

MONDAY

JANUARY 5

COMMERCIAL

EACLARK'S
Extra Strong **MINERS COUGH CURE**
For
**COUGHS, COLDS,
ASTHMA, BRONCHITIS, ETC.**

1ZB AUCKLAND 1070 k.c. 280 m.

6. 0 a.m. Breakfast Session, with Headline News from London at 6.0, 7.0 and 8.45
8.30 Health Talk by "Uncle Scrim"
9. 0 Aunt Daisy
9.45 Morning Reflections (Elsie K. Morton)
10. 0 **THE FEATURE HOUR:**
10. 0 Rhapsody in Rhythm
10.15 Those Happy Gilmans
10.30 Dramas of Life
10.45 Home, Sweet Home
11.30 The Shopping Reporter (Marina); Guest Speaker, Dr. Guy Chapman
12.15 p.m. Headline News from London
1. 0 Songs That Live Forever
1.15 Headline News from London
1.45 & 3.30 1ZB Happiness Club (Joan)
2. 0 East Lynne
2.15 Lost Empire
2.30 Home Service Session (Gran)
4. 0 The Young Marrieds' Circle (Molly)
4.30 Headline News from London
5. 0 Molly Garland and her Merry Maids
5.30 The Junior Quiz
6. 0 Air Adventures of Jimmie Allen
6.15 Headline News from London
7. 0 Fred and Maggie Everybody
7.15 This Twentieth Century
7.30 Hello from Hollywood
7.45 The March of Time
8. 0 Headline News from London, followed by Chuckles with Jerry
8.15 Easy Aces
8.45 Pageant of Empire
9. 0 You Be the Detective!
10.15 Kings of Jazz: Woody Herman
11. 0 Headline News from London
12. 0 Close down

2ZB WELLINGTON 1130 k.c. 265 m.

6. 0 a.m. Breakfast session, with Headline News from London at 6.0, 7.0 and 8.45
8.30 Health talk by "Uncle Scrim"
9. 0 Aunt Daisy
9.45 Morning Reflections (Elsie K. Morton)
10. 0 **THE FEATURE HOUR:**
10. 0 Rhapsody in Rhythm
10.15 The Kitchen Quiz
10.30 Dramas of Life
10.45 Home, Sweet Home
11. 0 Musical programme
11.30 The Shopping Reporter (Suzanne)
12. 0 Mid-day Melody Menu
12.15 p.m. Headline News from London
1.15 Headline News from London
2. 0 East Lynne
2.15 Lost Empire
2.30 Home Service session (Mary Anne)
3. 0 Musical programme
4. 0 Young Marrieds' Circle (Tony)
4.30 Headline News from London
5. 0 The children's session
5.30 The Junior Quiz
6. 0 Air Adventures of Jimmie Allen
6.15 Headline News from London
6.30 The Enemy Within
7. 0 Fred and Maggie Everybody
7.15 This Twentieth Century
7.30 Hello from Hollywood!
7.45 Tusitala, Teller of Tales
8. 0 Headline News from London, followed by Chuckles with Jerry
8.15 Easy Aces
8.45 Give It a Name Jackpots
9. 0 You Be the Detective!
10. 0 Musical Mirthquakes
10.30 Our overseas recordings
11. 0 Headline News from London
12. 0 Close down

3ZB CHRISTCHURCH 1430 k.c. 210 m.

6. 0 a.m. Breakfast Session, with Headline News from London at 6.0, 7.0 and 8.45
8. 0 Fashion's Fancies
8.30 Health Talk by "Uncle Scrim"
9. 0 Aunt Daisy
9.45 Morning Reflections (Elsie K. Morton)

10. 0 **THE FEATURE HOUR:**
10. 0 Rhapsody in Rhythm
10.15 Songs of the Islands
10.30 Dramas of Life: The Little Giant
10.45 Home, Sweet Home
11. 0 Musical Programme
11.30 The Shopping Reporter
12. 0 The Luncheon Session
12.15 p.m. Headline News from London
1.15 Headline News from London
2. 0 East Lynne
2.15 Lost Empire
2.30 The Home Service Session (Jill)
4. 0 The Young Marrieds' Circle
4.30 Headline News from London
5. 0 The Children's Session, featuring at 5.15, the Apex Aces; 5.30, the Junior Quiz
6. 0 Air Adventures of Jimmie Allen
6.15 Headline News from London
6.30 Ailsa Crompton in Mood Music
7. 0 Fred and Maggie Everybody
7.15 This Twentieth Century
7.30 Hello from Hollywood!
7.45 The Enemy Within
8. 0 Headline News from London, followed by Chuckles with Jerry
8.15 Easy Aces
8.40 A Programme Without a Name
9. 0 You Be the Detective!
10. 0 Out of the Box
11. 0 Headline News from London
12. 0 Close down

4ZB DUNEDIN 1280 k.c. 234 m.

6. 0 a.m. Breakfast session, with Headline News from London at 6.0, 7.0 and 8.45
8.30 Health talk by "Uncle Scrim"
9. 0 Aunt Daisy
9.45 Morning Reflections (Elsie K. Morton)
10. 0 **THE FEATURE HOUR:**
10. 0 Rhapsody in Rhythm
10.15 Cavalcade of Drama: "Napoleon Bonaparte"
10.30 Dramas of Life
10.45 Home, Sweet Home
11.30 The Shopping Reporter (Jessie)
12. 0 Lunch hour tunes
12.15 p.m. Headline News from London
1.15 Headline News from London
2. 0 East Lynne
2.15 Lost Empire
2.30 The Home Service session (Joyce)
3.15 Stealing Through the Classics
4. 0 The Young Marrieds' Circle
4.30 Headline News from London
5. 0 The Children's session
5.22 The Happy Feet Club
5.30 The Junior Quiz
6. 0 The Air Adventures of Jimmie Allen
6.15 Headline News from London
7. 0 Fred and Maggie Everybody
7.15 This Twentieth Century
7.30 Hello from Hollywood!
7.45 Hits and encores
8. 0 Headline News from London, followed by Chuckles with Jerry
8.15 Easy Aces
8.45 "What's That Noise?" Quiz
9. 0 You Be the Detective!
10.30 New recordings
11. 0 Headline News from London
12. 0 Close down

2ZA PALMERSTON Nth. 1400 k.c. 214 m.

6. 0 a.m. Breakfast Session, with Headline News from London at 6.0, 7.0 and 8.45
8.30 Health Talk
9. 0-9.30 Aunt Daisy
9.45 p.m. Bright Music
6.15 Headline News from London
6.45 Tusitala, Teller of Tales
7.15 This Twentieth Century
7.30 "Cavalcade of Drama: Victoria Regina"
7.45 Real Life Stories
8. 0 Headline London News, followed by Chuckles with Jerry
8.20 Easy Aces
8.45 The Enemy Within
9. 0 You Be the Detective!
9.15 A Talk by Anne Stewart
10. 0 Close Down

THE DOCTOR'S DIARY

To-day, although included among the more widespread maladies of modern times, High Blood Pressure quickly responds to treatment by medicine. This interesting diagnosis applies to you if you have High Blood Pressure or any of the symptoms which may denote its presence.



Doctor (Examining Patient): "How long have you been having these throbbing headaches?"
Patient: "Some months now, Doctor. Lately I get very tired, too. I used to be very energetic."
Doctor: "Do you get dizzy turns — feel the blood surge to your head when you stoop down?"
Patient: "Yes. When I stand up after bending down quickly I feel I want to catch hold of something for support."
Doctor: "Do you find it necessary to 'get up' out of bed during the night?"
Patient: "Yes, Doctor, that's becoming a habit lately, and, in fact, it worries me frequently during the daytime, too."
Doctor: "Have you had that pain around your heart very long?"
Patient: "Yes. It wasn't very much at first, but now I get palpitation pretty badly at times."
Doctor: "Roll up your sleeve. I'll take your Blood Pressure."
Patient: "But if it had to do with Blood Pressure wouldn't I get some indication of it?"
Doctor: "Seems to me there are plenty of indications which are not obvious to you. Ordinary, everyday symptoms like yours, such as persistent headaches, palpitation, flushes, failing sight and bladder weakness all indicate High Blood Pressure."
Patient: "But, Doctor, just what causes High Blood Pressure?"
Doctor: "High Blood Pressure is caused by toxins in your blood stream. When you get run down for any reason, these toxins accumulate in your blood, causing congestion, so High Blood Pressure starts. One thing leads to another: when your blood pressure is too high this congestion causes Kidney trouble and the other symptoms I mentioned. These in turn lead to Rheumatism and similar troubles."
Patient: "Then to be really well you must keep your Blood Pressure at normal?"
Doctor: "Precisely. As the great physician, William Osler, has said, 'man's life depends on his arteries — on his Blood Pressure.' We doctors, to-day, learn more from the Blood Pressure of a patient than with our stethoscopes. However, don't fear High Blood Pressure, because simple High Blood Pressure can now be easily remedied by Dr. Mackenzie's Menthoids.

Flusnes (or Surging of Blood to Head), Heart Pains, Dizziness, Depressing Headaches at top and back of Head, Palpitation, Bladder Weakness, Loss of Energy, Irritability and General Depression are often caused by High Blood Pressure. If you suffer in this way get a flask of Dr. Mackenzie's Menthoids from your nearest Chemist or Store and begin the Menthoid treatment right away. A pure herbal remedy, Menthoids can only do you good. They may be taken with safety by even the most delicate patient.

FREE
Diet Chart

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 Treatment,	12 Day Treatment.
6/6	3/6

FROM YOUR NEAREST CHEMIST OR STORE.

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MENTHOIDS