

# THE DOCTOR'S DIARY

Blood Pressure means the force of the pressure of blood against the walls of your arteries. Toxins (poisons) in your blood cause High Blood Pressure. This common case of High Blood Pressure will interest you.



**Doctor:** (After examining patient): "Your Blood Pressure is far too high. We'll have to get that down."

**Patient:** "But, Doctor, I thought when you had High Blood Pressure you became practically an invalid."

**Doctor:** "No. Not at first, because simple High Blood Pressure can be treated quite easily—if you neglect it, of course, it will wear out your heart and kidneys."

**Patient:** "What are the symptoms, Doctor?"

**Doctor:** "Dizziness, Bladder Weakness, Surging of Blood to Head, Palpitation—these often indicate High Blood Pressure. Headaches, Failing Sight, Aches in Shoulders and Limbs, Swellings, Back Pains are other everyday symptoms."

**Patient:** "Tell me, Doctor, actually what causes High Blood Pressure."

**Doctor:** "High Blood Pressure is caused by toxins (poisons) in your blood stream. As these toxins increase, your blood becomes congested and the blood pressure gets higher and higher, putting great strain on your heart—affecting your Kidneys. Thus High Blood Pressure can be the cause of such common ailments as Rheumatism, Kidney Trouble, Palpitation, Backache, and the other complaints I've mentioned also."

**Patient:** "Then it's apparent that a normal blood pressure is most important from a health point of view?"

**Doctor:** "Decidedly. If you keep your Blood Pressure normal you will live longer and healthier. But there is no need to fear High Blood Pressure."

Fortunately, simple High Blood Pressure can now be easily remedied with Dr. Mackenzie's Menthoids.

Flushes (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.

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.

**FREE**  
**Diet Chart**

M 57

## MENTHOIDS

| Month's Treatment. | 12 Day Treatment. |
|--------------------|-------------------|
| <b>6/6</b>         | <b>3/6</b>        |

FROM YOUR NEAREST CHEMIST OR STORE.

**GOOD APPETITE . . .**

# Hardy's

**INDIGESTION REMEDY**

**... SOUND DIGESTION**

**"THE Greatest HEALTH TONIC OF THE AGE"**

**2/7 & 3/11 from all Chemists & Stores**

# TUESDAY

## COMMERCIAL

### JANUARY 20

## 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
- 10. 0 **THE FEATURE HOUR:**
  - 10. 0 Real Life Stories
  - 10.15 Those Happy Gilmans
  - 10.30 Dramas of Life
  - 10.45 Home Sweet Home
- 11.30 A Talk by Anne Stewart
- 11.35 The Shopping Reporter (Marina)
- 12.15 p.m. Headline News from London
- 1. 0 Dancing round the World
- 1.15 Headline News from London
- 1.45 and 3.30 1ZB Happiness Club (Joan)
- 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 Happy Lads
- 5.22 Scouts' Newsletter
- 5.52 Pioneers of Progress
- 6.15 Headline News from London
- 7. 0 Fred and Maggie Everybody
- 7.15 Spy Exchange
- 7.30 Hello from Hollywood!
- 7.45 Tusitala, Teller of Tales
- 8. 0 Headline News from London, followed by "You Ain't Heard Nothin' Yet"
- 8.45 Pageant of Empire
- 9. 0 Doctor Mac
- 10. 0 Turning Back the Pages (Rod Talbot)
- 11. 0 Headline News from London
- 11.30 Variety
- 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
- 10. 0 **THE FEATURE HOUR:**
  - 10. 0 Real Life Stories
  - 10.15 Eric Bell at the Novachord: "Music in Sentimental Mood"
  - 10.30 Dramas of Life
  - 10.45 Home Sweet Home
- 11. 0 Musical programme
- 11.30 A talk by Anne Stewart
- 11.35 The Shopping Reporter (Suzanne)
- 12. 0 The Mid-day Melody Menu
- 12.15 p.m. Headline News from London
- 1.15 Headline News from London
- 2.15 Lost Empire
- 2.30 Home Service session (Mary Anne)
- 3.30 The Radio Star Quiz
- 4. 0 Young Marrieds' Circle (Tony)
- 4.30 Headline News from London
- 5. 0 Children's session
- 6.15 Headline News from London
- 6.30 The Enemy Within
- 7. 0 Fred and Maggie Everybody
- 7.15 Spy Exchange
- 7.30 Hello from Hollywood!
- 7.45 Mixed Grill Jackpots
- 8. 0 Headline News from London, followed by "You Ain't Heard Nothin' Yet"
- 8.45 Behind Those Walls
- 9. 0 Doctor Mac
- 10. 0 Musical programme
- 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

- 10. 0 **THE FEATURE HOUR:**
  - 10. 0 Real Life Stories
  - 10.15 Ailsa Crompton in Mood Music
  - 10.30 Dramas of Life
  - 10.45 Home Sweet Home
- 11.30 A talk by Anne Stewart
- 11.35 The Shopping Reporter (Elizabeth Anne)
- 12. 0 The luncheon session
- 12.15 p.m. Headline News from London
- 1.15 Headline News from London
- 2.15 Lost Empire
- 2.30 The Home Service session
- 3.30 On the Crest of the Wave
- 4. 0 The Young Marrieds' Circle (Phillipa)
- 4.30 Headline News from London
- 5. 0 The children's session, beginning with the "What Am I?" Quiz
- 6. 0 The Air Adventures of Jimmie Allen
- 6.15 Headline News from London
- 6.30 Hymns at Eventide
- 7. 0 Fred and Maggie Everybody
- 7.15 Spy Exchange
- 7.30 Hello from Hollywood!
- 7.45 Those Happy Gilmans
- 8. 0 Headline News from London, followed by "You Ain't Heard Nothin' Yet"
- 9. 0 Doctor Mac
- 9.30 The Variety Hour
- 10.30 Roll out the Rhythm
- 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
- 10. 0 **THE FEATURE HOUR:**
  - 10. 0 Real Life Stories
  - 10.15 "Johann Strauss"
  - 10.15 Cavalcade of Drama
  - 10.30 Dramas of Life
  - 10.45 Home Sweet Home
- 11.30 Talk by Anne Stewart
- 11.35 The Shopping Reporter (Jessie)
- 12. 0 Lunch hour tunes
- 12.15 p.m. Headline News from London
- 1.15 Headline News from London
- 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
- 5.30 The Story of the Lamp of Youth
- 6.15 Headline News from London
- 6.30 Accent on Youth
- 7. 0 Fred and Maggie Everybody
- 7.15 Spy Exchange
- 7.30 Hello from Hollywood!
- 7.45 Songs of Yesteryear
- 8. 0 Headline News from London, followed by "You Ain't Heard Nothin' Yet"
- 8.45 The Enemy Within
- 9. 0 Doctor Mac
- 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 by "Uncle Scrim"
- 9. 0-9.30 Aunt Daisy
- 5.45 p.m. Bright music
- 6.15 Headline News from London
- 6.45 The Gardening session
- 7.15 Doc. Seller's True Stories
- 7.30 Yes-No Jackpots
- 7.45 Real Life Stories
- 8. 0 Headline News from London, followed by "You Ain't Heard Nothin' Yet"
- 8.30 The Passing Parade of Agriculture
- 9. 0 Doctor Mac
- 9.15 Health Talk by Dr. Guy Chapman
- 10. 0 Close down