

ADVICE ON HEALTH

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hardly believe it. Insufficient rest and sleep alone can turn your boy into Class 2 or 3, even if you have the best of diets. Check up. Remember pictures and the radio session that are loved! There should be twelve hours sleep till age five, eleven hours sleep till age eleven, and ten hours till fourteen years of age. Of course your diet is important, for that's the source of body building and protective factors. Father, if there's a fault in your boy, has your diet enough protective foods? Do you

know what they are and how much your boy should eat of them daily? And do you know that these are the dearest foodstuffs and that your wife often has to cut down on them because of the purse? Think about it, and if there's a Class 2 boy around, increase the housekeeping allowance!

Don't Overwork Him

And please—don't overload your boy with tasks or let him work for money after school hours if it interferes with his play and exercise, fresh air and sunshine. These things build bodies, too! You had better think of these things if the yardstick fails. Many a boy is kept

thin, pale, stooping slightly, ringed under the eyes, because he's tied up with work when he should be chasing the sunshine. Work won't hurt a boy, but it must not cut into his leisure, sleep, and playtime unduly. Lastly, no medical or dental defects must remain uncorrected.

It is hard to believe that having a healthy and well-nourished body depends on such simple issues. Yet it is so. Your boy can be sent up into the first nutrition class in but a few months. Fathers, give it a go!

(Next week: "The Cooking of Vegetables," by Dr. Muriel Bell)

DIABETES

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New Music In The ZB Air

THREE bright new musical programmes for ZB listeners are "The Star Parade" (Thursdays and Saturdays at 7.30 p.m. from all ZB stations), "You Ain't Heard Nothin' Yet" (Tuesdays at 8.0 p.m. from all ZB stations), and "Ambassadors of Music" (Thursdays at 8.0 p.m. from all ZB stations). "The Star Parade" is compered by Ron Randell, and features a number of well-known Australian entertainers, including Jack Davey, Stella Smith and "Mo" (Roy Rene). It consists of a pleasant mixture of music and comedy.

"You Ain't Heard Nothin' Yet" is also entertainment of the radio revue type. It stars and is produced by Bob Dyer, self-termed "last of the Tennessee hill-billies," who toured New Zealand with the Marcus Show, and stayed behind in Australia to make a name for himself in Australian radio and vaudeville. He is assisted by several other artists, including a cowboy singer "Smiling Billy" Blinkhorn, who, in one programme, sings what must be Australia's first native hill-billy song, "Poor Ned Kelly," which would seem to indicate that Ned Kelly has achieved real fame at last.

"Ambassadors of Music," which is another musical revue, presenting well known overseas recording artists, has started from all the ZB stations; "You Ain't Heard Nothin' Yet" starts from all stations on Tuesday, December 2; and "The Star Parade" has already been heard from 1ZB and 2ZB, and starts from 3ZB on December 4, and from 4ZB on December 13

Well-known Musician's Death

Frederick Bullock, whose death was announced last week, was well known in Christchurch as a singer, conductor and music-teacher. He was born in Christchurch and received his early musical training there, and served in the N.Z.E.F. in the last war. He was conductor of the Royal Christchurch Musical Society and was to have conducted a broadcast performance of *The Messiah* on December 6. For many years he was a leading bass singer and assistant-choir-master at the Christchurch Cathedral. He adjudicated at a number of competitions festivals.

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