



ISSUED BY THE NEW ZEALAND DEPARTMENT OF HEALTH

*Are you
over forty?*

CORONARY THROMBOSIS may strike if you don't take care!



*Here are six ways by which you can
ease the load on your heart.*

KEEP YOUR WEIGHT DOWN

Overeating results in overweight. This makes your heart work harder. Avoid too fatty a diet especially if you are over forty. Eat more fruit and vegetables. As you pass forty-five examine your waist-line and keep it down.

RELAX

Are you setting too fast a pace at work or play? As the years increase and responsibilities grow seek the right kind of relaxation, not late nights of long continued excitement, often sustained with excess alcohol. Relax mentally and physically at every opportunity, especially in the busy middle years of life. Take little day rests whenever possible and get all the sleep you can.

EXERCISE

Exercise in the fresh air does the heart good. You are not as young as you feel, but as old as your birthdays. So remember to grade your exercise accordingly—strenuous exercise is usually unwise after 40, that suitable to age and physical capabilities is best.

REDUCE SMOKING

Heavy smoking is not good for your heart. Nicotine makes the blood vessels contract and the heart has to work harder

to pump the blood along. Insurance statistics tell the story of heavy smokers suffering coronary disease more often than light smokers, and even that light smokers have more cardiac accidents than non-smokers.

WORRY LESS

It is hard to do—very hard indeed—but try not to worry and get upset emotionally. It may be ambition driving, competition worrying you, or increasing responsibilities. A vicious circle of worry is started unless you are emotionally adjusted. Is it too late? Do you need to work at such high pressure? Would a less expensive establishment do? Is there need to provide too lavishly for your heirs and dependents? Ease up! Worry less!

CONSULT YOUR DOCTOR

If you are getting attacks of pain round the heart region, or sensations of discomfort or oppression there, limit your activity until you have consulted your doctor. It may be indigestion only, but it could be your heart—so see your doctor at once.

**Take it easy in the
middle years of life!**

14.1a

Into the Never-Never

THE closing episode of the ZB serial *Hagen's Circus*—which has continued now for three and a-half years and approximately five hundred performances—is drastic in its finality. For when the big-top comes down for the last time it does so in a raging fire that destroys everything John Hagen has built up so carefully during his long career as a showman. But tragedy is averted in time and the only unhappy people involved will be those listeners who have grown used to sharing the episodic excitement of circus life with the Hagen family. For even fictional characters must fold up their tents (or have them folded) eventually, and so, come Wednesday, March 5, the sawdust ring of Hagen's circus will give way to the spacious North Australia setting of *Hart of the Territory*.

This Australian serial features the Northern Territory in a present-day role. Robert, the first of the Hart family to enter the picture, is the founder of the prosperous cattle station "Chanticleer," but his prominence in the drama is short-lived and his heir, Gil, takes over the lead role. An artist by vocation, Gil prefers city life to the rigours of the Northern Territory, and his girlfriend Felicity Wynne reveals every intention, backed by strange methods, of

keeping him in the city without losing the valuable property his father has willed him. Clauses of the will requiring Gil to live on the ranch and actively manage it for five years cue the entrance of a shady lawyer and his accomplices. These latter introduce the representative of the Northern Territory Mounted Police, and the cast is more or less completed with the entrance of Lesley Winters, the young lady appointed manager of "Chanticleer" by the first Hart.

Thus one Australian drama is replaced by another, and John Hagen and his performers bow out to Gil Hart and his friends and enemies. But in actuality the distance between the sawdust ring and the wild backblocks of the Northern Territory is not so great at all, being traversed by the imagination of a receptive audience as quickly as the voice can describe the change. And those who have accustomed themselves to the emotional climate of the Big Top may even discover that the acclimatisation serves them just as well in the Never-Never.

Hart of the Territory will be heard on Monday, Wednesday and Friday evenings at 8.0 o'clock, beginning at the ZB stations on Wednesday, March 5, and at 2ZA on Thursday, March 13.



MARGARET CHRISTENSEN and CHARLES TINGWELL, who play the parts of Lesley Winters and Gil Hart, in "Hart of the Territory"

ANONYMOUS 20,000

SIX o'clock rolls round and the bells begin to ring; men take their last long gulp and head for home. Between twenty and sixty thousand New Zealand alcoholics have just finished enjoying their disease for a while. These figures were given by Dr. S. J. Minogue, of Australia, in a recent radio interview scheduled for national broadcast this month, when he stated that between one and three per cent of most nations' populations were alcoholics. A leading authority on the subject in his own country, Dr. Min-

ogue referred to alcoholism as a disease and stressed the necessity of this attitude to the problem in the interview he gave to the NZBS. He also pointed out that since alcoholism is a disease it should be possible to treat it medically. Although science had not yet evolved a medical cure for the disease he felt fairly sure that one would be discovered once the true cause of alcoholism was established. In the meantime, the organisation Alcoholics Anonymous offered the best methods of combating this disease. This interview, *The Problem of the Alcoholic*, will be first heard from 4YA at 7.15 p.m. on Monday, March 3.

