CHRISTMAS RADIO

been well distributed over Day. the national stations for the ditional carols, the programmes include two plays, a pantomime, a relay of a BBC Christmas programme, and church services.

Auckland listeners will hear carols sung Christmas period. As well as tra- by the St. Andrew's Vocal Quartet at 8.5 p.m. on Wednesday (1YA); "Christmas Cheer, a festival programme on records," at 8.30 p.m. on Thursday (1YX); and hymns and carols at 10 a.m. on Thursday (1ZM). In Wellington Harold Williams will also sing a from 2YA on Thursday evening "The

PEASONAL programmes have special selection on Christmas Shadow," a Christmas play produced by the NBS, will be presented, followed by carols sung by the St. Martin's Choral Society. The station will stay on the air to relay the BBC Christmas programme from 1 a.m. to 2.15 a.m. Station 2YC will broadcast Cinderella, a Christmas pantomime, at 9.25 p.m. on Thursday.

> Christchurch listeners are well catered for this Christmas. On Wednesday evening O. L. Simmance's 3YA reading will be entitled "How They Spent Christmas," and after this comes Dickens's A Christmas Carol. At 11.30 p.m. the Carol Singers, conducted by Victor Peters, will give a special session, and at midnight Bishop Brodie will conduct a short devotional service. On Christmas Day, 3YA will have a special programme at 11 a.m., a carol service from the Christchurch Cathedral at 7.30 p.m. and then at 8.35 appropriate songs by Harold Williams. At 9.25 W. Graeme Holder's NBS produced play Four Looked Down on Christmas Morn, will be broadcast. Stations 1YA, 2YA, 3YA, 3ZR, 4YZ, and 2YH will re-broadcast the BBC Christmas programme at 6.40 p.m. on Friday.

> Station 4YA has two special items on Thursday evening, Corelli's Christmas Concerto, and the "Shepherds' Christmas Music" from Bach's Christmas Oratorio.

Nor will Christmas be forgotten at Station 2YD, Wellington, which will hold "Christmas Parties" at 7.43 p.m. and will end its programme with Christmas music. The other auxiliary NBS stations will all be entertaining their listeners with appropriate music,

Followers of sport will have a wide variety of broadcasts to follow.

Christmas With The Forces

NEW ZEALANDERS are serving overseas in many theatres of war. They are fighting or standing to in the Middle East, Singapore, Fiji, and England; New Zealand seamen are scattered over the oceans of the world; and New Zealand airmen are playing their part in the great air training scheme in Canada. From all these places Christmas greetings have been collected by the NBS for broadcast in a special Christmas Day programme which will be listened to by thousands whose thoughts will be far away from New Zealand that day.

Christmas with the Forces will be heard from IYA, 2YA, 3YA, 4YA, 2YH, and 4YZ, in two parts, from 9.0 to 10.0 on Christmas morning and from 6.30 to 7.30 p.m. the same day. The complete two-hour presentation will be repeated from 2YA at 11.15 p.m. Forty-five minutes are devoted to greetings from the Middle East, and it is hoped to include special messages, including one from Major-General B. C. Freyberg, if they arrive in time. The portions of the programme from England, Singapore, Fiji, and Canada, have been made possible through the cooperation of the BBC, the Canadian Broadcasting Corporation, the Malaya Broadcasting Corporation and the Fiji Radio Service. The regular "With the Boys Overseas" radio magazine will be broadcast at the usual times.

THE DOCTOR'S DIARY

Doctors used to think that patients with backache greatly exaggerated the pains they suffered, but to-day they know that backache is responsible for much misery, suffering and financial loss to many thousands. This typical case will interest other



patients, suffering from backache.

Doctor (Examining patient): Tell me . . . exactly where do you get that pain in your back?

Patient: Mostly in the lower part of the back, Doctor, sometimes both sides, but usually more on the right side than on the left.

Doctor: I suppose you get headaches frequently?

Patient: Oh, yes, Doctor, I often wake up in the morning with a headache and an unpleasant taste in my mouth, too.

Doctor: You have to get up at intervals during the night?

Patient: Yes, Doctor, and often the passing of urine is very painful. I think it is this that makes me so tired and depressed.

Doctor: For how long have you been getting these symptoms?

Patient: Oh, for some time now. It wasn't very bad at first, but it's gradually getting worse. Lately my joints have started to swell, especially my ankles and feet. Doctor, why should I get these swellings?

Doctor: It is because the waste fluids are not being eliminated from your body, but are getting into your tissues instead. Generally the fluid first collects in the ends of your limbs and so you see it as a puffy swelling in your ankles and feet. These backaches and headaches, as well as the unpleasant taste in your mouth in the mornings, are the result of faulty elimination of waste fluid by the kidneys and bladder. Once you get rid of these poisons which are being carried about in your body by the blood you will be absolutely fit and well. Backache, Kidney Trouble, Rheumatism, Constipation are just a few of the painful conditions caused by these poisons.

That is why Dr. Mackenzie's Mentholds are so good for Back-

That is why Dr. Mackenzie's Menthoids are so good for Back-ache and Kidney Trouble, because they cleanse your blood of the poisons that cause them.

Backache, pains in limbs and shoulders, stiffness in joints, painful urination, constipation, loss of energy, tritability, bladder weakness and depression, are frequently caused through toxins (poisons) carried in the blood stream. If you suffer in this way, get a flask of Dr. Mackenzie's Menthoids from your nearest Chemist or Store, and begin this great new treatment for the blood right away. A pure herbal remedy, Menthoids can only do you good. They may be taken with safety by even the most delicate natient.

FREE Every flask of Menthoids contains the valuable diet chart which will help you. Be sure you get genuine Menthoids ... refuse substitutes of this valuable herbal medicine.

Month's reatment. 12 Day FROM YOUR NEAREST CHEMIST OR STORE.

FEATURES FROM THE

ROGRAMME organisers of the CBS have been busy for the past week or so planning Christmas Day entertainment. Although the stations normally close at midnight, most of them will stay on the air on Christmas Eve for the benefit of those who want to keep parties going.

At 6.0 a.m. all stations will greet listeners with carols and other appropriate music, and throughout the day many of the usual ZB features will be broadcast, without commercial messages, but including instead greetings from the sponsors. At nine o'clock, the Controller of Commercial Broadcasting, C. G. Scrimgeour, will broadcast a Christmas message on behalf of the CBS. At 9.45 p.m. all stations will relay Christmas greetings from the heads of the Army, Navy, and Air Force to the forces in the Dominion. The Minister of Defence, the Hon. F. Jones, will send a short message, and he will be followed by Commodore W. E. Parry, First Naval Member; Major-General E. Puttick, Chief of General Staff; Air-Commodore H. W. L. Saunders, retiring Chief of Air Staff; the Hon. W. Perry, M.L.C., President of the N.Z.R.S.A.; Matron Willis, Chief of the Army Nursing Service, and Captain F. A. Macindoe, representing the Merchant

The Christmas Day musical session at noon will be conducted over the ZB network by "Scrim," and at 1.0 p.m. there will be a link-up with NBS stations for the "Victory Toast." This has been arranged by the R.S.A., who suggest that at one o'clock on Christmas afternoon, listeners, wherever they are. shall observe one minute of silent contemplation and turn their thoughts to the men and women in the Navy, Army, and Air Force, to the oppressed people in all occupied countries, and to the King and Queen and Empire leaders. Following this comes a toast, "The Victory V."

Station 3ZB announcers have planned something special in the way of appropriate programmes, and on Christmas Day each will take his turn at the microphone.

From the 1ZB Radio Theatre on Christmas night, the Royal Auckland Male Choir, one of New Zealand's finest choirs, will give a recital. Soloists will be Sybil Phillipps, soprano, and Eric Bell at the Novachord.

An outstanding evening feature from all ZB stations is the Academy Award play "Green Branches," at 8.0 p.m., following the headline news from London. In this play, which presents once again the Christmas message of "Peace on earth, goodwill toward all men," Ona Munsen plays the leading role.