

Friday, April 9

1ZB AUCKLAND

1070 kc. 280 m.

- 6. 0, 7.0, 7.45 a.m. London News
- 7.30 Health talk by "Uncle Scrim"
- 9. 0 Aunt Daisy
- 9.45 Morning Reflections (Uncle Tom)
- 10.15 Musical Grab Bag
- 10.30 For Richer, for Poorer
- 10.45 Big Sister
- 11.30 Shopping Reporter (Sally)
- 12.15 & 1.15 p.m. London News
- 2.30 Home Service session
- 3. 0 For Ever Young
- 4.30 Headline News, followed by the Health and Beauty session, including Questions and Answers (Marina and Dr. Guy Chapman)
- 5.15 Beyond the Rainbow
- 5.45 Uncle Tom and the Merry-makers
- 6.15 London News
- 7.15 The Money Machine
- 7.30 Bert Howell presents—
- 8. 0 American Headline News
- 8.15 Easy Aces
- 8.45 You Can't Do Business with Hitler!
- 9. 0 Doctor Mac
- 9.15 Behind the Microphone (Rod Talbot)
- 10. 0 Fibber McGee and Molly (A U.S. War Department programme)
- 11. 0 London News
- 12. 0 Close down

2ZB WELLINGTON

1130 kc. 265 m.

- 6. 0, 7.0, 7.45 a.m. London News
- 7.30 Health Talk by "Uncle Scrim"
- 9. 0 Aunt Daisy
- 9.45 Morning reflections
- 10. 0 Tena and Tim
- 10.30 For Richer, for Poorer
- 10.45 Big Sister
- 11. 0 Musical programme
- 11.30 Shopping Reporter (Suzanne)
- 12. 0 Midday melody menu
- 12.15 & 1.15 p.m. London News
- 1.30 Easter Shopping session
- 2. 0 In rhythmic tempo
- 2.30 Home Service session (Mary Anne)
- 4.30 Headline News followed by the Health and Beauty session
- 5. 0 Children's session
- 6.15 London News
- 6.30 You Can't do Business with Hitler
- 7.15 The Money Machine
- 7.30 Bert Howell presents— (Final broadcast)
- 7.45 Talking Drums
- 8. 0 American Headline News
- 8.20 Easy Aces
- 9. 0 Doctor Mac
- 9.30 New recordings
- 10. 0 The Diggers' session
- 10.30 Preview of week-end sport
- 11. 0 London News
- 12. 0 Close down

3ZB CHRISTCHURCH

1430 kc. 210 m.

- 6. 0, 7.0, 7.45 a.m. London News
- 7.30 Health Talk by "Uncle Scrim"
- 8. 0 Fashion's Fancies
- 9. 0 Aunt Daisy
- 9.45 Morning reflections
- 10. 0 Tena and Tim
- 10.15 Piano Parade
- 10.30 For Richer, for Poorer
- 10.45 Big Sister
- 11. 0 Music While You Work

On and after April 11, the "Command Performance" programmes heard from the ZB stations on Sunday evenings will come on the air at 9.30, instead of at 9.0, being switched with the U.S. War Department programmes, which will now be heard at 9.0 instead of at 9.30.

- 11.30 Shopping Reporter (Elizabeth Anne)
- 12. 0 Lunch time fare
- 12.15 & 1.15 p.m. London News
- 2.30 Home Service session (Joan)
- 3. 0 Variety
- 3.30 At the keyboard
- 3.45 With the tenors
- 4.30 Headline News followed by the Health and Beauty session (Nancy)
- 5. 0 The Children's session
- 6. 0 All over the place
- 6.15 London News
- 6.30 Hymns at Eventide
- 6.45 Film favourites
- 7.15 The Money Machine
- 7.30 Bert Howell presents—
- 7.45 The Ear Busters
- 8. 0 American Headline News
- 8.20 Easy Aces
- 8.45 Those Happy Gilmans
- 9. 0 Doctor Mac
- 9. 0 Klondike
- 10.15 Men and Motoring
- 10.40 "The Toff": 3ZB's Racing Reporter
- 11. 0 London News
- 12. 0 Close down

4ZB DUNEDIN

1310 kc. 234 m.

- 6. 0, 7.0, 7.45 a.m. London News
- 7.30 Health talk by "Uncle Scrim"
- 9. 0 Aunt Daisy
- 10. 0 Tena and Tim
- 10.15 Radio Sunshine
- 10.30 For Richer, for Poorer
- 10.45 Big Sister
- 11.30 Shopping Reporter (Jessie)
- 12.15 & 1.15 p.m. London News
- 1. 0 Luncheon melodies

Saturday, April 10

1ZB AUCKLAND

1070 kc. 280 m.

- 6. 0, 7.0, 7.45 a.m. London News
- 7.30 Health talk by "Uncle Scrim"
- 9. 0 Bachelor Girls' session (Jane)
- 9.45 Morning Reflections
- 12. 0 Music and sports flashes
- 12.15 & 1.15 p.m. London News
- 12.30 The Gardening session (John Henry)
- 1.30 1ZB Happiness Club (Joan)
- 3. 0 London News
- 4.45 The Milestone Club (Thea)
- 5. 0 Thea and the Sunbeams
- 5.45 Sports session (Bill Meredith)
- 6. 0 Highway Night Express
- 6.15 London News
- 6.30 Pinocchio
- 7. 0 The Victory Programme
- 7.30 The Lone Ranger Rides Again!
- 7.45 Talking Drums
- 8. 0 American Headline News
- 8.5 Happi Hill, the Roving Canadian
- 8.20 The Money Machine
- 8.45 You Can't Do Business with Hitler!
- 9. 0 Doctor Mac
- 9.15 Fun with Music
- 10. 0 Dance time
- 11. 0 London News
- 12. 0 Close down

- 2.30 Home Service session (Joyce)
- 3. 0 Rita at the Piano
- 4.30 Headline News, followed by the Health and Beauty session
- 6. 0 These You Have Loved
- 6.15 London News
- 6.30 These You Have Loved (continued)
- 7.15 The Money Machine
- 7.30 Bert Howell presents—
- 7.45 Preview of the week-end sport
- 8. 0 American Headline News
- 8.15 Easy Aces
- 8.45 The Sunbeams' Cameo
- 9. 0 Doctor Mac
- 10. 0 Radio Canteen
- 10.30 The Racing Preview
- 11.15 Supper Interlude for the Night Shift
- 12. 0 Close down

2ZA PALMERSTON Nth.

1400 kc. 214 m.

- 6. 0, 7.0, 7.45 a.m. London News
- 7.30 Health talk by "Uncle Scrim"
- 5.45 p.m. Early evening music
- 6.15 London News
- 7.15 The Money Machine
- 8. 0 American Headline News
- 8.15 Easy Aces
- 9. 0 Doctor Mac
- 10. 0 Close down

2ZB WELLINGTON

1130 kc. 265 m.

- 6. 0, 7.0, 7.45 a.m. London News
- 7.30 Health Talk by "Uncle Scrim"
- 9. 0 Bachelor Girls' session (Kathleen)
- 9.45 Morning reflections
- 10. 0 The Gardening session ("Snowy")
- 10.15 Variety programme
- 11.30 Happiness Club session
- 12. 0 Midday melody menu
- 12.15 & 1.15 p.m. London News
- 2.15 Variety and sports flashes
- 3. 0 First Sports Summary
- 4. 0 Second Sports Summary
- 4.5 Variety programme
- 4.30 London News
- 6. 0 Reserved
- 6.15 London News
- 6.30 First Light Fraser
- 6.45 Sports results (Bill King)
- 7. 0 The Victory programme
- 7.30 The Lone Ranger Rides Again!
- 7.45 Talking Drums
- 8. 0 American Headline News
- 8.5 Happi Hill, the Roving Canadian
- 8.20 The Money Machine
- 9. 0 Doctor Mac
- 9.15 Fun with Music
- 9.30 Variety
- 10. 0 Dance time
- 10.30 Star American Bands
- 11. 0 London News
- 11.15 Dance time (continued)
- 12. 0 Close down

3ZB CHRISTCHURCH

1430 kc. 210 m.

- 6. 0, 7.0, 7.45 a.m. London News
- 7.30 Health Talk by "Uncle Scrim"
- 8. 0 Fashion's fancies
- 8.20 To-day's Sport ("The Toff")
- 9. 0 Bachelor Girls' session
- 9.30 Variety Parade
- 10. 0 Songs for the Family
- 10.15 Love for a Day
- 11.30 The Radio Doctor
- 12. 0 Luncheon session
- 12.15 & 1.15 p.m. London News
- 12.45 The Gardening session
- 2. 0 Snappy tunes and sports flashes
- 2.30 Stars of Variety
- 3.15 Highlights of Humour
- 3.30 Sandy Macpherson in Spotlight
- 4. 0 The Ladies Entertain
- 4.30 Headline News
- 4.50 Racing Summary
- 5. 0 The Children's session, commencing with Tales and Legends
- 5.30 Music for the Early Evening
- 5.45 Sports Review
- 6. 0 Highway Night Express
- 6.15 London News
- 6.30 The Story Behind the Song
- 6.45 What's New?
- 7. 0 The Victory Programme

- 7.15 Stars of To-morrow
- 7.30 The Lone Ranger Rides Again!
- 7.45 First Light Fraser
- 8. 0 American Headline News
- 8.5 That's How it Started
- 8.20 The Money Machine
- 8.45 Those Happy Gilmans
- 9. 0 Doctor Mac
- 9.15 Fun with Music
- 9.30 Music for the Stay-at-Homes
- 10. 0 Relay from Welcome Club
- 10.50 War Commentary
- 11. 0 London News
- 12. 0 Close down

4ZB DUNEDIN

1310 kc. 234 m.

- 6. 0, 7.0, 7.45 a.m. London News
- 7.30 Health talk by "Uncle Scrim"
- 9. 0 Bachelor Girls' session
- 9.45 Morning Reflections
- 12.15 & 1.15 p.m. London News
- 1. 0 Of Interest to Men
- 2. 0 Music and sports flashes
- 4.30 London News
- 5. 0 The Children's session
- 5.30 Did You Ever Wonder?
- 5.45 The Garden Club of the Air
- 6. 0 Highway Night Express
- 6.15 London News
- 6.30 After dinner story
- 6.45 Sports results
- 7. 0 The Victory Programme
- 7.30 The Lone Ranger Rides Again!
- 7.45 Notable Trials
- 8. 0 American Headline News
- 8.5 Happi Hill, the Roving Canadian
- 8.20 The Money Machine
- 8.45 This is True!
- 9. 0 Doctor Mac
- 9.15 Fun with Music
- 10. 0 Band Waggon
- 10.30 Broadcast of the Town Hall Dance
- 11. 0 London News
- 11.15 Supper Interlude for the Night Shift
- 12. 0 Close down

2ZA PALMERSTON Nth.

1400 kc. 214 m.

- 6. 0, 7.0, 7.45 a.m. London News
- 7.30 Health talk by "Uncle Scrim"
- 9. 0-9.30 The Housewife's Half-hour
- 5.45 p.m. Melody Lane
- 6.15 London News
- 7.15 Sports results (Fred Murphy)
- 8. 0 American Headline News
- 8.15 The Money Machine
- 8.30 Saturday Night Special
- 9. 0 Doctor Mac
- 9.15 Humour
- 9.30-10.30 Dance time
- 10.30 Close down

FAT PEOPLE IN DANGER

SIR WILLIAM ARBUTHNOT LANE, C.B., M.B., M.S., F.R.C.S. (Eng.), Consulting Surgeon to Guy's Hospital, the Hospital for Sick Children and French Hospital, President of the New Health Society, author of various books on health, and numerous papers on surgery and anatomy, says, with regard to obesity:—

"Corpulence is assuredly not only a disease in itself but is the forerunner of numerous grave states of ill-health. Life Assurance Companies have proclaimed that the mortality rate of stout people is considerably higher than that of people of average or underweight, but the ill-effects of obesity are witnessed daily in every branch of medical practise. The way of obesity is the way of unfitness—let there be no doubt on that issue. An un-natural load of fat is an impediment to the working efficiency of all the tissues and organs of the body. Most significant are the effects of surplus fat on the heart and circulation of the blood, also the lowered power of resistance to germ infection makes the obese subject to diseases such as bronchitis, pneumonia, influenza and arthritis. There are limits to the heart's resistance to strain, especially should the heart itself be infiltrated with fat. Disorders of the digestive system are exceedingly common in those overweight as well as the more dangerous afflictions such as appendicitis, gastric and duodenal ulcer, gallstones and diabetes." People with superfluous flesh should take heed of what this very eminent authority has stated. Our Home Slimming Course, "Slimming With Safety," will enable anyone who follows it out, to become as slim as they wish without harming their system. This Course gives instructions for:—

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