Friday, April 23

GOOD FRIDAY

AUCKLAND 1970 kc. 280 m.

6. 0, 7.0, 8.45 a.m. London News Health talk by "Uncle Scrim'

9.45 Morning Reflections (Uncle

Tom) Tena and Tim 10. 0

10.15 Musical Grab Bag For Richer, for Poorer

10.45 Big Sister 12.15 & 1.15 p.m. London News For Ever Young 3. 0

4.30 Headline News Molly and her Friends 5 O **5.15** Beyond the Rainbow (last 11.30

5.45 Uncle Tom and the Merrymakers

6.15 London News 6.30 Sports session (Bill Meredith)

7.15 The Money Machine 7.45 8. 0 8.15 Talking Drums News from America Easy Aces You Can't Do Business

8.45 with Hitler 9. 0 Doctor 9.15 Behind the Microphone

(Rod Talbot)
O Fibber McGee and Molly
(A U.S. War Department pro-gramme)

11. 0 London News 12. 0 Close down

2ZB

WELLINGTON 1130 kc. 265 m.

6. 0, 7.0, 8.45 a.m. London News 7.30 Health talk by "Uncle Scrim³ Morning Reflections 9.45

9.45 Morning Reflections
10.10 Tena and Tim
10.15 Ballads We Love
10.30 For Richer, for Poorer
10.45 Big Sister
11.0 Musical programme
12.0 Mid-day melody menu
12.15 & 1.15 p.m. London News
2.0 In rhythmic tempo
2.30 Musical programme
3.0 For Ever Young
6.15 London News
7.15 The Money Machine
8.0 News from America
8.15 Easy Aces

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8.30 Front Line Theatre (a U.S.)
War Department programme) 9. 0 Doctor Mac 8.30 New recordings London News

CHRISTCHURCH 3ZB 1430 kc.

London News 6. 0, 7.0, 8.45 a.m. Health talk by 7.30 Scrim"

8. 0 Recordings Morning Reflections 9.45

Tena and Tim 10. 0 10.15 Piano Parade 10.30 For Richer, for Poorer

Close down

11. 0

Big Sister 10.45 Favourites in Song With the Orchestra

12. 0 Luncheon session 12.15 & 1.15 p.m. London News Melody that pleases 3. 0 For Ever Young

3.30 At the Keyboard 3,45 With the baritones 4.30 Headline News Б. О

. O The Children's session, featuring the Westport Boys' Band Music for the Evening 6. 0

London News Hymns at Eventide 6.30 6.45 Firm favourites 7. 0 Sports preview

6.15

7.15 The Money Machine Music of the British Isles 7.30 7.45 Reserved

News from America Easy Aces Those Happy Gilmans Doctor Mac 8.45 9. 0

Variety Restful music London News Close down 10.30 11. 0 12. 0

> 4ZB 1310 kc.

0, 7.0, 8.45 a.m. London News Health talk by

DUNEDIN

7.30 Health talk by "Uncle Sorim"
10. 0 Tena and Tim
10.30 For Richer, for Poorer
10.45 Big Sister
12. 0 Lunch hour tunes
12.16 & 1.15 p.m. London News
6. 0 These You Have Loved
6.15 London News
6.30 These You Have Loved
(continued)
7.15 The Money Machine
8. 0 News from America
8.15 Easy Aces
8.45 The Sunbeams' Cameo
9. 0 Doctor Mac

9. 0 10. 0 Doctor Mac Radio Canteen

11. 0 12. 0 London Close down

Saturday, April 24

AUCKLAND 1ZB 1070 kc. 280 m.

0, 7.0, 8.45 a.m. London News k by "Uncle Health talk by Scrim" 9.45 Morning Reflections

Music and sports flashes 12. 0 "Uncle 12.15 & 1.15 p.m. London News
"Uncle 12.30 The Gardening session Gardening session (John Henry)

1.30 1ZB Happiness Club (Joan) 3. 0 London News The Milestone Club (Thea) 4.4K

Thea and the Sunbeams Sports session (Bill Meredith)

Streamlined Fairy Tales 6. 0 6.15 London News The Victory Programme

7. 0 .30 The Lone Ranger Rides Again! 7.30

7.45 Talking Drums 8. 0 Headline News Happi Hill, the Roving

Canadian 8.20 The Money Machine 3.45 You Can't Do Business with Hitler

Doctor Mac 10. 0 Dance time

London News 11. 0 Close down 12. 0

WELLINGTON 2ZB 1130 kc. 265 m

6. 0, 7.0, 8.45 a.m. London News Health talk by 8crim"

9.45 Morning Reflections 10. 0 Gardening session 10. 0 ("Snowy")

10.15 Variety programme 11.30 Happiness Club session 12. 0 Mid-day melody menu

2ZA PALMERSTON Nth.

0, 7.0, 8.45 a.m. London News 30 Health talk by "Uncle 9. 0-9.30 The Housewife's Haif-6.45 p.m. Dinner music

5.45 p.m. Dinner musio
6.15 London News
7.18 The Money Machine
8.0 News from America
8.15 Easy Aces
9.0 Doctor Mac
9.40 Preview of the week-end
sport (Fred Murphy)
10.0 Close down

112.15 & 1.15 p.m. London News Variety and sports flashes 2.15 First sports summary Variety programme London News 4. 5 4.30 Streamlined Fairy Tales 6.15 London News 6.30 First Light Fraser Sports results (Bill King) 6.45 The Victory programme 7.15 Interlude 7.30 The Lone Ranger Rides Again! 7.30 Talking Drums
News from America 7.45 8. 5 Hap Canadian Happi Hill, the Roving

11. 0 London Naws Dance time (continued) 12. 0 Close down

Star American Bands

The Money Machine

Doctor Mac

Dance time

Variety

3ZB

Fun with Music

8.20

9. 0

9.15

9.30

10. 0

10.30

London News 6. 0. 7.0. 8.45 a.m. Health talk by Scrim"

1430 kc.

CHRISTCHURCH

210 m.

8. C Fashion's Fancies To-day's sport ("The Toff") Variety parade Songs for the family Love for a Day The Radio Doctor 10. 0

Luncheon session 12.15 & 1.15 p.m. London News 12.45 The Gardening session 2. 0 Snappy tunes and sports flashes

nes
Stars of variety
With the Hill Billies
Highlights of humour
Regimental Bands 2.30 Parade

Parade
.45 A song for you
.45 A song for you
.40 Screen favourites
.30 Headline News
.50 Racing summary
.40 The Children's session,
commencing with Tales and

commences
Lagends
Lagends
.80 Music for the early evening
.45 Sports review
K O Highway Night Express

al broadcast)
London News
The story behind the song
What's new?
9.15
9.30
10.30 6.45 The Victory programme Interiude The Lone Ranger Rides

Again! First Light Fraser News from America That's How It Started The Money Machine

Those Happy Gilmans Doctor Mac

11. 0 London News 12. 0 Close down 4ZB DUNEDIN 1310 kc. 234 m.

9.30 Music for the stay-at-

10. 0 Relay from Welcome Club

9.15 Fun with music

10.50 War Commentary

homes

6. 0, 7.0, 8.45 a.m. London News 7.30 Health talk by Scrim" 9.45 Morning Reflections 12,15 & 1.15 p.m. London News Of interest to Men 1. 0

2. 0 Music and sport flashes London News
The Children's session
Did You Ever Wonder?
The Garden Club of the Air
Highway Night Express
London News 4.30 6. 0 6.15

6.30 6.45 7. 0 7.15 After-dinner Story Sports results
The Victory programme Interlude

The Lone Ranger Rides Again! 7.45 N 8. 0 M 8. 5 H Notable Trials

7.45 Notable Trials
8.0 Mews from America
8.5 Happi Mill, the Roving
Canadian
8.20 The Money Machine
8.45 This is True
9.0 Doctor Mac
10.0 Band Waggon
10.30 Broadcast of the Town
Hall Dance 9.16 10. 0 10.30 Hall Dance

11. 0 London News 11.25 Supper Interlude for the Night Shift 12. 0 Close down

2ZA PALMERSTON No. 214 m.

6. 0, 7.0, 8.45 a.m. London News 7.30 Health talk by "Uncle Scrim 9. 0-9.30 The Housewife's Haif-

5.45 p.m. Dinner music 6.15 London News 7.15 Interlude 0 5

Interlude
News from America
The Money Machine
Saturday Night Special
Doctor Mac
Humour 8.30 9. 0 9.15 .30-10.30 Dance time .30 Close down

Changes of address may be made by giving two weeks' notice to the Publishing Department, "The Listener," G.P.O. Box 1707, Welling-

These programmes are correct as we go to press. Any last-minute alterations will be announced over the sir.

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 discasses 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 duodenaiulcer, galistones and disbetes." People with superfluous flesh should take head of what this very eminent authority has stated. Our Home Simming 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:—

General Rules for Slimming—Simple Exercises for Slimming—How to Slim Various Parts of the Body (bust, shoulders, hips, legs, ankles, abdomen, face, double chin)—Simple Reducing Baths—The Scientific Way to Reduce as Used in Hollywood—How to Use Lemons to Dissolve Fat.

The price of this Home Reducing Treatment is only 10/- FREE to purchasers of this Slimming Course w

Manageress, LADIES' INSTITUTE OF HEALTH (Dept. 2), P.O. Box 469, Auckland

