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will be"—and then he told them the names of the boys who would be speaking. There were two men from Auckland, and one from Opononi, and two from Levin and one from Nelson, and about four from Napier, and then he came to the Wellington ones. And Bert was the last of the Wellington men.

WHEN the announcer finished, there was a tiny spot of quiet before the Boys from Overseas began. When they came they spoke one after the other, and their voices sounded all the same. They were low and slow, and no matter where you might be you'd always know that they had come from New Zealand. They just spoke that way. They seemed to all be saying pretty much the same things, but what really mattered was that they were saying them to different people. It seemed as though they knew that it didn't really count what they said, as long as the people that were listening could hear them.

Vera stopped looking out of the window. Mum put her knitting down. Dad held Glad in a gentle, firm grasp. Glad sat still. She didn't know why she sat still, but she just didn't say a word.

Then the announcer said "And now we have Bert Bridges from Wellington." And they heard Bert's voice. Bert sounded a bit as though he had been running, but they could hear him as plain as anything.

Hullo Vera, hullo Glad, Hullo Dad and Mum. Hope you are keeping fitanwell. I am in the pink. How are you, Vera? I hope you are keeping well, dear. I miss you very much, but hope to be with you soon. Hullo, Glad, I hope you are looking after Mummy for me. How's the garden, old timer? Don't overdo it these winter days. Thanks for the last parcel, Mum, the cake arrived all O.K., and the biscuits were first-rate. That's all I have time for now, so I'll bid you all good-bye. Hope to see you soon. Keep smiling."

WHEN Bert had finished, Dad turned off the wireless, but nobody spoke. Everybody seemed to be shut in with their own thoughts.

Mum's hands for once lay quiet in her lap.—He was such a little boy. I remember when I put him into his first real pair of pants. He was so thrilled with himself. Thought he was real grown-up. When he ran he seemed to fling his feet sideways, not straight in front like grown-ups do.

Dad's hand strayed over Glad's smooth waveless hair—I remember when he made that try first time he played in a rep. match. We were all frozen stiff on the bank and there was five minutes to go. And he made it. And we all stood up and yelled. And we didn't feel the cold any more.

Vera's fingers plucked at her dress.—Bert, I wish I hadn't listened in. Its made it all worse instead of better.

Mum got up and went over to Vera and patted her hand. Vera looked up and gave her a queer kind of smile. Dad made a noise in his throat like he had a bad cold.

"That was my daddy, wasn't it, Mum? That was my Daddy speaking over the wireless, wasn't it, Mum?"

"Yes, dear, that was Dad."

"But Dad's Grandpa, isn't he? Daddy's my Daddy and Dad's Grandpa?"

"Don't worry your Mum just now, Glad."

"Come on, Glad, lets you and me go outside and look at the garden."

"Don't want to look at the garden."

"Little girls mustn't be rude."

"Aw Mum," said Vera, "Aw Mum, leave the kid alone."

"Oh, all right, I'm sure. I was only trying to help."

"Help?" cried Vera, "Help?" She got up and went towards the bedroom door. "Help? Fat lot you can do. Help? Nobody can help."

She slammed the door, and they could hear the bed creak as she flung herself down.

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DEPT. OF HEALTH

DON'T LET WINTER GET YOU DOWN

Build up resistance to Winter ills
These are the key tips:

1 EAT RIGHTLY. Buoyant health in winter is impossible if your diet is short of the protective foods. Resistance to colds, influenza, bronchitis and other infections is built on milk and dairy products; raw fruits; especially citrus and tomatoes (fresh or preserved) or rose hip syrup; green and yellow vegetables; eggs when possible; liver; whole cereals; cod liver oil (one teaspoon for adults, 2 teaspoons for children).



2 GET EIGHT HOURS' SLEEP EACH NIGHT IF POSSIBLE, and take some form of outdoor exercise daily.



3 DRESS ACCORDING TO THE WEATHER. Use adequate outer wraps and don't let your underwear be too heavy. Stout footwear is important. Change wet clothes and footwear without delay.



4 LIVE AND WORK IN WELL-VENTILATED ROOMS. Overheated, stuffy rooms encourage the spread of infection and reduce body resistance. Temperatures for sedentary work should be between 60 deg. and 65 deg. F.—never higher. This range provides ample comfort. Open windows frequently and flush out the room with a complete change of air.

5 If you find yourself "weak-chested", if you have trouble in breathing freely, if you take cold often, if colds hang on, if you have a persistent cough—see your doctor and obtain early treatment to avoid any serious trouble. Then follow the first four tips and **STAY WELL.**

Make this your record winter,
with NO ILLNESS, NO DAYS IN BED

FOR A HEALTHIER NATION