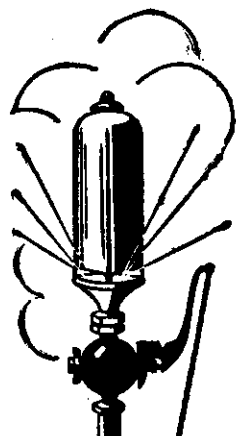




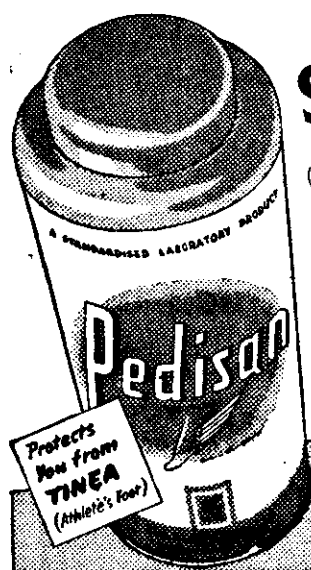
## Cleans Dirty Hands!

In home, factory, office or garden . . . wherever hands collect dirt . . . there you need Klex. There's nothing harsh to your skin about Klex . . . but, isn't it effective! Softening, healing coconut oil and extra fine pumice powder is the secret of Klex's cleaning!



knock-off time is  
**klex**  
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## STOP those Feet BURNING

Here's the secret of keeping your feet cool, dry, comfortable and healthy: use PEDISAN daily! Absorbs perspiration, soothes that burning feeling, neutralises offensive odour of hot feet. Every morning dust PEDISAN between the toes; sprinkle it into your shoes and socks. Get PEDISAN—and enjoy day-long foot comfort.

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**pedisan**  
The New Foot Hygieniser

ISSUED BY THE



DEPT. OF HEALTH



## YOU CAN'T GET GOOD HEALTH OUT OF A BOTTLE

Too many New Zealanders think they can. This country must just about lead the world as a nation of tonic-takers and pill-addicts. The Social Security Fund spent more than £750,000 on medicines last year, supplied free to the public. That is equal to approximately 10/- a head for every man, woman and child in the country. And that does not take into account the vast sum spent by individuals on patent medicines, and prescriptions not chargeable to the Social Security Fund.

Medicines may serve an important purpose, but PROPER LIVING is the real recipe for Buoyant Health.

If those people who run to the medicine bottle or the pill-box every time they feel off-colour would practise a few of the rules of wise living, they would soon wonder what they ever saw in their expensive tonics and laxatives.

If it is given a chance, Nature has a wonderful power of righting things in its own way when the body goes wrong. Of course, your co-operation is needed—in the form of healthful living. Here is the basis of healthful living:

Adequate nutrition from a *balanced diet*—begun before birth. Proper attention to *personal hygiene* (daily bath, fresh air at home and work, and adequate sleep).

Healthful *physical activity*.

*Mental health*, allowing the development of personality.

These are four cardinal rules. They are simple and agreeable to follow, and they will create that glow of well-being, that cheerfulness and energy which come from buoyant health.

Use medicine **ONLY WHEN IT IS ESSENTIAL**. If you want to be healthy and stay that way, give Nature's method a trial. The result will probably astonish you.

11a

FOR A HEALTHIER NATION



Contentment  
from CRIB to COT  
**ANKORIA**  
ALWAYS SAFE • BABY FOOD  
AT ALL CHEMISTS



A Product of the New Zealand Co-operative Dairy Co. Ltd., Anzac Avenue, Auckland.