

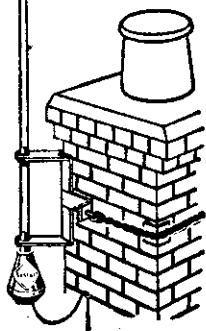
*No more interference  
Crystal clear reception*

## Makes every radio a better radio— the 'EXSTAT' Aerial

The "EXSTAT" Aerial is designed to cut out the annoyance of electrical interference and to ensure crystal-clear reception at the receiver. "EXSTAT" has a proven record of service in town and country.

### The "EXSTAT" Aerial

VRA 301	Wall Mount Rod	£4 13 4
VRA 302	Chimney Mount Rod	£5 8 3
ASA 301	Horizontal with Noise Suppression	£8 12 0
ASA 412	Chimney Mount Rod with Noise Suppression	£12 17 11
ASA 412N	Wall Mount Rod with Noise Suppression	£12 3 4
ASA 304	Extra Aerial Trans-formers	£1 16 0
ASA 305	Extra Receiver Trans-formers	£2 12 2



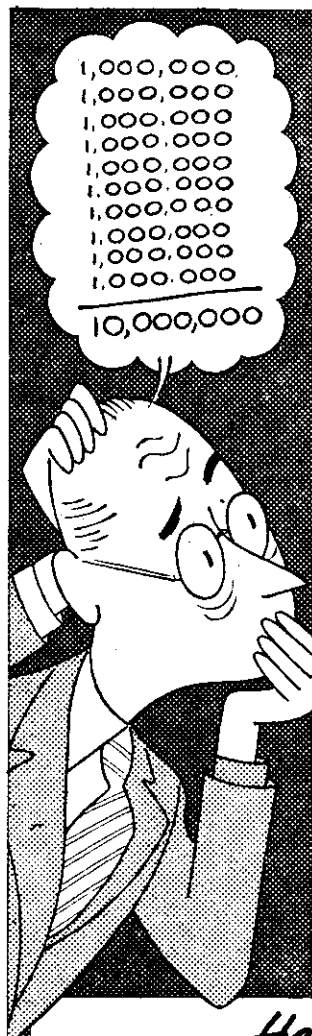
• Trade Inquiries:

**RUSSELL IMPORT  
CO. LTD.**

20 BOND STREET, WELLINGTON  
P.O. BOX 102

An announcement from  
**THE NEW ZEALAND DEPARTMENT OF HEALTH**

**Phew!**



**In 1954  
New Zealanders  
swallowed  
10,000,000  
prescriptions!**

The cost was just under £3,000,000—three times as much as it was in 1944.

These figures relate to free pharmaceutical benefits and take no account of the amounts spent on proprietary preparations and patent medicines.

**...you can't get  
good health out of  
a medicine chest.**

Physical wellbeing comes from a pattern of living—from good nutrition, good housing, good social adjustments, and good mental health.

### *Here is the* **PROPER PRESCRIPTION!**

#### **BALANCED MEALS**

... the right protective foodstuffs each day.

#### **REST AND RELAXATION**

... to offset the tension and drive of modern life.

#### **STEADY HARD WORK**

... during working months, followed by the annual holiday.

**FRESH AIR, SUNSHINE,  
AND BODILY  
CLEANLINESS**

#### **MENTAL ADJUSTMENTS TO**

#### **LIFE'S DIFFICULTIES**

... these are as important as the right foods. An unhappy mind transfers its worries into body aches and pains, for which medicines are useless.

**You are on the  
wrong track when you  
chase after tonics  
for health.**

11.55