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TONIGHT WILL PUT YOU RIGHT**

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Old folk and young know that Sloan's Liniment quickly relieves their aches and pains. After hard work or strenuous exercise Sloan's eases weary joints and relaxes cramped muscles... and last thing at night Sloan's is a boon to tired bodies. Sloan's is just as good for Rheumatic Pains, Backache, Lumbago, Sciatica, etc. Buy a bottle at the chemist today. 3/.

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WAKE UP YOUR LIVER BILE —

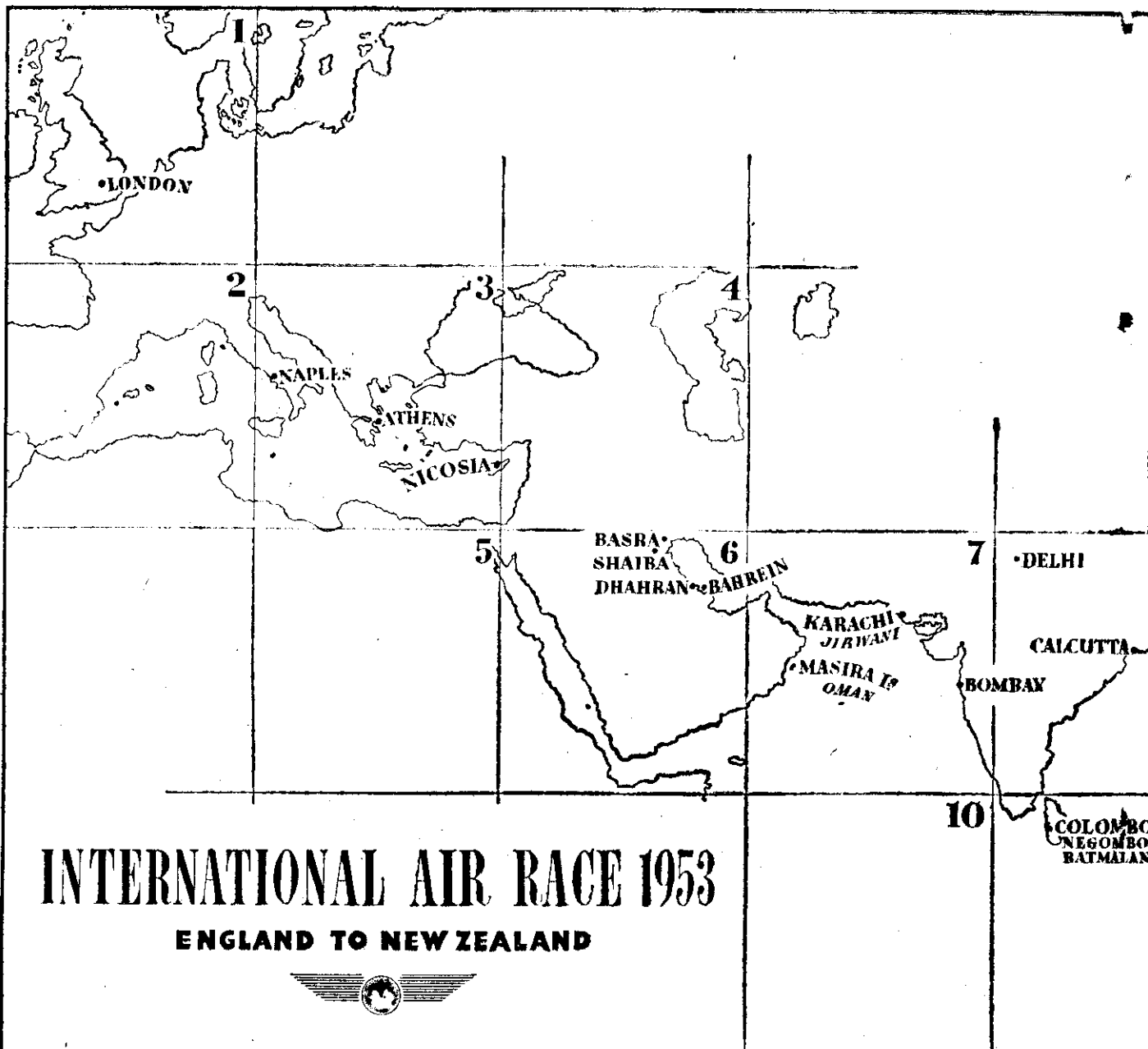
Without Calomel — And You'll Jump out of Bed in the Morning Full of Vim.

The liver should pour out two pints of liquid bile into your bowels daily. If this bile is not flowing freely, your food doesn't digest. It just decays in the bowels. Wind bloats up your stomach! You get constipated. Your whole system is poisoned and you feel sour, tired and weary and the world looks blue.

Laxatives are only makeshifts. A mere bowel movement doesn't get at the cause. It takes those good old Carter's Little Liver Pills to get those two pints of bile flowing freely and make you feel "up and up." Harmless, gentle yet amazing in making bile flow freely.

Ask for CARTER'S Little Liver Pills by name. Stubbornly refuse anything else.

Distributors: Farnett & Johnson Ltd., Levy Buildings, Manners Street, Wellington, C.3



INTERNATIONAL AIR RACE 1953

ENGLAND TO NEW ZEALAND

LISTENING ON SHORTWAVE

FOR those wishing to follow the race news on shortwave "The Listener" made inquiries about English-language broadcasts originating along the route which can be readily received in New Zealand. The result is a list which, while not complete, includes stations at possible stopping places which will be likely to broadcast up-to-the-minute information. As far as possible the list has been checked by the NZBS monitoring station at Quartz Hill, Wellington, and the frequencies shown are those which have given the best reception.

A commentary as the planes take off can be heard at 4.30 and 5.45 a.m. on Friday in the General Overseas Service of the BBC. Broadcasts about the race can also be heard at 6.30 a.m. on Friday, October 9, at 1.15 and 6.30 a.m. on Saturday, October 10, at 1.15 and 4.45 a.m. on Sunday, October 11 and at 10.45 a.m. on Tuesday, October 13.

Some English broadcasts from other countries which may include air race news are listed below. The times given are New Zealand.

Rome: Daily at 2.45 p.m.; 11.90 and 11.81 m.c. (31-metre band), and 11.65 m.c. (25-metre band). Daily at 2.30 p.m.; 11.88 m.c. (25-metre band).

India: Daily at 12.30 a.m.; 11.780 m.c. (25-metre band). Daily at 3.30 a.m.; 7.17 m.c. (approx.) (41-metre band). Daily at 2.30 p.m.; 11.85 m.c. (25-metre band).

Ceylon: From 1.30 p.m. and throughout the afternoon; 15.12 m.c. (19-metre band). The

BBC news is broadcast in this programme at 2.0 p.m.

Indonesia: Daily at 11.15 p.m.; 9.71 m.c. (31-metre band). Daily at 7.0 a.m.; 11.770 m.c. (25-metre band).

Australia: A full coverage is expected from Radio Australia, which broadcasts in the mornings on the 19 and 25-metre bands, in the afternoons on the 16 and 19-metre bands, and at night on the 25 and 31-metre bands.

Shortwave radio will, of course, be in constant use by all the aircraft taking part in the race, but so far as the high-speed planes are concerned, their broadcasts will be inaudible to the ordinary shortwave listener since they will be using VHF—Very High Frequency—wavebands. The frequency bands allotted to aircraft in the handicap section, however, may be within reach of some commercial receivers. Five frequencies have been allotted here:

2976 kc.	6557 kc.	8523 kc.
11344 kc.	15055 kc.	

Broadcasts from the planes using these frequencies may be audible on the domestic set when planes are homing to Harewood across the Tasman on the last stages of their long journey.

Airfield control-tower broadcasts to planes will be on 118.1 megacycles (VHF), 3105 kc. and 3023.5 kc., but GCA transmissions (Ground Control Approach) will be VHC. The call-sign of the Hastings, incidentally, will be MFBSD.

POINT-TO-POINT

THE air-line distances printed below may provide some help for listeners following an aircraft's progress on the map. The places listed are those given by entrants in the speed section as probable and as possible stopping places. The distances are in nautical miles, and are Great Circle measurements, which means that they are the shortest distances between the places mentioned. It will be found that they do not always correspond with flight-plan distances, the reason being that political, geographical or meteorological considerations may require aircraft to deviate from the great-circle between one stop and the next.

London-Basra	2514
London-Bahrain	2804
London-Karachi	3489
Basra-Ceylon	2285
Basra-Singapore	3637
Bahrain-Ceylon	2026
Karachi-Cocos	2831
Ceylon-Jakarta	2036
Ceylon-Cocos	1540
Ceylon-Perth	3116
Cocos-Perth	1578
Cocos-Woomera Range	2484
Cocos-Christchurch	4279
Singapore-Darwin	1802
Jakarta-Cloncurry	1907
Perth-Christchurch	2725
Woomera Range-Christchurch	1840
Darwin-Christchurch	3802
Cloncurry-Christchurch	1648

N.Z. LISTENER, OCTOBER 2, 1953.