PRACTICAL BOOKS ON HEALTH

• "Eating for Health," by C. E. 3/-

"Eating for neurin, Clinkard, M.B.E. 3/Clinkard, M.B.E. 3/Clinkard, M.B.E. 3/"Soya, the Wonder Food," by C. 3/-

Obtainable from Leading Booksellers or POST FREE from the N.Z. Distributors:

C.E.CLINKARD&CO.

Wholesale Booksellers and Publishers, P.O. Box 3, New Lynn, Auckland, S.W.4. We specialise in Health and Diet Books by leading authorities throughout the world. Send 3d for Complete Catalogue.

How to enjoy Good Health

ALFAMIN TABLETS
"THE NATURAL ALKALISER"—Increase the Alkalinity and you re-vitalise the body.
Buy a bottle and start yourself on the road to health today. No safer or more natural remedy is available than Alfamin Tablets, which contain 7 Vitamins in addition to vitally important minerals.

Price: 5/6 and 10/6 per bottle.

GARLISOL

GARLISOL
FOR THE TREATMENT OF RHEUMATISM AND CATARRH.
Lasting relief from the pain of Rheumatism and Catarrh can come only by
attacking the causes of these complaints
—the impurities which have become
lodged in the system. Nature provides in
the simple, homely vegetable—Garlic—a
remedy which has exceptional power in
purifying and cleansing the system.

Price: 4/6 per tin of odourless tablets. 250 Tablets for £1/2/6; 500 Tablets for £2. Also available: Ointment, 8/6; Cough Mixture, 3/3; Balm, 4/6.

INNERCLEAN

INNERCLEAN
A DRUGLESS LAXATIVE.
Sufferers from constipation find that they can tolerate Innerclean without any weak-ening after-effects, and that it performs its purpose gently and naturally, even in the most obstinate cases.

Price: 5/6 per packet.

Obtainable from Chemists and Health Food Stores, or will be sent POST FREE on receipt of remittance, by

VITAMIN PRODUCTS LTD.
P.O. Box 3, NEW LYNN, AUCKLAND.



NO IRON CURTAIN FOR SMETANA QUARTET

WIDELY referred to as the first "iron curtain" musicians to visit New Zealand, the genial members of Czechoslovakia's Smetana Quartet in fact symbolise the refusal of music to be contained. Moving nomadically to and fro through the "curtain," they have performed in all Communist countries except Albania and Bulgaria, and all West European ones except Spain, Portugal and Luxembourg. Their welcome in the U.S. is as warm as in the U.S.S.R.

Lubomir Kostecky, violinist, the only member fluent in English, debunks reports that the quartet's tour is partly financed by the Czech Government. As

N.P.S. photograph. THE QUARTET: Left to right, Antonin Kohout (cello), Jiri Novak (first violin), Milan Skampa (viola), Lubomir Kostecky (second violin)

one of three chamber-music groups of the Czech Philharmonia - which includes also a symphony orchestra, a choir and four soloists—the quartet gives 18 highly-paid concerts annually in Czechoslovakia. But for the remainder of each year the players are on tour abroad, and that, declares Mr Kostecky, is private business. He finds it slightly insulting, one gathers, that anyone should think the Smetana Quartet in need of State support.

Apart from supporting the Philharmonia, Mr Kostecky indicated, the State's main musical aim was to give talented youngsters the chance to study at the Conservatory or at the (higher) Academy of Music. The quartet was itself formed among students of Prague Conservatory soon after it reopened at the end of the war. Nine months before the Germans had closed it, in common with all Czech schools, and turned the building into a factory. Kostecky himself had toiled therein, using his skil-ful fingers to gum together thin shav-ings of wood. The resultant flexible material was used in the manufacture of women's handbags and hats.

"Closing the schools was part of the process of turning Slavs into slaves," says Kostecky. "Earlier-after Heydrich -every twentieth Czech man had been killed."

The quartet has found New Zealand gratifyingly receptive to chamber music. and the organisation of concerts through the New Zealand Federation of Chamber Music Societies comparable only with Austria, Germany and Czecho-slovakia itself. Here, as elsewhere, modern works are not widely acceptable, and the quartet sticks largely to the classical European repertoire, with some emphasis on native Czech composers such as Dvorak and Smetana, for whom the group is named.

2 oz. 3/101 AMPHORA TOBACCO gives complete satisfaction to even the most discriminating pipe smoker. The increasing popularity of both Amphora Extra Mild Flaked Cavendish and the Ready Rubbed in the Amphora Pouch has encouraged Douwe Egberts Royal Factories of Holland to introduce their Amphora DARK Aromatic of medium strength. Available in both Flaked and Ready Rubbed packings at the same popular prices as the Mild. Amphora Quality is Douwe Egberts Quality Douwe Egberts Quality is Outstanding. 4/1 41.L.70 N.Z. Agents: David M. Anderson & Co., P.O. Box 5034, Wellington.