

# Vitamins

THE PLEASANT WAY

*Delicious WITH*  
HOT AND COLD MILK  
CEREALS  
FRUIT DISHES  
ICE CREAM  
BREAD AND BUTTER



## 'AKTA-VITE'

THIS modern tonic food provides a most delicious concentrate of the four precious vitamins, A, B<sub>1</sub>, C, and D. There is nothing vague about 'AKTA-VITE'. Its vitamin content is known and stated. For instance, you know that just two small teaspoonsful daily will give you an adequate daily intake of each vitamin (see table below). Also, because 'AKTA-VITE' is compounded in a chocolate malt base its taste appeal is instant with robust or finicky appetites and with young or old. Try 'AKTA-VITE' yourself. It is one of the most convenient, effective and certainly THE MOST DELICIOUS way of taking vitamins.

Each 10 grammes of 'AKTA-VITE' (approximately 2 teaspoonsful) contains not less than:

Vitamin A	-	-	2,000 Int. Units
Vitamin B <sub>1</sub>	-	-	300 Int. Units
Vitamin C	-	-	300 Int. Units
Vitamin D	-	-	1,000 Int. Units

Together with dextrose and calcium phosphate in a chocolate malt base.

'AKTA-VITE' mixes readily with hot or cold milk and may be added to cereals, fruit or other dishes or eaten with bread and butter.

5 ozs. 5/3 — 10 ozs. 8/- — 40 ozs. 23/-

A DELICIOUS NUTRITIVE TONIC

## 'AKTA-VITE'

At all Chemists

Sole N.Z. Distributors:

**R. GREENWELL LTD.**

## LETTERS FROM LISTENERS

(continued from page 5)

### SUNDAY SCHOOL.

Sir,—It is a matter of astonishment to me that anyone can indulge in such a matter-of-fact criticism of a short story as that given by A. H. Reed on the story *Hear the Pennies Dropping*, by Mary Stewart, which appeared in *The Listener* of April 16, 1948.

This story of an elderly, unattractive woman, whose only interest in life was a vicarious love of children, and who, in the end, was bitterly hurt by them, is one of the most poignant I have ever read and I will never forget it. It subtly records and exemplifies life's hardest lesson (never learnt in Sunday School) that though we cast our bread upon the waters we must never expect to get it back; and that it is to Job and the Jeremiahs we must go for essential truth.

The story is satisfying, not only from the aspect of spiritual integrity, but in factual points criticised by Mr. Reed. From my own memory I consider it to preserve accurately the Sunday School atmosphere of the early decades of this century.

It is pleasing to know that there is a writer in New Zealand who can so create, and that there is a journal such as *The Listener* to publish her work.

MARGARET NELSON

(Kohimarama).

### COMMODITY FAIRY TALES.

Sir,—After many growls and groans, shrieks and shudders, my radio has given up the ghost. I think it got ashamed of telling the same Fairy Tale, day after day and week after week, of some magical, but as far as I can discover, invisible powders and soap which make whites whiter, pinks pinker, and the housewife bluer and bluer as she trudges from one grocer to another, only to receive such answers as—"Sorry" or "Never heard of it," or a bland look and "No more being imported."

So what about it? Couldn't we be told, on alternate days, where these magical powders are to be found?

HOUSEWIFE (Auckland).

### LUNAR HORTICULTURE.

Sir,—May I impart some knowledge to your correspondent "Curious" who criticises the broadcast from 12B about sowing seeds in fertile periods? I am not connected in any way with these broadcasts, in fact I never hear them.

Your correspondent will, perhaps, be surprised to hear that the advice as to sowing seeds is drawn from that source which he classes with witchcraft, namely astrology. He may be more surprised to learn that astrology has been practised and supported by men whose names carry more weight than even the New Zealand Department of Agriculture, or the Department of Scientific and Industrial Research, or the Royal Society of New Zealand, which "Curious" appears to think are the last word in point of authority. A few of these noted men, mathematicians and philosophers, and astronomers, are Roger Bacon, Dante, Galileo, Kepler, Tycho Brahe, Sir Isaac Newton, and very many more of the more modern scientists.

If "Curious" wants proof of the effect of the moon on plant life, the results of experiments made by the John Innes

Institute which set out to prove that the moon had no effect on plant life, ended up by giving the most exact proof that there are fertile periods, when germination of seeds is greater than at other times.

I also offer my humble contribution to knowledge on this subject. I experimented by sowing peas daily during a period before and after eclipses of the moon, in three separate seasons. The results were that peas sown on the day of eclipse gave, in one case, less than half the germination shown on other days, and in another case, not one out of 10 sown on the day of eclipse, grew at all, although the daily average for other days was five out of 10.

H. E. LAWRENCE (Stratford).

### CLASSICAL PROGRAMMES.

Sir,—Let me protest against played-to-death classical programmes. The other evening Station 2YC set out to broadcast an hour-and-a-half of Brahms. The moment I heard the announcer begin "In 1881 Brahms received the degree of Doctor of Philosophy at Breslau University and to commemorate the occasion . . ." my suspicions were aroused. They were verified when I heard the opening strains of the Academic Festival Overture. Not that I dislike the work; but doesn't the programme arranger of 2YC realise that Brahms wrote other overtures? Next on the programme was the major work, that hardy annual the 3rd Symphony. Why doesn't someone tell the programme arranger that Brahms wrote four symphonies, not one?

Luckily, Beethoven recordings get a fairer spin as far as symphonies are concerned; he managed to write nine. There is still room for improvement with Haydn and Mozart, though. The Haydn repertoire is restricted to the nicknamed symphonies such as the Clock, the Farewell, the Oxford, and Military, etc.; the Mozart repertoire to the three last symphonies and now and again the Linz, the Prague and the Haffner.

E. F. KAYE (Wanganui).

### A PLEA FOR COMEDY

Sir,—I wish to make a protest against records and programmes which make one feel like Sunday afternoon in town. Why cannot we have some comedy? What has happened to Arthur Askey, Gert and Daisy, George Formby, Sandy Powell, Gracie Fields, Carson Robison? What about the good old songs, and such cheerful ones as "The Shearers' Jamboree," etc.? Are they considered no good now that we never get them? Those of us who enjoy these pay our licences too, and are entitled to something that we like—and not just one item put in as a great favour among hundreds of the classical, jazz, swing features. And why do we have to have Saturday filled with sports programmes? After all, there is a summary given on Saturday evenings of sports results.

"INDIGNANT" (Plimmerton).

### "MISSA SOLEMNIS"

Sir,—On Sunday evening, May 9, according to *The Listener*, 1YX promised a recording of Beethoven's *Missa Solemnis*. It was duly announced as such from the station, and twice during the presentation we were assured that we were listening to Beethoven's *Missa*

NEW ZEALAND LISTENER, JUNE 18