

ROUND THE WORLD BY RADIO

News Bulletins in English
on Shortwave

Time A.M.	Place	Mcs	Mtrs.
7.00	London	9.51	31.55
7.00	London	6.18	48.54
7.00	San Francisco	15.13	19.83
7.00	San Francisco	15.19	19.75
7.00	San Francisco	15.29	19.62
7.00	San Francisco	15.33	19.57
7.15	Vatican	5.96	50.26
7.30	Algiers	6.04	49.67
8.00	San Francisco	15.29	19.62
8.00	San Francisco	15.19	19.75
8.00	San Francisco	17.76	16.89
8.45	London	11.70	25.64
8.45	London	6.15	48.78
8.45	Brisbane	7.24	41.44
9.00	Boston	11.87	25.27
9.00	San Francisco	15.29	19.62
9.45	London	9.58	31.32
9.45	Brisbane	7.24	41.44
10.00	U.S. in Europe	9.55	31.41
10.00	San Francisco	17.76	16.89
10.45	London	11.75	25.53
10.48	Moscow	15.11	19.85
11.00	San Francisco	15.33	19.53
11.00	San Francisco	17.76	16.89
P.M.			
12.00	San Francisco	15.29	19.62
12.00	San Francisco	15.33	19.53
1.00	London	11.75	25.53
1.00	San Francisco	15.33	19.53
1.00	San Francisco	17.76	16.89
1.45	Delhi	11.87	25.27
2.00	San Francisco	15.33	19.57
2.00	San Francisco	17.76	16.89
2.45	London	9.51	31.55
2.30	Brisbane	9.66	31.06
3.00	San Francisco	15.29	19.62
3.00	San Francisco	15.33	19.57
3.20	Australia	15.31	19.59
3.30	Delhi	11.79	25.43
3.30	Melbourne	11.88	25.25
4.00	San Francisco	15.29	19.62
4.00	San Francisco	15.33	19.57
4.30	London	9.51	31.55
5.00	London	6.18	48.54
5.00	Brit. Medit. Stn.	9.67	31.02
5.00	Cincinnati	7.57	39.06
5.00	San Francisco	15.13	19.83
5.15	Australia	15.31	19.59
6.00	London	9.64	31.12
6.00	London	6.18	48.54
6.00	Cincinnati	7.57	39.06
6.00	San Francisco	10.84	27.68
7.00	London	9.51	31.55
7.00	Australia	9.58	31.32
7.00	San Francisco	10.84	27.68
7.00	San Francisco	15.13	19.83
8.00	London	9.64	31.12
8.00	London	9.54	31.45
8.00	New York	9.67	31.02
8.00	San Francisco	9.85	30.45
9.00	Brisbane	7.21	41.58
9.00	Gen. McArthur's H.Q.	9.68	30.99
9.00	San Francisco	9.49	31.61
9.00	New York	9.67	31.02
9.00	San Francisco	9.85	30.45
9.30	Australia	9.58	31.32
9.30	Delhi	11.79	25.45
10.00	New York	9.67	31.02
10.30	Melbourne	9.54	31.45
11.00	Brisbane	7.21	41.58
11.00	San Francisco	9.89	30.31
11.30	Montreal	9.63	31.15
11.30	Delhi	11.79	25.43
12.00	Australia	9.61	31.21
12.00	Delhi	9.59	31.28
12.00	Montreal	9.63	31.15
12.00	San Francisco	9.89	30.31

ISSUED BY THE



DEPT. OF HEALTH



Sleep...

'Tired Nature's Sweet Restorer'

Of the 24 hour day, one third should be spent in bed. Every adult needs eight hours sleep. Children need more: under 5 years, 12 hours sleep; from 6 to 11 years, 11 hours; from 12 to 14 years, 10 hours; from 15 to 17 years, 9½ hours.

Bedtime should be regular. Go to bed about the same time every night, and get up at the same time every morning. Insufficient sleep is a major cause of malnutrition in children. It produces an irritable child who loses weight, becomes sickly.

See that the bedrooms are dark, quiet, well-ventilated. Don't let bedclothing be too heavy. Avoid heavy suppers just before bedtime.

If sleep won't come, let yourself go limp, loosen up every muscle. Relax body and mind. A short walk before bed, a glass of hot milk or cocoa, or a warm bath—these are aids to sleep.

Sound, healthy sleep relieves the strain on heart and lungs, enables the body to renew its worn-out tissue.

Shakespeare knew. He calls sleep

*'... Great nature's second course,
Chief nourisher in life's feast.'*

FOR A HEALTHIER NATION

NORTON'S

THE ORIGINAL EGG PRESERVER