

Dickinson, Whitman, Cather, Frank Lloyd Wright and George Washington Carver, to mention only a few names that come to mind, has ample reason to be proud of itself, and it is time our writers began to take account of the cultural riches in their own land. The true appreciation of intellectual and spiritual eminence, like charity, should begin at home.

— C. A.

THE GERMAN WOMAN

A UNIQUE and subtle problem, encountered in no other Axis country, will confront Allied forces entering a defeated Germany. Students of Nazi social psychology know that the women of Germany, nurtured in the warped moral atmosphere of the past twenty-five years, may yet prove among the most difficult of all stumbling-blocks in the reconstruction of a defeated Third Reich.

Ever since the last war, circumstances have compelled increasing numbers of German women to professionalize their sex. Immediately after World War I, economic distress had made prostitution so widespread that strolling in the streets of Germany became a masculine hazard. Later, under the Weimar Republic, inflation made the oldest profession a refuge of more and more unfortunates. Of Ger-

many's eleven million fighting men, besides, over seven million had become war casualties. To these were added at least seven million unemployed. Inevitably, the women of Germany turned away from their bare cupboards and opened the doors of their homes to guests who could pay for hospitality-plus.

When the Nazis came to power in 1933, their "new ideas of morality" set an official stamp of approval upon this tragic national development. Woman's biological significance was extolled in government decrees, and virginity was denounced as treason.

Another German defeat will unquestionably intensify this unprecedented moral psychology. When the last gun is fired, one-fourth of all German men between eighteen and fifty will be dead, and perhaps another third will come back crippled. Obviously this will bring a new harvest of frustrated women in an environment hardly conducive to easy restraint.

This is the super-charged territory into which the victors will have to venture before long. Solution of the problem will require delicate handling. Before conservative standards can be restored, normal channels of activity must obviously be reestablished.

ALBERT A. BRANDT

If you punched a clock



IF YOU PUNCHED a time clock on going to bed, and again on arising, how many hours would your time card show?

Authorities say that adults need daily at least eight hours of sleep or rest in bed — and that children need consider-

When you went to bed

bly more. This is especially true in these strenuous wartime days.

Refreshing sleep comes more easily when you slow down and relax *before* bedtime. Try to forget your worries. They result in tension that defeats sleep. Try to have your bedroom dark, quiet, and well-ventilated. Bed clothing that weighs too heavily is an enemy of sleep. So is too much food, either solid or liquid, just before bedtime.

If you have difficulty getting to sleep, remember that complete relaxation is the next best thing. Relaxing physically means letting yourself "go limp all over." It is the exact opposite of tenseness.

You can teach yourself to relax. First, learn to recognize tenseness wherever it occurs in the body. Then, practice letting the tense muscles go limp. Try it at odd moments during the day—it is the secret of conserving energy.

Plenty of sound, *undisturbed* sleep is especially important to workers on a night shift. Someone—usually it will be the wife or mother—must take responsibility for planning the night worker's schedule on an orderly, regular basis. His bedroom should be away from family activity. A screen between window and bed will help shut out light. Some night workers have found that they go to the job more refreshed if they take

their hours of sleep just before their working hours, rather than just after.

Healthy, normal sleep permits your heart, lungs, and other vital organs to "loaf" along. The body can then mend its worn-out tissues and build new ones. Your full quota of sleep should give you the renewed energy to carry you through the next day feeling well, working efficiently, and in good spirits.

To help you meet the increased pressure and strain of these busy days, Metropolitan will send you, on request, a free copy of a folder, "Relax and Revive."

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THE MASK

A Story

By RAY IRVING

PRINT turned his car into the road-stand beside the swimming pool and asked for a bottle of orange, "If the fizz is in it."

"Haven't had too much trouble with it this summer," said the big, aproned man with the straying left eye, "although it's hard to get this year."

Print took his orange and the evening paper into the room at the back of the stand. There was a blue oilcloth on the table. It was in squares of two designs, endlessly repeated. In one was a girl with a bonnet swinging from her wrist and in the other a bed of geometric tulips behind a precise white picket fence.

"Hello."

Print looked up. "Yes," he said, blankly.

The voice came from a tall,

tanned girl in a bra and swimming trunks. They were wet and blue and made of some affectionate material which in no way altered her form. Print felt a dryness in his throat.

"Don't you remember me?" she said disappointedly. She was neither bold nor timid. "You dropped in at the lodge last year for a sandwich before that golf match you won. I didn't know then who you were but the next day I saw your picture in the paper. I felt kind of famous myself. I thought, I gave him his lunch the day he won the cup."

"Why, yes," said Print, "but you're changed, older somehow."

"A whole year."

She sat down, still eating the double-dip cone, biting it like an adult, not licking. A girl in a dress-

RAY IRVING was born in Nebraska, and brought up in California and Texas. He studied law at Columbia, and lives at present in the East. He is married and has a son. He has written extensively along other lines than fiction, but this is his first published short story.