité, ces foules rencontrées au hasard de ses pérégrinations à travers les villes surpeuplées et les campagnes faméliques de l'Inde. Des millions d'êtres sont voués inexorablement, dès leur naissance jusqu'à la fin de leurs jours, au sort des mal nantis. Guy Thomas a démontré, en même temps, que cet état de chose absurde ne porte pas atteinte à la sérénité et à la dignité de ces populations chez lesquelles un homme sur trois mange tout juste à sa faim. Il semble donc que les habitants de l'Inde, en général, ne se ressentent pas à la manière des Occidentaux des privations excessives dont sont victimes, chaque année, des millions d'êtres de plus.

La beauté des regards, le sourire éclatant qui illumine des visages sans haine, la candeur que l'on retrouve

partout aussi bien chez le vieillard que chez l'enfant, les habitudes d'hygiène et les rites sacrés pratiqués par tous, que le cinéaste a saisis sur le vif sont là pour le prouver. Mais à nos yeux d'Occidentaux saturés de biens de consommation, cette odieuse misère en Inde nous est intolérable. Et nous sommes portés à mal juger les gens qui en sont les malheureuses victimes, les accusant — à tort — de laisser-aller, d'apathie.

C'est là un point de vue dissident qui prouve qu'entre l'Occident et l'Orient se dresse un véritable barage de problèmes idéologiques difficilement franchissable. Médecins, éducateurs, spécialistes, écologistes, économistes, techniciens, hommes et femmes de cœur de toutes nationalités, ont essayé et essaient encore d'amener la population à prendre sérieusement en main son destin, grâce aux méthodes contraceptives. Certains groupements ont accepté de suivre les directives qui leur ont été suggérées. Mais l'Indien est un être contemplatif. Il n'a pas les deux pieds sur terre. Il vit trop dans la compagnie des dieux que l'on rencontre à chaque pas, à la ville comme à la campagne. Il attache plus d'importance aux progrès spirituels. La misère est un chemin de Sagesse qui mène à la Connaissance.

Au travers de l'épreuve, la vérité

qui relève que la commune a accordé un subside à l'ASSV pour son activité future.

● Activité en 1974

Concernant l'activité en 1974, l'accent a tout d'abord été mis sur la rencontre Vevey-Neuchâtel, des 7 et 8 septembre prochain, lors de laquelle ce seront uniquement des sportifs ayant moins de 20 ans qui seront inscrits, sauf pour les disciplines où cela n'est pas possible, certaines sociétés n'ayant pas encore de juniors, comme le rugby, par exemple.

Puis l'accent sera mis sur la consultation permanente entre les responsables techniques de toutes les sociétés de l'ASSV.

Pour ce qui concerne l'activité sportive à l'école et les contacts avec le corps enseignant, on est loin d'être content de ce qui se fait actuellement. C'est ce qui est apparu lors d'une longue et intéressante discussion. Pourtant, un progrès a été effectué grâce aux classes à option des samedis matin, auxquelles participent les

membres que la « Feuille d'avis de Vevey », qui soutient de son mieux les sociétés sportives, ne serait-ce qu'en leur ouvrant largement ses colonnes, peut beaucoup pour leur développement, mais que celles-ci doivent faire un effort en donnant aussi bien au comité de l'ASSV qu'au journal local leur calendrier des manifestations. Elles ont tout à gagner à ce que l'on parle de leur activité.

Puis l'assemblée générale, à laquelle 19 des 21 sociétés membres participaient, avec un ou plusieurs représentants, se poursuivit au-delà du moment où le meneur des débats, Raymond Jan, la déclara close. Cela prouve que les sportifs veveysans sont conscients, d'une part, de l'importance d'un groupement des sociétés sportives veveysannes et, d'autre part, que l'activité de l'ASSV peut être plus intense que ce n'est le cas actuellement. Les débats de jeudi dernier ont en tout cas prouvé, si besoin était, que l'avenir du sport à Vevey intéresse une bonne partie de la population veveysanne.

Fi

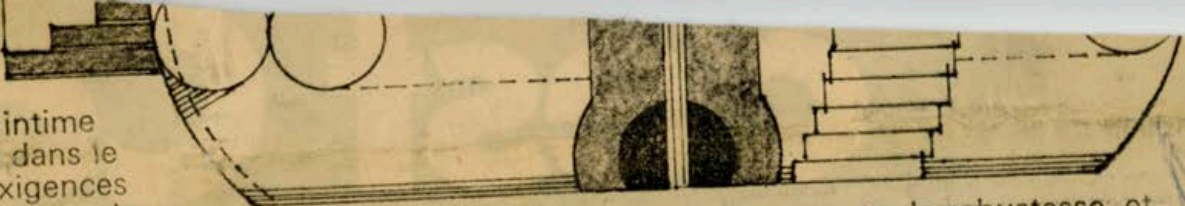
Ma grâce te suffit.
II Cor. 12, 9.

Monsieur et Madame Auguste STRITTMATTER-HUBER ;
Monsieur Frédéric STRITTMATTER ;
Monsieur Philippe STRITTMATTER ;
ainsi que les familles parentes et alliées,
ont le chagrin de faire-part du décès de

MONSIEUR

Henry HUBER

leur très cher père, beau-père, grand-père et parent, qui s'est éteint paisiblement le 16 mars 1974, dans sa 87^e année.



Laisser son « moi » intime s'extérioriser librement dans le logement. Poser des exigences individuelles. Se débarrasser des clichés surannés pour trouver son propre style. Dans une villa comme dans une de ces « machines à habiter ». Ou avec de bons meubles. Car nous ne croyons pas à cette disparition des meubles que nous prédisent les « architectes de l'habitat abstrait ». Nous ne pensons pas que celui qui voudra vivre avec son temps n'aura d'autre ressource que de s'étendre, marcher, s'asseoir, manger ou parler sur un sol recouvert de moquette. Même s'il y a un précédent: l'homme des cavernes. (Mais il ne connaissait pas la moquette

et devait accepter encore quelques autres désagréments supplémentaires!)

Si l'on envisage, au contraire, l'architecture d'intérieur comme base pour un bon mobilier, elle garde toute sa raison d'être. Elle peut rendre une pièce attrayante, apte à être utilisée pour différentes fonctions, voire pour des soirées ou des réceptions. Par le recours à de bons meubles — de Scandinavie, par exemple. Des meubles solides, fonctionnels, aux formes anatomiques. En bois, gage de chaleur, ou en matière synthé-

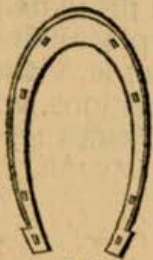
tique, toute de robustesse, et recouverts d'un matériau agréable au toucher.

Certes, nous ne vendons pas de meubles de style; mais nous vous présenterons tout ce qui a sa place dans un intérieur moderne. Visitez nos chambres-expositions, vous y trouverez un tas d'idées résolument tournées vers l'avenir.

zingg-lamprecht

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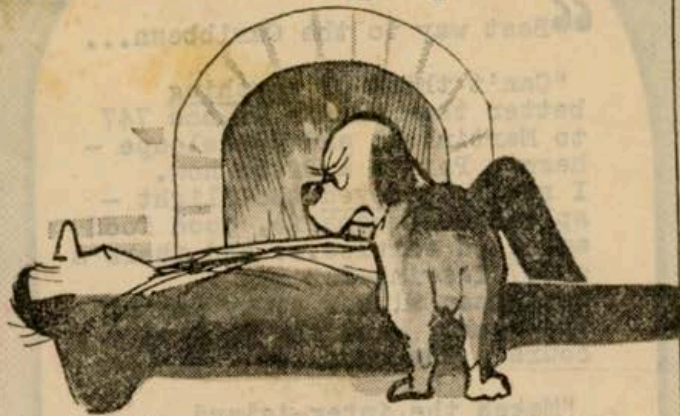
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EXPLOITATION OF SEX IN FILMS

SIR—The view of Mr John Trevelyan that public concern, such as that of Lord Longford, has increased the amount of pornography abroad is absurd. I write as one whose articles have in fact aroused public concern about this matter.

I wrote these after examining some weekly magazines, records, films and other cultural artefacts, on returning from Australia in 1970. I was appalled at what was being published—and even more by the absence of protest.

In every issue of each film magazine I looked at there were stills of sexual activity, much of it perverted. On records there were pornographic noises and suggestive verses. In magazines, many of them read by children, there were articles and extracts from books which I knew psycho-analysts considered perverted. And on the stage were indecent shows which the *New York Times* referred to as a new "degeneracy."

It is ridiculous to imply that this tide of the exploitation of sex has, as it were, been produced only by the reaction of the public against it. Mr Trevelyan well knows from his own experience that, as Mr E. J. Misham has said, "the steam behind the movement is economic." Films require money—and the brutalities of "The Devils," "Soldier Blue," "A Clockwork Orange" and others were not put on film without immense forethought and financial investment on the part of individuals who are capable of cool commercial calculation.

Their view of public morality is very

different indeed from that of the responsible individuals who have been brought together by Lord Longford to investigate the problem of pornography. They are not, to put it mildly, in the least concerned with public welfare.

Yet the influence of the new explicitness is evident most among young people. And while one welcomes greater freedom of attitudes in some ways, there is no escaping the facts produced by medical authorities, which show increasingly disastrous rises in venereal disease, unwanted pregnancies, and abortions among the young.

Mr Trevelyan, of course, adheres to the assertion that pornography has not been shown to be harmful. Many serious individuals, from philosophers to psychotherapists, are not so sure. Masud Khan, for instance, in a recent article, speaks of the dynamics of pornography as being "inherently fascistic," while Dr Robert Stoller of the Medical Research Centre, Los Angeles, says that its primary dynamic is "hostility."

There may be a deep connection between pornography, its reduction of the human image, and the decline of mutual sympathy—so that the implicit brutalities of obscenity are contributing to violence. In every country which has tolerated increasing pornography in recent years the rates of violence continue to rise—and now, as if in confirmation, our own films, for example, become increasingly sadistic. Mr Trevelyan's attitudes perhaps only show that it is possible to be morally corrupted by seeing too many "sex" films.

DAVID HOLBROOK
Lustleigh, Devon

be Rome's last fling?

THIS year's couture shows begin today—but are they the last?

There are people who think so, and, since nobody likes being in at the death, I shall be going to the shows, this week and next, with a heart bouncing between dismay and delight.

Paris couture is indeed in suspense, what with at least three of the big names withholding their shows from the Press (and showing only mere handfuls of collections, chiefly to private customers).

So it could be Rome's finest hour; it could yank itself forward to seize the crown as THE place where people take great cutting, great fabrics, marvellous detail as a matter of course.

But Rome is worried. The spiralling cost of living, strikes, consequent fabric delays, fall-off in private customers: all are giving the designers headaches.

Here, too, top names are not showing, including Forquet, the most exciting shape-maker of them all. Patrick de Barentzen has closed his house, is looking round for design assignments here and there. Carosa is not showing, neither is Antonelli.

Mila Schoen, Galitzine and Valentino will provide beauty and news, with Capucci and Laug certain to have fresh and astonishing cuts. The door is wide open for the unheralded



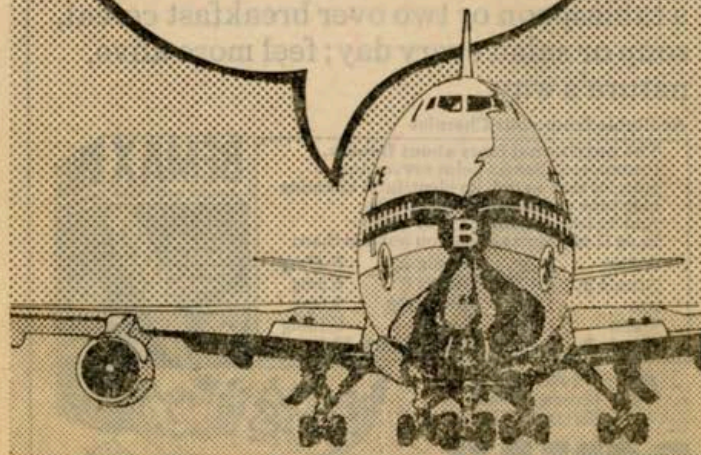
Critted Cagney: all-wool, fully-lined suit by Jaeger. In sizes 8 to 16, it is available in grey or navy with white, and costs £33. At all Jaeger branches now. Picture by Myrtle Healey.

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A LETTER FROM THE PUBLISHER

Putting together a TIME cover can produce a spirited clash of viewpoints among writers, editors, correspondents and reporter-researchers—one that ultimately serves to balance and enhance the finished story. Such was the case in dealing with the complex and controversial subject of psychic phenomena. Los Angeles Correspondent Richard Duncan was particularly open in his approach. One day at U.C.L.A., Duncan submitted himself to Kirlian photography, a process for measuring psychic energy. Although there were too few exposures to prove or disprove anything to his satisfaction, Duncan was interested to see that the developed film of his fingertips showed blotchy, whorled or spiky "coronas" that corresponded to his differing emotional states.

Senior Editor Leon Jaroff, on the other hand, brought rigorous scientific standards to his judgments on the story, and an admitted predisposition to skepticism. "Belief in these matters," he feels, "is less a function of intelligence than of psychological need." Although he firmly believes that even such widespread phenomena as *déjà vu* and cognitive dreams will eventually yield to rational analysis, he cannot rationally explain why, three times in a row last week, his clock-radio failed to go off, making him late for work.



KANFER (LEFT) READS JAROFF'S MIND

Even more bizarre was the mysterious force that glitched TIME's complex, computerized copy-processing system on closing night—at almost the precise moment that our psychic-phenomena story was fed into it. Against astronomical odds, both of the machines that print out TIME's copy stopped working simultaneously. No sooner were the spirits exorcised and the machines back in operation than the IBM computer in effect swallowed the entire cover story; it developed a flaw in its programming that sent the copy circling endlessly through memory loops from which it could not be retrieved. Thirteen hours and a second expert exorcism later, the IBM 370/135 snapped out of its trance and grudgingly returned the finished story to us.

Associate Editor Stefan Kanfer, who wrote the cover story, managed to remain free of psychic interruption last week. "I got into this topic," he says, "through the back door—some would say front door—of magic and mentalism. There are many tricks with which one can duplicate paranormal phenomena." Indeed, Amateur Magician Kanfer astounded numerous TIME staffers last week by seeming to guess correctly, over the telephone, cards that had been pulled from a deck in Jaroff's office—which is one floor below Kanfer's.

Ralph P. Davidson

THE MOOD

Embarrassment of Riche

It is an extraordinary case even by the epic dimensions of corruption in Italy. A parliamentary committee in Rome last week began examining evidence suggesting that major oil firms have been engaging in wholesale bribery of political parties to influence legislation. The scandal has reached into Premier Mariano Rumor's shaky center-left coalition government. Reportedly, as many as five former and present members of the 28-man Cabinet are under direct investigation. One politician is alleged to have collected more than \$30,000. In the city of Leghorn, meanwhile, a magistrate handed down indictments against the president and eight other top executives of Montedison, the huge chemical firm. They were accused of having permitted waste to be discharged into the Tyrrhenian Sea—a "criminal scheme of damaging its biological resources." The Italian scandals unfolded at a moment when popular indignation over buccaneering in business and public life seemed on the rise everywhere. Last week alone:

► The French Finance Ministry announced that it would bring 31 cases of alleged oil-company price fixing to court. At the same time, the city of Marseille brought charges against eight major oil firms on the ground that they "agreed on rigorous measures" to crush competition and thus hold up prices.

► A major controversy developed in Bonn over a leaked government report charging among other things that oil firms had conspired to create an artificial oil shortage.

► Britain's Tories, winding up a bitter election campaign, suffered embar-

arrassment at the news that big had never had it so good. Major reported 1973 profit increases as 50% and 75%. At the same was disclosed in the *Observer* top six oil firms operating in Bri paid a total of less than \$2 m U.K. taxes since 1965, thanks able laws and loopholes.

Long Binge. When Waterg broke in the U.S., many Europe ed to shrug—they have lived w dals for centuries. But the late of indignation suggests that pu erance of high-level manipulat be waning as Europe's econo down. Certainly there is publi ment toward those whose pr transparently gross. This politic was particularly evident in the election. One of the targets of bor Party campaign for a "Fair was Centre Point, a 33-story L fic tower. Though the building virtually vacant since its com decade ago, its owners have enough: the empty building's ca ue has increased from \$22.4 anywhere from \$100 million to lion today—a tribute to gen laws and a long binge of r speculation.

Yet for all the fresh conc who governs Britain—or Italy or West Germany, for that certain cynical fatalism endu wonder. Even if all of the acc ians were convicted, it would r the price of oil; decrees do week the Rumor govern nounced a 30% increase ir prices, the third such rise in fi

cast Team point out on page 28 likely to be hit by the three-day week 1974 they seem set to recover in the se of good overseas earnings.

is on the export side where the outlook is of manufacturing output is now exported remained high (there have been few can- the current

is is a point half of com- comes from his will help anies from nflation and

which is now rally after p of recent ook provides se for those recent days me selective

are still sub- nd financial market and a consider-

nd restraint any of the her profits rces being ders at the tter-than- k would of wide- com- uidity

ping of St. Martins over Hay's Wharf (apart from the moralising which will go on for some time) is St. Martins own vulnerability to a bidder. Chairman Mr. Frank Smith has done the honourable thing and resigned but in doing so has removed one of the major obstacles to an outsider absorbing St. Martins itself.

It is unlikely to happen immediately. But the position of Commercial Union with perhaps 17 p.c. of the shares, could well be significant. St. Martins shares have tumbled from 253p to 66p now, a 72 p.c. fall which is almost exactly the same as Town & City's collapse. They now stand at around 20 p.c. of asset value, which is one of the highest discounts in the sector.

St. Martins has some useful properties, particularly in the City. Sometime over the next year property men are taking bets the company will go—and Commercial Union is the favou-

NINE TO FIVE By H



"I was engaged in distress selling when my brokers were hammered."

sed on to another potential bid- der who could finally put Hay's shareholders out of their misery.

Copper key to R.T.Z. bonanza

ON Tuesday Rio-Tinto-Zinc, the giant international mining and industrial group which has interests in almost every leading metal and fuel, will announce its 1973 results. The weakness of sterling and the massive increases in metal prices over the past year ensure that the results will be good.

Copper is the key to R.T.Z.'s

"Well, actually, I'm all right, Jack."



APPRÉCIÉS DES TOURISTES DU MONDE ENTIER, LES QUAIS DE MONTREUX ATTIRENT DE NOMBREUX GROUPES D'AVEUGLES

D'une renommée mondiale, les quais de Montreux demandent un entretien minutieux. Depuis bientôt vingt ans, M. Affolter tient en main les destinées de plusieurs centaines d'essences, plus ou moins rares, qui font la beauté des quais.

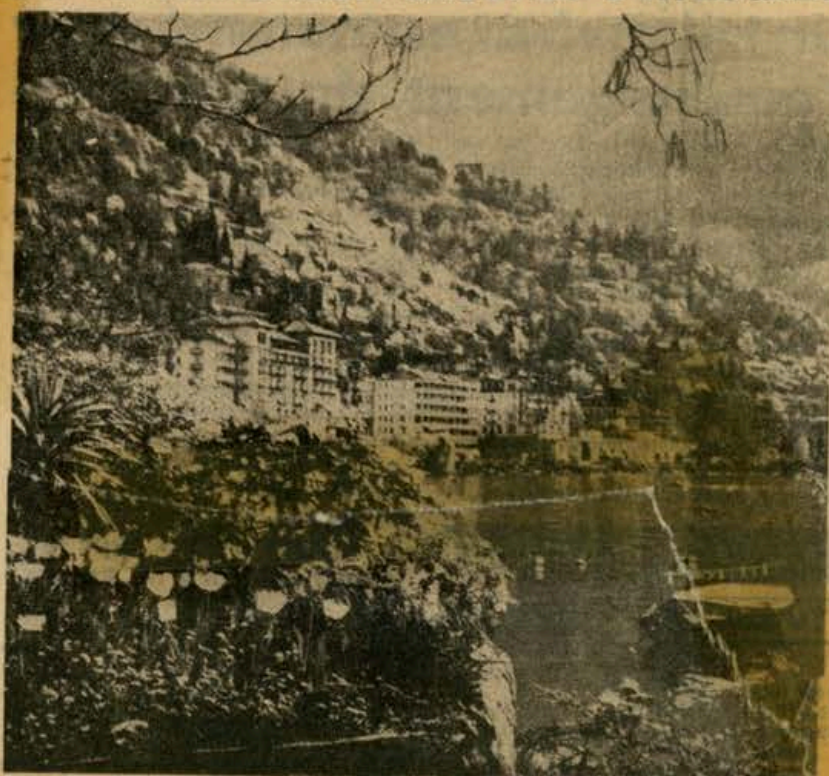
Nous l'avons rencontré alors qu'il faisait visiter les quais à une future stagiaire. De buisson en plate-bande, M. Affolter explique quelles sont les essences, quand elles vont fleurir. S'arrêtant devant quelques branches, que le néophyte considère comme encore endormies, il nous a déclaré : « Ici, il y aura un événement, cette année ce cornouiller va fleurir, ses fleurs seront jaunes, très grandes. C'est un événement à signaler... » Nous n'avions rien vu, rien pressenti !

S'approchant d'un palmier, il ausculte ses branches, son tronc, nous révélant qu'il fut planté en 1870 et que l'an dernier sept palmiers ont été plantés sur les quais. « C'est, nous dit-il, une réclame énorme pour Montreux. » A noter, pour ceux qui cherchent à faire pousser un palmier dans leur jardin que le pied du palmier doit toujours être au sec... Un truc : il faut que ses propres branches lui fassent un abri !

Un festival de couleurs

Cette année, les quais sont magnifiques, un véritable festival de couleurs. Pensées, tulipes, pâquerettes, giroflées, plusieurs centaines de milliers de plants ont déjà été mis en place. Au Jardin suisse, il vaut la peine de s'arrêter : 13 000 tulipes représentant plusieurs dizaines de variétés vont fleurir, entourées de jacinthes qui dispensent de véritables effluves odorantes.

Pour arriver à une telle harmonie,



Au premier plan, quelques massifs de fleurs qui font apprécier le quai de Montreux. (photo jdm-gh)

à une telle recherche, véritable synthèse entre la nature et la culture, M. Affolter fait confiance à ses hommes. Avec eux, il discute de l'ordonnance des plates-bandes, de leur conception, puis il laisse chacun s'exprimer, réalisant ainsi une œuvre d'art sans cesse renouvelée, que les touristes aiment à retrouver à Montreux.

Cinq kilomètres de quais, sept mille mètres carrés de plates-bandes (souvent de moins d'un mètre de large), dix hectares de jardins publics, sans compter de nombreux talus, un budget important, dont près de cent mille francs pour les fleurs... voilà le domaine des jardiniers de la ville. Tirons-leur, comme chaque printemps, un large coup de champagne. Grâce à eux, la promenade sur les quais de Montreux est toujours une joie, même lorsqu'on est aveugle... En effet, Montreux attire de nombreux groupes d'aveugles, grâce à ses quais et à ses jardins. Depuis des années, M. Affolter et son équipe ont à cœur d'offrir à ces promeneurs particuliers des plates-bandes aux multiples senteurs, ce dont ils sont d'ailleurs régulièrement remerciés !

Festival des yeux et des narines, les quais de Montreux seront encore plus beaux cette année. D'abord parce que, d'année en année, une devise anime les jardiniers de la ville : « Faire toujours mieux », ensuite parce que si le temps est clément, la floraison sera incomparable. Année bissextile, plates-bandes fumées, tout est mis en œuvre pour assurer une saison grandiose.

Souhaitons donc que les Montreu-siens se joignent aux nombreux touristes pour profiter de ce cadre unique au monde, de ces jardins dont la renommée n'est plus à faire ! E. Fz.

e de 132,4 millions inférieur aux prévisions. Le déficit — le premier depuis 1922 — imputable surtout au renchérissement, qui a pris une ampleur inattendue, résulte en premier lieu d'un surcroît de charges d'exploitation de 166 millions de francs, dont 130 millions

traine à prendre... pres à rétablir son équilibre financier et à lui permettre de s'en tirer par ses propres moyens. Or, cela n'est possible que si les taxes sont adaptées à l'augmentation des frais, ajoute le communi- (ats)

Un triumvirat est nommé pour l'aménagement du territoire

L'aménagement du territoire, tel que le prévoit le nouvel article 22 quater de la Constitution fédérale, exige maintenant une volonté d'agir qui doit se manifester sans retard. Telle est, en substance, la déclaration de M. Furgler, chef du Département fédéral de justice et police, au début de la conférence de presse qu'il a présidée mercredi après-midi.

Dans sa séance de mercredi, le Conseil fédéral a nommé ce délégué, en la personne de M. Martin Rotach, professeur à l'École polytechnique de Zurich. Ses deux adjoints seront MM. Marius Baschung, juge cantonal à Schaffhouse, et

Jean-Pierre Vouga, architecte de l'Etat de Vaud et ancien professeur à l'École polytechnique fédérale de Lausanne.

Ce « triumvirat », directement rattaché au chef du Département de justice et police, sera assisté d'une commission consultative de quinze membres, présidée par MM. Kurt Kim, ancien conseiller d'Etat argovien. La Suisse romande y est représentée par MM. Bernard Bornet, chef du service du tourisme, au Département cantonal du tourisme à Sion, Roger Currat, architecte, urbaniste cantonal, à Fribourg, Marc-Henri Ravussin, conseiller d'Etat vaudois. (ats)

que du Département militaire fédéral, il s'agit d'un adjudant de 28 ans, Ruggerio Bassi, célibataire, de Nyon.

L'accident s'est produit vers 9 h. 15 lors d'un exercice de combat des escadilles 3 et 5. Deux doubles patrouilles formées d'un « Venon » et d'un « Hunter » effectuaient cet exercice. Selon des témoins oculaires, les deux appareils se sont percutés dans un nuage. Le « Hunter » s'est écrasé au lieu dit Hasli, près de Wimmis, au pied du Niesen. Le « Venon » a percuté le sol à quelques kilomètres de là, près de Hondrich. (ats)

DON A LA FONDATION GOTTFRIED KELLER

Un collectionneur suisse a fait don à la Fondation Gottfried Keller de plus de 400 gravures de Pablo Picasso. La fondation s'est engagée à déposer les éléments de cette collection dans les Musées des beaux-arts de Genève, Berne, Bâle et Saint-Gall, au Kunsthaus de Zurich et au Cabinet des estampes de l'EPF de Zurich, en tenant compte des œuvres de Picasso déjà en possession de ces institutions.

Cet automne, la donation sera exposée intégralement au Musée de Berne. D'autre part, les divers musées devront s'engager à exposer les pièces reçues en dépôt. La fondation accepte ainsi une condition posée par le donateur : dans un laps de cinq ans, le public devra avoir l'occasion de voir l'ensemble de la collection exposée dans l'une ou l'autre ville de Suisse. (ats)

STUPEFIANTS. — De hauts fonctionnaires de la police et des douanes, de 7 pays, participent actuellement, à Genève, à un cours de formation dans le domaine du contrôle des stupéfiants.

television

TV française Chaîne 2

Jeudi 13 avril 1972

- 14.30 (C) Aujourd'hui, Madame
- 15.10 (C) L'île au trésor
- 19.05 (C) Cérémonie et allocution de M. Georges Pompidou, président de la République
- 19.30 (C) Des chiffres et des lettres
- 20.10 (C) 24 heures sur la II
- 20.30 (C) Pot-Bouille (4)
- 22.00 (C) Italiques

... derniers

PÉTITION CONTRE TROP DE RECLAME POUR DU TABAC

La section de Bâle de l'Association des étudiants en médecine de Suisse a envoyé au Conseil fédéral une pétition pourvue des signatures de 4326 médecins et 40 parlementaires fédéraux, pétition qui demande que la réclame pour du tabac soit supprimée, dans tous les moyens de communication de masse, ainsi que dans les manifestations importantes, ou qu'elle soit au moins considérablement restreinte. (ats)

VÉHICULES HORS D'USAGE Une solution romande?

Les cinq cantons romands (Fribourg, Genève, Neuchâtel, Vaud et Valais), ainsi que le canton de Berne, se sont mis d'accord pour résoudre sur le plan intercantonal le problème de la destruction des véhicules hors d'usage. Aussi, les Départements des travaux publics de ces cantons lancent-ils actuellement un

appel aux ferrailleurs installés en Suisse, les invitant à présenter jusqu'à la fin mai des offres détaillées pour la destruction de ces véhicules hors d'usage. Les

Le Parti socialiste

Le 7 avril dernier, la section du Parti socialiste du cercle de Corsier a officiellement pris le départ. Réunies sous la présidence de M. François Jeanprêtre, plus de trente personnes ont d'abord entendu le secrétaire cantonal Pierre Aguet, qui a constaté les progrès réguliers du socialisme à Corsier et a souligné la nécessité d'y implanter un noyau de militants. Puis M. Serge Maret, vice-président cantonal, a brossé un fort intéressant tableau du socialisme en Suisse.

Un large débat suivit, au cours duquel les membres de la section exprimèrent le désir de participer activement à la vie politique de la région et de rechercher des solutions aux problèmes actuels dans une perspective socialiste, c'est-à-dire principalement avec une volonté de

Il fut en effet le premier à envisager explicitement un univers comportant une infinité de planètes analogues à la Terre: «... Il y a donc d'innombrables soleils, et un nombre infini de terres tournent autour de ces soleils, exactement comme le font les sept (planètes) que nous pouvons observer autour de ce soleil proche de nous.»

Giordano Bruno avait émis cette hypothèse en philosophe et non en savant. Il avait probablement été influencé par les idées de l'astronome anglais Thomas Digges*, lequel rejetait l'idée copernicienne des étoiles lointaines fixées sur une sphère céleste unique (alors même qu'il acceptait la conception principale de Copernic - celle du Soleil remplaçant la Terre au centre de l'univers).

En vérité, Giordano Bruno assénait un nouveau coup aux vieilles idées géocentriques. Pendant des siècles, et à la suite de Claude Ptolémée principalement, les astronomes avaient cru que notre Terre était, littéralement, le centre de l'univers. En 1543 était paru le

Des milliards de milliards de milliards de terres!

Quel est le nombre des systèmes planétaires dans l'univers? A une telle question, on ne peut espérer répondre que par un ordre de grandeur - même pas par un chiffre approximatif.

Le nombre des étoiles de notre Galaxie est de 100 milliards à peu près. Et le télescope du Mont Palomar en Californie - le plus puissant du monde, à l'heure actuelle - permet de détecter environ 10 milliards de galaxies dans le cosmos. On peut donc dire, en multipliant ces chiffres l'un par l'autre (la population de notre Galaxie étant considérée comme moyenne), qu'il y a au moins mille milliards d'étoiles dans l'univers; en chiffres, cela s'écrirait ainsi: 1 000 000 000 000 000 000 000 (1 suivi de vingt et un zéros).

Sur ce nombre d'étoiles, combien y en a-t-il qui possèdent un cortège planétaire, comme notre Soleil? Il faut prendre en considération, à ce point, des données liées au type de l'étoile, à son évolution, à sa vitesse de rotation. Sans entrer ici dans les détails, on notera qu'il existe un rapport entre la présence de planètes et la vitesse de rotation de l'étoile. Cette vitesse est faible dans le cas du Soleil, lequel tourne sur lui-même en une période qui varie de 25 jours

en un seul bloc. Dans un système comportant une étoile et des planètes, ces dernières emportent la plus grande partie d'une quantité physique liée à la rotation et appelée moment angulaire.

Or, en grande majorité, les étoiles «normales» (c'est-à-dire qui ne sont ni des naines ni des géantes: notre Soleil est une étoile tout à fait normale) tournent lentement autour de leur axe. L'existence de systèmes planétaires autour de telles étoiles constitue une explication astronomiquement et physiquement satisfaisante de cet état de choses. Elle n'est pas irréfutablement démontrée pour autant, mais elle semble hautement probable, et cette probabilité est confirmée par ce qui est effectivement observé dans notre petit coin d'univers.

C'est donc sans doute par milliards - sinon par dizaines de milliards - que se comptent les systèmes planétaires dans notre Galaxie seule. Et il faut se rappeler que les galaxies elles-mêmes sont au nombre de dix milliards au moins. Essayons de comparer: en considérant que chaque lettre tapée sur les pages de ce journal vaut une étoile, on peut estimer que «Construire», depuis sa naissance il y a trente ans, a offert un demi-milliard de signes typographiques à la lecture! Un demi-milliard seulement

une «Amie» défendit, dérision ou mot d'ordre suivi, un appétit comme vient d'en dresser une effigie toute en beurre: quelle horreur... (Keystone)

Une analyse très féminine de l'amour «Poussière du Réveil», d'Anne Cunéo

Très beau livre que cette «Poussière du Réveil» vue par Anne Cunéo tout à la fois comme la cendre d'un amour mort, le terreau d'amours possibles à venir, mais aussi le sable d'un présent mouvant*.

On pourrait le résumer très extérieurement en parlant d'une jeune femme mariée qui a très mal choisi son amant et met du temps (200 pages: trois de mes nuits...) à s'en apercevoir. Heureusement tout le livre se nourrit de la manière dont elle fait cette découverte. Et c'est passionnant, assez bavard peut-être et parfois intuitif, solide et cru, très neuf aussi dans la saveur du regard posé sur les rapports de force des êtres dans l'amour.

Sur le ton d'une correspondance qu'elle n'envoie pas et qui tourne vite au journal intime doué d'un degré très avancé de confession, elle analyse avec une sensibilité d'écorchée, et une lucidité rarement affolée par la passion, les richesses d'un amour qu'elle voit comme une rivière sans retour (ni dans le sens du recul ni dans celui de l'échange, et c'est bien là son désespoir). Puis, dès le milieu du livre, elle observe en elle la mort progressive de cet amour et l'espèce de commotion liée au réveil qui la suit.

Il n'est pas possible de passer à côté des longs passages où elle explique ses choix amoureux par de références psy-

chanalytiques fondées sur des rêves de sa propre naissance, de son propre accouchement, comme elle dit, de sa délivrance à la vie, à l'amour, au réveil et jusqu'à l'écriture de son livre. Cette archéologie de son subconscient, bourrée de symboles sexuels qui feraient la joie de Freud, est pour moi le moment le plus discutable du livre. Mais s'il a l'inconvénient de ne rien expliquer de plus que ce que j'ai déjà très bien son récit par ailleurs, du moins a-t-il l'avantage de ne pas déparer le tout.

Dire cela, c'est commencer de rendre un hommage que je voudrais vif à la grande qualité de son écriture, constamment soutenue par ce genre de poésie étrange qui, dans le meilleur des cas, peut en effet nous assaillir durant le demi-sommeil ou le quart de rêve: une perception en apparence sourde, mais finalement plus lucide que l'éveil complet.

Beauté de la phrase: Quand tu m'as tirée à toi, tu étais devenu un souvenir sur le chemin de l'oubli. Eclat de la formule: Pendant plus de vingt-cinq ans, j'ai vécu sur un trapèze, j'ai voltigé d'un utérus affectif à un autre...

Dans sa tentative très poignante d'approcher l'insaisissable des rapports entre les êtres vus dans la vérité de l'amour c'est un livre très attachant.

* Editions Bertil Galland, 1972.

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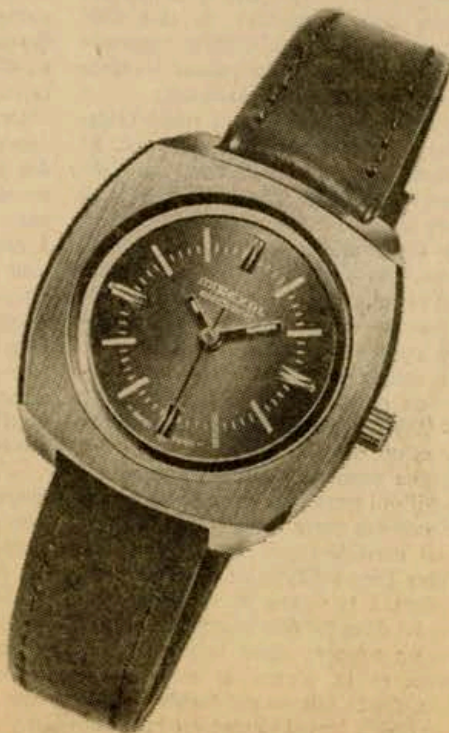
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Greaves with his portrait of Whistler: not just an imitator?

De mon lit de malade, par la fenêtre.

Problèmes de la vie

«Le travail fut sa vie»

Il n'y a pas si longtemps, l'ardeur au travail était tenue pour une vertu essentielle. Mais pour un Haendel qui composa «Le Messie» d'une traite, combien d'obscurs tâcherons - des esclaves de l'Antiquité à l'ère industrielle qui par réaction vit naître le marxisme - dont le labeur ingrat ne servait qu'à autrui! Les pédagogues prompts à faire l'éloge du travail bien fait se souciaient-ils suffisamment de l'abîme qui sépare le «boulot» aliénant et un travail créateur? Et se doutaient-ils à quel point, en prêchant le sens du labeur consciencieux, ils étaient au service du patronat, de ce patronat dont la dureté est bien évoquée, par exemple, dans les romans de Zola?

Et dans la sphère de l'esprit même, quel fossé entre le labeur méticuleux - indispensable à la science, j'en conviens - et, par exemple, la remise en question des valeurs reçues qui s'élabore en un Nietzsche.

Notre civilisation scientifique et technique repose, il est vrai, dans une large mesure sur la précision intellectuelle poussée à l'extrême - sorte de névrose obsessionnelle collective

de l'Occident, comme l'avait déjà observé Ernest Jones, un psychanalyste de renom. Maîtriser (sans l'affaiblir!) cette qualité de précision, cette exigence intellectuelle, au lieu d'en être l'esclave, et savoir la concilier avec l'épanouissement de la «créativité», telle est l'une des tâches les plus délicates et les plus urgentes de la pédagogie nouvelle, à mon sens. «Nos enfants devraient être préparés à élever leurs enfants afin qu'ils n'aient pas à travailler comme une nécessité névrotique.» (C. B. Childholm.)

A quoi bon vivre, si c'est seulement pour travailler - quand bien même ce travail serait «valorisant» pour son auteur. Essentiellement, l'être humain reste un être vivant. Marcuse l'a fort bien dit, prétendre que le travail doit être fait parce que c'est un travail est «le sommet de l'aliénation, la perte totale de la liberté instinctuelle et intellectuelle, la répression devenue non pas la seconde mais la première nature de l'homme» (Eros et Civilisation).

Christophe Baroni

prise des «hommes», de planer, par le Stalden de Fribourg qui a rencontré un grand succès dans son théâtre, mercredi

Tous les spectacles auront lieu à heures à l'Esplanade du Château ou Poche.

Point de vue unique



Ces élèves d'une classe primaire vaudoise avaient préparé un volumineux cahier consacré à la cathédrale de Lausanne. Le département culturel de Migros Vaud a tenu à les récompenser. Voici les élèves rassemblés au cours d'une petite réception au dernier étage de l'Ecole-club à Lausanne. De ce point de vue unique, ils ont pu contempler «Notre Dame» de face, sans lever la tête.



FOOTBALL

by Jason Tomas

Deluge demolishes League programme

HOURS of heavy rain made a mess of the pitches and of what was left of the Saturday League programme. Seven matches in the First Division, two in the Second, three in the Third, and only one in the Fourth—that was the lot.

All hopes of an FA Cup-type miracle by Manchester United were firmly quashed by Leeds United, who won 2-0, moved nine points clear at the top of Division One, and pushed the Manchester men into bottom place. The Old Trafford gate was 60,025, the biggest of the season in the League. Perhaps Division Two clubs are looking forward to their share of Manchester's takings.

Axe avoidance

IT WOULD take a brave man to forecast at this stage which of the four bottom clubs in Division One—Norwich, Manchester United, West Ham and Birmingham—will avoid relegation. "Most of us seem to be really playing a bit now," says Birmingham manager Freddie Goodwin. "No-one can say we're the worst teams in the table, not on current form anyway."

Even Norwich are showing signs of revival. They achieved their second successive League win yesterday at the expense of Sheffield United.

Mistakes by United's goalkeeper John Hope and centre-half Eddie



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A LA POUBELLE?

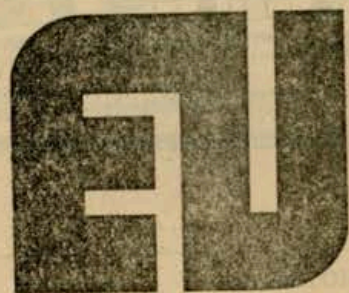
On a jamais autant cherché de nouvelles valeurs culturelles que dans cette malheureuse et exaltante deuxième moitié du XXe siècle. Un peu comme si chacun ressentait de façon confuse, mais indiscutable, le peu de lien qui le lie à la terre sur laquelle il vit et travaille. Bien des choses ont complètement perdu toute signification: les trésors de beautés que peuvent offrir la musique, la danse, la peinture ou l'architecture deviennent de malheureux objets délaissés, sans pouvoir pour communiquer leur message d'harmonie ou le cri désespéré de leurs auteurs, qui voulaient tous pourtant échapper à la mort.

En même temps que le béton et l'asphalte, le dégoût stérile et l'authentique crétinisme intellectuel de toute une génération envahissent tout. Il y a de quoi faire attraper de vilaines maladies psychologiques à tous les animateurs, à toutes les bonnes volontés qui ne demanderaient pas mieux que de faire partager leurs joies.

Au théâtre, les échecs de représentations ne se comptent plus. Dans les salles de concert, les directeurs de festivals n'osent pas faire jouer n'importe quoi. En peinture, rares sont ceux qui ne se demandent pas s'il y a encore une raison valable d'exposer quoi que ce soit au public. Il en va de même dans les magasins, où l'on solde et où l'on brade à tour de bras les disques et les livres. Les affaires marchent pourtant.

Il y a une indécence folle à laisser aller à vau-l'eau la seule part de la vie qui vaille qu'on en parle: celle de l'esprit, dont le profit ne vient pas matériellement récompenser les initiatives et les curiosités. A l'heure où l'on parle en même temps d'un

nationalisme planétaire et de régionalisation, il faudrait au moins que chacun se rende compte que tous les soirs de libre qu'il passe à s'extraire de la communauté — pour la maigre satisfaction de communier dans l'illusion, face à sa télévision — il contribue à tuer une chose importante. La solidarité qui devrait le lier à sa cité, à la vie de ses artistes.



CULTURE SPÉCIALE

Ce n'est qu'en allant (l'effort n'est pas si terrible, pas si coûteux pour être un luxe) au théâtre, au concert, aux expositions que l'on continuera à avoir des représentations théâtrales, des récitals et des expositions. Tout cela ne représente pas la culture, mais c'est le support indispensable à cette culture. Elle mérite mieux que la poubelle dans laquelle elle se trouve.

E.A.K.

the CBS Morning News show and again on a local Boston TV program. At 62 he is one of the oldest writers to get an assignment from *Rolling Stone*. Most journalists his age have the years gentle their

Frazier wastes no sympathy on what he might call the Great Sartorially Unwashed: those who wear double-knit suits off the rack and monograms, which he regards as "manifestations of insecurity." He devoted an entire column recently to upbraiding a Los Angeles physician who had tried to crash Boston's proper Ritz bar in a Cardin turtle-neck. A city councilor, Albert ("Dapper") O'Neil, has filed suit against him for \$1 million because of Frazier's gibes at the crease in O'Neil's trousers.

Such hauteur may not become the son of a West Roxbury, Mass., fire inspector. But Frazier, who went on from his lace-curtain upbringing to acquire a Harvard degree and Brahmin persona, views himself as a romantic in mourning for his era's lost grace and style. The common man (H.L. Menck-en's *Boobus americanus*) is to Frazier the root of the new philistinism—"ignorant, ill-clad, ill-spoken."

Frazier's acid snobbery occasionally backfires. He angered early employers at such papers as Boston's *Record American* ("The readers all moved their lips when they read, but then so did the editors"). His views do not exactly coincide with those of the liberal *Globe* either. In 1971, after Frazier savaged the TV performance of five earnest young Boston reporters, attacking them mainly for looking tacky on camera, Editor Tom Winship sacked him. Frazier promptly hired a small plane to fly over a jammed local football stadium trailing a banner: BRING BACK GEORGE FRAZIER. He was soon rehired.

Despite Frazier's outrageous excesses, he is an original whose following keeps coming back for more. "The whole trouble with this era," muses Frazier, "is that there is very little eccentricity. An age is great in art and every other way in proportion to the eccentrics who thrive in that time." What other eccentric would confound his readers by observing the Red Sox's winning baseball opener in Latin?

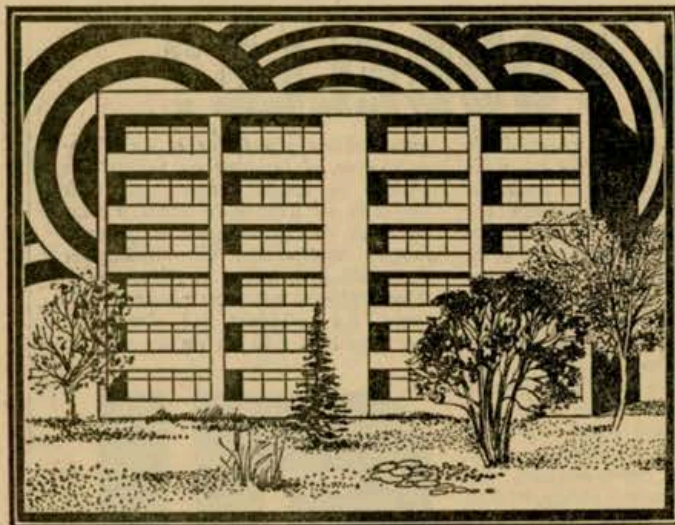


COLUMNIST FRAZIER AT HOME Flaying the philistines.

pace or prejudices. Frazier is as eager as ever to flay those he thinks pompous.

His targets are so inclusive—nearly all politicians and women's rights advocates, many fellow journalists and people who wear white socks—that he is doubtless on many enemies lists. Unlike most press scolds, who tend to ignore social trivia for headier political game, Frazier has anchored his reputation by roasting the large and the small with equal flair. He regularly assaults national institutions like Howard Cosell ("commits a public disturbance every time he opens his mouth"). But he also stalks such Main Street game as deer hunters ("revolting humanoids") and people who call up radio talk shows ("idiots who elude their keepers long enough to get to a phone").

Most of the columns are written in stream-of-consciousness style that leaps from notion to notion with scant regard



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par Patrick Kinnersly,

Une grande ville moderne offre sou-
breux exemples de gaspillage d'énergie
mais cette tendance sera moins mar-
que l'on adoptera ce qu'on appelle « i-
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L'architecture intégrée peut être app-
porte quel bâtiment, qu'il soit ou
mais, disent ses protagonistes, la cl-
peut pas être utilisée d'une façon
sans la discipline de l'architecture

Cette technique exige que toutes
téressées : le client, l'architecte, les

cold and not always knowing eye over
the balance sheet is a board of directors
—many recruited on Wall Street—that

Tenor Jon Vickers, who is the best Tris-
tan in the world right now, began to have
second thoughts about making his Met

LOUIS MELANCON



SCHUYLER CHAPIN & RAFAEL KUBELIK CONFERRING AT THE OPERA HOUSE LAST MARCH
The task was to demonstrate that the Met is no dinosaur.

is bigger by 21 members than that of
General Motors.

For 22 years, until 1972, this un-
wieldy kingdom was presided over by Sir
Rudolf Bing, a resourceful administrator
but one often resented for his peremptory
ways. Though he spent money lavishly,
he is undeniably looking better and
better as he recedes from view. His suc-
cessor, Gören Gentele, came from the
state-subsidized Royal Opera House in
Stockholm. Gentele was killed in a car
crash only 18 days after he took over. His
most tangible legacy was the appoint-
ment of the first music director in the
Met's 90-year history, Czech-born Con-
ductor Rafael Kubelik. It is an indica-
tion of the deep trouble at the Met these
days that Kubelik resigned under pres-
sure last week after only six months in
one of the most powerful posts in opera.

No one at the Met, which values its
secrecy as much as its singers, was say-
ing much about what caused the 59-

debut in the role. Conductor Erich
Leinsdorf apparently caught the pouts
from him and nearly quit as well.

It was a dilemma that cried out for
the firm guiding hand of a musical di-
rector, but the word from Munich was:
Scrap *Tristan* and put on *Tosca*. At the
Met—which has fielded three Tristans
for an act apiece rather than switch op-
eras for a single performance—it was a
disastrous suggestion. Schuyler Chapin,
Gentele's successor as manager, rejected
the idea, hired a minor singer named
Klara Barlow to sing Isolde, and pulled
together cast and production.

Met President George S. Moore
commented bluntly: "I am sorry about
Kubelik's resignation, but it is impos-
sible to do things by Telex. He worked
part time." Understandably, Kubelik
saw things differently. In a terse resig-
nation statement he contended that the
Met's financial condition prevented him
from achieving his "artistic ideals." He

A BUSINESS BLOOMS IN BACKYARD CHELSEA

THE first day of June, now just over a week away, was traditionally the moment when gardeners planted out their window-boxes with summer flowers. But either the seasons or our habits have changed. Window-boxes have been blooming happily since early in May and the geraniums and the petunias are all flourishing.

John Davies, a young gardener from Manchester, who has just set up shop in London, says it is our habits which have changed.

After a long period in the doldrums, horticulture is once again doing very nicely and there is a tremendous interest in plants and flowers. It's an interest greatly helped by the fact that so many plants are now grown and sold in pots, and can be put into the garden without damage all year round.

Mr Davies and his partner Trevor Wise have just trans-

By Alice Hope

formed the backyard of a shop in King's Road, Chelsea, into a paved courtyard where they are selling flowers and shrubs and trees.

They are going to specialise in exotic and indoor plants and they've got some splendid tropical palms, yucca and orchids on view — from Japan, China and Australia.

For instance, there is a large palm called *Livistona* with big fan-shaped leaves which make you think you are really in the tropics. It costs £250.

Another unusual, brown-leaved palm now in glorious flower costs £100. Both would be rare sights in a London garden but Mr Davies says they will flourish if properly sheltered.

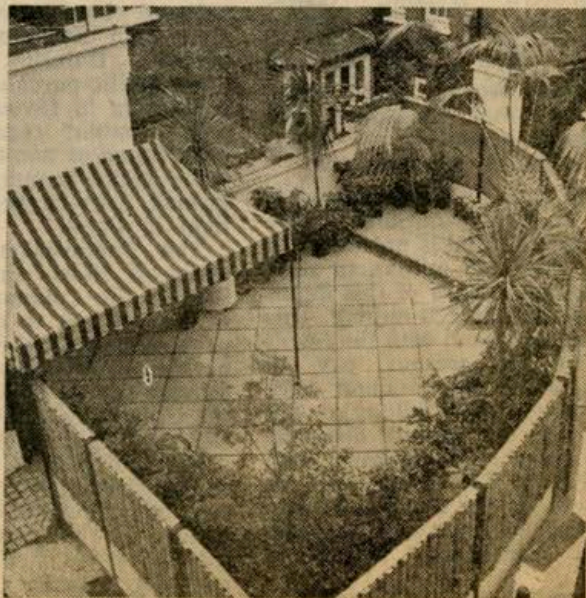
Londoners are lucky, says Mr Davies, who once worked as an apprentice in the Manchester

parks, because the city is usually several degrees warmer than most places in Britain, which means that more types of flowers can be grown out of doors.

This new "garden centre" in Chelsea has in fact been a flower shop for at least 100 years but it is only recently that its courtyard has become so richly crammed with palms and rhododendrons, pelargoniums and flowering shrubs, all in pots.

Inside, along with pansies and plants costing perhaps only a few pence, there is *Bougainvillea* flowering, though Mr Davies doesn't think we shall ever see it flowing generously over our front fences as it does in the South of France. It is strictly for the conservatory.

An idea I specially liked: the stripped larch logs which are used for fencing in the new garden. They are from young saplings which are stripped, chopped and sawn to give a piebald effect.



Potted plants behind the King's Road in Chelsea: a backyard conversion by horticulturist John Davies and partner Trevor Wise.

son Committee, which never given an office, can't afford a part-time representative in Brussels, and died from lack

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peculiarly British interests. Although our regional problem is by no means as bad as, say, Italy's, it is by old EEC standards an unfamiliar one, because our low-income areas are typically the result of industrial decline, whereas on the Continent they are predominantly agricultural. Up until now the Common Agricultural Policy, which has attempted to provide farmers with socially acceptable incomes, while attempting to rationalise their production, has effectively been the only real Community co-ordinated and financed regional policy (although individual countries have made substantial individual efforts to solve the problem).

Whether Mr Thomson's proposals—which it must be remembered are only the policy of the Commission, and will be subject to much modification by Ministers, member Governments and pressure groups—are satisfactory for Britain depends on the answer to two questions. What are we likely to get out of Community regional aid? How much will we be hampered by rulings from Brussels in continuing with our own, very substantial, domestic regional policy.

Partly as a result of the 10 per cent. devaluation of the pound over the past few years, only the South-East and part of the Midlands now have an income per head above the EEC average. This means that most of the existing development areas, in particular Northern Ireland, Wales, Scotland and the North, have a good chance of being included in an EEC policy (which did not seem likely two or three years ago): and that therefore the geographical scope of the EEC policy in Britain will be wide.

But the scale of the assistance is trivial, at least initially. The whole regional fund is not likely to be more than £80 million to start with. Britain's share of this might (optimistically) be £20 million. This is nothing compared with the levies which we at present pay to Brussels under the Common Agricultural Policy (£120 million) or the annual cost of current domestic regional policy (£220 million). Even if it grows, it will be outpaced by the growth in our CAP contributions, which will increase throughout the transitional period to 1977.

The Commission had little to say about possible restrictions on individual countries' policies. It is known that such measures as the Regional Employment Premium and the Industrial Development Certificate system are not liked in

ments we have to make under the CAP—it is clear that we will have to sacrifice control over the content and pattern of domestic regional policy.

But it is not only in relation to regional incentives that harmonisation presents serious problems—particularly for the new members. Solving these problems is a difficult matter which will affect increasingly the sovereignty of member States, and the operations of British companies.

The Treaty of Rome is in many ways a 19th-century document—at least in its attitude to industry and competition. Its ideal is to reach the situation in which any firm, wherever it is in the Community, can compete on equal terms with any other. There should be no obstacles to free trade: nor should a firm be favoured by, for example, subsidies—unless these are equally available to its rivals, wherever they may be located. Regional policies can be reconciled with this *laissez-faire*, fair play, view (if at all) only by making sure that national policies are made to fit with the overall strategy of Brussels, so that any subsidies or advantages which are allowed have been justified on social grounds.

Tariff barriers

The Commission report on Industrial Policy shows the difficulties of achieving the full harmonisation which the Treaty of Rome requires. The ability to compete across national boundaries depends on more than the elimination of tariff barriers. Differing safety regulations, public purchasing authorities' prejudices in favour of local suppliers, patent regulations and a wide range of non-tariff barriers to trade make it much harder for a French firm to sell in Frankfurt than in Paris.

The Commission has made a series of efforts since the publication of the Colonna memorandum in 1970 to get to grips with these problems; and with the analogous problems of creating European companies—an ideal which, despite the experience of Fiat/Citroen and Dunlop/Pirelli, retains its allure.

Harmonisation is only one aspect of industrial policy. More interesting, and important for British companies, is the growing awareness that industries such as shipbuilding, computers, textiles and aerospace cannot be left to themselves in a pure competitive arena of perfectly harmonised industrial environment. If the Japanese to capture 70 per cent. of shipbuilding, or the

ticular national companies problems arise. What, for example, should the British reaction be to a proposal that Clydeside iron capacity should be raised (i.e. closed down) by transferring its business to St Nazaire?

Second, this kind of European, planning conference EEC competition policy 85 and 86 of the Treaty are designed to prevent practices and monopolies likely that sooner or later article will be added. Member industries require more co-ordination of commercial policies, which are of legality under these provisions.

These conflicts are not They are exactly parallel conflicts in this country the Restrictive Trade Practices Act 1956, the Monopolies and Mergers Act and the co-ordination of industrial "Little" or between the operation of the IRC and of the Monopolies Commission. As we know how conflicts can be reconciled arise simply because in some competition is best; in others planning. But it appears the Community has yet to solve difficulties which are in deciding what mix of *laissez-faire* and intervention is best for

The issues raised by reports are not therefore identical. How much aid to problem regions in the and of what kind, depends simply on narrow questions of regional policy, but outside the EEC is to take wider problems of industrial

As we know in decision to subsidise on social or economic —to keep the balance has the result that receives subsidies in competition such help is resentful. Questions are possible appropriate services should be

Scanning the skies for the star Sirius

On previous star hunts we found Orion, the hunter, and used the three stars in his belt as a guide to locating the star Aldebaron, as well as the rest of the constellation Taurus the Bull. Now, if we sight along these same three stars — in the southeast between 8 and 9 p.m. — and then look to the left, we arrive at the brilliant blue-white star, Sirius. Sirius is the brightest star in the constellation Canis Major, the great dog — Orion's faithful hunting companion — and the brightest star to be found in the sky all year.

Sirius' apparent brightness stems from two factors: it is one of the closest stars to us — 8.8 light years away (that's almost 8.8 times 6 trillion miles); and the star is very hot and emits a great deal of energy.

We can tell a star's temperature by its color. If we took an iron poker and placed it in a very hot fire, it would first glow dull red, and eventually become orange, yellow, white, and finally blue-white.

A blue-white star like Sirius has a surface temperatures of about 25,000 degrees. A yellow star like our sun has a surface temperature of about 11,000 degrees, while an orange star like Aldebaron is about 9,000 degrees. A red star like Betelgeuse — in the upper left corner of Orion — only reaches temperatures of about 6,000 degrees.

★ ★ ★

*Dr. Gutsch is chairman of the American
Museum-Hayden Planetarium in Washington, D.C.,
and is science editor and
for W.A.P.*

...tcher Hoyt Wilhelm and
...ing great Lou Brock sit on
the baseball world today as
members of the Hall of Fame.

See Page C1

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"She's a kid who didn't want to
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SUNDIAL

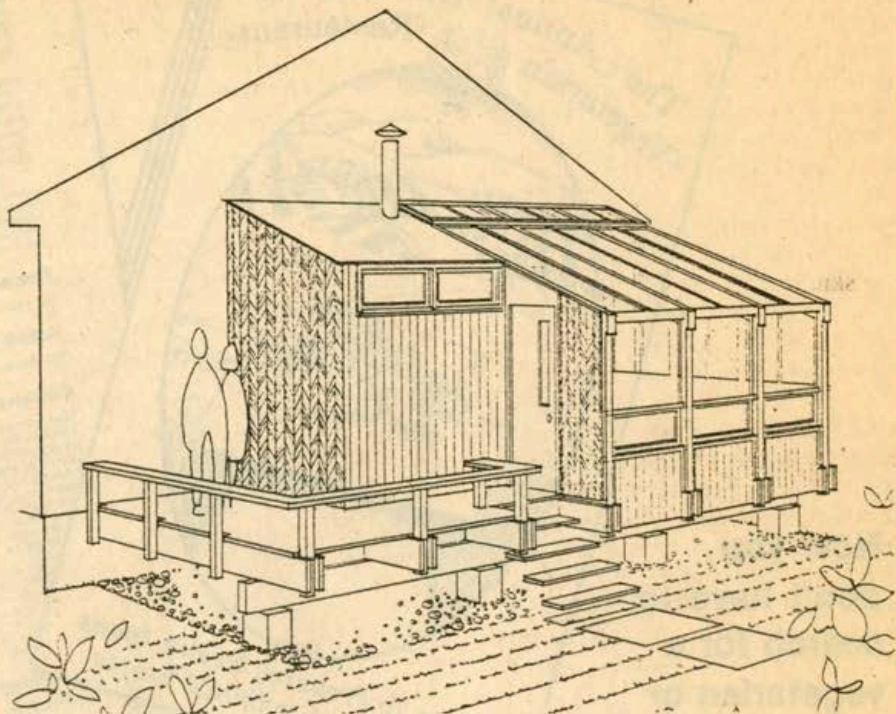
RESOURCES FOR NATURAL LIVING

SOLAR

Despite all the federal ballyhoo about solar power, the commitment of the President and Congress to solar and other renewable energy sources is minimal at best. At worst there is evidence that Washington is channelling solar research to the same multinational oil and coal refiners which energy from the sun is designed to replace.

In *The Sun Betrayed: A Report on the Corporate Seizure of U.S. Solar Energy Development*, Ray Reece, a Texas journalist, unravels the tangled web of the federal solar bureaucracy. "It had come to my attention that millions upon millions of those federal solar research dollars were being doled out to precisely the corporations and companion institutions viewed by many in the small-scale solar community as having essentially fabricated or at least compounded the nation's 'energy crisis' in the first place," Reece explains. "This was hard to swallow: by what miracle had the Exxons and Lockheeds of the land become the fount of innovative alternative energy technologies for the federal government? What were the corporations producing in this area that was so superior to the concepts developed by the small R&D groups whom I have observed? If the corporate solar concepts weren't in fact superior—more inventive and economical, more appropriate to the nature of the problems involved—then why were the corporations being funded to the near-total exclusion of the smaller firms?"

Published by South End Press, Box 68, Astor Station, Boston, MA 02123, pb., 234 pp., \$5.50.



SAM is the Solar Amenities Module, which offers an energy-saving idea for Do-It-Yourselfers. It's a combination of a solar greenhouse, solarium, California hot tub, sauna, and generous deck space in a compact 12-by-24-foot area. Architect-designed construction plans, materials list, and cost estimate for the SAM are available from Solar Sauna, Box 466, Hollis, NH 03049. \$7.50 for a set.

HEALING

Over the years I have suffered from poison ivy and experimented with calamine lotion, herbs (jewelweed sap, comfrey poltices, golden-seal powder, oatmeal baths). But none of these natural remedies worked—at least for me—and I was determined not to resort to any allopathic medicine or chemicals for my afflictions.

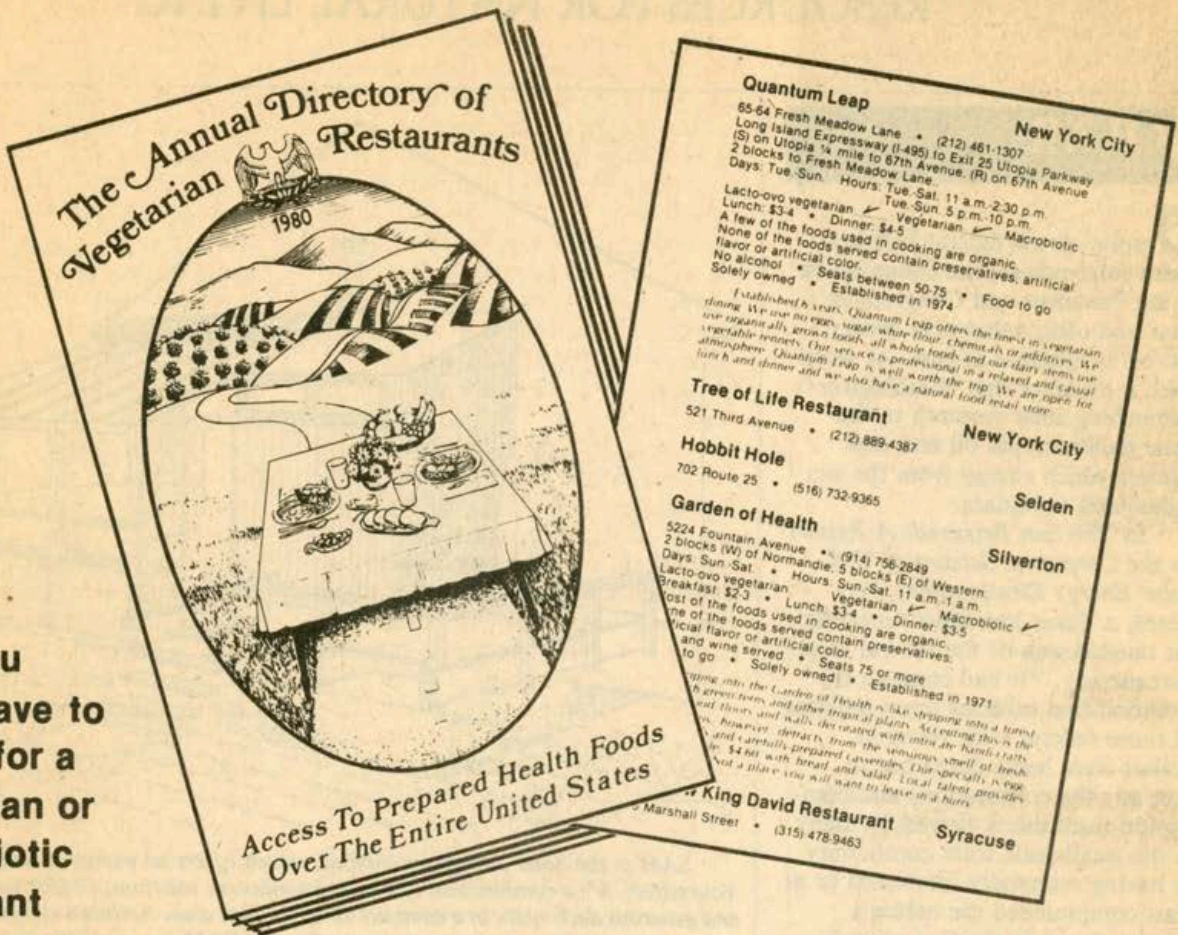
Meanwhile I had been using beauty products made with clay—shampoo, soap, and toothpaste—and I discovered its benefits as a gentle cleanser and healer of the body. In my clay collection I had various colors of clay, each of which

was traditionally associated with treating the skin in a different manner, for example, eliminating wrinkles, clearing up blemishes, or tightening pores. Yellow clay, for example, has been useful in relieving skin eruptions. Reasoning that poison ivy was a condition in which the skin was discharging the toxic substances of the poison-ivy plant, I decided to give it a try. I believed that the absorbent properties of the clay would drain the abnormal particles and clear up the outbreak.

So I began the clay treatments. Twice daily I mixed enough yellow clay and water together to make a smooth paste which I would apply to the ruptures. Immediately upon

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application, the unbearable itching subsided, and the skin felt immensely soothed. Once the clay had dried, its work was done and it could be washed off, but I kept it on between applications. I could now dress, and the clay served as a protective covering which kept the skin from getting irritated by contact with clothing. When it was time for another application, I would wash off the clay with a solution that consisted of approximately a handful of salt to about one quart of lukewarm water. It seemed that the skin would start to get itchy after the clay had been on awhile, indicating that the clay was drawing out the poisons. When I removed the clay, the sores would be oozing, a sign that the clay was truly eliminating the impurities. Thanks to the clay and the common sense of forsaking hot showers and scratching inordinately, the poison ivy was checked within one day and rapidly began to dry up. By the third day there was scarcely a sign left of that unhappy condition. For me, the clay was another sign of the earth providing us with the materials we need to heal and transform ourselves.

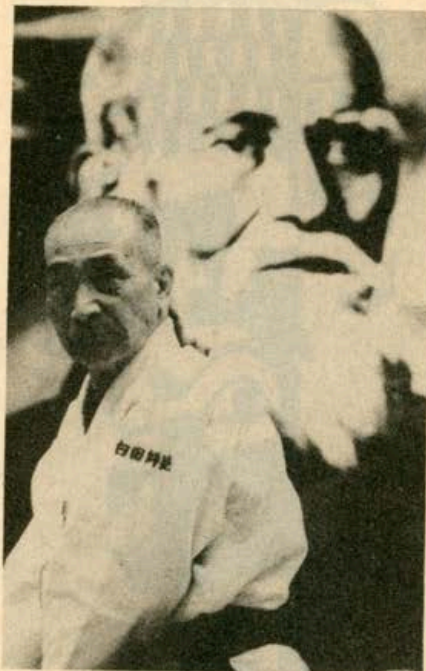
For further information on the many uses of clay, see *The Healing Clay* by Michel Abehsera and *Our Earth, Our Cure* by Raymond Dextreit. Healing clay can generally be obtained in natural foods stores.

—Linda Brown Gardner
North Kingston, Rhode Island

ZEN

Every summer a special intensive five-day training session in classical swordsmanship is held in a little agricultural village in eastern Japan. Swordsmen gather from all over the country to practice from morning to night. Although I had been acquainted with many masters of the martial arts, the first time I attended the session I was amazed at the incredible quality of the teachers' *kiai*, the piercing shout released at the decisive moment of striking with the sword.

Despite the fact that the teachers were all in their seventies, none of the participants—most of whom were high-ranking instructors in their own right—could match the teachers' shouts. Crossing swords with the teachers proved even more disconcerting; they seemed to breathe in all the air in the dojo. Eyes glaring, each of them could



Master Zen swordsman before photograph of Morihei Ueshiba, founder of Aikido.

keep the breath alive in the pit of his stomach for minutes before exhaling at exactly the right moment. It was impossible to force them back or resist their forward movements.

What is the secret of such prowess? As I discovered, it is no secret at all—nothing more than living a pure and natural life while breathing with the entire body and mind. The teachers have devoted their lives to farm work, studying the classics, and swordsmanship. They received no money for conducting these sessions, don't consider themselves teachers, and actively practice together with all the

other swordsmen. No ranks are awarded, no certificates for completing the session are given out; the only advice we received was "Let's practice harder."

Many are familiar with the teaching that one should breathe from the *hara* (abdomen) not the lungs, which is not so difficult after some practice. Yet *kiai* is more than deep breathing exercises or a loud noise. Since breathing is grounded in one's way of life, the *kiai* reveals one's inner state; a true *kiai* is the sound of enlightenment.

In classical swordsmanship *kata* (prearranged forms) are preferred over free fighting with armor since they allow recreation of *shinken shobu*, a fight to the death with live swords. Every stroke is to be thought of as one's last—the opponent is coming, there is no chance of escape, there is no room for hesitation or regret. For the first few days of the session it is difficult to maintain such an attitude for each stroke of the sword, but near the end when all physical strength has been dissipated by hundreds of consecutive contests, when the voice is completely gone, when body and mind have dropped off, finally there is a real "shout of life."

Try this practice once. Rise early in the morning, walk to the nearest deserted place (on a mountain or facing a body of water is best), plant the feet firmly in the midst of heaven and earth, make a large circle with both arms while drawing breath to the core of your being, and then give out a *kiai*. Do not hold back, shout long and loud into the void.

—John Stevens
Sendai, Japan

New books on Zen include: *Sayings and Doings of Pai-chang*, translated by Thomas Cleary, the teachings of the great Chinese Ch'an master whose dictum "A day without work is a day without eating" has set the tone of Zen monastic life ever since (Center Publications, 905 S. Normandie Ave., Los Angeles, CA 90006, pb.,

\$4.95). **Golden Wind: Zen Talks** by Eido Shimano Roshi, a collection of twenty-two pithy discourses by the Roshi and Abbot of New York Zendo (Japan Publications, 10 E. 53rd St., New York, NY 10022, pb., \$6.95). **Nine Mountains**, Dharma lectures of the Korean meditation master Ku San (Heian, Box 2402, South San Francisco, CA 94080, pb., \$5.95). **The Book of Life** by Roshi Jiyu-Kennett and Rev. Daizui MacPhillamy, advanced study of karma and Oriental medicine by the Abbess of Shasta Abbey (Shasta Abbey Press, Box 478, Mt. Shasta, CA 96067, pb., \$7.95). **Zen and the Mind** by Tomio Hirai, M.D., a scientific inquiry (Japan Publications, 10 E. 53rd St., New York, NY 10022, hc., \$8.95). **Zen in the Martial Arts** by Joe Hyams, personal account by an American Black Belt, Hollywood columnist, and husband of actress Elke Sommer (J.P. Tarcher, 9110 Sunset Boulevard, Los Angeles, CA 90069, pb., \$5.95). **Zen Edge** by Alexander Eliot, journal of an American in Kyoto (Seabury, 815 Second Ave., New York, NY 10017, pb., \$3.95).

WOOD

Few of us have ever seen a genuine totem pole outside of a museum or a movie. Recently a friend of mine started carving one from a utility pole in his backyard.

Since he wanted the carving to be authentic, he sought out books with pictures of Indian or Eskimo works of art. He became fascinated with the culture of the tribes as revealed in the book entitled *Monuments in Cedar: The Authentic Story of the Totem Pole* by Edward L. Keithahn.

The figures my friend carved on his pole are patterned after those hewn by the craftsmen of the Haida and Tlingit tribes of the northwest coast of Alaska.

"There are six different types of totem poles," my friend said.



"Mine is the closest to the 'potlach' pole. This word means giving."

It seems that certain influential members of the tribe would order the creation of totems from the local master artisan for themselves, and a party would be planned to take place several years later, when the art work was completed.

At the big party presents would be given to all the invited guests by the owner of the totem pole. These guests, in return, were obligated to pay back these gifts with interest on some future date. The whole idea

was somewhat similar to today's system of credit.

There are five main characters on my friend's totem pole. They are, starting from the top, the Thunderbird; Goo-Teekhle, the Cannibal Giant; Mosquito; Grizzly Bear; and at the base, the Raven, which holds the sun in his claws.

The complete totem pole measures 22 inches in width at the bottom and stands 30 feet tall. Altogether nine colors were used to paint the figures.

—Richard C. Redmond
Auburn, New York

NUCLEAR

An abnormal number of children were born with serious thyroid defects in three counties near Middletown, Pennsylvania since last year's nuclear accident at Three Mile Island. The condition, known as hypothyroidism, arises when the thyroid gland is either absent or doesn't produce normal hormone levels. It can lead to severe mental retardation and stunted growth.

State health agencies reported this spring that thirteen hypothyroid babies were born in nearby counties that ordinarily produced three such births during that period of time. But Pennsylvania health officials and radiation specialists from the Nuclear Regulatory Commission categorically denied that iodine emissions from the March 1979 atomic accident were high enough to affect births.

"There cannot be any connection, I can say that unequivocally," stated Dr. Victor Bond, associate director of the Brookhaven National Laboratories. "For thyroid effects the doses would have to have been thousands of times higher than they were."

The meek spiderwort, a roadside wildflower, took on new importance a year ago when a geneticist said it could detect radiation: The geneticist, Dr. Sadao Ichikawa of Saitama

intimate view of the writer is more than adequate compensation.

—Tom Hurrle

DRAWING ON THE RIGHT SIDE OF THE BRAIN:

A Course in Enhancing Creativity and Artistic Confidence By Betty Edwards.

J.P. Tarcher, Inc., Los Angeles, paperback, 207 pp., \$8.95.

Betty Edwards believes an artist is not a person with a talent for drawing but a person who can "see" in the particular way one needs to see *in order* to draw. She believes *anyone* can draw and has proved it at California State University by teaching her methods to students unable to draw and achieving remarkable results.

Drawing on the Right Side of the Brain is a proven art course in book form. Dr. Edwards' basic premise is that the artist unconsciously employs the right side of the brain to "see" the object he or she wishes to draw and that certain exercises can teach nonartists to consciously tap the right brain to see in the way the artist does. As Dr. Edwards writes:

"It's my belief that if persons untrained in art can learn to make the shift to the artist's mode of seeing—that is, the right-hemisphere mode—those individuals are then able to draw without further instruction. To put it another way, you already know how to draw, but old habits of seeing interfere with that ability and block it."

Science has known that the right side of the brain controls the left side of the body, and that the left brain controls the right half of the body. It is now known that the separate halves of the brain also have different information-processing capabilities.

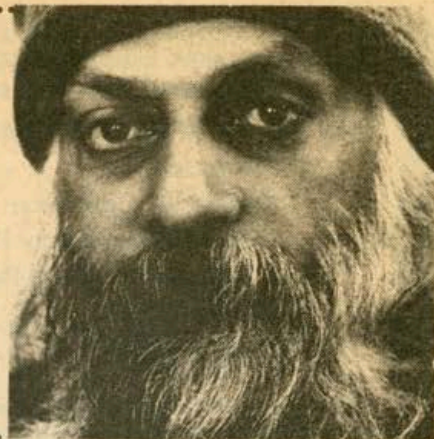
The left side, which education unknowingly teaches us to apply, and which you and I are utilizing right now, is verbal, logical, analytic, abstract, rational, temporal, and linear. The right side, on the other hand, is nonverbal, synthetic, concrete, analogic, nontemporal, nonrational, spatial, holistic, and intuitive. Artists, whether they know it or not, "turn on" the right side of their brain to draw. The reason we don't all turn on the right brain and draw is that education, parents, and society *teach* us,

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... BOOKS

however innocently, to rely on the left brain. The result is a dominant left brain hemisphere and a suppressed right brain hemisphere.

Dr. Edwards illuminates the processes of the brain's two halves by discussing the "split brain" research done by Roger W. Sperry at the California Institute of Technology. She also gives effective techniques designed to "present the brain with a task which the left hemisphere either can't or won't do." One example is to take a drawing and turn it upside down. Now draw it as it is, *upside down*. You will draw the picture considerably better than if you copied it when it was rightside up. Because the left-linear thinking-logical brain can not make sense of the inverted drawing, it shuts off and permits the right, holistic side—the side more capable of drawing—to proceed. Forgers do much the same thing when they turn a signature upside down to better "see" the shapes of the letters.

Drawing on the Right Side of the Brain aims at teaching the reader how to draw realistically since that is the first step in learning how to draw. The author states that by the time we arrive at the last chapter—"The Zen of Drawing"—we will be competent artists.

The last claim is *not* as unbelievable as it seems. Dr. Edwards has included some before and after drawings. The art work, submitted by students before the three-month course was taken at California State, is nearly void of talent. The drawings completed after the course, seen in relation to the first drawings, are amazing. The students' later drawings show a very definite, almost miraculous, increase in talent.

Dr. Betty Edwards' work is designed as a course to be studied—though "studied" doesn't sound like the right word for this fascinating subject. Besides teaching the beginner to draw, *Drawing on the Right Side of the Brain* can lead one into a changed state of consciousness. Once the left side of the brain is unplugged, tension, anxiety, and time-awareness cease. There is nothing but the relaxed, watery calm which is the natural state of the right brain. In this sense drawing can be a form of meditation.

—Anand Manjushri

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CANCER AND THE MIND

By Joan Saunders Wixen

Can the mind play a part in whether a person gets cancer—and also in whether he gets well again?

Dr. O. Carl Simonton, a radiation oncologist, and his wife, Stephanie Matthews-Simonton, have written a book, "Getting Well Again," that says the psyche not only can help produce cancer but also can help cure it.

For years, they have been working with people who have so-called terminal cancer, and they have come up with some startling results. Of 180 patients they've worked with, about 10 percent are now cancer-free. The average life span for the other 90 percent has been over two-and-a-half times longer than the average for a "terminal" cancer patient receiving only standard medical treatment.

At their Cancer Counseling and Research Center in Fort Worth, they try to determine what psychological factors might have made their patients susceptible to cancer. Then they help revitalize their patients' will to live and they teach them a kind of biofeedback whereby the patients envision their immunization systems healing their disease.

"What goes on in a patient's mind is often the key to whether he'll get well," Dr. Simonton says. "For example, one terminal patient imagines his disease as a vast army of ants at a picnic. The more he kills, the more there are. After a lingering illness, he succumbs to the ants and dies. Another terminal patient imagines a field of badger-like animals being killed by white knights and dipped into a vat of green poison. After a lengthy bout with the disease, he has a remission."

The Simontons' book (distributed by St. Martin's Press, \$8.95, available in book stores) describes their remarkable work. I visited with the authors at their research center.

Dr. Simonton says possibly two things led him to his research. His maternal grandmother died of cancer when his mother was eight months pregnant with him, and he, himself, developed skin cancer at 16. Mrs. Simonton, a psychotherapist, is fascinated with people who can do things other people think are impossible.

Dr. Simonton seems apprehen-



Photos: Hempel Photography

What goes on in the mind is often the key to cure, says Carl Simonton.

sive talking to a journalist. Mrs. Simonton seems more outgoing, intuitive, and unafraid of revealing herself.

How do they feel about the skepticism of some physicians toward their work?

"I think their reactions are very appropriate because up to now cancer has always been thought of as a purely physical disease," Dr. Simonton says. "But we are talking about bringing about some major changes not only in the way people view cancer, but also in the way they view all illnesses. And we don't expect doctors to be any more receptive to this than anyone else.

"We live in a very pill-conscious society that looks for instant cures. It's much simpler to imagine that disease is something that happens

to the body and all you have to do is medicate it correctly to get better. It's much easier to give a pill and take away a symptom than to deal with why the symptom is there.

"External agents like radiation, genetics, diet, all play a role in the causation of cancer," he says, "but the point is that none of them provides a full explanation why a particular person at a particular point in his life contracts cancer."

Mrs. Simonton says, "What we're doing is not really that startlingly new. The only thing startling is that doctors have not done more research on this.

"For example, much of the early work demonstrating that the emotions can cause illness was done by Hans Selye at the University of Prague in the 1920s. He proved beyond a doubt that high levels of emotional stress for a long duration increase one's susceptibility to illness. He proved that emotional stress leads to hormonal imbalances that suppress the immunization system. These imbalances could increase the production of abnormal cells at precisely the time the body is least capable of destroying them. What we're trying to do is relate some of Dr. Selye's findings to cancer patients.

"We've become very optimistic lately, because with the advent of biofeedback we think people are now beginning to realize how much the mind and the physical body are intertwined. Years ago, if you told a person that he was responsible for bringing on his sickness, it would have been useless because we didn't have the tools then to help him get better.

"Now we know it is possible for the cycle of cancer development to be reversed. We know that the same pathways that are used to transmit negative things, like cancer growth, can also be used to transmit positive things that can eventually restore a person to

An interview with Dr. and Mrs. O. Carl Simonton, who have combined medical treatment with mental therapy to achieve startling results

health. People today have an awareness that learning about oneself psychologically is not necessarily just for crazy people."

Is there a danger here? By telling people to get their minds in shape, some may neglect standard medical treatment, and die because of it.

"We have always stated very firmly," says Dr. Simonton, "that people should use psychological means in conjunction with standard medical practice. However, many of us doctors believe the most effective cure of cancer will come from the involvement of the immune system, and not from a toxic substance."

Is it possible to predict who is more prone to cancer?

"Yes, it is," Dr. Simonton says. "C.B. Thomas did a study of 1,300 senior medical students at John Hopkins Medical School back in 1946.

"It turned out over 25 years later that the group that was the most psychologically distinct from the others was the group that later developed malignancy.

"The cancer-prone personalities are people who have impaired emotional outlets. When they feel hurt, angry, and hostile, they can't quite communicate it. They seldom demonstrate strong emotions. Some people say that's why there is very little incidence of cancer in prison populations. Prisoners show their angry, hostile feelings.

"Cancer-prone personalities also have strong feelings of helplessness and hopelessness. They often see themselves as victims who are trapped, who aren't capable of altering their lives in any way.

"Dr. Lawrence LeShan in his book, 'You Can Fight for Your Life, emotional factors in the causation of cancer,' writes of studying 500 cancer patients. He found their youth often was marked by feelings of isolation,

neglect and despair. There was usually a lack of closeness to their parents. But often in early adulthood they finally were able to establish a strong, meaningful relationship with a person or they found great satisfaction in their vocations and it became their reason for living. When this relationship or role was then removed (through death, a move, a child



Stephanie Simonton claims disease's paths can be routes back to health.

leaving home, loss of a job or retirement), it was as if the bruises left over from childhood had been painfully struck again."

Mrs. Simonton speaks of a similar finding in the studies she and her husband have done:

"We have found that when women have invested the bulk of their energy in their families and their youngest child leaves home, they are more prone to cancer."

Dr. Simonton says social mores may be involved. "I would suspect that the changing of women's roles today is related to the epidemic women are now having with breast cancer," he says.

And Mrs. Simonton adds, "I would suspect when women again feel comfortable in their new roles, the incidence of breast cancer will go down."

Dr. Simonton says, "LeShan also describes the extreme need of cancer patients to look good to others. This also goes along with a study Dr. B. Klopfer did in 1957 that showed how the patients' personalities correlated with whether they would have fast- or slow-growing tumors.

"Klopfer said that when too much energy was tied up defending the ego and the patient's way of life, his body had less vital energy to fight the cancer.

"That's possibly why catatonic schizophrenics have almost no incidence of cancer while paranoiacs have an abnormally high incidence," he adds. "When a person becomes a catatonic, he walls himself off from the outside world as kind of a psychological protection from pain. On the other hand, paranoiacs are people who are overly sensitive to how those about them are reacting.

"There is also very little cancer in people who are mentally retarded. Statistics show the closer a retarded person is to functioning in a normal life, the more the incidence of his getting cancer increases."

Dr. Simonton became interested in the psychological aspects of cancer when he was in the Army.

"My job was to give X-ray treatment to people who were diagnosed as terminal cancer patients. I began noticing that no matter what the prognosis, those who had greater expectations were the ones who did best. I remember how one particular patient told me he was visualizing my X-ray machine killing his cancer cells. I said nothing, thinking it really didn't matter what he believed. But, would you believe it, this man who was ridden with cancer had a spontaneous remission and is still alive today.

"Now I had heard of spontaneous remissions, but believe me

continued

they are extraordinarily rare, and no one really understands why they happen. One of the patients I'm proudest of is a man I had several years back when he was 64 and it was thought he had just a few months to live."

Dr. Simonton smiles. "Well, this man started visualizing how his cancer cells were being cleared and how his tumors were disintegrating. Now at the age of 71, he not only has been free of cancer for several years, but also by using this same technique has cured himself of his arthritis. And would you believe after being impotent for many years, he says his sex life now couldn't be better?"

Can any patient use these biofeedback techniques?

"Anyone can use them," Dr. Simonton says, "but they're so much more effective when the patients gain some psychological insight into the role they played in letting their immunization systems break down."

"We have something to work with as we teach them the value of positive mental images. It's so much easier for them to relax and visualize themselves as completely

Anger can be used by patient in battle for survival

healthy people free from any illness if their lives are headed in an appropriate direction.

"A lot of these people discover the onset of their disease came at a time when they were drastically subordinating their own needs to everyone else's and they had very little strength left over to devote to themselves."

Is cancer the body's way of rejecting itself?

Mrs. Simonton replies, "If a person's life loses meaning, then a part of him or her unconsciously begins to die. I think that's why cancer often brings a message with it that says, 'You must stop and reassess your priorities and values. You must be willing to be yourself, not what people want you to be because you think that is the only way you can get love. You can

no longer be dishonest. You are now at a point where, if you really want to live, you have to be who you are.'

"Of course being who we really are is a lifelong struggle. From our earliest childhood, we start rejecting parts of ourselves until finally some people reach a point where there is very little left of their own basic selves."

Of their patients, Dr. Simonton says, "Perhaps for the first time in their lives they feel they can now give themselves permission to do many of the things they would not ordinarily have done, had they been healthy. They can now ask for help or love and express some of their unhappiness. They can now drop some of the responsibilities and pressures of their lives without guilt or the need to justify."

"We try to give them some insight into what they're doing so that they realize that cancer is a ridiculously high price to pay to solve problems. We try to explain to them that our purpose is not to make them feel guilty but to give them the strength to take the responsibility and stand up for their own behavior."

But don't we all have to stifle our feelings somewhat?

Dr. Simonton replies, "When a person allows himself to be in a damaging life situation where a part of him would rather die than go on, I would say this individual should know there are alternative solutions. The worst thing is when we don't even admit our needs to ourselves. The difficulty is not that we have to punish ourselves for having those feelings. It's having to deny those feelings."

What feelings?

"Negative feelings, particularly anger and resentment. Bottling up these feelings stresses the entire body and inhibits getting well. We try to help our patients let go of the past and use energy they ordinarily would put into anger and resentment into their own survival."

Mrs. Simonton adds, "Another disadvantage of holding onto old resentments is it allows people to continue in the role of the victim and feel sorry for themselves without having to take the responsibility for changing their lives. So we

try to affirm their strength and teach them ways of changing their lives. You have to let people know there are options, that they can change things and they don't have to give up. You teach them to be aware of their own dependent needs so they can have nurturing kinds of relationships with people who can satisfy these needs."

For people who seem to have lost goals in life, Dr. Simonton sug-

Those who make it can emerge as better people

gests they "go back into their lives and find out what once gave them pleasure and then in some way try to connect this pleasure to some new goals today."

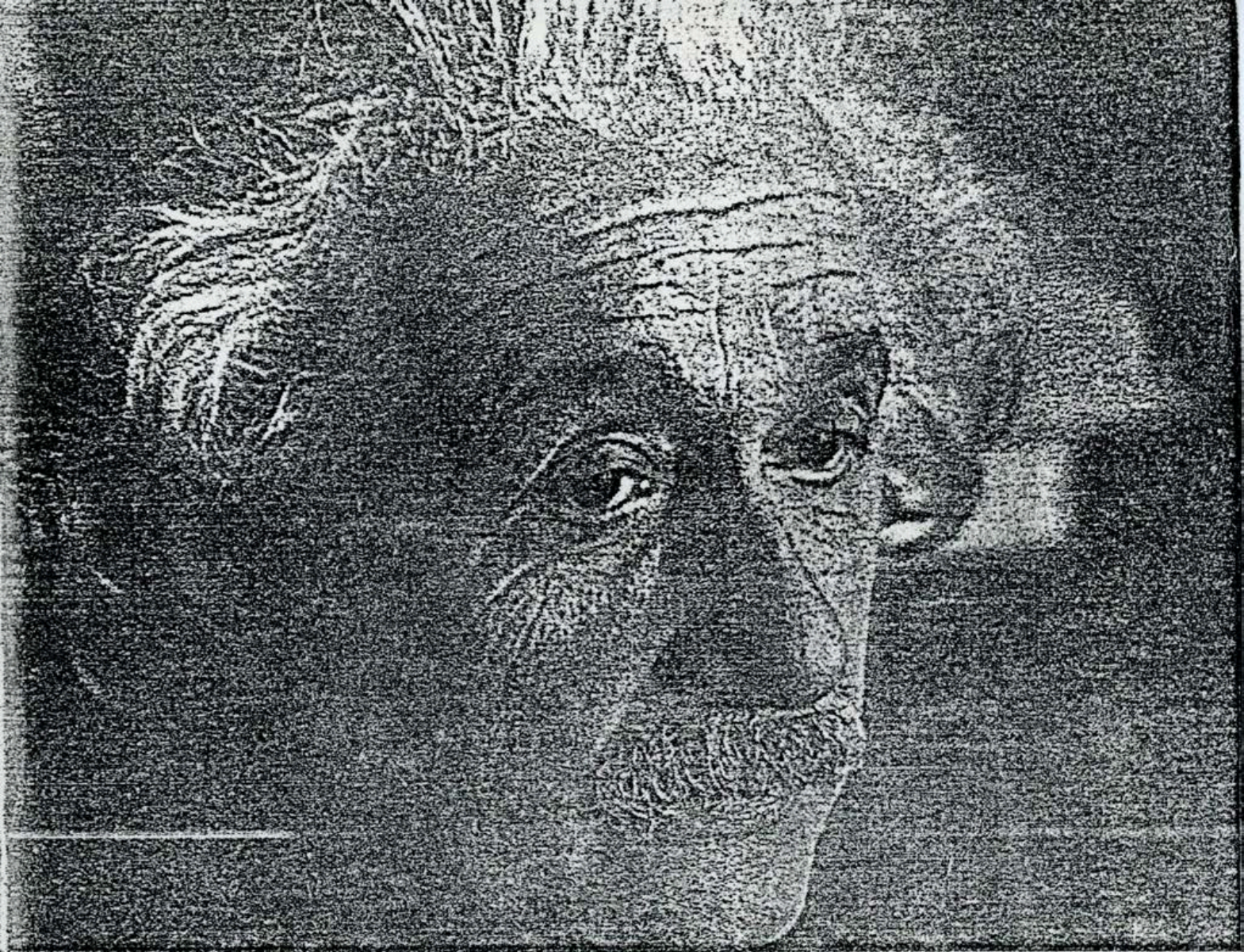
Mrs. Simonton says, "The biggest obstacle we have to get over is the idea that work is the only meaningful purpose in life. Unfortunately we live in a culture that up until recently has said the major purpose in a person's life should be his or her work, or for some women it was supposed to be their children."

What is the biggest problem after a person is cured?

Mrs. Simonton says, "Sometimes, they get very angry when things get rough again. They complain, 'I overcame cancer and life should be good now and I should be happy forever.' The big danger point is when people think that they now have it made, that everything is solved and there is no more work to be done. If that were true, there really would be no point in living. Whether one has had cancer or not, one should continually re-evaluate the feelings of hopelessness and helplessness."

Dr. Simonton says, "Patients who have participated in their own recovery often have much greater psychological strength than they ever had before. They emerge not just restored to health, but restored with a sense of potency and control over their lives they had never before experienced."

And Mrs. Simonton adds, "They're not the same. They're far, far better."



Why do some people see the unseen?

One of the most poignant exchanges, in Einstein's role as a philosopher came when he was 70 and living in Princeton. An ordained rabbi had written explaining that he had sought in vain to comfort his 19-year old daughter over the death of her sister, "a sinless, beautiful 16-year old child."

"A human being," wrote Einstein in reply, "is a part of the whole, called by us 'Universe,' a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest-- a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole nature in its beauty. Nobody is able to achieve this completely, but the striving for such achievement is in itself a part of the liberation and a foundation for inner security."

-- New York Times, March 29, 1972

ORGANIC REPORTER

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HISTORY

In the ancient history of Aloes we find its uses in the medical field as well as in cosmetics by Egyptians, Romans, Italians, Algerians, Moroccans, Tunisians, Greeks, Arabians, Indians, Chinese and others. For example, Cleopatra supposedly attributed her irresistible charm and beauty to the use of Aloe gel.

Papyrus Ebers written 3500 years ago (original copy safeguarded in Leipzig University) describes Aloe and its medicinal virtues which were known for many centuries before.

Dioscorides recorded many applications of Aloe 2000 years ago: wounds, binding, insomnia, stomach disorders and pain, constipation, hemorrhoids, itching headache, loss of hair, mouth and gum diseases, kidney ailments, blistering, skin care, sunburn, blemishes, etc.

The historians have recorded that Aristotle persuaded Alexander the Great to conquer the Island of Socotra (East Africa) for the purpose of obtaining sufficient amounts of Aloes as a wound healing agent for their soldiers. Today Socotrine Aloe is still official in the U. S. Pharmacopoeia.

In the New Testament (John 19:39) reference is made to Nicodemus coming by night and bringing a mixture of Myrrh and Aloe to embalm the body of Jesus. Aloe is believed to be derived from Aloe vera.

In Africa, the Aloe has been placed over the entrance of a house to insure a long and flourishing life for the inhabitants and was regarded as a good luck charm. Also, it supposedly kept evil spirits away!

The African Sutos tribes require all people of the village to baths publicly in an infusion of Aloe in case of an epidemic of colds.

Congo hunters rubbed their bodies with the Aloe gel to reduce perspiration and eliminate human scent.

Marco Polo found that the Chinese used Aloe for stomach ailments, treatment of rashes and other skin disorders.

Malayans and Jamaicans bind a slab of Aloe pulp to the forehead to relieve headaches.

The Philippines employ leaves to poultice edema of beriberi sufferers. To preserve hair, they apply Aloe pulp with wine.

Columbus' ship log contained notations for the medicinal uses of Aloe.

New World discoverers, probably Spaniards, brought the Aloe plant of North African origin (Aloe vera) to the Canary Islands, Jamaica, Aruba, Haiti, Antiqua, Venezuela, Peru, Bolivia and other tropical and sub-tropical regions. In 1596 Aloe was introduced to the Island of Barbados.

Spanish missionaries in the Western Hemisphere always planted and grew Aloe around their settlements and carried it around with them for miles for the comforting of the sick.

In Cuba the popular cold remedy is made from Aloe with sugar and rum.

In Colombia, a children's legs and feet are coated with gel to protect them from insect bites.

In the West Indies and Southern Florida, Aloe leaves are shredded and added to the drinking water of poultry during moulting and to cure the pip.

Seminole Indians used the healing gel in their surgery where it was applied to the incision.

Central American Mexican Indians used Aloe gel for centuries for many remedies: for burns, to prevent blisters, peptic and duodenal ulcers, dysentery, and all types of stomach and intestinal disorders, longevity, prostatitis, sexual prowess, bladder and kidney infections, topical and gastric ulcers, etc.

In Java, Aloe gel was used to prevent formation of scars resulting from wounds or skin irritations. Juice was massaged into the scalp and hair to improve its condition and to stimulate growth.

South American farmers, as they migrate, move their Aloe plants with them. Often an Aloe plant is a gift for newly-weds' backwards.

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Put your tongue to the roof of the mouth - slide it back along the roof and widen the back of the throat as you breathe in. Keep your head straight and do not tilt it back on the neck.

Key #3. Imagine pushing back against a wall. Then stretch the spine up as tho you are looking OVER a wall in front of you. In your imagination assume that you are at least 9 feet tall and walk that way. This helps to stretch your mind and body.

Key #4. Blow the feather.

As you blow out IMAGINE you are keeping a feather from falling - keep it suspended on your breath. As you do this stay expanded in the lungs - in the back - like the Opera singer does.

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REMEMBER: "He tipped his tongue to the roof of his mouth and drank of the RIVER of Life"

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CHINESE SUCCESSFULLY USE LAXATIVE TO TREAT ACUTE APPENDICITIS . . . ELIMINATING NEED OF SURGERY

NEWS RELEASE

Acute appendicitis is being treated in mainland China with a laxative — and the overwhelming majority of patients do not need surgery.

The amazing treatment is just the opposite of that prescribed by American doctors, who warn against the use of laxatives in appendicitis and normally operate to remove an inflamed appendix.

In a study that was reported in the Chinese Medical Journal, more than 7,500 cases of acute appendicitis were treated with traditional Chinese herbal medicines. The death rate for this group of patients was an astoundingly low 12 percent.

One of the main ingredients of the Chinese herbal medicine used for appendicitis is rhubarb which has a laxative effect, according to Dr. C. P. Li of Arlington, Va.

Dr. Li, a Chinese-born scientist wrote a book, "Chinese Herbal Medicine," published by the National Institutes of Health.

"I visited various hospitals in China and talked with friends," he said, "They use rhubarb in in most of their (appendicitis) cases."

In his book, Dr. Li cited a Chinese study of 57 cases of acute appendicitis at a hospital in Sian, China, recovered in a few days without surgery — after treatment with the laxative-based herbal mixture.

The laxative, he explained, expels the bacterial and toxic materials from the appendix, increases blood circulation and inhibits the growth of new bacteria. "In severe cases the patient is given enough rhubarb to effect four "bowel movements a day," Dr. Li said.

Dr. E. Grey Dimond, former provost for health sciences at the Univ. of Missouri in Kansas City, told The Enquirer the Chinese report about 85 percent of acute appendicitis cases in China are being treated successfully with a four-ingredient prescription. Surgery is used 15 percent of the time, he said.

The appendicitis prescription includes, besides rhubarb, another laxative sodium sulfate: magnolia bark, which the Chinese say has an antibiotic effect, and dandelion, according to Dr. Dimond, who has made six trips to China.

In contrast, in the U. S. "the standard treatment for acute appendicitis is surgery," said Dr. Jerome Moses, corporate secretary of International College of Surgeons in Chicago.

"If the case is seen within 72 hours of its onset, surgery is indicated immediately," Dr. Moses said. "If more than 72 hours has passed, then the patient is observed for approximately six weeks. Then he is operated on. Laxatives are not used."

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W o r k s O f

Dr. T. M. P. Mahadevan, M. A., Ph. D.,
Professor of Philosophy,
University of Madras.

1. The Philosophy of Advaita - with special reference to Bharatitirtha Vidyananaya.
First Edition: Messrs Luzac & Co., London, 1938.
Second Edition: Messrs Ganesh & Co., Madras-17
Foreword by Dr. S. Radhakrishnan (pp. 300) Rs. 12/-
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Second Edition: Messrs Chetana Ltd., Bombay, 1956. pp. xvi + 312.
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3. The Upanishads:
(Selections from 108 Upanishads)
Text in Devanagari and English Translation
Published by Messrs G. A. Natesan & Co., Madras-1. 1942
pp. xxxii + 400 Rs. 3/-
4. The Fundamentals of Logic:
Published by The Central Art Press, Madras, 1943.
pp. xvii + 289 Rs. 4/-
5. Whither Civilization and Broadcast Talks:
Thirteen Talks Broadcast by A. I. R.
Published by the Central Art Press, Madras, 1946.
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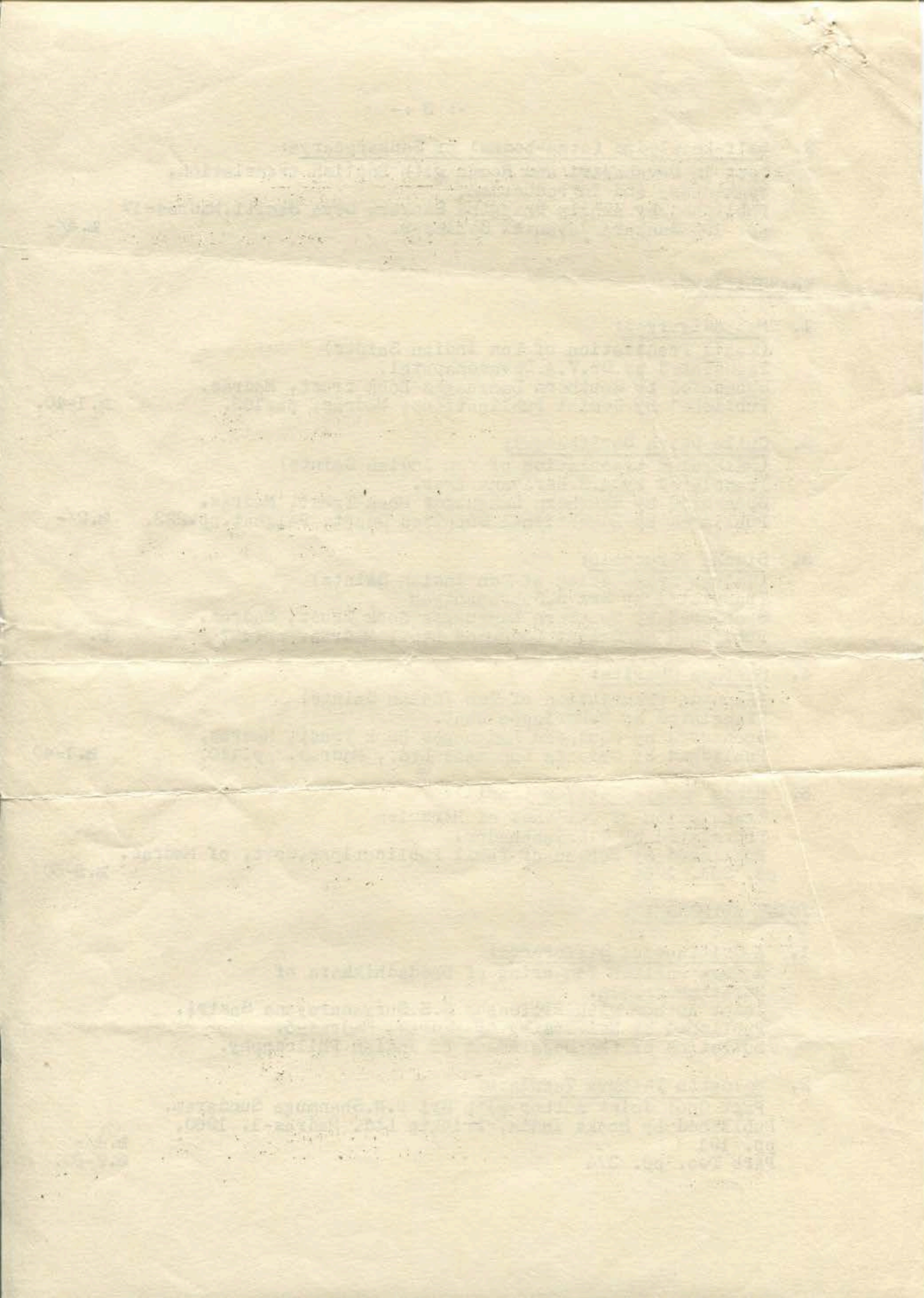
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nor to think that thou reapest no fruit, because in coming from a Communion or Prayer, thou hast not the experience of many emotions; since that is a manifest Illusion. The Husbandman Sows in one time and Reaps in another. So God, upon occasions, and in His own due time, will help thee to resist Temptations, and when least thou thinkest it, will give thee holy purposes, and more effectual desires of serving Him. And to the end thou mayest not suffer thy self to be transported by the violent suggestion of the Enemy, who will enviously persuade thee, that thou doest nothing, and that thou lovest time, that so thou mayest neglect Prayer, I will declare to thee some of the infinite fruits, that thy Soul reaps from this great dryness.

31. The first is to persevere in Prayer, from which fruit spring many other advantages.

II. Thou wilt find a weariness of the things of the World, which by little and little tends to the stifling of the bad desires of thy past life, and to the producing of other new ones of serving God.

III. Thou wilt reflect upon many failings on which formerly thou didst not reflect.

IV. Thou wilt find, when thou art about to commit any evil, a warning in thy Heart, which restrains thee from the execution of it, and at other times from speaking, lamenting, or revenging thy self; that will detach thee from some little earthly Pleasure, or cause thee to flee from this or the other Occasion, or Conversation, to which formerly thou wast running in great peace and security, without the least check or remorse of Conscience.

V. After that through frailty, thou hast fallen in to some light fault, thou wilt feel a Reproof for it in thy Soul, which will exceedingly afflict thee.

VI. Thou wilt feel within thy self, a desire to suffer, and to do the will of God.

VII. An inclination to Virtue, and greater ease in overcoming thy self, and in conquering the difficulties of the Passions, and the Enemies that hinder thee in the way.

VIII. Thou wilt learn to know and to despise thy self; thou wilt experience a high esteem of God above all created Beings, a disdain for Creatures and a firm Resolution not to abandon Prayer, though thou knowest that it will prove to thee a most cruel Martyrdom.

IX. Thou wilt be sensible of greater Peace in thy Soul, love for Humility and for Mortification, confidence in God, submission, and detachment from all Creatures; and, lastly, the Sins thou hast abandoned since the time that thou didst exercise thy self in Prayer, are so many signs, that the Lord is working in thy Soul (though thou knowest it not), by means of arid prayer; and although thou feelest it not whilst thou art in prayer, thou wilt feel it in His due time, when He shall think it fit.

32. All these and many other fruits are like new Buds that spring from Prayer, which thou would'st abandon, because it seems to thee to be dry, and because thou gatherest no fruit, nor reapest advantage therefrom. Be constant and persevere with Patience, for though thou knowest it not, thy Soul is profited thereby.

CAMERA 5 1/8 → 6 1/2

V. Wasserman
J. Weiser

TRAGIC DEATH OF A MAN WHO FOLLOWED A COSMIC MIRAC

ACCOUNTANT John Swain believed he had found happiness as a disciple of a mystic healer who calls himself the Man of Miracles.

But the path to a new way of life led only to heartbreak — and finally to John's death.

John, 31, was killed by an express train after kneeling beside the track and putting his head on the line.

His parents claim that their son's involvement with the followers of guru Sai Baba led to his suicide.

They say his career fell apart, he walked out on business exams, and was haunted by fears that people were following him.

He first became interested in Eastern religions after a trip to Katmandu—Nepal's city of gurus and easy-to-buy drugs.

When he returned home, John made regular trips to a temple in Bolton, dedicated to Sai Baba.

He turned his bed-sitter into a shrine to the man who dubs himself the Cosmic Christ, and claims to take out cancers from



JOHN: "He changed"

patients with his bare hands.

The sober-suited accountant filled his room with books and framed photographs of the chubby "miracle worker."

Then he took his life.

John's mother, Mrs Elizabeth Swain, of Huxley Drive, Bramhall, Stockport, spoke of her son's bizarre behaviour when he became mixed up with the cult.

She said: "At first, we thought he had a girlfriend in Bolton and didn't worry

when sometimes, he failed to come home.

"But when we realised he was involved with this mysterious cult, everything about him seemed to change.

"He became withdrawn and towards the end he would sit on the stairs and say things like his friends were outside waiting.

"He seemed very frightened. I've asked myself over and over again, could he have been brain-washed through these meetings?"

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with the GP, who disagrees with the health visitor, who disagrees with the nurse, who disagrees with your husband, who disagrees with your mother-in-law, who disagrees with your mother, who disagrees with you.

"The answer is to agree with everyone and do what agrees with the baby.

"A baby is the only one

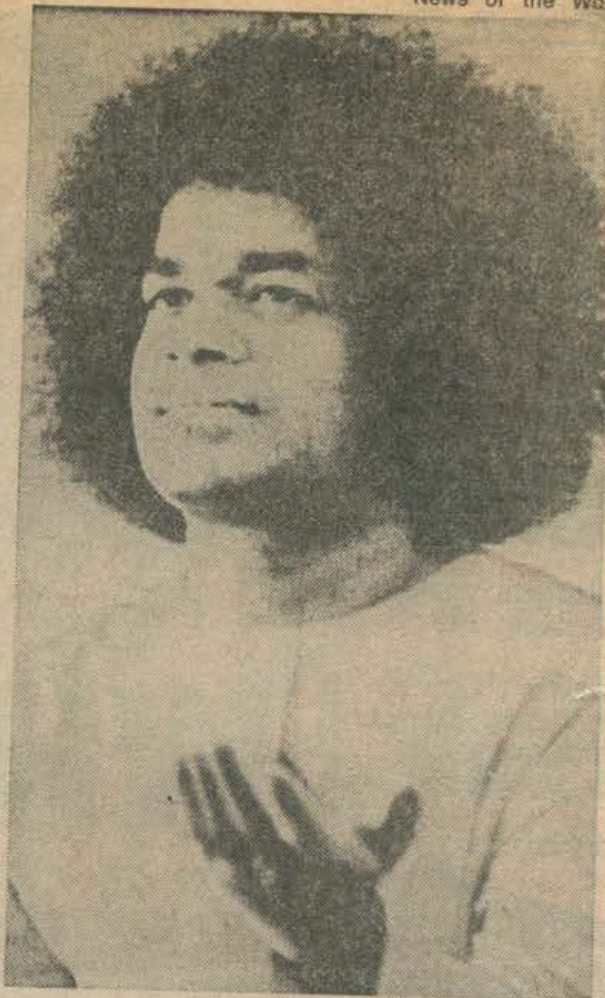
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DISCIPLINE VED THE LE MAN



MYSTIC Sai Baba the "Miracle Man"

By Jill
ankham

ing, Ceen, 50, had taken part in a meditation course called Rebirthing. He was taught breathing techniques which are supposed to relax and bring back past experiences, like the moment of birth.

At the Old Bailey, Ceen, of Bayswater, London, was convicted of manslaughter and sent to a psychiatric hospital.

After the case, the senior detective who led the investigation said: "Before the course, Ceen was fairly normal.

"After it he was confused and had gone back to childhood. He even started sucking a baby's dummy for comfort.

"It reawakened his childhood and he didn't come out of it."

Ceen had a nervous breakdown three years ago after taking part in a similar course in Belgium.

But he finally snapped after experimenting with the breathing techniques of the Rebirth Society.

The instructor was American Leonard Orr, an ex-property salesman and dollar millionaire. He came to London at the invitation of the society's president, John Hunt.

Mr Hunt said: "There really is nothing to defend. Mr Ceen was fine during the course. There was nothing to show that he was odd.

Happy

"I talked to him afterwards and he was happy and well.

"There's a danger during the breathing exercises. Some people do get frightened. But a student gets over it.

"The experience is similar to fighting for breath at birth. It's part of the trauma.

"I'm always warning people of dangers. If I felt someone wasn't responsible, I'd warn them before they did the course."

Dr DAVID DELVIN warns that the method of breathing used for rebirthing can seriously affect the brain.

"In a few minutes you are unable to think straight," he said. "In a person who's already mentally unstable this could send them mad."

And the British Medical Association said: "Don't play around with your mind. Stay away from fringe medicine merchants.

"We know of many cases of people who didn't and were terribly ashamed because of the consequences."

h-old baby figure.' They could be only per- get this right." They could be year - old "A baby is a tyrant in andmother knitted boots." d playing "He needs food, warmth, " become a and love. And he knows exactly where to get it

her son's death. wain has received s" from Baba's fol- defending their leader.

is worshipped at 22 in Britain and are about 150 fol- in Bolton.

a claims to be in with his disciples here in the world— says he can mentally at himself and give

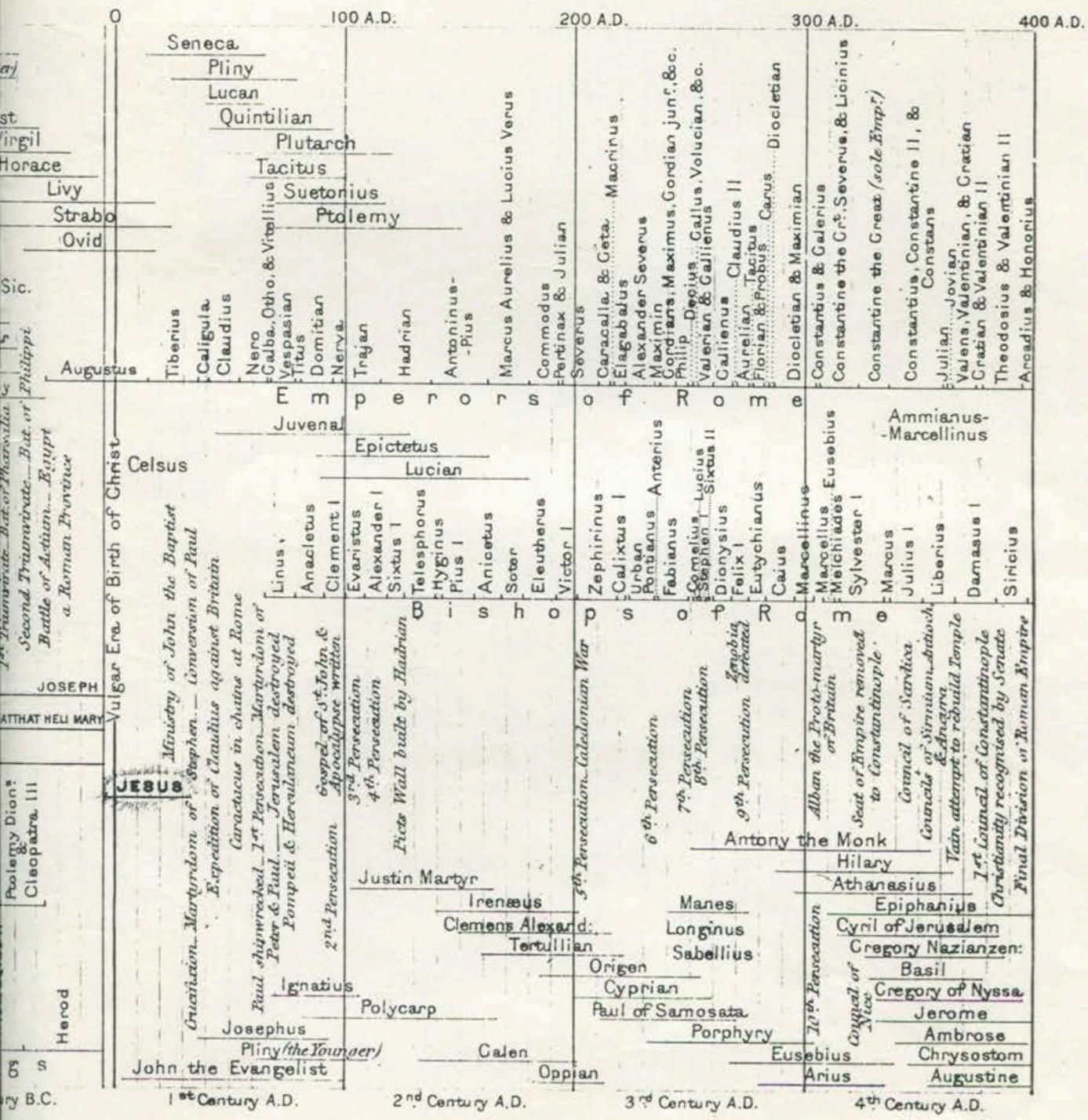
former religious chief e Bolton temple said was unaware of Mr 's death.

don't think that any- he was involved in us could have caused e added.

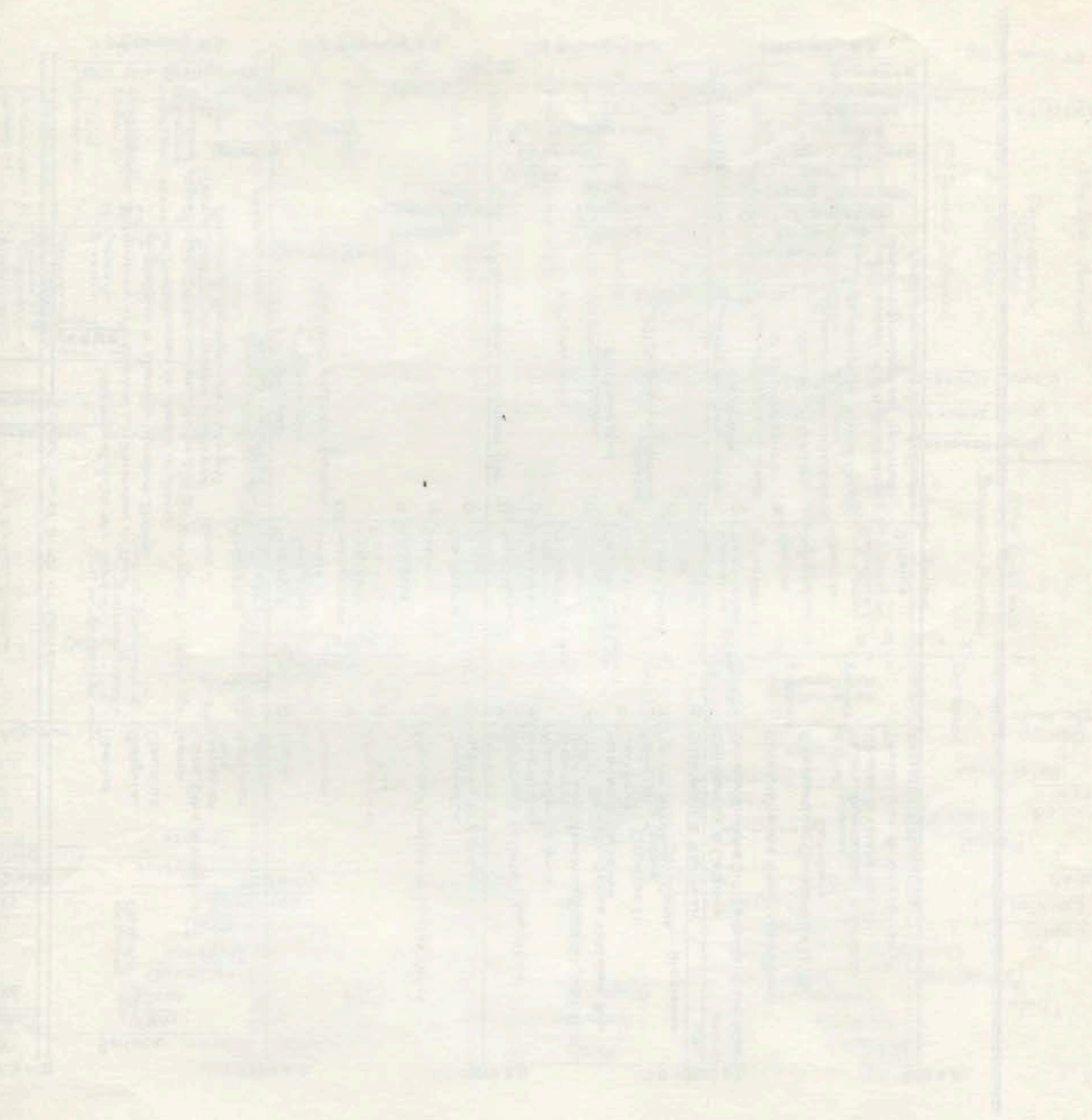
NO-SENDING experi- turned for oil execu- Guido Ceen into a d killer.

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Please also send this to P.B.

[Ret w/ Sai Baba]

THE MESSAGE I BRING

Your Reality is the Self, a wave of the Supreme Self.* The one object of this human experience is to visualize that Reality, that Atma, that relationship between the wave and the Sea. All other activities are trivial; you share them with birds and beasts; but, this is the unique privilege of Man. He has clambered through all the levels of animality, all the steps in the ladder of evolution in order to inherit this high density. If all the years between birth and death are frittered away in seeking food and shelter, comfort and pleasure as animals do, man is condemning himself to a further life sentence.

Man is endowed with two special gifts: the faculty of reasoning and the faculty of analysis and synthesis. Use these gifts for discovering the Truth of yourself, which is the Truth of every one else, of everything else. All countries are borne and sustained by this Earth; all are warmed by the same Sun; all 'bodies' are inspired by the same Divine Principle; all are urged by the same inner motivator. The Vedas (ancient Hindu scriptures) are the earliest testaments of the victory of man over himself, his discovery of the underlying Unity in all Creation and his pulsating contact with the Truth that unifies. They declare, God is the inner Reality of all beings, All this is enveloped by God, All this is God. The Divine principle that is in every one is like the electric current that illuminates the bulbs of different colours and different candle powers. The same God shines in and through every one, whatever be the creed, colour, tribe or territory. The current animates and activates all bulbs: the Divine animates and activates all. Those who see difference are deluded; they are befogged by prejudice, egoism, hatred or malice. Love sees all as one Divine Family.

How does this Atma Principle express itself in Man? As Prema, Love. Love is the basic nature of man, that sustains him and strengthens his resolve to march ahead. Without Love man is blind; the World, for him, will be a dark and fearsome jungle. Love is the light that guides the feet of man in the wilderness. The Vedas laid down four goals before man, two pairs of goals, rather, morality-wealth; the earning of the wherewithal for living through moral means and, desire-liberation; the attainment of liberation from the twin experiences of pain and pleasure and the desire for that Liberation and for nothing less than that supreme treasure. All these goals are attainable through the practice of Love. Love regulated by Truth, Righteousness and Peace. The Vedas teach that man must earn wealth through the path of righteousness; that is not taken to heart; wealth is accumulated anyhow! The Vedas teach that man should have only one desire, namely for Liberation. This too is not respected. Man is drowning himself in the maelstrom of desire, the fulfillment of that desire can never quench his deeper thirsts. How can a prisoner have any desire other than liberation? The widespread anxiety, fear and unrest that is evident all over the world are the consequences of this mistaken course.

back

The human body so filled with skills, so capable of great adventures, is a gift from God to each of you. It has to be used as a raft on which you can cross this never calm sea of Change that lies between birth and death, bondage and liberation. Awaken to this primal duty even when your physical and mental faculties are keen; awake even while your power of discrimination is sharp. Do not postpone the launching of the raft for it may become unserviceable soon. It may be burdened with illness, so that all your attention will have to be spent on its upkeep. Think of the incomparable joy that will surge within you when you approach the shore of Liberation! Ride safe on the raging waters of Change; be a witness, do not crave for the fruit of action, leave the consequence of all the good acts of yours to God's will. He is the doer; you are but the instrument. Pursue nobler ends; have grander ideals, sensory pleasures are trinkets, trivialities. The sages have discovered the disciplines that will keep you unaffected by defeat or victory, loss or gain. Learn them, practise them; establish yourself in unruffled peace.

In homes and schools, training of the minds of the young on these lines has to be taken up earnestly by teachers and

* Paramatma in Sanskrit, derived from "param" meaning supreme and "atma" meaning the true Self of man. God or Brahman, immanent in each and every being is known as Atma.

parents; of course, they must equip themselves for this work by steady practice in meditation and recitation of the Name of God. In every home a certain length of time must be fixed every day in the morning as well as evening for readings from spiritual books and recitation of the Name of God. Parents and children must join in singing the glory of God. In fact all one's time must be dedicated to God; so, as a first step, a few minutes may be devoted to the adoration of His Glory or the gauging of the depth of that Glory. Gradually, when the sweetness of the habit heartens you, you will devote more and more time and feel more and more content. The purpose of 'living' is to achieve 'living in God'; every one is entitled to that consecration and consummation. You are the Truth; do not lose faith; do not belittle yourselves. You are Divine - however often you slide from humanity to animality or even lower.

Cultivate Love; share that love with all. How can you give one person less and another more, when they are both the same as you? If you forget the basic Divinity, hatred sprouts; envy raises its hood. See the Atma in all; Love sprouts; Peace descends like dew. You are embodiments of Love. When I sense your love, I must share it and allow you to share my love; that is the best of all communications and communions. The meditation of words is then unnecessary.

(((

I have come to light the Lamp of Love in your hearts, to see that it shines day by day with added lustre. I have not come to speak on behalf of any Dharma (righteousness), like the Hindu Dharma. I have not come on any mission of publicity for any sect or creed or cause; nor have I come to collect the followers for any doctrine. I have no plan to attract disciples or devotees into my fold or any fold. I have come to tell you of this Universal unitary faith, this Atmic principle, this Path of Love, this Dharma of Prema, this duty of Love, this Obligation to Love.

QUOTE TO BRAHMAN

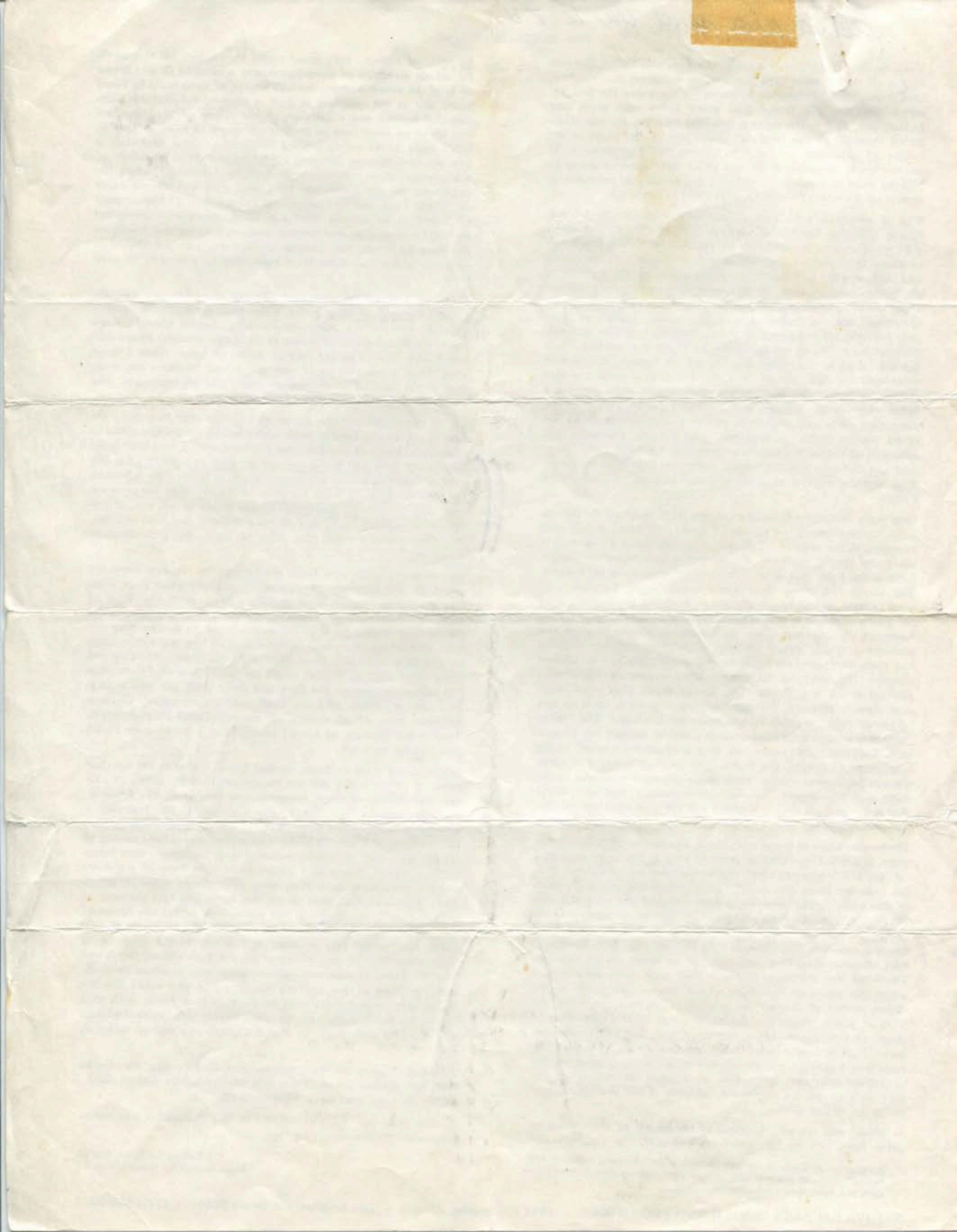
All religions teach one basic discipline; the removal from the mind of the blemish of egoism of running after little joys. Every religion teaches man to fill his being with the Glory of God and evict the pettiness of conceit. It trains him in the methods of detachment and discrimination so that he may aim high and attain liberation. Believe that all hearts are motivated by the One and Only God; that all faiths glorify the One and Only God, that all Names in all languages and all Forms man can conceive, denote the One and Only God; His adoration is best done by means of Love. Cultivate that attitude of Oneness between men of all creeds, all countries and all continents. That is the Message of Love I bring. That is the Message I wish you to take to heart.

Foster Love, Live in Love, spread Love - that is the spiritual exercise which will yield the maximum benefit. When you recite the Name of God, remembering the while His Majesty, His Compassion, His Glory, His Splendour, His Presence - Love will grow within you, its roots will go deeper and deeper, its branches will spread wider and wider, giving cool shelter to friend and foe, to fellow national and foreigner. God has a million names, Sages and Saints have seen Him in a million Forms; they have seen Him with eyes closed and eyes open. They have extolled Him in all the languages and dialects of man; but yet, His Glory is not exhausted. Select any Name of His, any Name that appeals to you, select any Form of His; every day when you awaken to the call of the brightening East recite the Name, meditate on the Form; have the Name and the Form as your companion, guide and guardian throughout the toils of the waking hours; when you retire for the night offer grateful homage to God in that Form with that Name for being with you, by you, beside you, behind you all day long. If you stick to this discipline you cannot falter or fail.

Resolve to carry on the quest of your own Reality. Resolve to live in the inspiration of the constant remembrance of God. Cultivate Love and share love with all.

I bless that you achieve success in this endeavour and derive great joy therefrom.

Sathya Sai Baba, 4/7/68
from Sathya Sai Speaks, Vol. VI



Love, hate and body aura

Dr. Frank G. Baranowski
(Arizona University)

"I am sure you must have heard that some years ago, a camera has been perfected for what is called Kirlian photography, which takes pictures of the energy bands that surround the human body. With this camera, we can photograph the 'aura' of an object, which very often extends beyond the limits of its physical body. The aura is generated by the inside of a person, the energy, the love, and the emotions. It comes out clear in the pictures that we can now take. Since 1939, thousands of pictures have been taken and studied by means of this bio-magnetic and radiation photography and we can now say whether or when a person feels Love, sends Love and showers Love."

The halo or aura around people is of pronounced colors. Energy is white; when a person is full of Love, the aura around him is blue and when the Love is pronounced, it becomes pink. When a person is filled with hate, the aura becomes red. These bands can be seen, too, by trained eyes, after a series of exercises. Time does not permit

(Dr. Baranowski is a scientist who has explored the recesses of the human body and mind, especially, the auras that form in the bio-magnetic field around the body. When photographed and interpreted, they reveal emotional make-up and the predominant features of the urges of the mind. Facts gleaned from a study of the holy men of India have played a major part in his researches into the workings of the mind and in clinical hypnosis.)

This the gist of a talk he gave in Andhra Pradesh, India.

me to show you the photographic evidence of what I am saying, but, let me assure you, we have it.

Strange things happen to your body when you hate, and are in anger. In one moment of anger, you use enough electric energy to light a two-cell flash-bulb for three months! So, scientific and clinical evi-

dence tells us to Love. Love is what you have to develop and share with others. We can, with our perfected camera, now photograph five different types of aura — physical, psychological, moral, spiritual, and intellectual. They are basically five, but the auras can change colour as affected by the emotions.

I have met over a hundred holy men in India. Too many of these holy men are involved with their own personal ego. Their auras show mostly their concern for themselves and their institutions. So, they are only a foot broad or perhaps two feet. I am not a devotee. I have come here from America, as a scientist, to see this man, Sri Baba.

I saw him, standing there, on the balcony, giving Darsan to the devotees, singing below. The aura Swami projected was not that of a man. The white was more than twice the size of any man's, the blue was practically limitless, and then there were gold and silver bands beyond even those, far beyond the building, right up to the horizon. There is no scientific explanation for this phenomenon.

His aura is so strong that it is affecting me, standing by the chair on which he is sitting. I can feel the effect and I have to wipe my arm, off and on, as you must have noticed. It is very difficult for me to admit, I am a scientist. I have given over 5000 lectures in all parts of the world, but for the first time, believe me, my knees are shaking. The aura that emanates from Swami shows his Love for you. I have met a number of holy men but, not one of them has made himself as available to you, as he does. That is a sign of greatness.

Many years ago, we had a philosopher named Ralph Waldo Emerson in the United States. He was once asked, "What is success in life?" and, he replied, "To laugh often and much, to win the affection of children, to find the best in others, to endure the betrayal of false friends, to make the world a little

better place to live in than we were born into, rearing a little garden patch, improving some social condition, or helping a child to grow healthier. To know that one life breathes easier, since you lived, that is success."

Swami has given you the key to success — the simple four-letter word, LOVE. If ever I can use the phrase that I have seen LOVE walking on two feet, it is here.

"I have been watching Swami while he was addressing you. The pink aura that was manifesting was so vast and strong that it went beyond the wall behind his chair. It filled this big hall, embracing all of you gathered here. There can be no scientific explanation for this phenomenon."

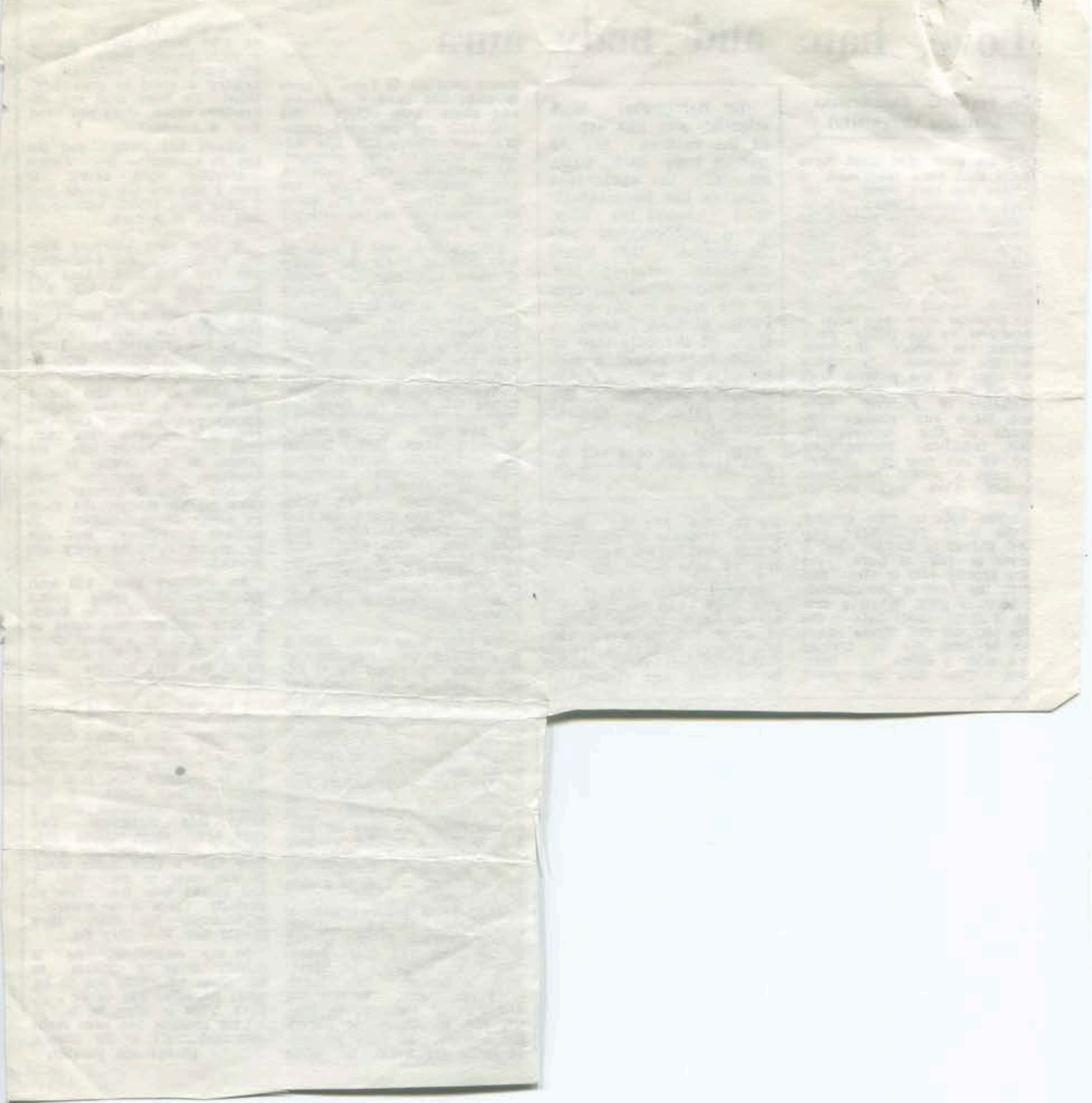
I have watched him for a week, now as he has walked among you, morning and evening. I have seen his aura, pink in colour, go into the person he is talking to or touching, and returning back to him. This is because we draw on his energy. His energy seems to be endless. It spreads everywhere and can be drawn upon by every one around.

An ordinary man will soon get exhausted, going round as he does, among so many. I have watched him come to a little girl in a wheel chair and tickle her. I was astounded at the aura of love that was all around him then.

I was not brought up in any belief. Though I am a Christian born and a Roman Catholic. The scientific community in my country finds it difficult to accept a God. It is not scientific, they assert. I am making my reputation when I make this statement. Two days ago, right outside this Hall, I looked into his eyes; they have a glow inside them. It was clear to me that I had looked into the face of Divinity. There is no scientific explanation for this; they should not. But, they do.

In my estimation, he is exactly what he appears to be what he wants you to be, what he tells you to be... Love. That is what he is.

This meeting has been really overwhelmingly in its impact.
(Sanathasa Sarathi)



MAN'S CONCEPTS OF GOD

We are born over again each morning when we awaken for a fresh start, so let us live that day (It's all we have) to the best of our ability.

By so doing, we will be reborn again from within as we discard the lower self for the higher self.

WHAT IS GOD? . . . That is the greatest single question man can ask. Is there an answer to it? Can man, with his finite mind, comprehend and define the infinite?

No. Nobody can actually define God, (although some mystics have experienced in their consciousness a certain small amount of the Divine Presence during moments of Illumination. But even this they cannot describe to others in satisfactory terms. It is presumption for anyone to say that he knows what God is, for sure.

Throughout the ages, however, countless individuals, sages, wise men, philosophers, mystics, mediums, and even scientists have tried to figure out in their own minds just what sort of a Being, or Spirit, or Force created the Universe and keeps it running; and from these scattered speculations have emerged nine great concepts of God, some of which are familiar to us in the Western world, some not.

There is no harm inquiring intelligently into the nature of Deity, even though you know full well that you can never know the complete answer in this Earthly life, so long as you admit that these inquiries are but hypotheses and speculations, and NOT absolute truths. In fact, I believe everybody interested in spiritual matters and doing spiritual work should know as much about God as possible, from all points of view. Not everyone is privileged to "experience" God, but everyone can study about God, and hence come closer to Him in consciousness. For this reason I believe it will be of benefit to have in mind the basic concepts that mankind has developed about the Creator. These concepts do not deal with the attributes of God—they are legion—but with the nature of God.

Nine Basic Concepts

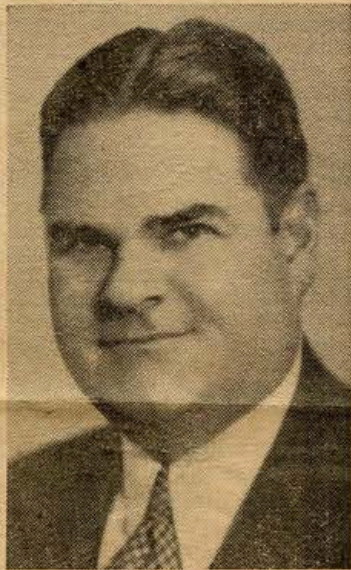
These nine basic concepts of God are: Theism, Monotheism, Anthropomorphism, the Divine Androgyne, the Doctrine of the Trinity, Dualism, Polytheism, Pantheism, and the Doctrine of Avatars. All other concepts are combinations or subdivisions of one or more of these. Let us consider each of these, briefly.

THEISM. This, in its broadest

idea is the worship of the sex principle, as in Phallicism.

V
The DOCTRINE OF THE TRINITY. This implies that God is Three Persons in One. In Christianity, it is God, The Father; God, The Son; and God, The Holy Ghost. In Hinduism, it is Brahma, the Creator; Vishnu, the Preserver; and Shiva (Siva), the Destroyer. An excellent explanation of the Trinity comes also from India where it is taught that the First Person of the Trinity (Brahma) is the Creative Vibration of Nature; the Second Person (Vishnu) is the Preservative Vibration of Nature; while the Third Person (Shiva) is the Destructive Vibration of Nature; or the processes of Birth, Life, and Death (the destruction of the physical vehicle). Those are the Three Conditions of the One Life.

VI
DUALISM. As opposed to the concept of the Trinity, this holds that God is only Two Principles: Good and Evil, or Light and Darkness, both fighting each other for supremacy. In Zoroastrianism, Ahura Mazda, or Ormazd, is the



HOWARD B. MacDONALD
New York City

Light aspect of God; while Ahri-man, or Darkness, is the evil aspect. God and the Devil, in other words. Eventually Light will triumph.

VII
POLYTHEISM. This is the concept that there are many gods; or that there are "little gods" of many things; such as, the forces of nature, human emotions, social customs, the weather, inanimate objects, and all phases of life. Pagan Idolatry is a degraded form of

these various theories feel positive that their particular idea about God is the only true one! Thus, unless you already have a definite belief of your own, you are free to accept whichever one or ones of the above basic teachings which appeals to your sense of logic the most, or inspires in you the greatest degree of reverence. Perhaps if we could lump together ALL, or some, of these basic concepts we could arrive at a still Greater God! But whatever concept of God makes you the happiest is the one for you, today, in your present stage of Spiritual Unfolding.

In addition to these nine concepts, many individuals have attempted to define God in a few words. For example, the American Indians define God as simply "The Great Spirit," which, to me, is a wonderful statement. Manly Palmer Hall says: "God is best defined as the first manifestation of Infinite Existence, the first limitation upon the Limitless," and, more simply, "Deity is the consummation of every condition and extension of energy conceivable to man."

What God Is

Again, in "The Mystical Christ," Mr. Hall says: "In mysticism, God is apperceptibly known, not as a vast sovereignty, but as an all-pervading and ever-present quality . . . God is the ever-present help no farther from us than the strength of our faith. Stainton Moses, in "More Spirit Teachings," declares: "God is really an informing, energizing, spirit."

Henry Ward Beecher once said: "God is the one great employer, thinker, planner, and supervisor." Plato, in part, says: "God may be appropriately and properly termed Father, as Cause; Mother, as the field in which Cause acts; and Son, or Progeny, as manifested from Itself."

The Bible says: "God is Love" and many spiritual workers employ this beautiful simile. Paul Brunton, in "Discover Yourself," quotes Genesis 1,3, "And God said: Let there be Light; and there was Light" and infers: "Thus the Bible says that Light was the first creation; that God made Light out of Himself. Hence, Light is the same substance as God, and God IS Light." (Many mystics, who achieve Cosmic Consciousness, have visions of a blinding Light. So, perhaps Dr. Brunton is close to the Truth).

Finally, let me suggest a definition of my own: "God is the focal point from which the Cosmic Forces radiate."

These are some of the theories and ideas mystics and philosophers have held regarding the nature of God. Perhaps they will help you attain in your own mind a clearer picture of Deity. But remember, at best, these are only "guesses" or speculations about the "composition" of God Himself, and they make no claim to list or enumerate the many attributes and qualities, both human and divine, that Deity possesses and expresses, up-

on occasion, to those that love Him. God can be "all things to all men" and the greater your individual concept of God, the greater He will be for you.

these. Let us consider each of these, briefly.

I

THEISM. This, in its broadest sense, simply means a belief in God—any kind or type of God—in general. It attempts no definition, but is all-inclusive. Most people are, at heart, Theists, first, and something else second.

II

MONOTHEISM. This is very similar to THEISM, only it restricts the concept of God to just **one** thing. This God may be personal or impersonal; a living Being; a Great Cosmic Force; or a Great Spirit.

III

ANTHROPOMORPHISM. This means that God has a human form, with human attributes, feelings, emotions, qualities, and failings. It can be either Male or Female. This belief is the basis of the Big-man-in-the-sky concept held by so many Fundamentalists. Jehovah was an Anthropomorphic God.

IV

THE DIVINE ANDROGYNE. This implies that God is both Male and Female at the same time; or a Figure of Being of both sexes in the same Form or Body. It is the popular Father-Mother concept held by many Oriental peoples. A perversion of this originally pure

ure, human emotions, social customs, the weather, inanimate objects, and all phases of life. Pagan Idolatry is a degraded form of this interesting belief.

VIII

PANTHEISM. The idea that God is literally everywhere, manifesting in all things animate and inanimate, in all parts and aspects of the Universe. It is a higher belief than Polytheism, with which it is sometimes confused. In reality, Pantheism is a philosophic concept which verges on the "new" scientific view that God, or the Great Creative Force, is in everything.

IX

THE DOCTRINE OF AVATARS. This, the ninth and final basic concept of God, is a Hindu teaching which holds that occasionally God Himself incarnates in a human body, to give humanity some special lessons or revelations they need at that particular time in history. Some early Avatars were: Rama Chandra, Krishna, Buddha, and Jesus. Recent Avatars, according to their respective followers (who may or may not be correct) include: Sri Ramakrishna, Baha U'llah, and Mahatma Gandhi.

Which of these concepts is correct? Nobody can possibly know, although the members of each of the great Religions which teach

— by —

DR. HOWARD BRENTON MacDONALD

THE BIBLE

As Viewed by a

spiritualist



MYRTLE R. PETERSEN

tains and lakes. We learn of productivities, cultivation and civilization.

It is a book of science, knowledge, learning and wisdom; a biography on the life of Christ . . . also, Moses, David, Saul, John the Baptist and the Prophets.

It is a love story of David and Bathsheba; of Ruth and Naomi; and the Christ's love for the spiritual things. It is a book of reference, an ever flowing ebb of knowledge and wisdom of those who may search its pages.

It is like a check book, for you can draw from it whenever you desire the strength you need.

It is the source from which we gain understanding and replenish our faith. It is the written word as inspired by man, through the power of God.

Alpha And Omega

It is a guiding light, that all may see the way. It is a comforter in times of need, and a condolence in sorrow. Its healing essence licks our wounds and troubled hearts. Its truths quicken our mind, our soul and our spirit. It is rich in spiritual blessings.

It is the eyes for the blind, ears for the deaf, and a voice for the mute. In it are the vices of the evil, the eternal beauty of the spiritual things. It befriends the friendless, and scorns the wicked. But the love that penetrates and permeates through its numerous pages, from cover to cover, radiates through all in an everlasting light, that all may partake of its spiritual offerings, and share its love with one another.

The Bible can, therefore, be a handle in our hand lighting the way . . . if we permit it. It is the preparation of transition, or life beyond. It can lead us onto a path of a richer life, of strength and endurance for it is the bread of life, the essence and the way of life. It is the Alpha and the Omega . . . the beginning and the end.

SPIRITUALIST

mind. On the other hand, in my own voice circle I have had good evidential communication which has been followed on a number of occasions by the same voice making statements which came from the mind of the medium. I think the origin of what was said varied on different occasions. There is no line of demarcation; they intermingle.

Lord Dowding: There does not seem to be difference of opinion between any of those who have spoken. I think everybody agrees that occasions arise when the material comes from the medium which was not in the mind of the medium. I think many of our troubles arise from trying to get cut-and-dried rules about what happens. It seems that a part of this very important question is the origin of the messages and the means by which they are transmitted to the medium from the Other Side.

I feel there is a great variety of method, particularly when advanced spirits are communicating. A person living on earth a year ago might find it easy to make contact with a medium and give an intelligible message, which might be right or wrong; it might be perfectly communicated without any coloration, but wrong because the communicator did not know what he was talking about.

It may be that an exalted spirit, in order to talk to us, has to go through a much more complicated business. His vibration may be so far separated from that of the medium that, unless the medium is exceptionally receptive, direct communication is not possible.

There are various methods. One is described in Vale Owen's "Life Beyond the Veil." Forty-nine or fifty discarnate persons received the message from the high spirit—you can think of it as an inverted pyramid. It came down through all those people to the person on earth, the seamstress who had looked after Vale Owen's little girl when she was alive. This is a complicated process and you can imagine errors arising from it. Another method is the re-adoption by the elevated spirit of one of the astral bodies which he has occupied in the past.

I think that it is possible for material to come through the medium with no distortion at all; it is equally possible for a true message to be distorted, or for a false message to be received from a playful spirit.

Lady Dowding: I have had many messages in which I have been able to trace the medium's mind working through them. I had one that was in nobody's mind.

Percy Hitchcock: I think we can come to the conclusion that mediums differ. There is the case of a medium telling a sitter that her husband was there, yet she had no husband. Then we can continue to the top of the tree where there are cases of communication so pure as to be almost unaffected by the medium. In the vast majority of cases they are so affected.

Where is the . . . SPIRITUALISM

We Believe In Personal Responsibility. All Souls Must Work Out Their Own Salvation.

by

EDITH M. NILES

785 Junipero Ave., Long Beach, Cal.

AFTER reading articles on reincarnation by various writers, both pro and con, I thought to myself: "Where is the Spiritualism of yesteryear?" I believe reincarnation is still an unproven theory, whereas spirit return and communication has always been founded on fact—proving evidence of personal identity.

What is the matter with people who attend these meeting places where reincarnation is discussed and not demonstrated?

What is the matter with the individual who would rather have a so-called Master, of some past age, guide them in preference to a loved one who has already demonstrated their presence to them through various phases of communication?

Could it be they are looking for an alibi for some mistake of the past?

Again I ask: What value is reincarnation to the bereaved soul, whose very heart is drenched in sorrow after the loss of a loved one?

Continual Change

Of what value is an ancient sage as compared with a spirit child who can reveal her presence to its Mother through spirit communication? How can the idea of reincarnation open the sepulchre?

Do intelligent people have to have to have their egos inflated so that they can point with pride at their past incarnations? We have been taught: It is not what

HYDES

HYDESVILLE SPIRITUALIST

again this summer. We hope

vacation with

On this hallowed ground, now in Camp site, is the very cradle of Mod Truth Seekers, the world over, rejoice memory and souls of Charles Rosna, the Fox Sisters who, from childhood, worked for their mediumship, though crudely given over one hundred years ago, rang around IS NO DEATH, THERE ARE NO DEAD.

Thank God that today the religious and powerful mediumship, does for what no other religion under the sun matter how wonderful its teachings—

unaffected by the medium. In the vast majority of cases they are so affected.

* *

Lord Dowding: I think at some of the very low levels there are more cases where the story coming through is colored by the medium in some measure.

* *

Ronald Beesley: In all these types of communication we are dealing with telepathic communication between mind and mind. Therefore, because a certain amount of the medium's influence is there, it is only because mind is relative to mind in that degree. The error is there, but it is not a deliberate fault. We can say it is telepathy, but where does that telepathic line run from? The mind and telepathic communication are the crux of the matter.

TO BE CONTINUED

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Fothergill, Jessie.
The First Violin 2 v. — Probation 2 v. — Made or Marred, and "One of Three" 1 v. — Kith and Kin 2 v. — Peril 2 v. — Borderland 2 v.

"Found Dead," Author of: *vide*
James Payn.

Fowler, Ellen Thorneycroft
(Mrs. Alfred Laurence Felkin).
A Double Thread 2 v. — The Farringdons 2 v. — Fuel of Fire 1 v. — Place and Power 2 v. — In Subjection 2 v. — Miss Fallowfield's Fortune 1 v.

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Francis, M. E.
The Duenna of a Genius 1 v.

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Galsworthy, John.
The Man of Property 2 v. — The Country House 1 v. — Fraternity 1 v. — Villa Ruben 1 v. — A Man of Devon, etc. 1 v. — A Motley 1 v. — The Patrician 1 v. — Justice, and Other Plays 1 v. — The Silver Box, and Other Plays 1 v. — The Inn of Tranquillity 1 v.

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Lady Baby 2 v. — Recha 1 v. — Orthodox 1 v. — The Wrong Man 1 v. — A Spotless Reputation 1 v. — A Forgotten Sin 1 v. — One Year 1 v. — The Supreme Crime 1 v. — The Blood-Tax 1 v. — Holy Matrimony 1 v. — The Eternal Woman 1 v. — Made of Money 1 v. — The Bridge of Life 1 v. — The Three Essentials 1 v. — The Improbable Idyl 1 v. — The Compromise 2 v. — Itinerant Daughters 1 v. — Restitution 1 v. — Pomp and Circumstance 1 v. — The Grass Widow 1 v. — The Inevitable Marriage 1 v. — A Glorious Lie 1 v. — The City of Enticement 1 v.

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Our Manifold Nature 1 v. — Babs the Impossible 2 v. — Emotional Moments 1 v.

Grant, Miss.

Victor Lescaz 2 v. — The Sun-Maid 2 v. — My Heart's in the Highlands 2 v. — Artiste 2 v. — Prince Hugo 2 v. — Cara Roma 2 v.

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Helen's Babies & Other People's Children 1 v. — The Bowsham Puzzle 1 v. — One Tramp; Mrs. Mayburn's Twins 1 v.

Haggard, H. Rider.

King Solomon's Mines 1 v. — She 2 v. — Jess 2 v. — Allan Quatermain 2 v. — The Witch's Head 2 v. — Maiwa's Revenge 1 v. — Mr. Meeson's Will 1 v. — Colonel Quaritch, V. C. 2 v. — Cleopatra 2 v. — Allan's Wife 1 v. — Beatrice 2 v. — Dawn 2 v. — Montezuma's Daughter 2 v. — The People of the Mist 2 v. — Joan Haste 2 v. — Heart of the World 2 v. — The Wizard 1 v. — Doctor Therne 1 v. — Swallow 2 v. — Black Heart and White Heart, and Elissa 1 v. — Lysbeth 2 v. — A Winter Pilgrimage 2 v. — Pearl-Maiden 2 v. — Stella Fregelius 2 v. — The Brethren 2 v. — Ayesha. The Return of 'She' 2 v. — The Way of the Spirit 2 v. — Benita 1 v. — Fair Margaret 2 v. — The Lady of Blossholme 1 v. — Morning Star 1 v. — Queen Sheba's Ring 1 v. — Red Eve 1 v. — Marie 1 v.

Haggard, H. Rider, & Andrew Lang.

The World's Desire 2 v.

Hall, Mrs. S. C., † 1881.

Can Wrong be Right? 1 v. — Marian 2 v.

Hamerton, P. G., † 1894.

Marmorne 1 v. — French and English 2 v.

Hardy, Miss Iza: *vide* Author of

"Not Easily Jealous."



OVERCOMING BACKACHE AND DISC TROUBLE

THE art and science of dietetics may correctly be regarded as the cornerstone of naturopathic practice, but other modalities such as the proper use of sun and air, the various water treatments, natural medication and manipulative therapy also have important places.

Manipulative methods have a most important role in the natural cure of disease, and especially when the disorder is one which affects the spinal column.

Osteopathy and chiropractic, in particular, present scientific bases for the fact that a disturbed structure may be responsible for dis-

Kenneth Basham,
N.D., D.O., M.B.N.A.

turbed function. Conversely, an organ which is functioning in a disturbed manner can, and often does, by reflex action, bring about changes in the spinal structure.

This is the reason why anatomical adjustment by manipulation of both the bony framework and the supporting tissues frequently proves so effective and beneficial in all kinds of disorder.

The methods of chiropractic and osteopathic manipulation provide the skilled naturopath with powerful means of influencing the circulation of the vital fluids (blood and lymph), controlling the nerve impulses, relieving acute and sub-acute inflammatory processes, softening and relaxing tense and contracted muscles, ligaments and other connective tissues, loosening stiffened spinal and other spinal joints, and so on.

Thousands upon thousands of former patients can bear witness to the highly beneficial effects produced by the progressive, scientific application of this art.

It will be as well if we get some idea of the structure of the spine before we attempt to discuss the causes of backache and what can be done to deal with them and to avoid them.

How The Spine is Made

THE vertebral column, which is commonly referred to as the backbone or spine, is the central pillar around which our bodies are built. It is made up of thirty-three bones, which may be classified in this way:

a. The Cervical vertebræ, which are seven in number and form the neck.

b. The Dorsal or Thoracic vertebræ are that part of the spine which is at the back of the chest or thorax. The thoracic cavity is formed by the ribs, which articulate with the corresponding vertebræ. There are, of course, twelve pairs of ribs in both men and women, corresponding to the twelve dorsal vertebræ, although there are some people who have thirteen pairs of ribs.

There is no benefit in this, for they have what is known as "cervical rib", which is a growth from the 7th cervical vertebra and may prove painful and embarrassing if it should press upon a nerve.

c. The Lumbar vertebræ come next. These are five large and strong bones which carry the main weight, and the lowest of which rests upon the pelvis.

d. The Sacrum is composed of five vertebræ fused together, and is the flattish, triangular-shaped bone at the back of the pelvis.

e. The Coccyx, or tail-bone, has been formed by four fused vertebræ. Although it plays no part in weight-bearing, it cannot be ignored for, if damaged, it can give rise to considerable pain and nervous disturbances.

That is the bony framework, but we should be rather peculiarly shaped and very unstable individuals if we were left like that. As you will know from your own observations, the normal spinal column has a series of natural curves, four in number.

Corrective Therapy

EVERY endeavour should be made to keep these curves normal by the cultivation of a correct

posture in sitting, standing and walking. Complete straightening or over-curving of these natural curves is indicative of abnormality. Most of us have some inclination to this kind of abnormality for our jobs tend to encourage unnatural bending or slouching.

We can help ourselves by corrective exercises and by correct feeding and by avoiding excessive fatigue.

Between each two vertebræ is a flexible pad of gristle, called the inter-vertebral cartilage or disc. This disc is most important for two reasons: *One*—it helps to form the natural curves. *Two*—it acts as a shock absorber.

If these discs between the vertebræ are compressed on any one side for a protracted period, they tend to lose their resiliency and shape. We see the extreme results of this in cases of scoliosis and hump-back. Again, the discs may become hardened through faulty local nutrition, and the owner is subject to strains and stresses in his back from which he would normally be protected and cushioned.

The vertebræ and discs do not, of course, retain their respective positions of their own accord, but are held there by strong fibrous bands called ligaments, and surrounded by short, strong muscles. In addition, the spine is the central framework of the body to which most of the muscles are directly or indirectly attached.

Tributary of the Brain

THE spinal column provides a conduit to protect and house the spinal cord. This is a most

THE various forms of backache give cause for suffering to millions, and provide millions for the manufacturers of popular anodynes.

Chiropractic and osteopathy provide the drugless practitioner with the means to relieve and cure without dangerous chemical aids.

Sensible living and careful exercise will enable everyone to avoid the miseries of backache.

important function for the spinal cord is an off-shoot of the brain, and through it practically all the messages to and from the brain pass.

From this vital cord, which we might well call the thread by which our lives hang, branch out all the main nerves of the body, so that even the most minute nerve-endings are vitally connected with the spinal cord and thence with the brain, the controller-in-chief of our bodily function, the seat of reason, intellect, and emotion.

Every tissue and every organ of the human system has its own centre in the spinal cord, as well as in the brain itself. If any one of these centres is interfered with, that part of the body corresponding to that centre, or centres, will suffer from impaired nervous energy, either over stimulating or inhibiting.

The vertebræ are specially constructed to deal with this contingency and offer protection to the cord. Each vertebra consists of a "body", with a projection at

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each side, and a bony ring behind which has its own projection. It is this which we feel as a "knob" when we run a finger down the spine. The projections provide attachments for the muscles, and the rings, when joined together, form a canal in which the spinal canal is encased and protected from injury.

Between each of the bones of the spine there is an aperture consisting of a groove in each of two adjoining vertebrae, the two grooves forming, when the vertebrae are in close juxtaposition, a single channel. Through these apertures, on each side of the spine, nerves enter and emerge, together with veins and arteries.

When we consider what important parts of our systems are intimately in contact with the spine, and rely upon it for protection and support, it is truly amazing that there are not more disorders arising from the strains and stresses to which our skeletal structures are subjected in modern life.

Wrenched Bones

IN actual practice, I find that many of the troubles which cause people to visit my consulting rooms are connected with malaposition of vertebrae, following upon a fall, overworking of a part, a sudden strain or series of smaller strains (over-working of a part) during a more-or-less prolonged period, or simply through nervous tension and muscular spasm.

We can all readily appreciate that if a bone in the spinal column is wrenched (or jammed

at the limit of its normal range of movement), then a painful condition would be likely to arise. But there would also be heat, swelling, redness in varying proportions as the healing processes got to work. Blood and lymph brought to the area to repair the damage would induce the classic signs.

The nerve fibres are busy, as the signallers in a battle, flashing messages back and forth *via* that precious spinal cord. Often, reflexes are set up which result in contracted muscles holding the vertebrae in a position of limited motion. We have then the typical osteopathic lesion, or chiropractic subluxation.

Reflexes

THIS is where further trouble may start if early adjustment is not made by manipulation.

That area of disturbance is going to cause messages of distress to be sent along the nerve fibres for months and years afterwards, even when the original acute inflammation has subsided, unless treatment is given. The messages reach the spinal cord, and here reflex irritations are set up, which are relayed by way of the nerves which have their origin in the same segment of the cord, and serve organs at a distance. In this manner a lesion in the dorsal region may disturb the heart action, or in the lumbar region the functioning of the bowel or the reproductive organs.

The possible results of a disturbance arising from strain or accident are clear, but this business of reflexes is a two-way affair.

Let us take the case of a peptic

ulcer. The stomach receives part of its nerve supply from nerves which originate from the spinal cord in the dorsal region. If there is trouble and irritation in the stomach, these nerves will carry back information to that effect.

This is very upsetting to the series of little telephone exchanges in that segment of the spinal cord, and there is again a "crossing of lines" and reflexes are sent along the nerve fibres which arise from the same segment to the spinal muscles. These are brought into a state of tension, or hyper-tonicity, which results in subluxation of the affected vertebral joints, just as if there had been direct, violent interference.

When I examine such a case, I usually find not only the usual signs of gastric ulcer, but I can also elicit tenderness along the spine, and I may find one or more bones malplaced in the region from the 4th to the 7th dorsal vertebrae.

Other examples may include the lungs, nerves to which emerge from the 1st to 7th dorsal segments, the heart which is controlled from the cervical region and 4th and 5th dorsals, the liver (8th, 9th and 10th dorsals), large intestine (1st to 4th lumbar), and the uterus (5th lumbar and pelvis).

Incidentally, we see here how the practitioner who is trained in spinal analysis has a powerful diagnostic aid which is unknown to the orthodox practitioner.

In dealing with disorders of the organs which I have mentioned, we must use the appropriate dietetic measures, herbal aids, and so on, but we are able also to incor-

porate manipulative techniques into our treatment schedule which will correct the spinal lesions, break the vicious circle, and allow the natural healing forces to work unimpeded.

Weakened Ligaments

AS a result of faulty living habits, principally nutritional, the ligaments supporting the spinal joints may become weakened and the discs prematurely aged—hardened and frail. Wrong posture and lack of efficient exercise also play their part in producing the conditions which lead to backache and disc troubles.

The possible causes of back pain are so many that it is quite impossible to deal with them all in the course of a short article, and I shall confine myself to mentioning some of the most common. The main causes may be divided conveniently into five groups. These are spinal (meaning joints, muscles, etc.), those associated with fevers, visceral (due to disease of an internal organ), nervous (from disease of certain nerves), and finally psychological.

Psychological causes of backache are usually traceable to fatigue, depression, and frustration. For instance, there is the woman who has kept house for perhaps a considerable number of years on a small income and with no help, becoming mentally and physically exhausted with this and the effort of bearing and rearing several children. She has little or no relaxation or pleasure.

Married Discord

IN other women, backache which has no apparent physical cause

is often a consequence of marital unhappiness, especially if this is due to lack of sexual satisfaction.

These cases are differentiated by the practitioner from those with physical causes by the absence of physical signs, and by the symptoms reported by the patient, who tends to weep as she describes her troubles. She tends to be depressed and will describe how the pain spreads right up her back, flowing over her head, and producing dizziness.

In such cases, we can help, but the approach must be quite different from those instances where there are definite physical disturbances requiring physical treatments.

Some nervous diseases, such as syringomyelia and poliomyelitis, may cause backache, and this possibility has to be borne in mind.

Pelvic disorders are a common cause of backache arising from disturbance of the internal organs. The trouble may be chronic congestion of the uterus, backward or downward displacement of the uterus, and impacted tumours of the ovaries or uterus.

Lumbar pain may arise from appendicitis, but usually only if the appendix is lying behind the ascending colon. Backache may also be caused by pyelitis, carcinoma of the kidney, and considerable enlargement of the left auricle in mitral stenosis. The latter is very rare, and in any case the usual signs of heart disease would be apparent.

In dealing with the spinal type of backache, the practitioner has to consider such possibilities as tuberculosis, fracture, osteoma-

lacia, osteitis, osteo-arthritis. . . .

However, careful examination and attention to the history of the case will enable a proper diagnosis to be made, and certainly most backaches do not have such unpleasant origins.

Bad Posture

MANY of these cases are due to wrong use of muscles. This may include faulty sitting, standing, or walking. The abuse of the muscles by wearing unsuitable shoes. Infiltration of the muscle fibres by irritating deposits—this can arise from a poor circulation, inefficient elimination, incorrect dietary, or a combination of two or more of these factors.

In only about 2 per cent of cases, at the outside, is the cause a so-called slipped disc. This popular term is a mis-nomer. The disc between the vertebræ consists of hard outer part with a pulpy inner part. The conception is of a splitting or rupture of the disc, so that there is pressure upon the cord or nerve roots by either the nucleus or the outer part. Thus, the correct terms include protrusion of the intervertebral disc, hernia of the nucleus pulposus, or prolapse of the intervertebral disc.

It is not easy to make a correct diagnosis in these cases, and I am always astounded by the casual manner in which so many backache cases are labelled "slipped disc". In fact, most of these are cases in which there is no rupture of the disc. Usually all that is involved is some spasm of the lumbar muscles, with a displacement of a lumbar vertebra or rotation

of part of the pelvis.

Manipulative treatment is needed to reduce the spasm in the muscles and return the bones to their normal positions, and this is readily done by means of osteopathy or chiropractic.

Should there be an actual herniated disc, the usual methods of traction or plaster cast or surgery will be found less effective than modern manipulative technique by a qualified naturopathic practitioner.

Manipulation is not merely a method of treatment, however. It is also a method of *preventing* disease. A regular body manipulation will prevent the onset of backache, and, by keeping the spine, circulation and nerve supply normal, will assist in the prevention of other disorders.

Three Requirements

THE prevention of backache and of any other form of ill-health requires a number of things in our modern world. Three of these are:

1. A sensible, balanced, planned dietary. This means a really adequate intake of first class protein foods; plenty of fresh vegetables and fruits; wholegrain cereals.
2. Regular tonic manipulation of the spine and body by a practitioner trained and experienced in osteopathic or chiropractic manipulation.
3. Adequate rest and relaxation, combined with careful exercise.

Try some of these simple exercises. You will find that they help.

First an all-round, upward stretching of the body, raising the arms high above the head, stretching up the neck too. This is not only good for posture and for the spine, it also helps to prevent or to deal with dilated stomach, dropped colon or kidney, and other displacements of organs.

Second, forward bending of the spine. Nothing jerky or sudden, and no endeavour to go too far at first, but gently bending forward. You will find that you can get further forward each time you try.

Third, backward bending.

Fourth, exercises for the abdominal muscles. These will help to improve the lung capacity and to prevent constipation. Standing you can practice drawing in the tummy, taking several short, deep breaths, then relaxing the muscles. Repeat several times. Lying on the back, raise the legs straight so that the heels are about four inches from the floor. Then part the feet about 30 inches, bring them together, part again, then bring together once more. Slowly lower the legs. Repeat this several times. Still on the back, "cycle" with the legs.

Fifth, sideways bending, moving left then right several times.

Sixth, backwards and forwards stretching of the neck spine. Do this by interlacing the fingers and placing the clasped hands behind the head, palms against the skull. Let the head drop forward, whilst keeping the back upright from the base of the neck down. Now apply strong steady pressure with the hands. You will find yourself experiencing a most satisfying sen-

sation as the muscles are stretched almost to the waist. Gently release the pressure. Repeat this several times, and you will find that you have relaxed the muscles of the neck and upper back.

Next, place the clasped hands across the forehead and press backwards whilst pushing forward with the head. Release the pressure, and press again. Do this several times, and then repeat the first part of the exercise, with the hands behind the skull, twice more.

Seventh, sideways stretching of the neck spine. To do this, place the fingers of the right hand at the opposite side of the neck, with the palm against the back of the neck. Now raise the left arm, and rest the forearm on the top of the head, grasping the right side of the head with the left hand. Pull strongly but gently with both

hands. Move the right hand up and down the neck spine, making a strong pull at each contact. This will effectively stretch the muscles and release the vertebral joints. Repeat the entire process with the hands reversed.

You have now a complete system for preventing backache and disc troubles, but it is for you to decide that it is worthwhile taking thought about your food, making the effort to perform a few simple exercises every day, and finding the time for a monthly preventative treatment.

However, if you are a sufferer from back trouble, the proper person to consult is a practitioner of chiropractic or osteopathic manipulation. You can be sure he has a speedy and effective answer to your problem.

Next Month: A Sure and Certain Answer to Constipation.

Herbal Helps No. 1.

Herbs for Coughs, Colds, Catarrh

THIS unpleasant foursome is usually prevalent at this time of the year but they may be successfully treated or, better, altogether avoided, by looking to Nature's remedy in the form of plant life.

A combination of four herbs and vegetables are recommended for this purpose, and they are Coltsfoot, Horsetail, Carrot and Garlic.

Coltsfoot exerts a soothing effect on the delicate mucous membranes during these afflictions. Its ancient botanical name, Tussilago, means "cough dispeller" which bears testimony to its long service of healing.

Horsetail is chiefly employed in conditions of weakened tissues and structures in the body—the silicates in which the plant is especially rich restores tone and balance.

Carrot is rich in Vitamin A—much more so than any other fruit or vegetable—and we know that this vitamin protects the lining of the respiratory tract, throat and bronchial tubes.

Garlic is a most powerful antiseptic which should always be used in virulent infective conditions. It has been said that no self-respecting germ would live with garlic, and therein lies a simple truth.

Most health food stores supply these plants in powder concentrates. Garlic Pearles (capsules) may be substituted for the powder if one finds this plant too strongly flavoured.



How To Make Even Better Home - Made Wine

IF you have already made, and enjoyed making home-made wine, you will, I hope, be stimulated to further effort.

Use only the simplest of utensils. Finer wines are produced with less effort, if you use good yeast and equipment. Moreover, as your enthusiasm grows, so does the desire to make wine in wider variety. It is then essential to invest in vintner's equipment, not only to minimize work, but to reduce the amount of kitchen space consumed.

For a very low cash outlay, you can purchase a "Home-made Wine Beginners' Outfit." This contains among other things, a one gallon jar, wine yeast and a corking gun, besides labels, recipes and hints.

It is well to have a thermometer handy when working with yeast, as temperature is important. If you use a wine yeast, which requires

activating, a thermometer is essential.

Whereas ordinary yeast will give you a wine, the correct yeast will give the best result. It is now possible to get wine yeast dried, and in tablet form. It will keep, and is sold with instructions for use.

As the natural food of yeast is fruit sugar, it works best in undiluted juice. However, most wine recipes are diluted with water, and complex sugar (sucrose) is added. Sucrose is by no means the normal food of yeast.

This position is remedied by adding a nutrient salt. It is boiled in to break the sucrose down to simple sugars, which can be assimilated by yeast.

Fermentation

MOST of my own wines are made in a stone-ware tap hole

By Elizabeth Cosgrove, B.Sc.

peck

PLANNED DIETING

helps

HERBAL CURE



THOUSANDS of years ago, man healed himself through herbs. They were his only means of medicine. There is hardly a disease for which there is *not* a herb! And why not indeed? The earth was made to be entirely self-supporting. Genesis did not take into consideration the sophistication of Man, the conditions, the ills and the ailments he would bring down upon himself as the centuries rolled by. Creation foresaw the illnesses to which man *would* be prone, saw to it the good earth grew the right medicines and directed Man to take of them.

Herbal therapy demands correct dieting. Centuries ago, men and women dieted after taking herbs to cure their complaints. It was the natural thing to do. The patient of those days recognised that to go on *taking* the poisons he wished to eliminate would kill the good effects of the herbs he was taking for *cure*.

Do we do the same today? Do

we think that if we take the herbs prescribed for our special complaint, they will do their job without further assistance? Many of us *do*, and when the herbal remedies fail to be effective, we feel let down.

Medicinal herbs, procurable from accredited Herbal Stockists throughout the world, neutralize the harmful substances gathered in the blood-stream, and, in absorbing them, form chemical combinations. This helps the body to throw off the poisons through the eliminative organs. If we go on eating, taking into the blood-stream the elements responsible for our illness, the action of the herbs is halted, their good effects cancelled. They do not work.

The principle of herb therapy is the *cleansing* of the body of noxious matter. It is a disinfecting process that will not function correctly if defeated by unwise eating during the healing programme. Dieting is all-important.

By Nigel Weste

arteries. Whilst probably 8 out of 10 will survive a first attack, very few survive more than two "coronary episodes". This is because nothing is done, except under naturopathic treatment, to improve the health of the remaining arteries and to normalise the patient's metabolism.

Natural Therapy

A CLOT may lodge in almost any artery, but most commonly this occurs in the coronary arteries feeding the heart. A fact which we must never forget is that a thrombus, or clot, is developed within the already diseased system by the unhealthy, degenerated conditions already prevailing within that body.

Until his naturopath decides that he may get up, the patient must rest in bed. He will be kept on fruit juices and vegetable broths for some time.

Botanic medicines will probably be prescribed for him, and these would include heart tonics and alteratives to clean the system.

It is worse than useless for the patient to allow himself to become unduly worried about his symptoms, distressing though they may be. It is most important for all those who are near to him to encourage him in the *cultivation of a positive and constructive attitude.*

To relieve the pain and conges-

tion, and to improve the circulation and lung efficiency, the naturopath will give manipulative treatment to the chest and spine.

He may use water packs to help at this time, and probably enema may be used in the early stages.

As he progresses, the patient will be taught breathing and other exercises to increase the capacity and efficiency of his chest. Most importantly, he will be instructed about his diet. He will be shewn how to eat in order to restore his metabolism to normal, and also how to feed himself in future in order to reduce the possibilities of a recurrence.

In order that he may learn to use his body efficiently and usefully, and not *abuse* it, he will be instructed about exercise, relaxation, and rest.

I have no doubt that naturopathic treatment provides the best curative approach in dealing with coronary thrombosis when it has occurred. But the main point which I have tried to make in this article is the need for sensible living in order to avoid an attack ever occurring.

Modern researches are confirming naturopathic teachings on the prevention of coronary disease, and it now remains for these lessons to be learned, and *acted upon.*

*Next Month: Control Your
Rheumatic Tendencies!*

BUT MORE SO

ALMOST the whole of human life turns on probabilities . . . which should be studied . . . as we study arithmetic and geometry.

Voltaire.

? For two years now I have suffered from bowel protrusion, and have tried a variety of treatments without any good result. Now my doctor tells me I should have an operation. I do not want to go through all that if it can be avoided, but I am afraid that I am getting rather despairing. Please can you tell me of any treatment for this condition?

● You have probably been suffering from chronic constipation and poor bowel tone for many years, although you do not mention this fact. Muscular weakness is the basic factor in your condition, and this is what must be remedied. An operation might give some relief by tying up the muscles for a while. But I do not advise going to all that trouble and risk when you can deal with the trouble fundamentally, and improve your general health at the same time, as an operation would not.

I believe that you have every hope of avoiding an operation if you will submit yourself to qualified naturopathic advice.

What you need is proper nutrition, exercises, herbal medicines to restore proper tone to the sagging tissues, and certain special manipulative treatments. I have sent you privately the name of a well-known osteopathic specialist in rectal conditions who resides in your city.

? I am going to India shortly, and find that although vaccination is not compulsory, people are advised to be vaccinated against small pox and cholera. I would like to know what risk I should

be taking as a normal healthy person, if I decided not to take this precaution. I realise that it will be necessary to be vaccinated before I return to this country, but that will not be for several years.

● I would advise you not to undergo vaccination against small-pox or cholera. The claims made on behalf of the advocates of vaccination are, to say the least, unproven. In other words, there is no guarantee that vaccination will indeed "protect", but there are well-known dangers in having this thing done to you.

As to the regulations governing vaccination requirements, in most cases the countries which require vaccination will allow exemption for conscientious objection, subject to certain requirements, which are usually not onerous. For further information about this, I suggest that you communicate with Miss Lilly Loat, Secretary of the Anti-Vaccination League, 92 Victoria Street, London, S.W.1 (England), who will be able to advise you fully.

? Will you please give me details of a course of treatment for constipation, from which I have suffered since 20 years of age? I am now 45.

● We frequently publish articles on constipation, as you will find by consulting our back numbers list.

Alternatively, if you want a really detailed scheme of home treatment, I suggest you send to *Here's Health* office for a copy of my booklet, *Nature Cure Plan for Constipation*.



PLAN for HEALTH

NATURALLY we all want to look our best and to have a clear and attractive skin. Those who are wise will take care to use only pure cosmetics and herbal skin lotions when resorting to external aids to beauty. Those who go still deeper into this question know that true beauty comes from within, and that when the body is out of condition the first signs of trouble will be an unsightly blemished skin and a bad figure, in spite of *any* external aids we may use to enhance beauty.

People complain that if only they had more leisure, it would be easier for them to look their best. Of course it would. But even the busiest woman will be amazed at the encouraging results achieved if she will spare a moment or so to

work out a simple daily routine. Regular exercise in the fresh air, a balanced and common-sense diet and — most important of all — plenty of deep and refreshing sleep. These are essentials.

Acidulous Foods

It is curious there are still so many people who have a mistaken idea of the difference between various foods and of the metabolic processes following. They think the eating of acidulous foods in some way harmful, or at least, not good for the body. The converse is the truth.

Normally, acidulous foods, become alkaline after the digestive juices have worked upon them, whereas alkaline foods become acidulous in the body. An excessive amount of protein will produce far more acids than are needed and this is the main reason why stomach disorders are frequent. Too many *flesh foods* are eaten.

Balance

THE vegetarian has the laugh on meat-eaters here! They seldom suffer from acidosis. True, some people seem to need more protein than others, but it is often very difficult to convince people of the need to *balance* the foods they eat.

It is not necessarily so much a question of becoming a vegetarian even though that would be very desirable from so many points of view. It is simply and solely a question of moderation and balance, of assisting nature to do her good work and by so doing, avoiding the discomfort and pain which afflict so many.

By E. M. Deimel

the colds which used to be the bane of their existence. Such patients can hardly believe their good fortune in being free from the colds which used to tantalise them during so many years.

Excess Starch

IF we enquire into the dietary of so many sufferers from catarrh, we will see that there is in every case an excess of starchy foods — bread, potatoes, breakfast cereals, cakes and biscuits. These form too great a proportion of the average dietary and the patient finds it difficult to eliminate naturally, the waste matter resulting from the digestive processes.

The body always seeks to cleanse itself internally. We have our organs of depuration, the chief ones being the skin, the kidneys and the bowel. When these become overworked, or if they are debilitated by wrong habits of living, nature must seek a vicarious outlet for the surplus poisons; so it comes about that she uses the mucous membranes of the nasal and other passages for the elimination of waste. Catarrh is just an instance of this cleansing process.

Internal Cleansing

IF our habits of living were more natural and we gave our body a better opportunity to eliminate waste pleasantly, a catarrhal discharge would become unnecessary. The first thing we must do to get rid of catarrh is to reform our habits of living and to begin with our diet.

No matter what inhalants or sprays we use we can never get over the fact that the body must

WE must remember that we cannot cure catarrh by suppression . . . by the removal of tissues which are doing the work of cleansing.

To attempt this will only drive the poisons inwards with further complications. Surely it is sensible to make the effort to cleanse the body from within by reformed habits of living, and so render superfluous the thoroughly disagreeable condition of chronic catarrh.

be cleansed internally. This can be assisted primarily by attention to our habits of eating. Our food should be wholesome — this will enable the body to adequately cope with its waste.

Refined and denatured foods such as white bread and white sugar cannot build sound bodies and assist elimination. They clog the system. It is little wonder that, among so many people, there is such a prevalence of chronic catarrh.

We look upon this condition as a protracted effort on the part of nature to cleanse the body. It is a form of elimination, and it is needed when the system is overloaded with poisons. Of course there is more to it than just diet. For example, the skin is a very important organ of elimination; and it is often allowed to get into a debilitated condition.

Too many clothes worn in winter and summer weaken the skin. What the skin is unable to do efficiently will have to be done by some other organ. There is a

distinct relationship between the health of the skin and the working of the mucous membranes of the nose and throat.

If we *fight* the catarrh with inhalants, sprays and surgery, we destroy useful tissues, we will drive the morbid matter inwards instead of allowing it to take its course. In this way other conditions such as catarrhal deafness result from suppressive measures directed against the common cold. Nature cure practice aims at cleansing the body and rendering catarrh quite unnecessary.

We can take advantage of the warmth of the sun to improve the skin as an organ of elimination by exposure to the sun's rays. By bathing the body in sunlight and fresh air the skin will be given a chance to recover the efficiency which it tends to lose during the dark winter months. Results in regard to catarrh will prove to be effective.

Too many hot baths will debilitate the skin. While the first effect of the hot bath is to bring back the blood to the surface, the reaction is that the blood recedes, thus congesting the internal vital organs. On the other hand, cold water has a tonic effect. The first result is that the blood recedes from the skin; but the permanent effect is that the blood rushes to the surface, producing a healthy glow. This can be assisted by vigorous rubbing of the body with the hands or with a towel.

In Nature Cure we never regard the various parts of the body as being in water-tight compartments. We look upon the body as a whole. Each organ is interdependent with

the others. Whatever will relieve the burden on the skin and the kidneys will also ease the extra work thrown on the mucous membranes as a result of a congested system.

Those who suffer from the annoyance of catarrh should try to get rid of it, not by suppressive methods but by commonsense regulation of their daily habits which have made the catarrh a necessary form of elimination.

All Fruit Régime

IN regard to dietary in chronic cases this may need to be drastically over-hauled. When the catarrh is really severe the patient should go onto an all-fruit régime.

Any fresh, juicy fruit will be satisfactory; but there is no point in eating any particular fruit which appears to disagree with the system. There is a wide choice throughout the year from apples, grapes, peaches, pineapples and oranges, to say nothing of summer fruits.

There may be three fruit meals per day corresponding to breakfast, lunch and dinner. How long this régime should be continued will depend on circumstances. It will certainly prove to be very eliminative. It will speedily assist in the cleansing of the system.

The fruit diet will give the over-worked eliminative organs such as the kidneys and the bowels a chance to recover and do their work more vigorously. In this way, the need for a catarrhal elimination will be lessened. The cleansing diet will prove to be one of the final stages in the cure of chronic catarrh.

of resuscitation. The patient is faced face downwards, and the operator strikes with his wrist on the seventh cervical vertebra a series of severe, regular blows. A similar kuatsu technique is employed to restore persons suffering from sunstroke or drowning, or from heart failure.

Spondylotherapy has been built up on a combination of certain principles of osteopathy and the technique of kuatsu. Some years ago, much was heard about the claims made for it, but today it is rarely used, and interest in it is largely academic.

? *Is there any cure for writer's cramp?*

● Yes, there certainly is.

Writer's cramp belongs to the category of "occupational neuritis", and occurs in almost any occupation where there is over-use of a muscle, thus producing crippling cramps in it. Musicians, watchmakers, telegraphists are all subject to this trouble. Marcher's cramp is another example affecting the other extremity.

Of course, in some cases, there is a psychological cause. There is the recruit who does not want to march, as well as the man who develops a cramp because his foot muscles are just not accustomed to that amount of exercise. Likewise, there is the writer with hysterical tendency who will develop cramp whenever a difficult letter has to be composed.

In such cases, the treatment must be psychological, but in most cases, manipulative treatment is indicated. Together with any vitamin therapy which the practitioner

Kenneth Basham, N.D., answers readers' general health problems.

For individual diets and personal treatments, please apply to a Consultant or Clinic.

may consider advisable, this will suffice to effect a cure.

In most cases, we find some obstruction to the nerve supply. For instance, congestion of the muscle will reduce the flow of blood supplying the nerve.

In other instances, the first, second, and third ribs are too close together. The cervical and upper dorsal vertebrae are frequently affected. In some cases, the collar bone and first rib are over-approximated.

Manipulative methods must be used to relieve the tensions and spasms, and to reduce the joint lesions. The worst of these cases usually make good progress under careful naturopathic treatment either chiropractic or osteopathy.

? *As the mother of two young children, I should like to know how to take temperatures, in case the need should arise.*

● For this purpose, you need to obtain a *clinical* thermometer, and you can buy this from your chemist for a small sum.

You will find that this has a long, narrow bulb containing mercury, and that it has a series of marks on it from about 95° to 110°. You will need to practice rotating the thermometer so that you can see the column of mercury

through the magnifying window along one side.

The mercury column will not fall back unless shaken down. Hold the thermometer firmly between finger and thumb at the end away from the bulb, and give a couple of sharp flicks. Make sure that the column is well below the "normal" which you will see marked on the index.

In Great Britain and the United States of America, it is usual to employ the Fahrenheit scale, although in Europe the Centigrade scale is more common.

In man, the temperature of the blood is between 98° and 99° Fahr. It varies according to different individuals, of course, but for practical purposes, we usually regard the "normal" as 98.4° Fahr. or 37° C. The temperature is generally higher in the evening than in the morning, and even in the average healthy individual may vary one or two degrees Fahr., according to the activities of the day.

Before use, the thermometer should be washed in *cold* water (if you hold it under the hot tap, the thermometer will probably break in two), and kept in surgical spirit when not in use.

The bulb of the thermometer is placed under the tongue, and the mouth gently closed. Although most clinical thermometers are supposed to be "1/2-minute", you should leave the thermometer in the mouth for at least 2 minutes to get a correct reading.

Alternatively, the temperature may be taken by placing the thermometer under the armpit. Wipe the skin dry, place the bulb of the

thermometer as high up as possible, and fold the arm tightly across the chest. In this case, it is necessary to leave the thermometer in place for at least five minutes if a correct reading is to be obtained.

Keep a careful note of the readings, as the fluctuations, and the times at which they occur, are as important as the actual high or low temperature itself.

? *Is it true that there is some connection between stammering and left-handedness?*

● There has recently been some interesting experimental work which suggests there *is* some association between left-handedness and stammering.

For instance, fifteen non-stammerers and fifteen stammerers were each given the same simple task to perform. This consisted of tapping regularly first with the fingers of the right hand and then of the left hand. A note was carefully made of the regularity and the speed of the tapping.

The researchers came to three main conclusions. The first was that stammerers were much worse than normal people in tapping with their right hand fingers.

The second was that these ostensibly right handed stammerers put up a better performance when tapping with their left hand fingers.

And the third conclusion was that stammerers are not merely weak in the performance of speech, but the disorganisation can arise where neither speech nor embarrassment is involved.

OFFICIAL BULLETIN
of the
NATIONAL ASSOCIATION
OF
HEALTH FOOD STORES

Food for Self-Preservation

E. T. CARYSFORT

WHATEVER other subjects may "hit the headlines" from time to time, we may rest assured that the topic of Tablet Meals despite any scientific argument that may be advanced, will never prove popular or practical where human nature is concerned.

It is safe to say that from time immemorial, a good "tuck-in" of attractive and well-relished food has been the main satisfaction, attraction and consolation of mankind, and, of course, of well-nigh every other living thing, for is not self-preservation, of which sustenance is the main factor, the greatest urge of us all.

The fact that instincts, appetites and desires have got all mixed up has been considerably to our detriment, even more so during the last few centuries, during which human adventure and resourcefulness has explored and brought us so many new things and a vastly increased range of comestibles of one kind or another.

- Derby.** *Savoy H.F.S., 117 Normanton Rd. Monk's H.F.S., 16 Osmaaton Rd. 255a Osmaaton Rd. (R.) J. Warner & Co., Consulting Medical Herbalists, 99 Normanton Rd.
- Doncaster.** H.F.S., Printing Office St. G. E. Ireland. M.N.I.M.H., Medical Herbalist, 163 St. Sepulchre Gate.
- Dorking.** Heath & Heather, 23 West St.
- Dover.** Bucklands Drug Stores, 197 London Rd.
- Driffield.** H.F.S., 11 Spencer Way.
- Droylesden, Lancs.** Hackett's, 130 Market St.
- Dublin, Eire.** Health Herbal Centre, 2 Trinity St. E. J. Evans, M.P.S.I., 70 Lower Mount St.
- Dudley, Wores.** Winter's, 10 Fountain Arcade.
- Dundee, Scotland.** *City Arcade Shore Terrace.
- Durham.** Birch's H.F.S., 91 Claypath.
- Eastbourne, Sussex.** *H.F.S., 20 Pevensey Rd. Eastcote, Middx. U.K. Tea Co. Ltd., 106 Field End Rd.
- East Grinstead.** Mae's Stores, 197 London Rd.
- Edinburgh.** The Produce Co., 205 Bruntsfield Place.
Granose Health Food Shop, Bristo Place.
East Lothian Growers, Peffermill House.
*H.F.S., 40 Hanover St.
- Elland, Yorks.** Rushton's H.F.S., 36 Westgate.
- Enfield, Middx.** U.K. Tea Co., 3 London Rd. Ashton's H.F.S., 1 Southbury Rd.
- Esher, Surrey.** *Health Foods (Esher) Ltd.
- Exeter, Devon.** *T. Bailey, 23 North St. Fyne Foods, 18 North St.
- Falmouth, Cornwall.** S. Boaler's, 54 Kimberley Rd. or Four Winds, Maenporth.
- Fareham, Hants.** Radiant Health Centre, 49 Portland St.
- Farnham, Surrey.** *H.F.S., 85 West St.
- Fleet, Hants.** J. Lynch, H.F.S., 198 Fleet Rd.
- Folkestone, Kent.** *Muddie's, 26 Bouverie Rd. W.
- Fordingbridge, Hants.** King & Sons
- Frinton-on-Sea, Essex.** The Bible Depot.
- Glasgow.** *Integrity H.F.S., 209 Buchanan St. *J. E. Forrest's H.F.S., 11 Dundas Place. *Simpson's H.F.S., 808 Crow Rd. *Simpson's H.F.S., 461 Victoria Rd. Dale's Bofanic Hall, 55 Queen St. A. Holman, H.F.S., 374 Byres Rd. W. Paterson & Son, Herbalists, Botanic Hall, 159 Dalmarnock Rd., S.E.
- Gloucester.** Herbal Stores, 17 St. Aldate St.
- Gorseinon, Glam.** Baden Powell, West End Sq.
- Grange-over-Sands.** Sankeys, Kent Bank Rd.
- Gt. Malvern, Wores.** Malvern Health Stores. (Janet Hibbert), 21 Worcester Rd.
- Gt. Missenden, Bucks.** Copen Laboratory, Nairdwood Lane, Prestwood.
- Gt. Yarmouth, Norfolk.** Blyth's, 7 Central Arc.
- Grimby, Lines.** *Colgate's, East St. Mary's Gate
- Guildford, Surrey.** Healthways, 22 North St.
- Guernsey, C.I.** H.F.S., 17 Mansell St.
- Halifax, Yorks.** *H.F.S., 3 Russell St. F. Henley, 5 Union St.
- Halstead, Essex.** Nicholson Stores, 20 Bridge St.
- Hamilton, Scotland.** R. Irving & Son, Medical Herbalists, The Botanic Hall, 40-42 Campbell St.
- Harrogate, Yorks.** *W. Barker, 11 Market Pl. Heath & Heather Ltd., 1a James St.
- Harrow, Middlesex.** *Health Foods Harrow, 41 College Rd. Heath & Heather Ltd., 327b Station Rd.

Hastings, Lancs. H.F.S., 70 Blackburn Rd.
 Hastings, Sussex. *H.F.S., 60 Queens Rd.
 Shurzine Pharmacy, 12 Wellington Place.
 Haywards Heath, Sussex. *52 The Broadway,
 Hebdon Bridge, Yorks. H.F.S., 32 Market St.
 Hemel Hempstead. Heath & Heather Ltd., 130
 Marlowes.
 Hereford. Piggot's H.F.S., 21 Commercial St.
 Herne Bay. *A. & H. Shaw's, 170 High St.
 Hertford. *H.F.S., 27 St. Andrew's St.
 High Wycombe. Heath & Heather, 61 Easton St.
 International Health Stores, Corporation St.
 Hoddesden, Herts. A. Smith's, 11 Burford St.
 Horley, Surrey. L. Seabrook's, 12 Station Rd.
 Hornchurch, Essex. H.F.S., 37 High St.
 Horwich. H.F.S., 118 Winter Hey Lane.
 Horsham. Prewetts, 50 West St.
 Hounslow, Middx. Smith's, 103a Hanworth Rd.
 Hove, Sussex. *H.F.S., 77 Church Rd.
 Heath & Heather Ltd., 31 George St.
 Hucknall, Notts. G. Johnson, Herbalist, 5 Wat-
 nall Rd.
 Huddersfield, Yorks. H.F.S., Upper Market
 Hall.
 S. Rastall, Herbalist, 10 Imperial Arcade.
 Health Food Stores Ltd., 6 Kings Head
 Arcade, Cloth Hall St.
 Kearsley's Health Food Store, 13 Queen St.
 *Dean's H.F.S., 34 Trinity St.
 Mrs. Rastall, 10 Imperial Arcade.
 Hull, Yorks. Jefferson's, 45 Carr Lane.
 *R. A. Jenkyn's, H.F.S., 72 George St.
 Whyatts', 305 Beverley Rd.
 Ilford, Essex. *H.F.S., 102 Cranbrook Rd.
 H.F.S., 6 Electric Parade, Seven Kings Rd.
 London Co-operative Socy., 62 Cranbrook
 Rd.
 Ilminster, Som. Stoodley Stores.
 Ipswich, Suffolk. *H.F.S., 14 Dial Lane.
 Keighley, Yorks. Dobson's H.F.S., 66 Bow St.
 Kettering, Northants. H.F.S., 10 Crown St.
 Kidderminster, Wores. Harvey's Mill St.
 Kingsbury, Judd, Uphill Parade, Kingsbury Rd.
 King's Lynn. Heath & Heather, 17 High St.
 Kingston-on-Thames. Bentalls Health Food Dept.
 London Health Centre, 49 Fife Rd.
 Lancaster. Cunningham's, 15 Common Garden St.
 Leamington Spa, Warwickshire. Lantern Cor-
 ner Stores, 124 Regent St.
 Heath & Heather Ltd., 47 Warwick St.
 Leatherhead, Surrey. W. H. Cullen Ltd., 50
 High St.
 Leeds, Yorks. Curtis H.F.S., 4 Fish St.
 Curtis Ltd., 40 County Arcade.
 H.F.S., 1a Shire Oak St., Headingley.
 Leicester. W. Sanders, 134 London Rd.
 *Greyfriars, 10 Market Place.
 *Health Food Stores, 8 Pockington's Walk.
 Leigh, Lancs. *Penn's H.F.S., 4a Lord St.
 Leigh-on-Sea, Essex. H.F.S., 1424 London Rd.
 H.F.S., 106 Leigh Rd.
 Lincoln. *H.F.S., 6 Exchange Arcade.
 Littlehampton. People's Medical Supplies, 14
 Bayford Rd.
 Liverpool. Liverpool Health Food Co., White-
 chapel.
 Coopers Store, Church St.
 *H.F.S., 87 St. John's Rd., Waterloo.
 Mr. C. Atherton, 15 St. Oswald's St., The
 Old Swan.

Simple Dietary

IF mankind possesses, and is ever to benefit, by divine intelligence, this is perhaps the most important challenge to his senses and to his purpose.

It was probably much easier for our ancestors in recent centuries to keep appetites and alimentations more in their proper place, although history tells us that certain sections failed dismally at the banqueting tables to exercise even elementary self-control.

Unmistakably, however, the majority of our population thrived upon a comparative meagre and simple dietary, and had no powerful advertising and other temptations to contend with and to distract and deflect them from their purpose . . . the main task of securing the happiest ways of life and contentment.

We can, of course, all benefit today from the world-wide resources which civilisation brings to us from all parts of our globe. It is always up to us to discriminate and choose that nutrient which will nourish our minds and bodies to ensure the utmost release of our individual energies and powers, not only for selfish reasons but for the benefits of the community at large, which is surely the mainspring of our being.

Royal Jelly

AT the time of writing this Bulletin, there is a report that a hundred of the world's M.P.s. in Paris for a world conference on Government, will be able to start work fortified by Royal Jelly—the bees' milk, said to be worth more than its weight in gold.

They will be offered a spoonful each—and the promised effect—a tonic for the entire body.

Royal Jelly—£13 per ounce against gold's £12 10s., is also said to have beneficial effects upon coronary diseases which today trouble so many business men and those in charge of world affairs.

Behind this offer, there is the long-term purpose of interesting influential M.P.s in the promotion of the controversial Royal Jelly as a definite aid to world nutrition, especially as the demands upon men's powers and endurance increases with each new scientific advance.

It is not to be wondered at that Monsieur M. Boyer de Belvefer should invite such an influential assembly to his Apicultural Research establishment at La Falaise to view the 400 beehives there.

Sensible Living

ROYAL Jelly cannot, of course, ever be a substitute or alternative for sensible living and the rigid adherence to the laws of health and well-being, but it can undoubtedly serve as a temporary means of uplift, bestowing a feeling of well-being due to its effects upon the glands, which act as the governors controlling the proper functioning of our bodies.

You will always feel splendid if you keep yourself fit, as G. B. Shaw was fond of reminding us!

Jaded Bodies

IF Royal Jelly acts upon jaded bodies and its uplift inspires a determination to become and remain as fit and well as possible, it can indeed exert considerable in-

Llanely, Carmarthen. Jelfs, Town Hall Sq.
 London, E.C.1. Healthfarm Shop, 4 Barbican.
 E.C.4. Country Life, 21 Ludgate Hill (R.).
 E.7. *370a Romford Rd., Forest Gate.
 E.10. The Health Food Stores, 232 High Rd.
 E.11. Vanns, 28 Kirkdale Rd., Leytonstone.
 Vegeta, Kirkdale Rd. (R.).
 E.13. Plaistow H.F.S., 381 Barking Rd.
 E.13. Baldwins, 255 Barking Rd.
 E.16. Health Clinic, 63 Barking Rd., Canning Town.
 E.17. Clinic, 538 Forest Rd., Walthamstow.
 E.17. Tate's, 613 Forest Rd., Walthamstow.
 N.4. 45 Stroud Green Rd., Finsbury Pk.
 N.6. Highgate Health Centre, 343 Archway Rd.
 N.6. *H.F.S., 48 Highgate High St.
 N.8. H.F.S., 38 Topsfield Parade, Crouch End.
 N.8. Thompson, Chemist, Clock Tower, Crouch End.
 N.8. Herbal Healing Clinic, 39 Park Rd.
 N.10. G. N. Williams, 14 Victoria Parade, Muswell Hill.
 N.12. Finchley Health Food Centre, 754 High Rd., Finchley.
 N.17. 187 Lordship Lane.
 N.W.2. T. J. Bilson & Co., 669 Finchley Road, N.W.2.
 N.W.3. 28a High St., Hampstead.
 N.W.6. *69 Mill Lane, West Hampstead.
 N.W.11. 1023 Finchley Rd., Golders Green.
 S.E.9. *Eltham H.F.S., 112a Westmount Rd.
 S.E.9. H.F.S., 74 Lee High Rd.
 S.E.10. Hygiene Herbal Stores, 169 Trafalgar Rd.
 S.E.17. Baldwins, 77 Walworth Rd.
 S.E.19. 16 Church Rd., Upper Norwood.
 S.E.19. Herbal Clinic and Dispensary, 14 Crystal Palace Parade.
 S.E.23. 97 Dartmouth Rd., Forest Hill.
 S.E.25. Mrs. G. A. Armitage, 68 High St.
 S.E.27. Francis, Son, 182 Norwood Rd.
 S.W.1. Harrods, Knightsbridge.
 S.W.1. Cosmovital Food Co., 12 Buckingham Palace Rd.
 S.W.3. Hawkins', 109 Sydney St., Chelsea.
 S.W.7. H.F.S., 8 Bute St.
 S.W.7. Jamshid's Spice Box, 2 Bute St.
 S.W.11. Whybrow, 46 Falcon Rd.
 S.W.12. *28 Continental Market, Balham.
 S.W.16. Heath and Heather, 5a Leigham Court Rd.
 S.W.16. Cornish, 3 Hopton Parade, Streatham High Rd. (opp. Ice Rink).
 S.W.16. Heath and Heather Ltd., 5a Leigham Court Rd., Streatham.
 S.W.17. Health Foods, 58 Gassiot Rd.
 S.W.19. Chur's Health Centre, 74 High St.
 S.W.19. Collar's, 2a King's Rd., Wimbledon.
 W.1. London Health Centre, 9 Wigmore St.
 W.1. Beverley, 24 Binney St., Oxford St. (R.).
 W.1. Selfridges, Oxford St.
 W.1. Shearn's, 231 Tottenham Court Rd.
 W.1. Gayfare, 69 Duke St.
 W.4. Chiswick Health Stores, 35 Turnham Green Terrace.
 W.5. H.F.S., 3 The Green, Ealing.
 W.6. Heath & Heather Ltd., 232 King St.
 W.8. 137 Church St., Kensington.

W.8. Gardners Supermarket, High St., Kensington.
 W.13. Health Centre, 3 Leeland Rd.
 W.C.2. R. Brooks & Co., 27 Maiden Lane.
 W.C.2. Vega Rest., 56 Whitcombe St. (R.)
Loughborough, Leics. H.F.S., 23 Leicester Rd.
Loughton, Essex. H.F.S., 1 Station Rd.
Luton. Heath & Heather Ltd., 53 Wellington St.
Lymington. J. P. Hughes Ltd., 97 High St.
Lyme Regis. Kelrig, 19 Broad St.
Lyndhurst. Lyndhurst H.F.S., 64 High St.
Macclesfield. Whittakers H.F.S., 40 Chester-gate.
Manchester. *51 Wilmslow Rd., Rushholme.
 *Health Food Shop, 9 South King St., 2.
 Henry Woodhead & Co., 16 Cathedral St., 4.
 H. & F. Fisher, 232 Conran St., 9.
 H.F.S., 341 Stockport Rd., Denton.
 Firth's, 539 Rochdale Rd., Collyhurst.
 M. A. Clymes, 99 Upper Moss Lane, Hulme, 15.
 H.F.S., 1a Cophall Lane, Cheetham, 8.
Mansfield, Notts. E. G. and W. A. Jones, 5 Handley Arcade and 66 West Gate.
 Health Food Stores, 8 Bridge St.
 A. Urauhart, Chiroprapist, 11 Belvedere St.
Margate, Kent. *H.F.S., 114 Northdown Rd.
Merthyr Tydfil. Crosswoods Ltd., 42 High St.
Middlesbrough. Amos Hinton Ltd.
Minchhead. L. G. Batchelor, 6 The Parade.
Morecambe, Lancs. H.F.S., 23a Alexandra Rd. Townsend, 7 Pedder St.
Nelson, Lancs. H.F.S., 26 Railway St.
Netherfield, Notts. Leaf's, 42 Meadow Rd.
Newcastle-on-Tyne. Bell & Reavy, 26 Cloth Mkt.
Newport, Mon. Chalmers, 130 Commercial St.
Newton Abbott, Devon. *H.F.S., 25 East St.
Northampton. H.F.S., 106 Abington St.
 Kingham's Stores.
Northwich, Cheshire. H.F.S., 102 Watton St.
Nottingham. *Savoy H.F.S., 16 Exchange Walk.
 A. Clark Ltd., 23 Mansfield Rd.
 J. R. Hencher's, 49 Handel St.
 Johnston's Herbal Dispensary, 30 Broad St.
 Norman Greaves, 144 Alfreton Rd.
 Leo Reynolds, Herbalist, 62 Peverill St.
 A. Clarke & Co., 23 Mansfield Rd.
Norwich. Taylor's H.F.S., 15 Lower Goat L.a.
Oldham, Lancs. H.F.S., 16 Union St.
Oxford. Grimby Hughes, 50/56 Cornmarket St.
 London Health Centre, 70 High St.
 Wesley Lloyd, 20 New Inn Hall.
Padstow. Chapman's Sun Food Store.
Paington. *Fanthorpe's, 296a Torquay Rd.
 Rainbow Health Centre, 5 Dartmouth Rd.
Peterborough, Northants. M. Hanson, 109 Lincoln Rd.
Penzance. H.F.S., 39a Causeway Head
Pinner Green, Middx. Mrs. Williams, H.F.S., 1 Camden Road.
Plymouth, Devon. *H.F.S., 9 Frankfort Gate, Cornwall St.
Pontefract, Yorks. H.F.S., 1 Shoe Market.
Portherawl, Glams. Health Supply, 22 John St.
 New Health Supplies, 12 John St.
Portsmouth. H.F.S., 44 Arundel St., Landport.
Preston, Lancs. *G. E. Tongue, 21 Guildhill St.
Prestatyn. Margaret's H.F.S., Oxford Buildings, Meliden Rd.
Ramsgate. Drug Stores, 53 Queen St.

fluence upon world affairs by governing the abilities of our rulers and men of government.

Self Discipline

THE prizes of life will always be the prerequisite of the self-disciplined in the first place, even though inheritance may continue the material benefits for a while.

There are more opportunities and prizes today than ever before, and far more knowledge and experience to draw upon. It is only the weaknesses of human nature that may let us down, individually and nationally.

OVERSEAS STORES

AUSTRALIA. *Sanitarium Health Food Stores.
Adelaide. 51 Adelaide Arcade, Rundle St.
 The S.A. Health Store, 4a Gay's Arcade.
New South Wales. *13 Hunter St., Sydney.
 *14 The Arcade, Hunter St., Newcastle.
 Vanda Sawtell, Room 14, 3rd Floor, 44 Castlereagh St., Sydney.
 Wines & Foods, 107 Molesworth St., Lismore.
 W. Pruss, 16 Ash St., Sydney.
 Robert's Health Academy, 131 Pitt St., Sydney.
 Child Study Health Food Co., 597 George St., Sydney.
 Fisher & Co., 554 George St., Sydney.
Perth. *757 Hay St., Hay St. (No. 2), Hay St. (No. 3).
Queensland. *132 Adelaide St., Brisbane.
 L. F. A. Simpson, Naturopath, 188 Bour-bong St., Bundaberg.
 Abundant Health Food Stores, 388 Logan Rd., Stone's Corner, Bris-bane.
 Lynch's Health Institute, 1232 Stanley St., East Coorparoo, Brisbane.
Tasmania. *82 Charles St., Launceston.
 *43 Elizabeth St., Hobart.
Victoria. Robert's Health Food Store, 34 Bridge St., Ballarat.
 Robert's Health Service, 289 Malvern Rd., South Yarra.
 Dynamic Health Service, 11 Aberfeldie St., Essendon, W.5.
Salisbury, S. Rhodesia. *Vital Health Store, Gordon Av.

*We should observe the wisdom
of the body and do all we
can to preserve it.*

How Natural Therapies Mend Your Body

WHENEVER someone prefaces his remarks with the words "Now, speaking personally" there is a feeling of being "on guard" since this generally indicates the dispensing of advice (good of course) which is, however, not going to be acceptable to the receiver!

This "cageyness" is something the advocate of Nature Cure has to overcome before he can hope to make any impression upon the one he wishes to help. The enthusiast tends to overstate his case and increase the "sales resistance"

of his listener.

"You must go and see Mr. So and So, I am sure he can cure you," is *one* of the embarrassing remarks often made by newcomers to the field of Nature Cure. It displays a lack of appreciation of the fundamental teaching of our philosophy.

The listeners' reaction to this advice is usually "I don't see what this bloke can do, if medicine cannot cope with it."

The fallacy lies in the assumption that a practitioner *can* "cure" any condition at all. The funda-

H. D. Cotton
N.D., D.O., M.B.N.A.

mental teaching is that *only the intelligence within the body can cure*. The body in health is normally a self-healing, self-regulating mechanism. Given the right "climate" of nutrition, exercise, rest, relaxation, and a happy mental and emotional life it will maintain life at its highest level for the individual.

When the harmony of the whole functioning of the body is disturbed through unhappiness, stress, strain, bad environment, poor food, bad habits of living and thinking, then there is "dis-ease." Restoration of harmony means the normalising of function which is health.

Inner Intelligence

CURE lies in the removal of the cause of the disharmony, and all the practitioner can do is to assist the processes of the body in their self-regulating function. His advice on diet, fasting, relaxation, exercise, mental approach to health, together with his manipulative skill, are invaluable aids to the recuperative powers inherent in the body.

Miracles of surgery are performed today. The skill of the surgeons and nurses is something to be admired and praised, but little thought is given to the *greater* miracle of healing which is accomplished by *the body*. The broken bone will only heal by the inherent healing within the cells of the body. How it heals is still a mystery to medical science.

The incisions made into the tissues of the body heal only through this innate intelligence, and, after organs have been extirpated, or

BEFORE you resort to tablets to soothe your savage breast, or suck digestive tablets to allay the ravages of an outraged stomach, just think quietly about yourself . . . your relationship with the rest of the family and the folk with whom you work.

Observe your habits of mind—the negative critical attitude you may have developed. Make time to rest and relax, to think constructively about your way of living.

You will find that to adjust your ways of thinking and your attitudes to life in general will pay ample dividends in health and happiness.

How you react to your environment, mentally and emotionally, will determine your standard of health. Unhappiness will take toll of your whole system, but happiness is the key to unlock the door to even better health.

reduced through surgical methods, the body *still* finds some way in which life can go on.

Nature's Miracle

TODAY it is getting quite commonplace for people to be living with only one lung, or with only one kidney, or with only a small portion of a stomach remaining. In spite of this massive interference with the vital organs of the body, life goes on for the patient, the intelligence of the body adapts itself to a new order of working.

This is indeed a miracle of na-

ture. We do well to ponder it carefully, to realise the dynamic which we call *life*. . . the thing that makes us "tick"—is intelligent.

The accumulated wisdom of the cells of the body with all their ability to maintain life in spite of all we do to destroy it, surpasses the wisdom of man. We should observe the wisdom of the body, and do all we can to preserve it. Working in harmony with this wisdom is good health.

Influenced Mind

WE are barely on the fringe of understanding the operation of mind, or the complexities of the human make-up. To what extent mental and emotional states of the individual affect the physical states, is a subject of advanced medical research. The functioning of the endocrine glands is closely linked with mental and emotional patterns.

Mental or emotional stress and strain are responsible for the altered functioning of these glands, they in turn produce changes in the physical state. Continued stress will ultimately produce "dis-ease" conditions.

Although little is known in this field of research, sufficient is known to show that these vital glands of internal secretion function to the best advantage of the body, under happy, contented emotional conditions. Happiness is therefore the best "medicine" in the world, since it harmonises these glands in perfect function.

Modern medical research is placing 75 per cent. of all illness in the category of "psycho-somatic" That is, the cause of illness is due

to emotional and mental stress, altering the physical functioning of the body, causing distress or disease.

In some conditions, such as constriction of the throat, or the sensation of lumps in the throat, as high a figure as 90 per cent. are due to emotional strain. Most people have had the sensation of having to swallow hard, or to choke back their tears. This is the *cause* of the lump in the throat.

The Digestive System

"BUTTERFLIES in the tummy" is another common complaint due to nervous tension. It is often accompanied by a sickly feeling. This is due to the simple physiological fact that under the negative emotional stress of fear, worry, anxiety, frustration, resentment, shock, envy, malice, and jealousy, the digestive system closes down.

The body, in an attempt to maintain physical comfort, tries to empty the stomach of its contents, as indeed it *will* when stress is sudden and violent. Continued stress of this nature will eventually cause serious digestive trouble, and produce changes in the tissues such as ulcers, and colitis. Stomach ulcers have become known as "the worried business man's complaint."

Emotional Patterns

HAPPY conditions release this digestive tension, and under the positive emotions of peace, goodwill, love and joy, the digestive tract function to maximum capacity.

The ancients knew all about this. In Proverbs we read, "Better is a dinner of herbs where love is,

than a stalled ox and hatred therewith."

For good digestion, see you do not eat when you are worried, anxious, tired, rushed or harbouring any resentment. At such times food, however good, cannot be assimilated by the body. Ensure a happy, bright, comfortable atmosphere. Do not spend the mealtime in criticism. Let the conversation be on happy, constructive lines, so that the digestion may be stimulated by quiet, positive emotional patterns.

Fruit Diet

CAREFUL selection of food is of obvious value in the main-

tenance of good health. The dietary which is composed mainly of the fruits and vegetables is of greater value than the diet loaded with heavy starch-protein.

The most carefully selected menu, however, is of little value if the atmosphere in which it is consumed is one of dissension and disharmony.

Less valuable food eaten in a happy, contented atmosphere will be of greater value, nutritionally, because the body will be able to make the most of it, whereas in an unhappy state of mind food is not assimilated because of the disturbance to the digestive system.

My Problem is . . .

? *I have had varicose veins in each leg for many years, but these caused me such little discomfort that I did nothing about them.*

Now that I am much older (65), I have noticed some discoloration like a light brown stain on each leg. This has developed into large red patches and I am very worried about what may happen next. About two years ago, I became very run down, and contracted shingles. The trouble extended from the middle of my back nearly down to the right knee. I also find that any kind of injury in the lower limbs is most difficult to treat.

- *Varicose Veins*
- *Arthritis*
- *Cramp*
- *Moles*
- *Rheumatism*
- *Catarrh*
- *Skin Disorders*
- *Circulation*
- *Low Vitality*

● The symptoms which you mention in your letter are clearly indicative of nutritional deficiencies.

I suggest that the intake of pro-

The National Rotarian

Volume II: November 1911

"Well, if here isn't *The National Rotarian*—I thought it never was coming out—and in a new dress—magazine style and size. . . . It has been a hard matter to get the magazine started in its new form but now we are off and will try to give you your money's worth before the year is up."

—Editorial

THE ROTARIAN

September 1912

"With the speed with which a bolt of lightning might cleave the sky, the flash of Rotarianism spread from San Francisco to Seattle on the North and to Los Angeles on the South. Independent fires sprang up on the Atlantic and in the central West. The United States of America had capitulated to the demands of Rotary. The Dominion of Canada and the British Isles gave way . . . Paris is ours and today the slogan is 'On to Berlin, Vienna, then to the Antipodes.'"

—Annual Report of President Paul P. Harris

THE ROTARIAN

September 1914

"A panoramic reproduction of the Grand Canyon of Arizona is being built at the Panama-Pacific International Exposition at a cost of \$300,000. Over fifty thousand square yards of linen canvas, imported from Scotland, are being used for the set pieces."

—The latest news from San Francisco about the Great Panama-Pacific Exposition.

"Rotary is not a narrow dogma. It is not a creed to be taught only on certain days of the week; nor is it a new fangled 'ism' offering a reward of a nebulous character.

"Primarily, it is founded on a great truth which has endured since the creation of this world, and will last to the end. It is based on sound commonsense; that to gain that which is satisfying to the material and spiritual sides of our natures we must serve intelligently, honestly, and efficiently, not at stated periods but in every day, hour, and minute of our conscious moments. It actually strikes at the activity of life."

—A Forecast—Frank Higgins
President, Rotary Club of
Victoria, B.C., Canada

THE ROTARIAN,

October 1914

"A great work for International Rotary would be to lend its powerful influence toward universal peace—the adoption of the Golden Rule by the nations of the world."

—Elbert Hubbard (from a speech to the Rotary Club of Houston, Texas)

"At the end of the year 1912 the number of stations constituting the Bell System in the United States was over seven millions; the toll lines now reach 70,000 cities, towns and villages. . . . The traffic for 1912 reached the total daily average of 26,310,000 calls . . . The combined conversations of Europe were less than half those of the United States."

—The Genesis and Development of the Telephone. J. F. Henderson

Advertisement in THE ROTARIAN, March 1914

**PUT YOUR FOOT DOWN
ON THE OIL BILL—**

It will be a stand well taken



Isn't it sheer waste of time and money to keep pouring oil on loose pulleys when a little thing like ARGUTO will eliminate the necessity for lubrication of any sort?

"Arguto"
TRADE MARK
REG. U. S. PAT. OFF.



One of the neatest proofs of the efficiency of ARGUTO OILLESS BEARINGS is that pulleys so equipped have run
2504 Days
at a stretch without attention.

ARGUTO OILLESS BEARING COMPANY
WAYNE JUNCTION, PHILADELPHIA, PA.

LOOSE PULLEY EQUIPMENT
(Patented)

THE ROTARIAN—August 1914

GET A MOVE ON WITH THE SKETCH, I'M BUSY!

**YES!
I'M BUSY!**

CHESLEY R. PERRY OF CHICAGO
SEC. Y. INTERNATIONAL ROTARIANS
USES A KIND OF ARGUTO WHICH HE HAD
A JACKY 25" 25M.

Rotary's children

A 75-year (and still growing) story of service to youth

by Herb Jordan

EACH newborn child greets the world with a special gift: renewed hope for tomorrow.

Mindful of this precious treasure, promised with every boy and girl, Rotarians reciprocate with their own special gift: service to the children of the world. The United Nations has designated 1979 as the International Year of the Child. To Rotarians, however, every year has been a "year of the child." Rotary has served youth throughout its 75-year history. Watching the story unfold is almost like watching a child grow into adulthood.

During its infant years, Rotary had few service projects for children. Most were designed to serve boys. Boys, not girls, were thought to be tomorrow's business and community leaders. That idea would change, however, as Rotary's fledgling "youth service" program grew up.

Typical of youth service projects in 1915 was the "adoption" of young, freckled Johnny Reynolds by the Rotary Club of Cleveland, Ohio, U.S.A. Club members provided clothing and a home for the fatherless boy and his mother, who had lived for years in a cellar in industrial Cleveland. Cleveland's youth program was simple but worthy. The five-year-old club's first concern, understandably, was to build a strong, enduring club.

"Not the least interesting attribute of Rotary is its youth," said Rotary's founder Paul Harris in 1915. "Youth is full of possibilities."

Only a year later, at Rotary's 1916 convention in Cincinnati, Ohio, U.S.A., Rotarians began to realize the limitless possibilities of serving youth. Convention participants appointed a six-man "Committee on Work Among Boys" to promote service projects for boys.

"Boys work" occupied only 10 minutes of the convention program. But Rotarians had taken an important first



CHICAGO HISTORICAL SOCIETY

In 1914, an anonymous lensman photographed these four street-wandering youths in Chicago, Illinois, U.S.A. Two years later, Rotary initiated its first youth service program for children like these, in need of an education, a warm meal, or even a home.

Right: In 1975, a Rotary-sponsored summer camp drew youths to Finland from across Europe and the U.S. Here, several youths join a Rotarian of Kimitoön-Kemiönsaari in a project to reconstruct a historic, 300-year-old Finnish chapel.

step. They had coordinated a youth service program among the Rotary clubs of the five nations represented in the fast-growing International Association of Rotary Clubs (Canada, Cuba, England, Ireland, and the U.S.)

This new idea of "boys work" caught on quickly. A Boys Work Department at Rotary's Chicago, Illinois,

LOUISE MORGAN: "INSIDE YOURSELF"

*Copy for K
critical book about F.M. Alexander's
Alexander system*

George Bernard Shaw gave Alexander public credit for his discoveries on many occasions, and privately the credit for adding fourteen years to his life. He was eighty when he arrived for his first lesson and sat down in the Queen Anne chair. He had been suffering tortures from angina and could hardly take a step without agony.

'I have read your books, Alexander, and believe every word in them,' he said. 'So if anybody on earth can cure me, you can. Proceed.'

He proved the quickest to learn of all Alexander's pupils, and in less than three weeks he was able to walk the mile between Alexander's home and the Royal Automobile Club in Pall Mall and resume the daily swims there which angina had forced him to give up. His wife, Charlotte, was so pleased when she heard this that she immediately began to take lessons herself.

'I have the shortest neck of any woman in London,' she told Alexander. 'But I suppose you can lengthen it.' He did. Or rather, showed her how she herself could lengthen it.

Shaw's angina was the result of his habit of sitting for long periods doubled over his writing. This had crushed down his heart so that it could not beat properly, and it had naturally protested. He instantly grasped the idea of giving his heart more room to function in, and the pain began to ease. He was also suffering from a lumbar curve of the spine and lordosis. This condition was caused by the downward pressure of his head on the bones of the spine. He was quick to remedy this also. A

